# Kentucky Statewide Opioid Stewardship (KY SOS) December 2023 Newsletter



# HAPPY HOLIDAYS

As 2023 comes to a close, the Kentucky Hospital Association (KHA) and KY SOS team want to reflect on the amazing work healthcare workers have accomplished throughout the state. While providing exemplary care to patients you have also met the challenges of data reporting. These data metrics show improvement from baselines established in 2022. This equates to amazing news for your patients, their families, and the communities you serve. A difference is being made in the opioid crisis we Kentuckians have been faced with in the state. Our focus with KY SOS remains on reducing opioid overprescribing, improving safe opioid use, and providing a mechanism for hospitals to demonstrate their actions and commitments to their patients and communities to combat the state's opioid epidemic. Together we have been able to achieve this, and we trust 2024 will prove to be even more successful.

The KHA and KY SOS program are most thankful for our relationships with the healthcare teams across KY and our group efforts to combat the effects of unsafe opioid usage. We wish everyone Happy Holidays and a Happy New Year.

# **Coping with Holiday Stress**

Marilyn J. Connors, D.O.

The winter holiday season can stir up a myriad of emotions. Holidays can elicit ambiguous feelings including sadness and depression, loneliness, grief, anxiety, and disappointment, but also excitement, optimism, and joy. Stress can have physical, emotional, and mental effects. The effects of stress may be positive, negative or a combination of both. An American Psychological Association survey stated that approximately 38% of the population report increased stress during holidays. It is important to be aware of and acknowledge how you and others are feeling when the holiday season approaches. Upcoming holidays may result in mental and physical exhaustion, increased anxiety, and depression as well as difficulty sleeping.

Why does this happen? There are many factors that intersect and influence the anticipation of and experience of a special day. There may be unrealistic expectations about how the holiday should unfold. Concerns about social interactions, family dynamics and challenging relationships may result in anxiety, worry, dread or even anger. Unhealthy stress may be self-imposed by putting too much pressure on yourself to create "the perfect holiday". Memories of the past and happier times may bubble up before and during the holidays. Loneliness, a sense of loss, frustration and unresolved emotions may cloud your perception of the holidays when reality fails to harmonize with your vision of the day. Sometimes, the financial costs associated with holidays are themselves a stressor, such as the cost of a special holiday meal, gifts or travelling. Those working in service professions, especially healthcare, may have to work more hours or work on the holidays and be unable to spend them with family and friends. So how do we navigate the holidays in a beneficial way that allows us to enjoy them?

Here are some tips on coping with holiday-related stress which may be helpful in counteracting unhealthy emotions that may arise:

- Manage stress levels by learning to say "no" without feeling guilty.
- *Delegate* some of the holiday preparations/work to others- don't go it alone.
- Share your feelings and thoughts with confidantes, such as supportive friends and family.
- Be present during the time you *can* connect with loved ones, including your pets.
- Acknowledge and honor difficult emotions such as grief and loss by developing a tradition to remember someone who has passed away.
- Remain in the present moment and experience what is happening now.
- Avoid becoming too tired or too hungry because it may lead to irritability and frustration.
- Minimize distractions.
- *Volunteer*! at a soup kitchen, shelter, library or find another opportunity to help others.
- Limit exposure to social media which often presents unrealistic ideas and expectations of a fantasy holiday.
- Remember to take a break! (exercise, dance, sing, meditate, read, go outdoors, walk your pet, do something you enjoy and take some deep breaths during the day).
- Create a relaxing environment for yourself (e.g., listening to music, using scents such as citrus, cinnamon, pine, vanilla and lavender)
- Prioritize and maintain your self-care routine or create a new one.
- Extend compassion to all, including yourself!

Follow these links to find additional resources for coping with holiday-related stress:

https://psychcentral.com/health/holiday-stress

https://health.clevelandclinic.org/holiday-depression-and stress

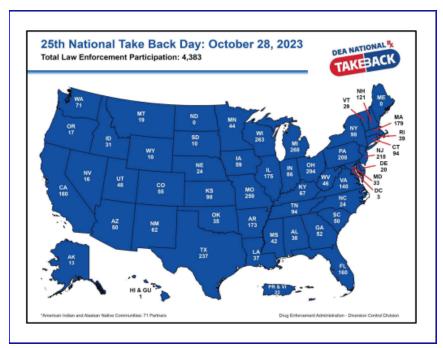
https://mayoclinichealthsystem.org/hometown-health/speaking-of-health/fend-off-

holidaystress

# **Results from DEA Drug Take Back Day October 2023**

The following graphics and information provided by www.dea.gov





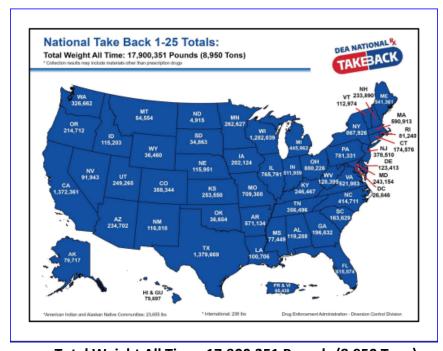
**Total Law Enforcement Participation: 4,383** 



**Total Collection Sites: 4,675** 



Total Weight Collected: 599,897 Pounds (300 Tons)



Total Weight All Time: 17,900,351 Pounds (8,950 Tons)



The Kentucky Hospital Association (KHA) Podcast hosts several shows each month to draw attention to specific issues affecting KHA members and KHA member hospitals. The KHA Podcast highlights health care news, topics of interest, as well as achievements of the hospitals. The KHA Podcast hosted the KY SOS Program in a series of three shows. Click on the following links to learn more about the KY SOS program and how hospitals, primary care clinics, and the Emergency Department (ED) Bridge programs in Kentucky are addressing the opioid epidemic.

