



Pain Standards Task Force  
PacificSource Community Solutions – Boardroom  
2965 NE Conners Ave, Bend OR 97701

Agenda: February 1, 2017 from 7:00am-8:00am

Call-In Number: 866-740-1260  
7-Digit Access Code: 3063523

1. **7:00-7:05**      **Introductions—All**
2. **7:05-7:30**      **PSTF Presentation to COHC Board—Dr. Swanson**
  - **Community Partner Involvement**
3. **7:30-7:40**      **Prescription Drug Safe Keeping and Disposal Handout—Dr. Swanson**
4. **7:40-7:50**      **Q3 PDMP Dashboard—Dr. Swanson**
5. **7:50-8:00**      **Monthly Updates—Dr. Swanson**
  - **Safer, Informed, & Compassionate Opioid Prescribing—Dr. Swanson**
  - **Learning Collaborative for Mental Health Professionals—Dr. Swanson**
  - **Benzodiazepine Symposium—Dr. Swanson**
  - **Redmond Police Department Grant—Dr. Swanson**
  - **PDMP Grant—Harriet Godoski**
  - **Living Well with Chronic Pain for Central Oregon—MaCayla Arsenault**
  - **Pain Advisor’s RHIP Proposal—Dr. Swanson**

**Consent Agenda:**

- **Approval of the draft minutes dated January 4, 2017 subject to corrections/legal review**

## Information from your Primary Care Team

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### Three Steps for Safeguarding Your Medication At Home

#### Why is safeguarding my medication important?

While prescription and over the counter medicines are present in almost every U.S. household, many people are unaware of their duties with medications. These duties start by taking medicine as prescribed by healthcare professionals, and continue with safely storing and disposing of them. When used as instructed, prescription medicine provides great benefits for people with a wide range of short-term to chronic medical conditions. These simple steps can help reduce the risk of their misuse and abuse by people who have access to your home and medicine cabinet.

#### Step 1: Monitor

Medication used for non-medical reasons are commonly found in the home. Are you aware of the current quantities of controlled and other medications in your home? Would you know if some of your pills were missing?

- It is important that you monitor and store all medicine in its original container — the label on the bottle not only helps you correctly identify the medication but it provides important information about the medicine.
- Start by taking note of how many pills are in each of your prescription bottles or pill packets. Take an inventory at least twice a year — when clocks ‘spring’ forward in the spring and ‘fall’ back in autumn, for example.
- Keep track of your refills. This includes your medications and medications of family members. If you or a family member needs to refill medications more often than expected, this could indicate a problem.
- Be especially watchful about medications that are known to be addictive such as pain killers, sleep medication, or anxiety medications.

#### Step 2: Secure

Approach safeguarding your medications the same way you would any other valuable in your home like jewelry or cash. Take prescription medications out of the medicine cabinet or other places you store them and place them in a secure place only you know about. This can be in a locked cabinet. Tell other family members to do the same in their home.

You may access resources for medication safes below under “Resources.”

#### Step 3: Dispose

Safely disposing of expired or unused medicine is a critical step in safeguarding your medications. It decreases the opportunity for others to misuse the medication. Here are the steps to dispose of your medications.

- Start by discarding expired or unused medications. Include both prescription medications and over the counter medications. Do not dispose of medications in your trash.
  - You can access resources for disposal sites below under “Resources.”

## Resources

There are several useful tools to help you. Here are a few ideas.

**Cannot afford your medications?** Talk to your doctor, clinic pharmacist, nurse care coordinator/navigator, or community health worker today and they will help you find funds so you can have your medications.

### Central Oregon Disposal Sites

#### Local Resources for Disposal

It is important to get rid of medicine that has expired or is no longer needed. We have 16 disposal sites in Central Oregon. You may refer to the attached handout for a location near you or you may go to the following website link:  
<http://www.copainguide.org/apps/uploads/2016/09/FINAL-Drug-Disposal-Unit-List.pdf>

#### National Resources for Disposal

You can also visit the Food and Drug Administration’s website at [www.fda.gov](http://www.fda.gov) and search for “Rx drug disposal.”

