

UNM Pain Center:

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

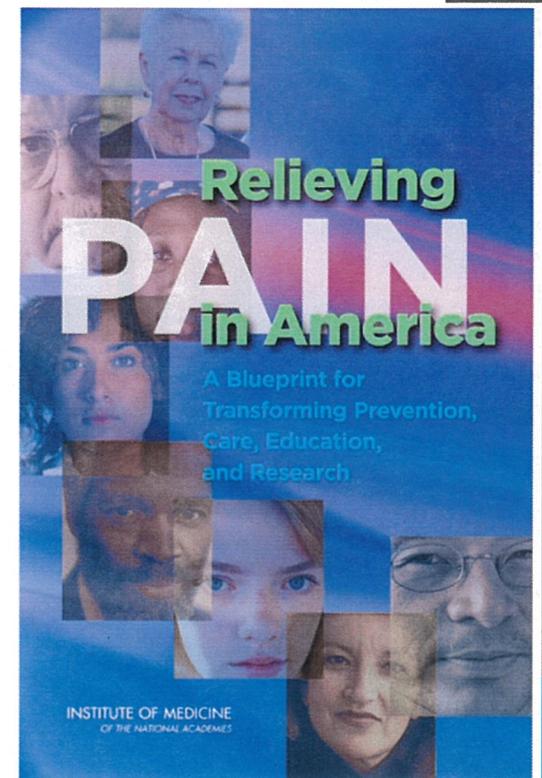
Dan Duhigg, DO Addiction Psychiatry

Brian Starr, MD Medical Director, UNM Pain Consultation and Treatment Center



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
- Educate NM clinicians on screening for addictions, safe opioid prescribing, treating pain in patients with comorbid psychiatric illness
- **Wait Time for First Available Appointment-
4-6 Months**

UNM Pain Center Mental Health Team

- 1 part-time Addiction Psychiatrist
 - 1 part-time Psychiatrist
 - 2 Psychologists, 1 Counselor
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Addiction/Mental Health Services Include:

Individual Counseling, Medication Management
(including Buprenorphine)

Support Groups (Fibromyalgia, Mindfulness, Art
Therapy)

Pain is a Public Health Issue

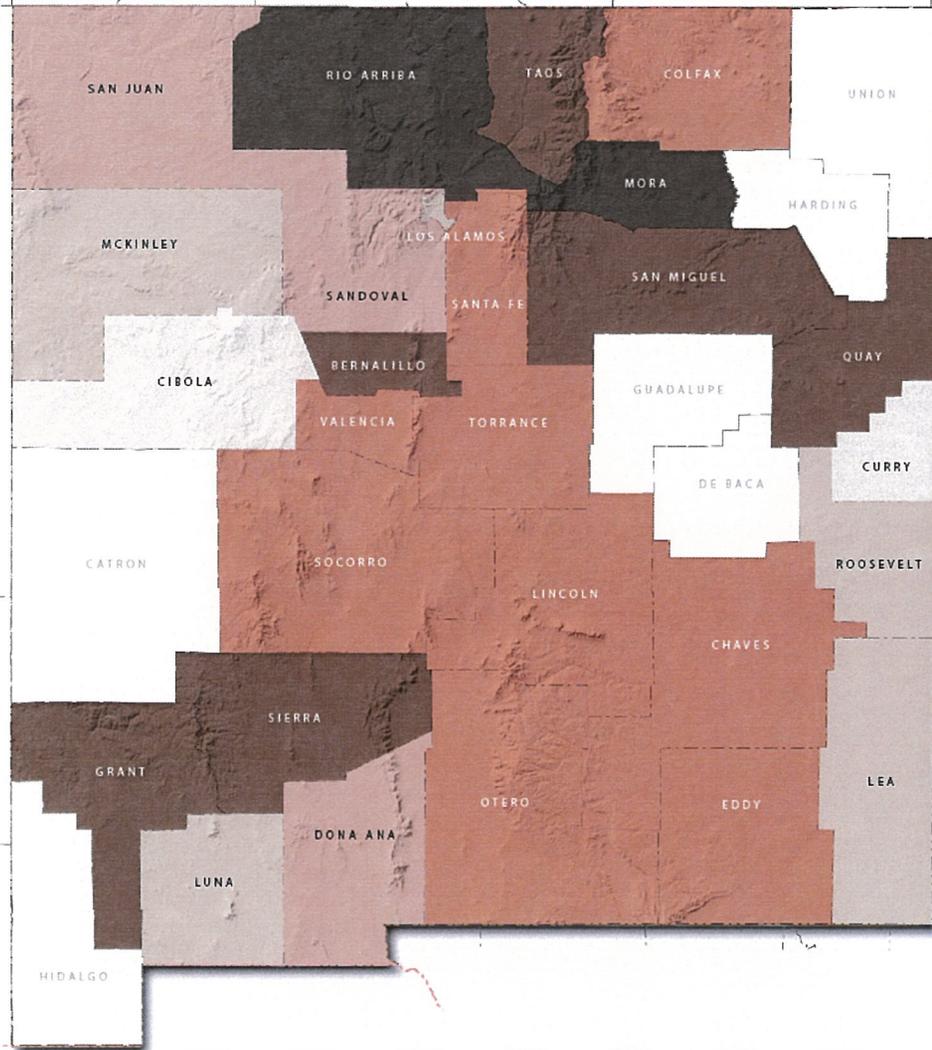
Financial costs:

- 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 teens and young adults

UNM Pain Center Trial: Naloxone

- July 2014- UNM Pain Center offering Naloxone with **every opioid prescription for chronic pain- First Trial in the Country**
- **Prospective trial** to study benefits of Naloxone as a **risk reduction** measure for opioid deaths
- Collaboration with NM Department of Health

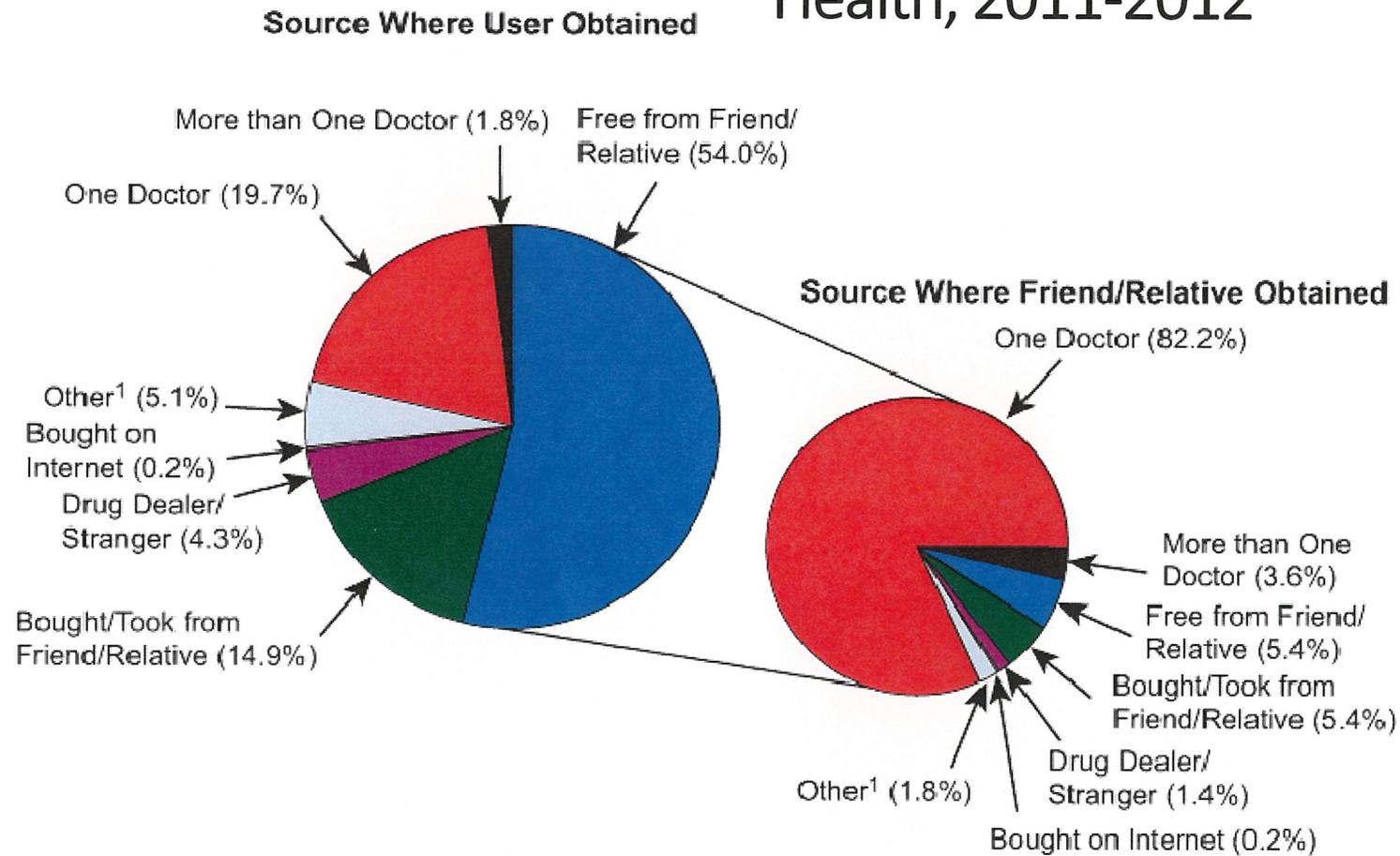
Prescription Opioid Abuse is a Major Public Health Issue