**Episode 16 (August 23, 2023)** - For the first episode in a three-part series focusing on the KY SOS Program, Emily Henderson and Stacy Allen, both KY SOS pharmacists, join the show to introduce listeners to how hospitals in Kentucky are addressing the opioid epidemic. Link to recording: <u>Episode 16</u>

**Episode 18 (October 11, 2023)** - The second episode on the KY SOS program features a conversation with KY SOS pharmacists Emily Henderson and Mary Beth Ecken about the ED Bridge Program. Link to recording: <a href="mailto:Episode 18">Episode 18</a>

**Episode 19 (October 18, 2023)** - The final episode focusing on the KY SOS program, this time focusing on outpatient programs, features guests Dr. Marilyn Connors and pharmacist Shanna Jaggers. Link to recording: <a href="mailto:Episode 19">Episode 19</a>

# **Congratulations From KY SOS**

The Kentucky Statewide Opioid Stewardship Program (KY SOS) is pleased to announce the successful completion of the American Society of Health-System Pharmacists (ASHP) Opioid Stewardship Certificate. KY SOS has sponsored these pharmacists as they continue their efforts in promoting safe prescribing of opioids in hospitals and clinics across Kentucky. We now have 14 pharmacists that have successfully completed the certification. We are halfway there! Congratulations to the following pharmacists:

- Sydney Holmes, PharmD- UofL Health UofL Hospital
- Matthew Oakley, PharmD, MBA, CPHQ Owensboro Health Muhlenberg Community Hospital
- Joan B. Haltom, Pharm.D., FKSHP Ephraim McDowell Health
- Angela Sandlin, PharmD, BCPS Baptist Health LaGrange
- Hanna Earich, PharmD, BCPS UofL Health Jewish Hospital
- Marintha Short, PharmD, BCPS Continuing Care Hospital
- Julie Edwards, PharmD, BCACP Robley Rex VA Medical Center

- Leigh Ann Keeton, PharmD, BCPS- King's Daughters Medical Center
- Jacob Lyles, PharmD, RPh Owensboro Health Muhlenberg Community Hospital
- Kelsee Crawford, PharmD Baptist Health Corbin
- Janet Fischer, PharmD UofL Health Mary & Elizabeth
- Laura Stiles, PharmD Owensboro Health Muhlenberg Community Hospital
- Emily Henderson, PharmD, LDE Kentucky Hospital Association
- Shanna Jaggers, PharmD Kentucky Hospital Association

# **Innovative Coordinated Access and Mobility Grants**

The Federal Transit Administration announced last month grant funding for increased access to public transportation for older adults, people with disabilities, and low-income communities. The funding will assist with transportation services and non-emergency medical transportation. To learn more, a webinar will be hosted at 3:00 PM Eastern Time on December 14, 2023. Registration is not required. Join the webinar on December 14.

With a lack of transportation being a barrier to recovery, this funding opportunity may benefit the patients you serve and other community partners. The link for full details: <a href="https://www.transit.dot.gov/funding/grants/grant-programs/access-and-mobility-partnership-grants">https://www.transit.dot.gov/funding/grants/grant-programs/access-and-mobility-partnership-grants</a>

#### **Never Use Alone**

A lifesaving resource is available to people who use drugs while alone. If you have patients or know individuals that use drugs while alone, please encourage them to call <u>800-484-3731</u> or visit the website: <a href="https://neverusealone.com/main/">https://neverusealone.com/main/</a>. This nationwide overdose prevention, detection, crisis response and reversal lifeline provide a NO Judgement, NO Stigma, Just Love approach by an all-volunteer peer-run call center. Operators are available 24 hours a day, 7 days a week, 365 days a year.

## **Ibogaine**

An informational resource from The HEALing Communities Study: Ibogaine is a drug derived from the plant Tabernanthe iboga. In the United States (US), it is a Schedule I drug, meaning it has no accepted medical use and a high potential for abuse. In other countries, it has been used for opioid withdrawal management.

# **MYTHS VS FACTS**

HEAL Ibogaine INITIATIVE

lbogaine is a drug derived from the plant Tabernanthe iboga. In the United States (US), it is a Schedule I drug, meaning it has no accepted medical use and a high potential for abuse. In other countries, it has been used for opioid withdrawal management

HEALing Communities Study Kentucky

#### MYTH

Ibogaine is a safe option to help treat opioid withdrawal

Some studies show ibogaine helps to relieve opioid withdrawal, but there are serious risks when taking it. Deaths and severe adverse effects, including life-threatening heart problems, have resulted from ibogaine treatment. 1.2.3.4 There are several effective, FDA-approved therapies for opioid withdrawal and opioid use disorder (OUD) that are safer than ibogaine.

#### **MYTH**

After ibogaine treatment, no further treatment is needed for OUD

#### **FACT**

There are no studies of ibogaine showing long-term benefit in the treatment of OUD.5 Ibogaine does not bind to the opioid receptor so it does not protect against respiratory depression and fatal overdose like FDAapproved treatments

#### MYTH

Ibogaine is a helpful treatment for stimulant (e.g., cocaine, methamphetamine) use disorder

#### **FACT**

Unfortunately, there are no FDA-approved medications to treat stimulant use disorder. While some people report reduced cravings for a short time after ibogaine, research does not show ibogaine is helpful for reducing and stopping use of stimulants.

#### MYTH

Ibogaine is more costeffective than other opioid withdrawal and OUD management options

Ibogaine treatment occurs outside of the US and is costly (e.g., \$10,000). If complications occur, your insurance may not cover the medical costs to treat these complications. In comparison, buprenorphine (Suboxone\*) and methadone are cost-effective and covered by all Kentucky Medicaid plans.

#### MYTH

If you have had limited success with FDA-approved OUD treatments (buprenorphine, methadone, or naltrexone), ibogaine is a good option to consider.