<http://disposemy meds.org/>

This a national public service program to help you locate disposal programs at independent pharmacies in your neighborhood

#### Medication Safes

Here are some websites where you can purchase medication safes to store all of your medications securely in one locked location. Prices for these products vary and are not typically covered by health insurance. Please refer to each website for the cost of the safe.

<http://medicinesafe.com/>

<http://medixsafe.com/products/>

[http://www.knoxbox.com/store/Knox-MedVault.cfm?utm\\_source=bing&utm\\_campaign=medvault\\_s\\_drug\\_locker&utm\\_medium=cpc&utm\\_term=safe](http://www.knoxbox.com/store/Knox-MedVault.cfm?utm_source=bing&utm_campaign=medvault_s_drug_locker&utm_medium=cpc&utm_term=safe)

<http://medguardsafes.com/>

### Medication App for your Smart Phone

#### My Medications

- Research-based, AMA-developed
- Cost: \$0.99 iTunes (Apple based only)
- Create and update a list of medications, including dose and frequency information
- Comprehensive database of generic and brand name drugs
- Email your medical information to your health care providers, family members or friends
- Enter and keep track of immunizations and allergies
- Maintain a list of your medical team and their contact information
- Store information on your device, not on the Internet

# OPIOIDS IN CENTRAL OREGON

Oregon's PDMP data on opioids in Central OR Counties (since 2012)

Updated: 1/20/2017 (OHA Data Updated 1/6/2017)

PDMP provided by Oregon Health Authority for Prescriptions in the Central Oregon CCO zip code region. All data is de-identified.

Therefore, individual people, providers, payers, and pharmacies are not identifiable.

Rx = Prescription

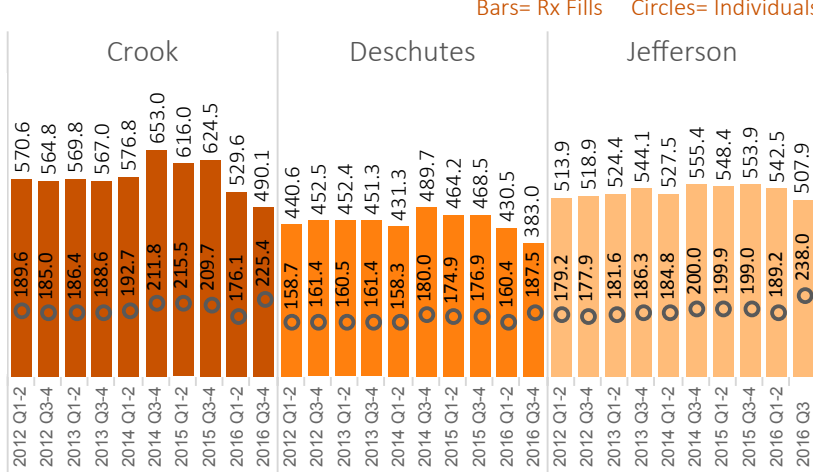
2016 (Q1 - Q3)  
OPIOID  
PRESCRIPTIONS

**45,706**  
Unique Individuals

**144,743**  
Prescription Fills

**17.6**  
Average Days Supply

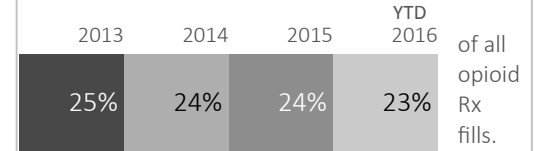
## OPIOID RX RATES BY COUNTY (per 1,000 residents)



