UNM Pain Center:
Addressing New Mexico’s Public Health Crises of Pain, Substance Use Disorder and Unintentional Opioid Overdose Deaths

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New Mexico - Pain and Opioids

• New Mexico ranks second in the Country for Unintentional Opioid Overdose Deaths (behind West Virginia)

• Approximately 500 New Mexico deaths involving opioids – 2014 (increase from 2012-2014)

• Many of those who died- began with acute pain complaint and/or history of substance use disorder

• Prescription Opioids Deaths > Heroin Deaths in 26/33 counties
UNM Pain Center

- New Mexico’s only Adult and Pediatric interdisciplinary pain management clinic

- Includes addiction psychiatry and pain psychology

- Best Practices Pain Management includes co-location of Mental Health and Addiction Services (Institute of Medicine Report- 2011)
UNM Pain Center

- Referrals are accepted from primary care providers throughout the state regardless of ability to pay

- Educates NM clinicians on screening for addiction, safe opioid prescribing

- Treating pain in patients with comorbid psychiatric illness and substance use disorder

- **Wait Time for Appointment- 5-6 months**
UNM Pain Center Mental Health Team

- 1 Part-time Addiction Psychiatrist
- 2 Psychologists, 1 Counselor
- 1 Part-time Social Worker

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Addiction/Mental Health Services Include:

Individual Counseling, Medication Management (including Buprenorphrine)
Support Groups (Fibromyalgia, Mindfulness, Art Therapy)
Direct Referral to UNM Addiction Program if needed
Pain is a Public Health Issue

Financial costs:
- Chronic pain affects an estimated 100 million American adults
- Chronic pain costs up to $635 billion per year in medical treatment and lost productivity

Human costs:
- People with chronic pain have roughly 3 times the rates of depression and anxiety disorders.
- People with chronic pain have at least 2 times the risk of completing suicide.
Drug Overdose Death Rates in New Mexico, 2008-2012

5 NM counties 4-6x the national average (40-67 per 100,000)

18 NM counties 2x the national average

National Average for Unintentional Lethal Overdose (12.1 per 100,000)

3 NM counties BELOW national average

Most dying are young and middle-age
UNM Pain Center Trial: Naloxone

- July 2014- UNM Pain Center co-prescribing Naloxone with every opioid prescription for chronic pain-
- “Universal Precautions”

- Prospective trial to study benefits of Naloxone as a risk reduction measure for opioid deaths

- Collaboration with NM DOH and Centers of Excellence of Health
Prescription Opioid Abuse is a Major Public Health Issue

- 2013 National Survey on Drug Use and Health (NSDUH):
  - 24 million Americans (≥ 12 years old) had used a pain reliever non-medically at least once in their lifetimes (18% increase from 2002)
  - US Average – 4.2 %
  - Hispanics- 4.3 %
  - American Indians- 6.9 %
Prescription Opioid Abuse is a Major Public Health Issue

- Among those initiating substance use in the past year, pain relievers ranked 4th as the drug of choice (behind alcohol, tobacco, and marijuana)
- 1.9 million (0.6% of US population) had DSM-diagnosable dependence or abuse of pain relievers in the past year
- Prescription drug abuse costs the US up to $70 billion per year
- Estimated to cost 890 M dollars to New Mexico (NM DOH)
Sources of Misused Drugs, US Survey on Drug Use and Health, 2011-2012

Provider education needed to prevent misuse of pain relievers
UNM Pain Center

• Interdisciplinary Care for over 7,500 patient visits per year for patients with chronic pain
• Addiction and Mental Health Services available on-site
• Patients referred by their Primary Care Provider from throughout New Mexico
• Wait time for first available appt: 5-6 Months
• 7 physicians- Total of 1.3 FTE
UNM Pain Center Collaboration with Key Stakeholders

- Governors Council for Prescription Drug Misuse and Overdose Prevention and Pain Management- 2 Members from UNM Pain Center

- New Mexico Medical Board Opioid Sub- Committee- 2 Members from UNM Pain Center

- Close Collaboration with NM Department of Health, Indian Health Service, NM Boards of Nursing, Dentistry, Pharmacy, and Veterans Administration
State Mandated CME Pain and Addiction Courses

Topics covered:

1) The epidemic of unintentional opioid overdose deaths in New Mexico
2) Safe prescribing opioid analgesic medications
3) Non-opioid analgesic medications for pain treatment
4) Identification of the patient at risk for addiction, current addiction issues, and diversion
5) Federal and State regulations regarding pain management
6) Special aspects of dental pain

Treat ing Chronic Pain in New Mexico: Addressing Best Practices, Addiction, and Current Regulations

This course is approved by the NM Medical Board to fulfill the 5 hour requirement related to Management of Chronic Pain with Controlled Substances.

Presented by:

UNM School of Medicine
UNM Pain Consultation & Treatment Center
Department of Neurosurgery

Albuquerque • Santa Fe • Las Cruces
New Mexico
Saturdays, 8:00 am - 1:30 pm

November 3, 2012
Domenici Auditorium, UNM North Campus, Albuquerque

December 8, 2012
Domenici Auditorium, UNM North Campus, Albuquerque

January 26, 2013
La Fonda Hotel, Santa Fe, New Mexico

February 23, 2013
VA Health Care System, Albuquerque

April 6, 2013
Hotel Encanto, Las Cruces, New Mexico

May 18, 2013
Domenici Auditorium, UNM North Campus, Albuquerque
The UNM Pain Center Mission

The UNM Pain Consultation and Treatment Center aims to:

• Provide safe clinical pain outreach and guidance to all four corners of the state

• Continue state-mandated CME pain and addiction training, which is now required for all New Mexico clinicians with an active DEA license; (SB 215 2012)

• Increase access to care for patients suffering from pain and addiction by reducing the first available wait time at the UNM Pain Center to less than three weeks;

• Continue collaboration with the New Mexico Department of Health to monitor health outcomes and decrease the unintentional opioid overdose death rate in New Mexico