#### FACT

The short and long-term safety, efficacy, and cost-effectiveness of ibogaine for opioid withdrawal and OUD treatment is unproven so it cannot be recommended. There are many reasons why your previous attempts with FDA-approved medications may not have produced long term remission and recovery. Don't give up. Work with your clinician to find a new treatment plan that considers safe, proven medication options, harm reduction, and recovery support services.

# **Apply For Recovery Ready Communities**

The Recovery Ready Communities Certification Program is designed to provide a quality measure of a city or county's substance use disorder (SUD) recovery efforts. The program offers local officials, recovery advocates, and concerned citizens the opportunity to evaluate their community's current SUD treatment programs and interventions in a framework that is designed to maximize positive public health outcomes among Kentuckians suffering from SUD. To apply: https://rrcky.org/apply/

# Kentucky Injury Prevention and Research Center (KIPRC) Has New Overdose **Detection Mapping Application Program (ODMAP) For Public Health and Public** Safety

(UK KIPRC) ODMAP is a simple, web-based mapping tool that allows public safety and public health organizations to report and track suspected drug overdose events in near real time so that responses to sudden increases or spikes in overdose events can be mobilized. ODMAP is a free public service from the <u>Washington/Baltimore High Intensity Drug Trafficking Area</u>. For more detailed information about ODMAP, including an overview video and documentation, please visit <u>www.ODMAP.org</u>.

# **KY House Bill 353 Makes Fentanyl Testing Strips No Longer Classified as Illegal Drug Paraphernalia**

To read the complete details of KY House Bill

353: https://apps.legislature.ky.gov/record/23rs/hb353.html

# **Updated Regulation Provides Guidance to Hospitals on Naloxone Dispensing in the Emergency Department**

The Kentucky Board of Pharmacy has issued the updated **201 KAR 2:360**, effective **March 9**, **2023**. This regulation includes the requirements for a pharmacy to stock naloxone to an emergency department and, with this update, provides clear guidance on how hospital pharmacies can dispense naloxone to patients from the ED.

Find the full updated regulation here:

<u>Title 201 Chapter 2 Regulation 360 • Kentucky Administrative Regulations • Legislative Research</u>
Commission

These changes now allow hospitals to more easily provide naloxone to patients who present to the ED when the outpatient pharmacy is closed, further reducing barriers to care, and increasing access to a life-saving resource.

# **The Kentucky Naloxone Copay Program**

The Kentucky Naloxone Copay Program, funded by Substance Abuse and Mental Health Services Administration (SAMHSA), increases access to naloxone for all individuals in communities across KY. The copay program works by reducing the out-of-pocket expense for naloxone products. OTC Narcan is now included in the program. For complete details on the Kentucky Naloxone Copay Program, please visit:

https://www.kphanet.org/copay#:~:text=For%20Naloxone%20Prescriptions%3F-,How%20Much%20Does%20The%20Kentucky%20Naloxone%20Copay%20Program%20Pay%20 For,their%20third%20party%20prescription%20coverage

# First Over the Counter Naloxone FDA Approved

To read the full FDA news release:

FDA Approves First Over-the-Counter Naloxone Nasal Spray | FDA

# FDA Approves Prescription Nasal Spray to Reverse Opioid Overdose: Nalmefene Hydrochloride

To read the full FDA news release:

https://www.fda.gov/news-events/press-announcements/fda-approves-prescription-nasal-spray-reverse-opioid-overdose

# MMWR Released Report on the Presence of Xylazine in Illicitly Manufactured Fentanyl

To read the complete report, visit:

<u>Illicitly Manufactured Fentanyl–Involved Overdose Deaths with Detected Xylazine — United</u> States, January 2019–June 2022 | MMWR (cdc.gov)

Also from the CDC, helpful information about xylazine:

What You Should Know About Xylazine | Drug Overdose | CDC Injury Center

# DEA Issues a Public Safety Alert (PSA) on Widespread Threat of Fentanyl Mixed with Xylazine

For the full PSA, follow this link:

DEA Reports Widespread Threat of Fentanyl Mixed with Xylazine | DEA.gov

# **Resources From Our Partner Alliant Quality of Alliant Health Solutions**

# Language Matters-Words Have Power. People First.

This document uses affirmative language to help reduce stigma, inspire hope, and advance recovery through giving examples of stigmatizing language vs preferred language. Visit the following link for the complete document shared by Alliant Quality:

Language Matters (allianthealth.org)

# Medicine Disposal Tip Sheet

Use this resource to safely dispose of unused, unwanted, and expired medications. Visit the following link for the complete document shared by Alliant Health Solutions: <a href="Medication">Medication</a> Disposal Tip Sheet (allianthealth.org)

# Resources from our Partner IPRO Quality Innovation Network-Quality Improvement Organization (IPRO QIN-QIO):

#### Naloxone Saves Lives

This patient education document describes what Naloxone is, how it works, why it is offered to individuals with an opioid prescription, and signs of opioid overdose. Also available in Spanish. Visit the following link for the complete document:

https://drive.google.com/file/d/1-FOw 9sLOf4XZuQnqexcx-Lj6K6KFhdj/view?usp=sharing

# **Centers for Disease Control and Prevention**

National Center for Injury Prevention and Control Division of Overdose Prevention

# New resources to help clinicians treat pain and manage opioid use disorder



CDC developed trainings to educate clinicians about the 2022 CDC Clinical Practice Guideline for Prescribing Opioids for Pain (2022 CDC Clinical Practice Guideline) and assist clinicians and other healthcare personnel to provide patient care. The trainings for healthcare professionals support clinicians providing pain care in outpatient settings, including those prescribing opioids for patients with acute, subacute, or chronic pain.

## CDC's 2022 Clinical Practice Guideline for Prescribing Opioids for Pain

Provides an overview of the 2022 CDC Clinical Practice Guideline recommendations intended for clinicians providing pain care in outpatient settings, including those prescribing opioids for patients with acute, subacute, or chronic pain. Continuing education credit available.