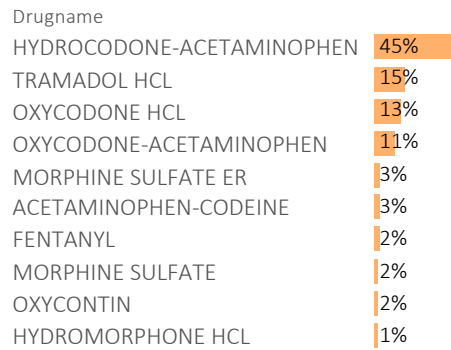
## NUMBER OF OPIOID RX FILLS EACH YEAR

	2013	2014	2015	2016 YTD
Crook	23,520	25,554	26,157	16,716
Deschutes	146,888	153,253	159,251	109,878
Jefferson	23,550	24,047	24,742	18,151

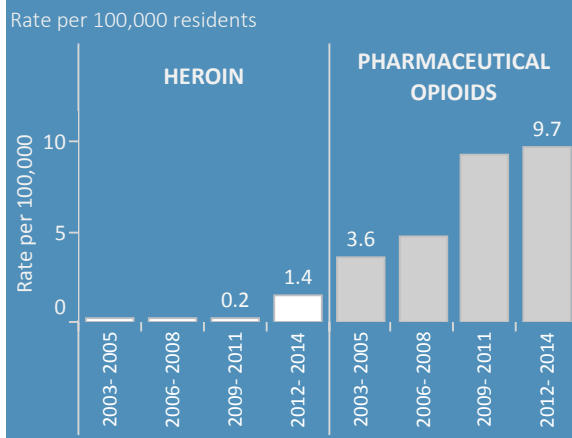
## The Top 25 Providers Prescribed...



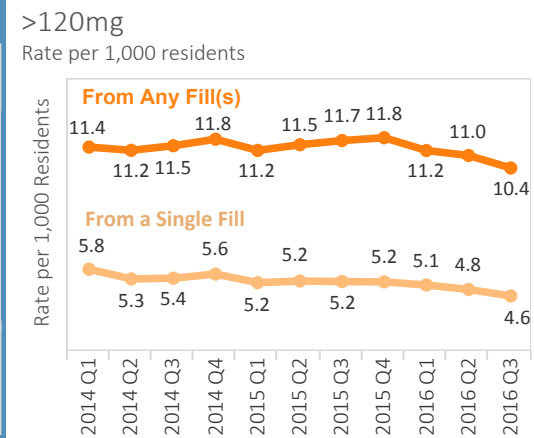
## MOST FREQUENTLY PRESCRIBED OPIOID DRUGS, Q1 2015 - Q3 2016 (by Drug Name)



## OVERDOSE HOSPITALIZATIONS



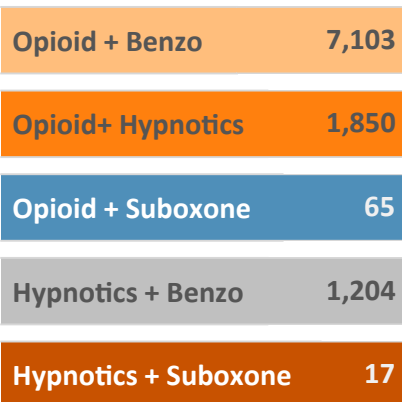
## MORPHINE EQUIVALENT DOSING >120mg



## CO-PRESCRIBING

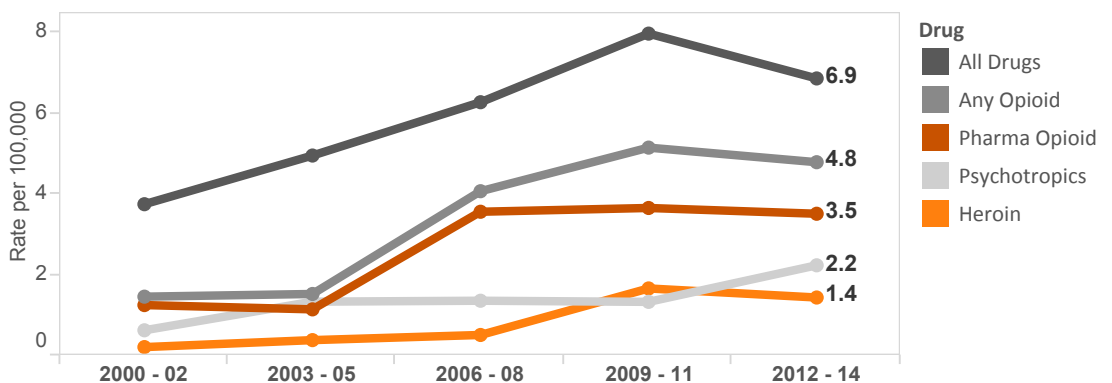
# Individuals prescribed opiates and at least one other drug type in the same month one or more times.

