Prescribing and Drug Overdose Death in New Mexico

New legislative and policy opportunities

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Drug Overdose Death Rates, New Mexico and United States, 1990-2014

Deaths per 100,000 persons

Source: United States (CDC Wonder); New Mexico (NMDOH BVRHS/UNM GPS)

US: 13.8
NM: 26.4
Age-adjusted Drug Overdose Death Rates by State, U.S. 2014

Sources: CDC Wonder
Rates are age-adjusted to the 2000 US Standard Population.
## Drug Overdose Death Rates
### Leading States, U.S., 2014

<table>
<thead>
<tr>
<th>Rank</th>
<th>State</th>
<th>Deaths per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>West Virginia</td>
<td>35.5</td>
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<tr>
<td>2</td>
<td>New Mexico</td>
<td>27.3</td>
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<tr>
<td>3</td>
<td>New Hampshire</td>
<td>26.2</td>
</tr>
<tr>
<td>4</td>
<td>Kentucky</td>
<td>24.7</td>
</tr>
<tr>
<td>5</td>
<td>Ohio</td>
<td>24.6</td>
</tr>
</tbody>
</table>

### U.S. 14.7

Sources: [CDC Wonder](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6043a4.htm?s_cid=mm6043a4_w)

- Rates are age-adjusted to the 2000 US Standard Population.
New Mexico Overdose Deaths, 2003-2014

Drug Overdose Death Rates for Selected Drugs, NM, 1990-2014

Deaths per 100,000 population

Drug categories are not mutually exclusive. Source: Office of the Medical Investigator; UNM/GPS population
Santa Fe County Drug Overdose Deaths 2010-2014

- 208 total overdose deaths
- 173 with specific drugs coded
- 69 prescription opioids involved (40%) (without heroin)
- 64 heroin involved (37%)(without Rx opioids)
- 10 involved both Rx opioids and heroin (6%)
- 83% involved heroin or Rx opioids (of those with specific drugs coded)
- 5 involved methamphetamine
- 63% age 35-64

Source: NM Vital Records and Health Statistics; NM Office of the Medical Investigator
Drug Overdose Death Rates by County, NM, 2010-2014 and US, 2013

County (# of deaths; % of statewide deaths)

- US: 13.8
- Hardin: 0.0
- Union: 3.9
- Curry: 10.0
- Colfax: 11.8
- Mckinley: 14.0
- San Miguel: 16.3
- Lea: 17.1
- Santa Fe: 18.2
- Rio Arriba: 18.6
- Doña Ana: 18.6
- Rio Arriba: 18.7
- Colfax: 19.0
- Luna: 19.4
- Sandoval: 20.5
- Chaves: 20.7
- Otero: 20.9
- Guadalupe: 22.1
- Eddy: 22.3
- Socorro: 24.3
- Sierra: 26.2
- Torrance: 26.7
- Cibola: 26.9
- Valencia: 27.7
- Bernalillo: 27.7
- Taos: 28.3
- Colfax: 29.4

Source: NM (NMDOH BVRHS/UNMGPS), US (CDC WONDER)
Drug Overdose Death Rates by Census Tract Poverty Level*

New Mexico, 2009-2013

*Poverty level is the percentage of persons of all ages in the decedent’s census tract living at or below 100% of Poverty.
Drug Overdose deaths are defined by ICD 10: X40-X44, X60-X64, X85, Y10-Y14.
Rates have been age-adjusted to the standard U.S. 2000 population.
Source: NM Vital Records and Health Statistics, U.S. Bureau of the Census, American Community Survey
Risk Factors for Drug Overdose
Risk Factors for Drug Overdose

• Obtaining overlapping prescriptions from multiple providers or pharmacies

• Taking high doses of prescription opioids
  • $\geq 100$ Morphine Milligram Equivalent (MME)

• Using prescription opioids with other drugs, such as alcohol, benzodiazepines, or muscle relaxants

• History of alcohol or other substance abuse

• Living in rural areas and in poverty
Drug Overdose Death by Age and Gender, NM, 2010-2014

Source: NMDOH Bureau of Vital Records and Health Statistics (BVRHS)/UNM GPS
Drug Overdose Death Rate by Age and Sex, Santa Fe County NM 2010-2014

Source: Bureau of Vital Records & Health Statistics via NM IBIS
Drug Overdose Death by Age, Gender, and Drug Type, NM, 2010-2014

Source: UNM OMI/UNM GPS
Drug Overdose Death Rate by Race/ethnicity, Santa Fe County NM 2010-2014