#### **Motivational Interviewing Module and Patient Case**

Outlines the core components of motivational interviewing, how to use it to facilitate the treatment of pain, and strategies to empower change in patients and promote healthier and safer outcomes. Continuing education credit available. Additionally, there is an additional separate Interactive Motivational Interviewing Patient Case to help clinicians practice how to use motivational interviewing.

## Assessing and Addressing Opioid Use Disorder (OUD)

Summarizes how opioid use disorder is diagnosed using the DSM-5 assessment criteria, how to discuss this diagnosis with patients, and how to treat opioid use disorder. Continuing education credit available.

#### Buprenorphine for the Treatment of Opioid Use Disorder (OUD)

Highlights the benefits of buprenorphine to treat opioid use disorder and how to use buprenorphine in different health care settings with examples on how to initiate treatment. Continuing education credit available. Information on naltrexone and methadone can be found in "Assessing and Addressing Opioid Use Disorder" and additional trainings are in development.

\*\*The above information was obtained from The Centers for Disease Control and Prevention website. Please visit: <a href="Partner Toolkits">Partner Toolkits</a> | <a href="Resources">Resources</a> | <a href="Drug Overdose">Drug Overdose</a> (cdc.gov)</a>

# **Data Update**

KY SOS continues to encourage all facilities to submit their monthly data into KY Quality Counts (KQC). Please continue to report <u>monthly</u> data on both the process and outcomes measures. Education and the future of the program are based in part on the data reported. Areas of improvement and areas of success will be highlighted and emphasized as KY SOS continues. If you need assistance with data input or navigation of the KQC data collection system, please contact <u>Emily Henderson (ehenderson@kyha.com)</u>, <u>Stacy Allen (sallen@kyha.com)</u>, <u>Marilyn Connors (mconnors@kyha.com)</u>, <u>Shanna Jaggers (sjaggers@kyha.com)</u>, <u>Mary Beth Ecken (mecken@kyha.com)</u> or <u>Melanie Landrum (mlandrum@kyha.com)</u>.

The Inpatient KY SOS Encyclopedia of Measures (EOM) has been updated. Latest release date was **October 2023**. Of note, Metric 3c- Emergency Department Opioid Use for Renal Colic has an added ICD-10 code; N13.2. This may be found on the website at: <a href="www.kentuckysos.com">www.kentuckysos.com</a> under the Standards tab. The link for this update is:

http://www.kentuckysos.com/portals/2/Documents/KentuckyStatewideOpioidStewardshipEncyclopediaofMeasures.pdf

KHA Quality Website – for all your quality resources and educational events: http://www.khaquality.com

KY Quality Counts – for all your quality data reporting: <a href="https://www.khaqualitydata.org">https://www.khaqualitydata.org</a>

# **The Happenings**

# **Primary Care Clinic Outpatient Program**

You are aware of the extensive inpatient work around opioid stewardship since the inception of the KY SOS program, but are you aware the program is growing to include hospital owned primary care clinics? The Cabinet for Health and Family Services approached KHA to expand its bandwidth and provide education and guidance in opioid stewardship to primary care clinics. The suggested program, called Six Building Blocks (6BB), was created by a physician-led multidisciplinary team from the University of Washington Department of Family Medicine and the Kaiser Permanente Washington Health Research Institute. The 6BB Program is a teambased approach to improving opioid management in primary care. In its entirety, the 6BB Program is a 9-to-12-month commitment for primary care clinics. This program is a "clinic redesign" with goals to consistently treat chronic pain patients on long-term opioid therapy in accordance with evidence-based clinical practice guidelines. Information about the 6BB Program can be found on the website: https://familymedicine.uw.edu/improvingopioidcare/.

The Six Building Blocks are as follows:

- 1. Leadership and Consensus-Demonstrate leadership support and build organization—wide consensus to prioritize more selective and cautious opioid prescribing. Solicit and respond to feedback.
- 2. Policies, Patient Agreements and Workflows-Revise, align, and implement clinic policies, patient agreements, and workflows for health care team members to improve opioid prescribing and care of patients with chronic pain.
- 3. Tracking and Monitoring Patient Care-Implement proactive population management before, during, and between clinic visits of all patients on long-term opioid therapy. Develop tracking systems, track patient care.
- 4. Planned, Patient-Centered Visits-Prepare and plan for the clinic visits of all patients on long-term opioid therapy. Support patient-centered, empathetic communication for care of patients on long-term opioid therapy. Develop, train staff, and implement workflows and tools; develop patient outreach and education.
- 5. Caring for Patients with Complex Needs-Develop policies and resources to ensure that patients who develop opioid use disorder (OUD) and/or who need mental/behavioral health resources are identified and provided with appropriate care, either in the primary care setting or by outside referral. Implement assessment tools; identify and connect to resources for complex patients.
- 6. Measuring Success-Identify milestones and monitor progress. Measure success and continue improving with experience.

Appalachian Regional Healthcare (ARH) was the first health system in Kentucky to implement this important program. As the pilot health system, the 6BB program is currently in the process of implementation into clinics in the Hazard, Whitesburg, and Prestonsburg areas. After policy and workflow changes have been made in these pilot clinics, work will continue in the remaining ARH primary care clinics. Thank you to ARH for piloting this 6BB program! The goal for this 6BB Program is to be implemented across the state. Clinics are currently being recruited to implement outpatient work. KY SOS is excited to announce TJ Regional Health has committed to participating in the 6BB program in all 9 clinics. The onboarding and implementation of the program began in February 2023. We are pleased to announce that AdventHealth Manchester has joined the KY SOS outpatient program and began onboarding in August. Thank you to ARH, TJ Regional Health, and AdventHealth Manchester for your commitment to safe, consistent, and patient-centered opioid management throughout your primary care clinics. Ongoing recruitment and education of this program is a priority of the KY SOS program. Reducing opioid overprescribing while improving safe opioid use in inpatient and primary care clinics in Kentucky continues to be the KY SOS mainstay and goal. If your facility has interest in learning more about the 6BB program and implementing, contact Emily Henderson (ehenderson@kyha.com), Shanna Jaggers (sjaggers@kyha.com) or Marilyn Connors (mconnors@kyha.com) for more information about the KY SOS 6BB program implementation.