# Individuals by Drug Type Co-Rx, 2016 (2016 Q1 - Q3)



## OVERDOSE DEATHS BY DRUG TYPE

Rate per 100,000 residents



Pharma Opioid: Pharmaceutical Opioids

Note: The data for Overdose Hospitalizations, Morphine Equivalent Dosing > 120mg, and Overdose Death Rates are provided by OHA and are available on OHA's website under "Data Dashboard: Prescribing and Overdose Data for Oregon". Data as of 1/20/2017. <http://public.health.oregon.gov/PreventionWellness/SubstanceUse/Opioids/Pages/data.aspx>



**Pain Standards Task Force**

**Dial-in Only**

**Bend, Oregon**

**January 4, 2017**

**Present:**

Kim Swanson, St. Charles Family Care, Chair  
Gary Allen, Advantage Dental  
Muriel DeLaVergne-Brown, Crook County Health Department  
Alison Little, PacificSource  
Sharity Ludwig, Advantage Dental  
Steve Mann, Central Oregon IPA  
Laura Pennavaria, La Pine Community Health Center  
Kerie Raymond, Hawthorne Healing Arts Center  
Marie Rudback, Endeavor Chiropractic  
Scott Safford, St. Charles Family Care  
Julie Spackman, Deschutes County Health Services  
Tom Watson, Rebound Physical Therapy

**Absent:**

Misoo Abele, Veterans Administration  
Robert Andrews, Desert Orthopedics  
Wil Berry, Deschutes County Behavioral Health  
Patty Buehler, InFocus Eyecare  
Shanna Geigle, Veterans Administration  
Maria Hatcliffe, Mosaic Medical  
Jennifer Laughlin, St. Charles Medical Group  
Jessica LeBlanc, Bend Treatment Center  
Christine Pierson, Mosaic Medical  
Robert Ross, St. Charles Medical Group  
Divya Sharma, Mosaic Medical  
Pamela Tornay, Central Oregon Emergency Physicians  
Rick Treleaven, BestCare Treatment Services

**Others Present:**

MaCayla Arsenault, Central Oregon Health Council  
Harriett Godoski, PDMP Coordinator

Jean McCalmont, OHSU Student  
Kelsey Seymour, Central Oregon Health Council

### **Introductions**

- Members introduced themselves and their respective organizations and guests were welcomed to the meeting.

