# The opioid epidemic: a health system response

**Bridget Bridgman, Sr Director Medication Safety and Outcomes**

The opioid epidemic by the numbers — *2016 and 2017 data*

<table>
<thead>
<tr>
<th>Statistic</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>130+</td>
<td>People died every day from opioid-related drug overdoses (^1) (estimated)</td>
</tr>
<tr>
<td>42,249</td>
<td>People died from overdosing on opioids (^2)</td>
</tr>
<tr>
<td>81,000</td>
<td>People used heroin for the first time (^3)</td>
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<tr>
<td>15,469</td>
<td>Deaths attributed to overdosing on heroin (^2)</td>
</tr>
<tr>
<td>11.4 m</td>
<td>People misused prescription opioids (^1)</td>
</tr>
<tr>
<td>2.1 million</td>
<td>People had an opioid use disorder (^2)</td>
</tr>
<tr>
<td>2 million</td>
<td>People misused prescription opioids for the first time (^3)</td>
</tr>
<tr>
<td>886,000</td>
<td>People used heroin (^1)</td>
</tr>
<tr>
<td>17,087</td>
<td>Deaths attributed to overdosing on commonly prescribed opioids (^2)</td>
</tr>
<tr>
<td>19,413</td>
<td>Deaths attributed to overdosing on synthetic opioids other than methadone (^2)</td>
</tr>
</tbody>
</table>

Sources:
2. NCHS Data Brief No. 293, December 2017
3. NCHS, National Vital Statistics System, Estimates for 2017 and 2018 are based on provisional data

HHS.gov/opioids
How we are addressing the opioid epidemic

System wide assessment

• How are we prescribing opioids?
• How are we treating people with opioid use disorder?
• What is our culture and understanding of opioid use disorder?
• What are / aren’t we doing that other health systems are?

Prioritization

• Opioid Stewardship is three year long term goal system wide for 2018-2020

Our opioid stewardship teams

In 2017 more than 90 Novant Health team members came together to begin developing specific solutions to address the opioid epidemic.
Our aim and commitment

• We believe it is our obligation to address the opioid epidemic head on and provide the care and resources our communities need.

• Novant Health is seeking to help its team members and the public better understand substance use disorder and **eliminate the stigma** associated with this medical condition.

• Novant Health will alleviate the opioid epidemic in its communities by **safely and appropriately prescribing opioids** for pain management while **optimizing alternative therapies**.

Our accomplishments

• Gap analysis completed, as well as prescribing data analyzed

• Patient education with every opioid prescription implemented

• Colorectal and bariatric surgery enhanced recovery after surgery (ERAS) protocols implemented with vast decreases in opioid use post operatively
Our accomplishments

- Education for all team members

- Drug take back programs: Over 400 gallons of medications taken out of community in <6 months

- Campaign on stigma elimination

Team member and provider education

“Understanding the opioid crisis and tools to combat” computer based learning module

Topics covered:

- Looking at the opioid crisis through different lenses
- History of opium
- Understanding opioid dependency pain management strategies and case studies
- Stereotypes and compassionate care
- Medication assisted therapy
- Maternal and newborn issues
- Law and regulation
- Community engagement

Mandatory provider education with 3-hour CBL at time of initial appointment and reappointment
Provider engagement and community partnership

Working with legislators at local, state and national level to influence policy and guidelines

• Stop Act: passed in July 2017 by NC legislators around prescriptions
• Conducting media interviews to help educate the public
• Partnered with NC Medical Board on CME for appropriate opioid prescribing
• Collaborated on a position paper with the NC Institute of Medicine
• Providing expertise for statewide consultations of pregnant patients

Opioid stewardship long-term goal (2018-2020)

**Metric 1:** Quantity of opioids prescribed for post-operative patients

**Metric 2:** Utilization of opioid screening tool

**Metric 3:** Screening patients with opioid use disorder for Hepatitis C and HIV

**Metric 4:** Opioid treatment agreement
Opioid Use Disorder Treatment

Treating opioid use disorder

Novant Health has four intensive outpatient programs (Manassas, Matthews, Salisbury, Winston-Salem)

Inpatient medical detox program at Prince William Medical Center considered “gold standard” and model

Peer support specialists

Integrating therapists into community medicine and pediatric ambulatory practices
Questions?