# **KY SOS Launches New Emergency Department Bridge Program**

The Kentucky Hospital Association and the Kentucky Statewide Opioid Stewardship (KY SOS) program are excited to launch the Emergency Department Bridge program. The ED Bridge program is an expansion of the existing KY SOS program, which focuses on inpatient and outpatient (primary care clinics) opioid stewardship. This expansion will provide even more access to treatment and care for patients across the Commonwealth.

The main objective of the ED Bridge Program is to ensure patients with Opioid Use Disorder (OUD) receive 24/7 access to care. The state has 11 ED Bridge Programs in place, making a difference in the lives of patients and their communities. The KY SOS team will continue to expand the ED Bridge Program into hospitals across the state and is pleased to announce the following facilities have pledged their commitment to begin an ED Bridge Program at their hospital.

- 1. Baptist Health LaGrange
- 2. Carroll County Memorial Hospital
- 3. MedCenter Health-Bowling Green
- 4. Mercy Health-Lourdes Hospital
- 5. CHI Saint Joseph-London
- 6. CHI Saint Joseph-Mount Sterling

The ED Bridge Program will help patients across our state receive low barrier treatment, connect them to ongoing care in their community, and nurture a culture of harm reduction in our Emergency Departments.

With the addition of an ED Bridge Program, these hospitals will help patients find treatment and recovery, thus saving lives in Kentucky communities. This is important work, and we are thankful for these hospitals pledging their support to help fight the state's opioid epidemic.

Please contact Emily Henderson (<a href="mailto:ehenderson@kyha.com">ehenderson@kyha.com</a>), Mary Beth Ecken (<a href="mailto:mecken@kyha.com">mecken@kyha.com</a>) or Melanie Landrum (<a href="mailto:mlandrum@kyha.com">mlandrum@kyha.com</a>) if you have questions about the ED Bridge program. KY SOS is looking forward to working together to grow the ED Bridge Program across Kentucky.

# **Quality Improvement Through Community Coalitions**

KHA/KHREF has established 8 regional communities for networking opportunities for providers, beneficiaries, and community stakeholders.

The Community Coalitions bring together individuals and/or organizations who work together to achieve a common purpose for the patient. The coalition will address the needs and concerns of the community and how to best serve the patients within the community. The

advantages of the coalition will allow for increased access to resources and improve overall community organization and working relationships.

# The goals of coalition are to work on the following:

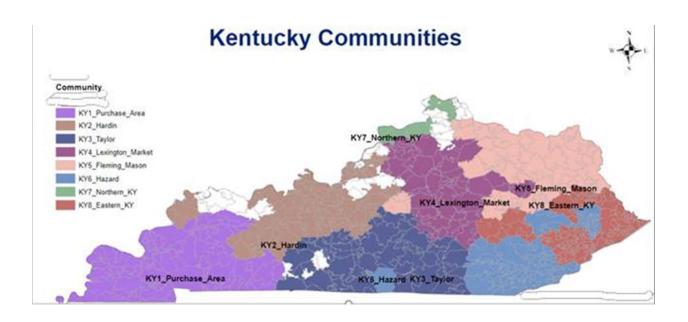
- Opioid utilization and misuse
- Chronic disease self-management
- Community education to increase influenza, pneumococcal and COVID-19 vaccination rates.
- Decrease preventable/avoidable readmissions.
- Support care settings with public health emergency plans

# Who should be part of the Community Coalition?

- Clinician Practices
- Nursing Homes
- Hospitals
- Home Health Agencies
- Hospice Agencies
- Pharmacies
- Area Agencies on Aging
- Community Health Centers
- Senior Housing
- Substance Abuse Recovery Organizations
- Patients and Families

# **Upcoming Community Coalition Meetings:**

With the holidays quickly approaching we will not have any coalition meetings in December. All communities will start back up in 1<sup>st</sup> Quarter 2024.



# **Upcoming Events/Webinars**

 KY SOS December Webinar- Haley Busch, PharmD, BCPS Quality Manager and Opioid Stewardship Program Coordinator for CHI Saint Joseph Health. Dr. Busch will present to KY providers on Rapid Micro-Induction Technique of Buprenorphine. The webinar is scheduled on December 12, 2023, from 12 PM to 1 PM ET. Calendar invites and Zoom link have been sent.

Join Zoom Meeting

https://us02web.zoom.us/j/85445406025?pwd=enkwMk14T3NmaTVQRGRBbTFsSDArQT09

Meeting ID: 854 4540 6025

Passcode: 2501

KY-OPEN Overdose Prevention Education Network with Laura C Fanucchi, MD, MPH
have available a webinar with free CE. A Patient's First Day: Barriers to Treatment,
Treatment Initiation Best Practices, and Sample Low-Threshold Clinic

To access the webinar: <u>UK HealthCare CECentral</u>

- KY-OPEN Overdose Prevention Education Network visit the website and save live
  events to your calendar for the weekly teleconference and hear from clinical experts
  and community participants about OUD while earning free continuing education
  credits. Visit the website to learn more: https://kyopen.uky.edu/
- MAT Training:

Educational offerings to meet the new DEA educational requirement on SUD/OUD

CME Courses:

AMA Ed Hub link: https://edhub.ama-assn.org/course/302

Providers Clinical Support System (PCSS) link: <a href="https://pcssnow.org/education-training/sud-core-curriculum/">https://pcssnow.org/education-training/sud-core-curriculum/</a>

American Society of Addiction Medicine (ASAM) link: <u>ASAM eLearning: The ASAM</u> Treatment of Opioid Use Disorder Course

# **New Podcast Series Offers Advice for Opioid Use Disorder Treatment**

The Centers for Medicare & Medicaid Services (CMS) created an impactful new podcast series that addresses opioid use disorder (OUD) treatment in hospital settings. Emergency departments (EDs) are on the front lines of the opioid crisis. In this series, nationally recognized experts demonstrate how hospitals and health systems can provide excellent care for their patients with OUD while supporting their clinical teams and exercising fiscal responsibility.

