

# UNM Pain Center:

Addressing New Mexico's Public Health Crises of Pain, Substance Use Disorder and Unintentional Opioid Overdose Deaths

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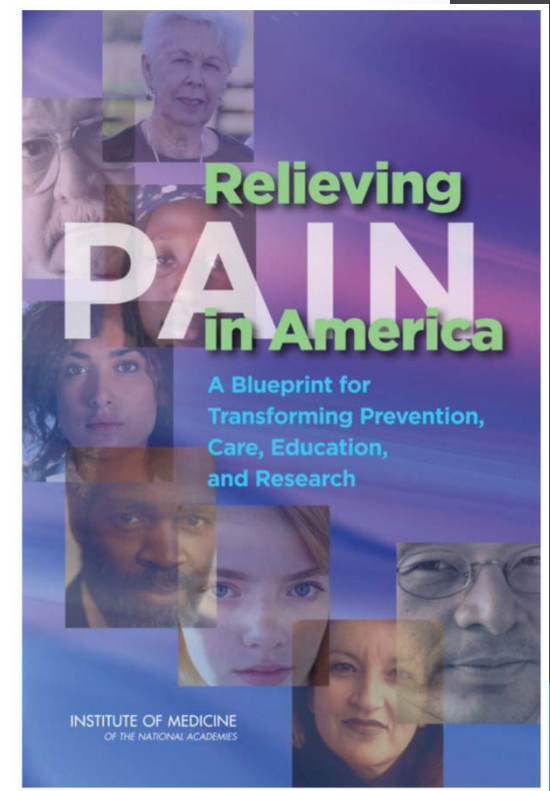


# New Mexico- Pain and Opioids

- 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 Buprenorphine)

Support Groups (Fibromyalgia, Mindfulness, Art Therapy)

Direct Referral to UNM Addiction Program if needed

# Pain is a Public Health Issue

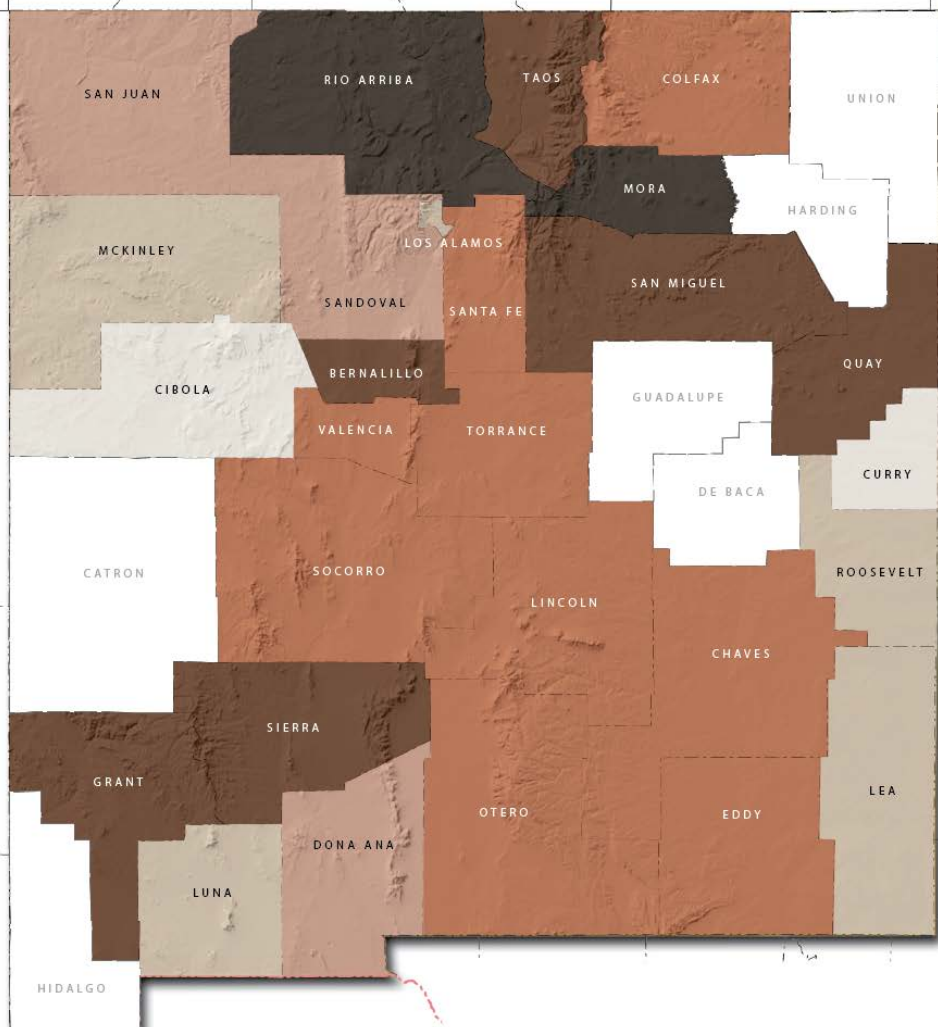
## Financial costs:

- 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



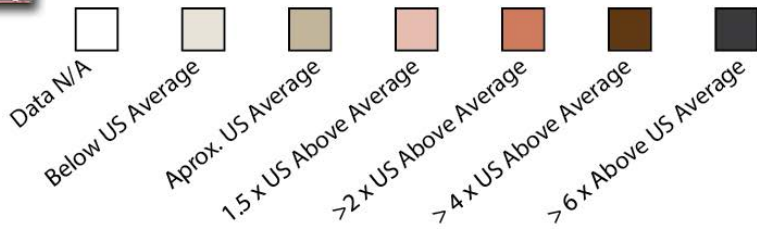
5 NM counties 4-6x the national average (40-67 per 100,000)

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 UNM D<sup>iv</sup> of Health Sciences Center and Centers of Excellence of Health





# Prescription Opioid Abuse is a Major Public Health Issue

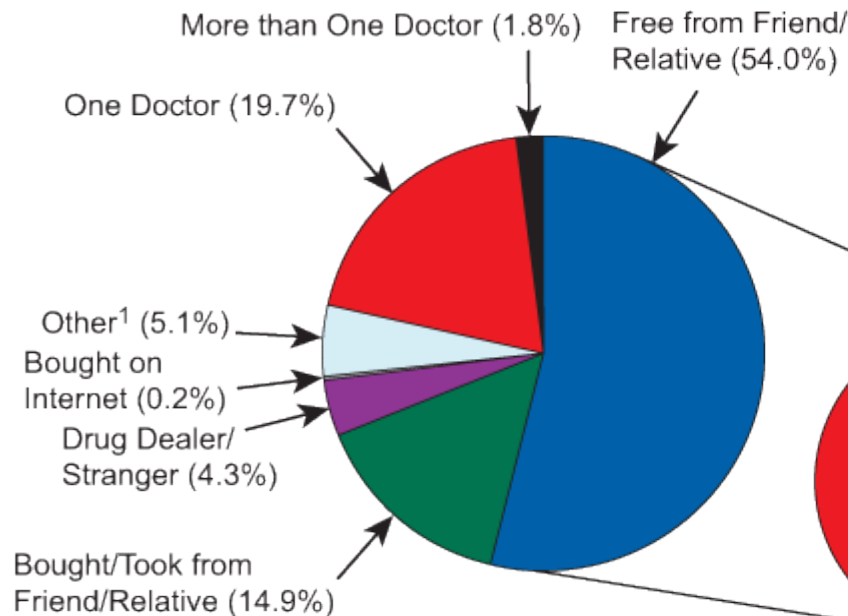
- 2013 National Survey on Drug Use and Health (NSDUH):
  - 24 million Americans ( $\geq 12$  years old) had used a pain reliever non-medically at least once in their lifetimes (18% increase from 2002)
  - US Average – 4.2 %
  - Hispanics- 4.3 %
  - American Indians- 6.9 %

# Prescription Opioid Abuse is a Major Public Health Issue

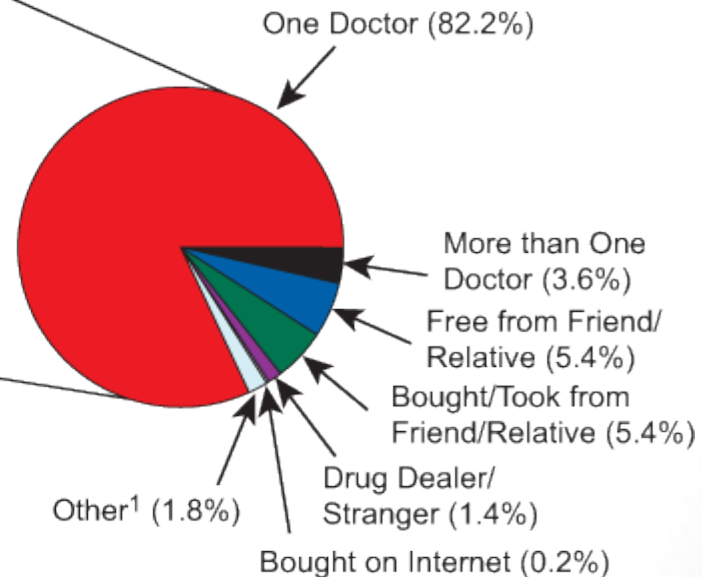
- Among those initiating substance use in the past year, pain relievers ranked 4<sup>th</sup> as the drug of choice (behind alcohol, tobacco, and marijuana)
- 1.9 million (0.6% of US population) had DSM-diagnosable dependence or abuse of pain relievers in the past year
- Prescription drug abuse costs 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

Source Where User Obtained



Source Where Friend/Relative Obtained



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



Presented by:



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

## 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



# 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**