Source: Bureau of Vital Records & Health Statistics via NM IBIS

Rate per 1,000 live births

<table>
<thead>
<tr>
<th>Year</th>
<th>NM</th>
<th>US</th>
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<tbody>
<tr>
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<td>1.3</td>
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<td>2001</td>
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<tr>
<td>2003</td>
<td>1.7</td>
<td>1.3</td>
</tr>
<tr>
<td>2004</td>
<td>1.9</td>
<td>1.6</td>
</tr>
<tr>
<td>2005</td>
<td>1.9</td>
<td>2.0</td>
</tr>
<tr>
<td>2006</td>
<td>2.3</td>
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<td>2007</td>
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<td>2010</td>
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<td>6.1</td>
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<tr>
<td>2013</td>
<td>8.7</td>
<td>6.1</td>
</tr>
<tr>
<td>2014</td>
<td>8.7</td>
<td>6.1</td>
</tr>
</tbody>
</table>

Sources: US: Weighted national estimates from HCUP Nationwide Inpatient Sample (NIS), 2000, Agency for Healthcare Research and Quality (AHRQ), based on data collected by individual States and provided to AHRQ by the States. Total number of weighted discharges in the U.S. based on HCUP NIS = 36,417,565.
New Mexico: 2000-2014 Hospital Inpatient Discharge Data (HIDD).
Opioid Prescribing
MME of Opioids Sold and Overdose Death Rates, NM, 2001-2014

Morphine equivalents sold

Drug OD Death Rate

Buprenorphine and Methadone excluded from total morphine equivalents; Source: DEA ARCOS sales data; NMDOH BVRHS

Overdose deaths per 100,000 pop

Morphine Equivalents (kg) per 10,000 pop
<table>
<thead>
<tr>
<th>Drug</th>
<th>Number of Overdose Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>oxycodone</td>
<td>113</td>
</tr>
<tr>
<td>hydrocodone</td>
<td>63</td>
</tr>
<tr>
<td>alprazolam</td>
<td>52</td>
</tr>
<tr>
<td>morphine</td>
<td>48</td>
</tr>
<tr>
<td>methadone</td>
<td>42</td>
</tr>
<tr>
<td>fentanyl</td>
<td>37</td>
</tr>
<tr>
<td>diazepam</td>
<td>33</td>
</tr>
</tbody>
</table>

Deaths may involve more than one drug
Source: NM Office of the Medical Investigator
MME of Opioids Sold by Drug Type, NM, 2001-2014

Source: DEA ARCOS sales data
Overdose Deaths Involving short (<=10 days) Prescriptions, NM 2007-2014

* 2010 and 2011 underestimated due to lower specificity of drugs
Span: overdose occurred within the span of the prescription
Span + 7: overdose within 7 days of end of prescription
Source: Linked Medical Investigator and Prescription Monitoring data
Number of Controlled Substance Prescriptions Filled by Drug Type, NM, 2014

- Opioids
- Benzodiazepines
- Stimulants
- Barbiturates
- Muscle Relaxants
- Other

Number of Prescriptions filled

Source: NM PMP
Opioid Morphine Milligram Equivalent (MME) per person, NM, 2014

Source: NM PMP; UNM/GPS population estimates
Santa Fe County Controlled Substance Prescribing, October-December 2015

• 70% of opioids (measured in morphine equivalents) were prescribed to county residents were prescribed by practitioners in the county

• Other counties: Bernalillo (16%), Rio Arriba (5%), San Miguel (3%), Unknown (2%)

• 9 practitioners with at least 10 buprenorphine/naloxone patients, of 305 controlled substance prescribers with at least 20 patients

• Only 6 high volume (over 10 prescriptions per prescribing day)

• 27% of prescribers with at least 20 patients did not check the PMP at all in the past 6 months.

Source: NM Prescription Monitoring Program
Santa Fe County Controlled Substance Prescribing Measures, July-December 2015

- 13,665 patients who filled opioid prescriptions
- 1,375 patients with prescriptions of at least 100 MME/day
- 383 patients with overlapping opioid prescriptions from different prescribers for at least 10 days
- 2,378 patients with overlapping opioid and benzodiazepine prescriptions for at least 10 days
- 2,360 patients with full time opioids
- 360 patients with 4+ prescribers or 4+ pharmacies in 3 months
- 464 patients with buprenorphine/naloxone for 10+ days
Opioid Overdose Prevention
Key Interventions to address the Drug Overdose Epidemic in New Mexico