Created for hospital leaders and clinicians, *Buprenorphine Initiation in the Emergency Department: Why, When, and How?*, offers research-backed, actionable advice on the technology tools, clinical evidence and referral networks that support this safe and effective first-line treatment in the ED – and how this research has been translated into action. This is a joint project by the CMS and the National Institute on Drug Abuse Clinical Trials Network Dissemination Initiative. Each episode in this four-part series is less than 15 minutes. Visit the following QIO Program Channels:

- The QIO Program YouTube channel playlist
- myCME.com, for no-cost CME credit with free registration
- QIO Program.org Tools and Resources

#### An invitation to an 8 Session ECHO Series

# IPRO ECHO:

# When the Pain Won't Stop

Whole Person Care
Addressing Chronic Pain

Chronic pain is a complex issue that is never solely biological. In this series we will explore the biopsychosocial view of pain. This includes three different domains of pain interacting at the same time. Pain is...

- biological (e.g., tissue damage, inflammation)
- psychological (e.g., thoughts and emotions affect pain, memories of pain)
- social/sociological (e.g., socioeconomic, gender, ethnicity, isolation)

Each session will include brief talks by specialists on specific topics for management of chronic pain and supporting patients' self-management of chronic pain.



Healthcentri Advisors







During each session, community physicians will present a clinical case for feedback and recommendations from other participants and subject matter experts.

This participatory group learning will:

- Increase knowledge of up-to-date chronic pain management approaches.
- Improve ability to assess chronic pain and recommend effective treatment interventions.
- Build knowledge and skills regarding emerging evidence-based mind-body practices to enhance patient selfmanagement of chronic pain.



# **Learn more** and **register** for the IPRO ECHO series:

IPRO ECHO: When the Pain Won't Stop - Whole Person Care Addressing Chronic Pain



All ECHO sessions are on the following Wednesdays, from 12 - 1 pm ET.

9/27/2023, 10/11/2023, 10/25/2023, 11/8/2023, 11/29/2023, 12/13/2023, 1/10/2024, and 1/17/2024.

Accredited continuing medical and pharmacy education credits are pending.

"Most medical treatments for chronic pain fail. That's because pain isn't a purely medical issue – it's also emotional and contextual. This means that effective treatments must target the BRAIN in addition to the body."

Dr Rachel Zoffness (Pain Education & Treatment with Dr. Zoffness)

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# **KY SOS Community Highlights**

The following information has been shared with the KY SOS program. Please send your area activities and KY SOS will be happy to highlight your efforts and spread the word across the state.

A helpful handout for parents and teens supplied by the Purchase District Health Department and Opioid Taskforce:

# **FAKE & FATAL**

What parents and teens need to know about fentanyl

### WHAT IS FENTANYL?

It is a deadly synthetic opioid that is being pressed into fake pills or cut into heroin, meth, cocaine, and other street drugs to drive addiction.

#### WHAT ARE COUNTERFEIT/FAKE PILLS?

Counterfeit/fake pills are fake medications that have different ingredients/quantities than the legitimate medication. Counterfeit pills may contain lethal amounts of fentanyl and are extremely dangerous because they often appear identical to legitimate prescription pills, and the individual is likely unaware of how lethal they can be.

#### WHY IS FENTANYL SO DANGEROUS?

Just two milligrams (fits on the tip of your pencil) is considered a potentially deadly dose. McCracken County Sheriff's Office lab testing reveals that ONE out of every SIX pills confiscated in the county contained a lethal dose of fentanyl.

# WHAT ARE THE PHYSICAL AND MENTAL EFFECTS OF FENTANYL?

Fentanyl use can cause confusion, drowsiness, dizziness, nausea, vomiting, changes in pupil size, cold and clammy skin, coma, and respiratory failure leading to death



Scan to watch Fentanyl Awareness Video.



# Which pill is fake?



A deadly pill laced with fentanyl can look like a prescription pill

# How do you reverse an overdose?

The only thing that can reverse an opioid overdose is naloxone (NARCAN, KLOXXADO). Always call 911, the Good Samaritan law protects you.

### Signs of an opioid overdose:

Pin Point Pupils Blue lips and nails Struggling to breathe/not breathing Cold/Clammy Skin Unresponsive

## Administer Narcan (Naloxone)

- 1.Call 911
- 2.Lay the individual on their back
- 3. Make sure there is nothing in their mouth
- 4. Tilt their chin up
- 5.(Optional: rescue breathing)
- Put Naloxone nasal spray in nostril.
- 7. Push plunger
- Put individual in recovery position.
- Wait 1-3 minutes, if no response, repeat steps 2-8.







Scan for where to get naloxone.