- 2010 National Survey on Drug Use and Health (NSDUH):
 - 35 million Americans (13.7%) \geq 12 years old had used a pain reliever non-medically at least once in their lifetimes (18% increase from 2002)
 - 12.2 million Americans (4.8%) \geq 12 years old had used a pain reliever non-medically at least once in the past year

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

Sources of Misused Drugs, US Survey on Drug Use and Health, 2011-2012



PROVIDER EDUCATION NEEDED TO PREVENT MISUSE OF PAIN RELIEVERS

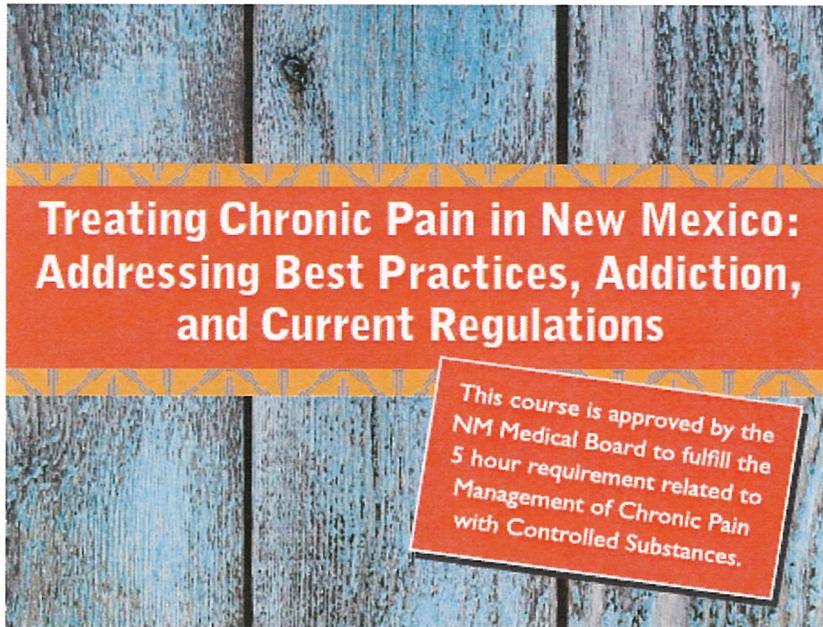
UNM Pain Center

- Interdisciplinary Care for over 6,000 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: 4-6 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**