### **2017 Aims Review**

- Dr. Kim Swanson reviewed the 2017 aims decided upon at the previous meetings.
- Dr. Swanson asked how the group would like to generate and measure Provider and Community Education. Julie Spackman shared that an education or awareness campaign is frequently measured by the number of impressions. Muriel DeLaVergne-Brown shared that Crook County has an awareness program and has access to information from student surveys. Julie added that the Shared Future Coalition (SFC) has conducted school surveys asking about students' perception of risk of opioid use. Muriel shared that the CDC will conduct door-to-door surveys in Crook County and she has the opportunity to add questions to that survey.
- Dr. Swanson shared that she has drafted a handout on safe home-keeping and disposal of opioids and it is being edited.
  - **ACTION:** Dr. Swanson will share her handout with the PSTF at the February meeting.
- Jean McCalmont offered to share survey results with the PSTF that she is collecting from chronic pain providers. She should have the results by late spring 2017.
- Dr. Marie Rudback noted that handouts and information of any kind can be solicited outside the Living Well with Chronic Pain classrooms.
- Dr. Swanson confirmed that the group desires to have 3 separate Grand Rounds.
- Dr. Swanson shared that the Central Oregon region is steadily resting at 48% PDMP enrollment. Dr. Stephen Mann suggested that incentives for using the PDMP would be well received by providers. He shared that COIPA has included a financial incentive for PDMP for their providers. Dr. Swanson noted that St. Charles has shown interest in encouraging PDMP use with their providers.
- Dr. Pennavaria suggested drafting sample workflows of delegates using the PDMP for providers to review.
- Dr. Kerie Raymond asked if a certain population was not signing up for PDMP for a particular reason. Dr. Swanson noted one cause of resistance to using PDMP is in the Emergency Room where there are hundreds of delegates and doctors are concerned about sharing their DEA number with so many people. She also shared that indiscretion on the part of delegates in small towns is a concern for some clinics. She added that providers also find the PDMP cumbersome to use. She also pointed out that providers in acute and hospital settings are not resistant, but do not necessarily know how to make the best use of it. Dr. Mann noted that House Bill 424 is currently in process and will allow the PDMP to integrate with EHRs.

- Harriett Godoski noted that during the sign-up process, one learning barrier is that providers are not able to log in immediately to PDMP. She provides them with the paper instructions, but does not spend any time with them working in the program.

### **Subcommittees**

- Dr. Swanson asked for volunteers to join the following subcommittees.
- **Pain 101**
  - Dr. Tom Watson
  - Dr. Scott Safford
  - Dr. Kerie Raymond
  - Dr. Kim Swanson
- **Learning Collaborative**
  - Dr. Scott Safford
  - Dr. Kim Swanson
  - Dr. Kerie Raymond
- **Patient Communications**
  - Julie Spackman
  - Harriett Godoski
  - Dr. Kim Swanson

### **Q3 PDMP Dashboard**

- Dr. Swanson shared that the Q3 PDMP Dashboard cannot be published yet because there were some glitches in the data transfer that need to get sorted out and verified. She noted that the current draft shows a slight decrease in prescribing.
  - **ACTION:** The corrected PDMP Q3 Dashboard will be electronically shared with the PSTF.

### **Safer, Informed & Compassionate Opioid Prescribing**

- Dr. Swanson shared that they in the process of applying for CME for this presentation.

### **PDMP Update**

- Harriett shared that she would like the opportunity to work with a small group of individuals to help her identify where to focus her efforts in early 2017.

### **Living Well With Chronic Pain Update**

- MaCayla Arsenault shared the attendance records of the recently completed Living Well With Chronic Pain (LWCCP) classes in Redmond and La Pine. She noted that Sarah Worthington is compiling pre and post survey results from both classes.
- Dr. Swanson shared that one intention of Living Well in 2017 is to expand to Bend, but the barrier is a lack of workforce. Dr. Rudback shared that the facilitator training can be easily completed by community members.

- Dr. Raymond shared that one of her patients who has MODA insurance appears to be participating in an unknown program similar to LWWCP.
- Julie inquired if Living Well has asked OHSU or COCC students to pursue facilitator training, and if the program might count toward some required internship/practicum hours.
  - **ACTION:** Dr. Swanson will ask the Living Well Advisory Board if they have considered asking students.

#### **Pain Advisors RHIP Proposal**

- Dr. Swanson shared that the Pain Resiliency Program proposal will be resubmitted once the COHC revises their proposal review process. She noted that she would accompany Mark Altenhofen with his next presentation to the COHC Board.
- Dr. Swanson noted that she would share the annual PSTF update with the COHC Board in February. She will be asking the PSTF for input on that presentation at the February meeting.
  - **ACTION:** MaCayla will add the annual Board update to the February's agenda.

#### **Approval of the Minutes**

- Dr. Swanson asked for a motion to approve the minutes. Tom Watson moved, and Julie seconded.