# STREET CORNER TO SOCIAL MEDIA: How Illicit Drugs Have Swamped the Internet

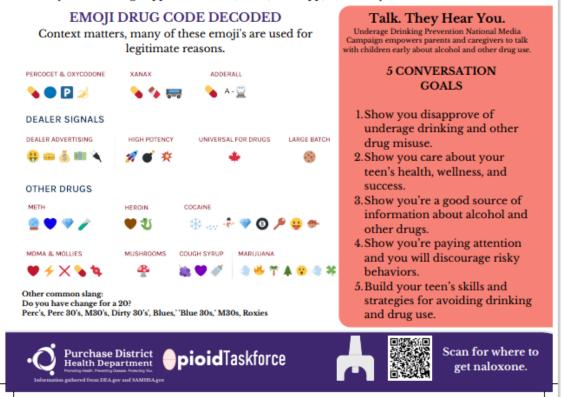
#### WHAT WE KNOW

With the growth of social media and smartphones, a dangerous and deadly new drug threat has emerged: criminal drug networks are abusing social media to expand their reach, create new markets, and target new clients. This includes by selling deadly fake fentanyl pills, often to unsuspecting teenagers, young adults, and older Americans, who think they are buying the real thing.

## HOW IT WORKS ONE-STOP SHOP

Social media platforms such as Instagram, Snapchat, TikTok, Twitter and YouTube may have drug traffickers on there. They post advertisements that disappear within 24 hours and are difficult to trace. They may also contain code words, emojis, or other phrases that may not be easy for parents to understand.

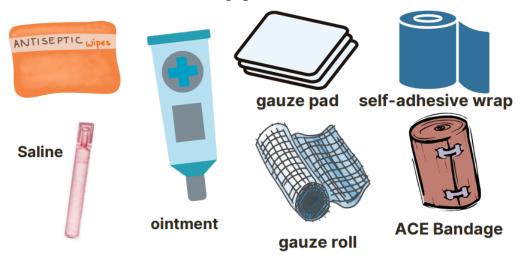
Once a person contacts the dealer online, they may move to another site such as WhatsApp, Signal, or Telegram. Encrypted sites are difficult to trace by law enforcement. Payments are usually made through apps like Venmo, Zelle, CashApp, or Remitly.



A helpful handout about wound care for patients before discharge, supplied by the Purchase District Health Department and Opioid Taskforce:

# **Wound Care**

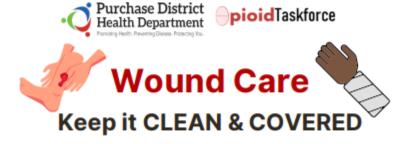
# **Supplies:**





# Wound Care Helpful Tips

- · Keep your skin moistened with ointment.
- · Avoid using alcohol/hydrogen peroxide on wounds.
- · Keep wounds covered with a clean bandage.
- Wear long sleeves, pants, socks, and gloves to keep you from scratching your skin.
- · Eat protein and stay hydrated to help with healing.
- · Avoid injecting into or around your wounds.
- · Use new supplies every time and avoid sharing.
- Not every wound is infected. Avoid taking non-prescribed antibiotics



For resources and where to get Narcan scan:



# **Xylazine Wounds**

- Xylazine wounds can look like a combination of: \*Blisters \*small scabs \*large ulcers \*eschar (dark/black pieces of dead tissue.
- Xylazine wounds can appear anywhere on the body regarless of where you are injecting. Particulary on the arms and legs. Check these areas regularly for any wounds that may develop.
- Wounds can occur even if you do not inject drugs. Xylazine can cause wounds if you smoke, snort, or ingest.
- Xylazine is an animal tranquilizer that is being mixed into the drug supply. It is often present with Fentanyl.
- Even though xylazine is not an opioid, you should still give naloxone in an overdose as opioids are often present.

## **Treatment and Recovery Help**

#### Your Words Matter

Reduce the stigma around substance use by being conscious of your language

Terms to use when discussing SUD	
Instead of	Use
Addict	Person with a substance use disorder
Substance Abuse	Substance (Mis)use
Drug of choice	Drug of use
Medicated Assisted Treatment	Treatment
Recovering addict	Person in recovery

The National Institute of Mental Health (NIMH) defines a substance use disorder (SUD) as a mental disorder that affects a person's brain and behavior, leading to the inability to control their use of substances such as legal or illegal drugs, alcohol, or medications.

If you are looking for programs and resources for treatment of Substance Use Disorder, please visit the following websites:

- www.findhelpnowky.org/ky
- www.findtreatment.gov
- www.purchasehealthconnections.com/co mmunity-resource-guide/

# Call Turning Point at (270) 444-3621 to see how to qualify for Recovery Housing.

If transportation is a barrier for you to reach treatment, you can call the McCracken County Sheriff Department at 270-444-4719 and ask for help through **Badges of Hope**.

You can also visit

www.mccrackencountysheriff.com/badgesofhope. php for more information.

#### **Narcan in Purchase Area**

McCracken 1.CVS Paducah #2586 3001 Lone Oak Road Paducah, KY 42003

2.CVS Paducah #6379 3275 Irvin Cobb Drive Paducah, KY 42003

3. CVS Paducah #6376 538 Lone Oak Road Paducah, KY 42003

4. Davis Drugs 250 Lone Oak Road Paducah, KY 42001

5. Kentucky Care 125 S. 20th Street Paducah, KY 42001

 McCracken County Public Library ★ 555 Washington Street Paducah, KY 42003

7. Purchase District Health Department/McCracken County Health Center 916 Kentucky Ave ● Paducah, KY 42003 ★ (270) 444-9625

8. Turning Point ★ 415 Broadway Paducah, KY, 42001

9. Walgreens 3360 Irvin Cobb Drive Paducah, KY 42003

10. Walgreens 521 Lone Oak Road Paducah, KY 42003

11. McCracken County Sheriffs ★ 300 Clarence Gaines Street, Paducah, KY 42003 Marshall 1.CVS Benton #10050 405 Main Street Benton, KY 42025

Graves 1.CVS Mayfield #6380 100 S. 6th Street Mayfield, KY 42066

2.Walgreens 635 S. 6th Street Mayfield, KY 42066

3.Graves County Syringe Exchange ★ 416 Central Avenue Mayfield, KY 42066

Hickman 1.Byassee Drug Store 107 East Clay Street Clinton, KY 42031

2. Hickman County Health Center ◆★ 370 S. Washington Street Clinton, KY 42031 (270) 653-6110

Calloway 1.CVS Murray #2352 100 N. 12th Street & Main Murray, KY 42071

2.Walgreens 1205 Main Street Murray, KY 42071

Carlisle 1.Bardwell Pharmacy 178 US HWY 51 N. Bardwell, KY 42023

2. Carlisle Co Health Center 5 Court St, Bardwell, KY 42023 •★ (270)-628-5431

Ballard

1.Ballard Co Health Center
198 Bluegrass Drive 
LaCenter, KY 42056
(270) 665-5432

**Note:** In the state of KY, every resident has a standing prescription for Narcan. Most insurances cover the cost of Narcan, but possible consumer occur.

