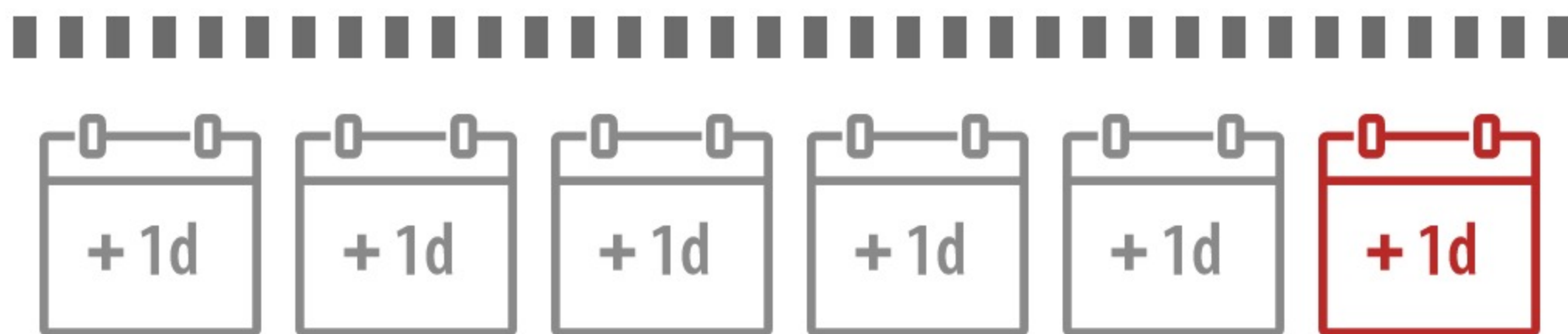


# OPIOID EPIDEMIC RECOMMENDATIONS

## Preventing Opioid Use Disorder



**4 out of 5** new heroin users start as prescription drug users



Risk of long term opioid use significantly increases **AFTER DAY 5**

## Individuals Not Taking Opioids ("Opioid Naive")

Implement Youth Prevention Programs

Improve Insurance Parity

Limit First Fills for Opioid Naive to 5 Days

Increase Pain Management Options

Increase Public Education

Decrease Federal Barriers



## Safe Management of Pain

Arizona clinicians should implement prescribing practices that address their patients' pain, while also maintaining safety for their patients and community. Prescribers need to educate patients on the risks of opioids, work to create a safe, long term plan, regularly assess their treatment regimen if prescribing greater than 50 Morphine Milligram Equivalents (MME) and avoid prescribing greater than 90 MME.

### Improve Access to Medication Assisted Treatment (MAT)

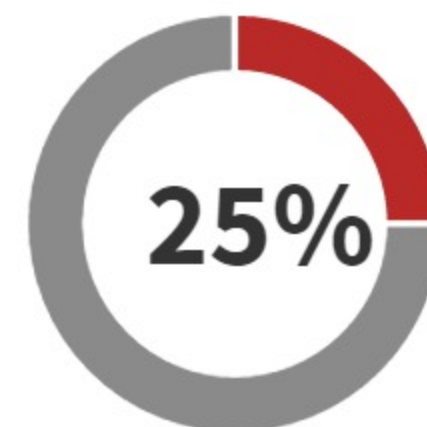
In 2017 there were



- Implement curriculum on substance use treatment and prescribing in Arizona medical education schools.
- Establish laws to prevent illegal "pill mill" activities, regulate dispensing and prevent fraudulent prescribing.
- Create a call in line resource to provide consultation to prescribers caring for patients on opioids.
- Limit doses to 90 MME or less to reduce risk of overdose. Over time, taper down patients already on high doses.

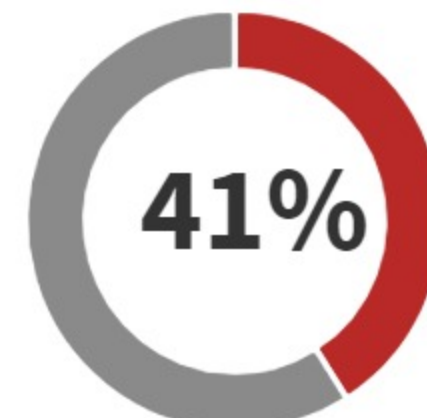
## Patients on Long Term Opioid Therapy

### KEEPING PATIENTS SAFE



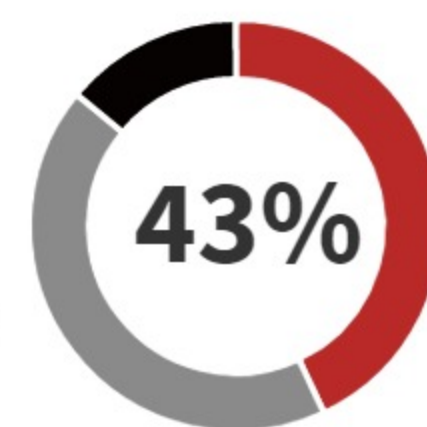
#### IMPROVE THE CSPMP

25% of prescribers that wrote a prescription for opioids checked the Controlled Substances Prescription Monitoring Program (CSPMP).



#### DECREASE CSPMP EXEMPTIONS

41% of overdoses with a prescription for opioids had 10 or more prescribers in the past year.



#### IMPLEMENT A LAST LINE OF DEFENSE

Despite a black box warning, 43% of overdoses with a prescription had a combination of opioids and benzodiazepines prescribed. Pharmacists are not required to check the CSPMP prior to dispensing.

## Preventing Deaths

## Those at High Risk of Overdose

Increase Access to MAT



Increase Access to Naloxone



Enact Good Samaritan Laws



Utilize Peer Support Services



Increase diversion programs



Improve Enforcement



Decrease illicit drug supply