• Reduce high risk prescribing

• Increase naloxone distribution

• Increase access to treatment
Reduce High Risk Prescribing

- Prescription Drug Monitoring Program (PMP) changes in 2012-2013
  - Web-based, direct inquiry system
  - Require PMP registration for controlled substance license
  - Reports to licensing boards
  - Data to PMP within 24 of dispensing

- Governor’s Prescription Drug Misuse and Overdose Prevention and Pain Management Advisory Council (pursuant to 2012 SB215)
  - Recommendations, including licensing board rule changes

- Further work on PMP metrics and reporting - 2015
  - Reports to prescribers
  - Additional measures of prescribing practices

- Professional health care provider boards rules changes (2012-2013)
  - Require PMP use, consultations on chronic pain
Percent of Patients with No PMP Review by Opioid Use Category, NM, 2014

Source: NM Prescription Monitoring Program
High Dose Opioid Prescriptions (≥ 100 MME) by Year, NM 2009-2015

Percent of All Opioid Prescriptions

- 2009: 14%
- 2010: 15%
- 2011: 13%
- 2012: 12%
- 2014: 12%
- 2015: 12%
Increase Naloxone Distribution

• NMDOH provides naloxone free of cost through the Harm Reduction Program and Co-Prescription Pilot pharmacies

• Mainstreaming Naloxone
  • Pharmacist prescriptive authority
  • Medicaid reimbursement for naloxone rescue kits
  • Working to get pharmacies to stock naloxone (currently 59 pharmacies)
  • Encouraging co-prescription by opioid prescribers
  • Challenge: Cost of naloxone doubled in late 2014
Increase Naloxone Distribution

• NMDOH Overdose Regulation Revision (NMAC 7.32.7)
  • Updating 2001 regulation to support expanded distribution of naloxone through registered community Overdose Prevention and Education Programs

• 2015 - Naloxone initiatives launched with Santa Fe County Sheriff’s Office, Bernalillo County Sheriff’s Office, and New Mexico State Police District 7 (Northern Santa Fe County, Rio Arriba and Taos counties, western Colfax County), Socorro County Sheriff’s Office
Naloxone Distribution and Reported Reversals, NMDOH Programs, NM 2011-2015

Source: NM DOH Harm Reduction Program, Co-Prescription Pilot Program, Santa Fe County Sheriff’s Department
Medicaid Claims for Naloxone from Outpatient Pharmacies, NM, 2013-15

Source: NM HSD Medicaid Claims; NM PMP
Medication-Assisted Treatment for Opioid Addiction

• Medication-assisted treatment is treatment for addiction that includes the use of medication along with counseling and other support

• CDC recommendation for reducing opioid overdose

• Buprenorphine/naloxone prescriptions in the 1st half of 2015
  • 4,049 Patients with ≥ 2 fills and at least 20 days supply, an increase from 2,455 in the first half of 2011
  • 168 Prescribers with ≥ 5 patients, up from 99 in the first half of 2011

• Methadone maintenance treatment
  • 4,425 clients
Opioid Abuse and Dependence exceeds Medication-Assisted Treatment Capacity in most States

Rate of abuse/dependence exceeds capacity

Rate of past year opioid abuse or dependence

Estimated Number of People with Abuse/Dependence on Opioids and Numbers of People in Treatment (MAT), NM, 2014

Source: NM Treatment Need Estimates, NMDOH; NM Prescription Monitoring Program; NM Behavioral Health Services Division
2016 Legislative Session

• Naloxone
  • Standing order and storage bills passed
  • Special meeting of council to implement standing order process
  • Standing orders in place for pharmacists and law enforcement

• Prescription Monitoring Program
  • Floated every check for every opioid Rx,
  • initial bill had check for initial and q 3 month
  • ended up with 4 day short prescription exception
  • Council leading joint process to develop common language for the 7 licensing boards to use in developing their chronic pain management rules by 1/1/17
Recommendations: Drug Overdose Prevention

• Prescribing
  • Enforce board rules regarding PMP use and strengthen rules
  • Enhance feedback on dangerous prescribing to practitioners and their licensing boards
  • Track key indicators of opioid and benzodiazepine prescribing quarterly
  • Reduce methadone prescribing for chronic pain

• Treatment
  • Increase availability of outpatient opioid addiction treatment (MAT)
  • Track changes in treatment availability and opioid dependence
  • Continue to work toward NP and PA providers prescribing of suboxone

• Naloxone
  • Increase co-prescription of naloxone with every risky opioid prescription
  • Reduce regulatory barriers to community naloxone through standing orders
  • Assure that all retail pharmacies stock naloxone