★ Free Narcan: Graves County Syringe Exchange, McCracken
 County Public Library, and Turning Point
 To obtain Narcan at these locations, call the number listed or

 To obtain Narcan at these locations, call the number listed visit <u>www.purchasehealthconnections.com/webinars/</u> To view Narcan
Training Video, follow
the link in the QR Code
Below!

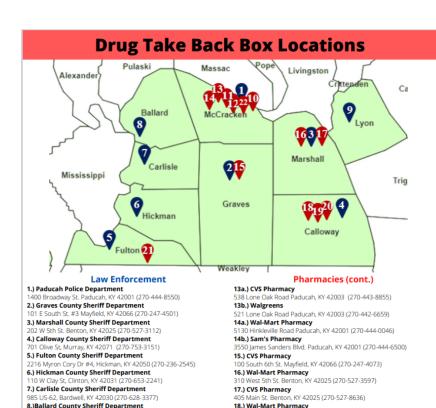


www.purchasehealthconnections.com/webinars

Many of the Opioid Taskforce partners have united in the fight against opioid overdoses by providing Narcan to those at risk.



These efforts are supported by grants awarded by HRSA and COSSAP Revised 11/20



**Drug Disposal Tips** 

The misuse of prescription drugs often starts when a person has access to an unused suppl of medications at home. People can get rid of their surplus medications in a Drug Take

#### Back Box\* or Deterra bag.

- Drug Take Back Box locations are noted on the map
- Deterra Bags are available at the location below who have partnered with the Opioid Task Force or by contacting your local ASA Board at:

www.purchasehealthconnections.com/countyasaps

Using a **Deterra Bag** makes the medications unusable and safe to throw in the trash. They are an environmentally friendly way to discard unused prescription medications by placing medications in the bag, filling the bag with water, and sealing the bag.

- · Baptist Health Paducah Retail Pharmacy
- · Mercy Health Lourdes Hospital
- Strawberry Hills Pharmacy
  - Paducah, KY 2670 New Holt Rd
  - o Paducah, KY 3837 Clarks River Rd
- · Walter's Pharmacy
  - o Murray, KY 604 S 12th St

Note\*: Do not dispose of syringes in Drug Take Back Boxe as a laundry detergent bottle, put the cap on and tape it or the bottle, the bottle can then be disposed of in the garba;

### In Case You Missed It

985 US-62, Bardwell, KY 42030 (270-628-3377) 8.)Ballard County Sheriff Department

10.) Wal-Mart Pharmacy

12.) CVS Pharmacy

Ohio St. Wickliffe, KY 42087 (270-335-3561)

9.) Lyon County Sheriff Department 200 W Dale Ave, Eddyville, KY 42038 (270-388-2311)

Pharmacies

oad Paducah. KY 42003 (270-554-0480)

20 Irvin Cobb Drive Paducah, KY 42003 (270-442-6404)

11.) Mercy Health Lourdes Hospital (ER) 1530 Lone Oak Road Paducah, KY 42003 (270-444-2444)

KY SOS November Webinar- Chris Smith Program Manager, Statewide Overdose Prevention Kentucky Department for Public Health provided an educational webinar on the opioid epidemic, harm reduction, healthcare provider stigma, and an overview of the various grant funded free naloxone programs throughout the state. This webinar recording can be accessed at: Presentations & Recordings (kentuckysos.com)

Y 45 Bypass) 1405 Middle Rd. Fulton, KY 42041 (270-472-9802)

Medical Park 1. Suite 101 2601 Kentucky Ave. Paducah, KY 42003

405 Main St. Benton, KY 42025 (270-52/-8656) **18.) Wal-Mart Pharmacy** 809 North 12th St. Murray, KY 42071 (270-753-0287)

22.) Baptist Health Pharmacy & Wellness Center

1205 Main St. Murray, KY 42071 (270-762-8991) **20.) CVS Pharmacy** 100 N. 12th St. Murray, KY 42071 (270-753-2044)

21.) Wal-Mart Pharmacy

CDC Clinical Practice Guideline for Prescribing Opioids for Pain — United States, **2022** The CDC recently released the long-awaited guidelines for treating pain of the acute, subacute, and chronic states. The newly released guidance from the CDC both updates and is meant to replace the 2016 CDC Opioid Guideline for pain. For the complete guidance, please

visit: https://www.cdc.gov/mmwr/volumes/71/rr/rr7103a1.htm

The FDA issued an alert to healthcare professionals concerning the presence of xylazine in illicit drugs. For the complete alert: https://www.fda.gov/drugs/drug<u>safety-and-availability/fda-alerts-health-care-professionals-risks-patients-exposed-xylazine-illicit-drugs</u>

## Did You Know...?

KY SOS Advisory Committee members will come to your facility or schedule a zoom meeting for technical assistance. This opportunity allows your staff to get specific education on opioid best practices. If you have specific questions, reach out to KHA/KY SOS staff and you will be connected with the appropriate KY SOS Advisory Committee member.

## Additional Resources on the KY SOS Website

ringAccessdoc.pdf

- Find Help Now KY is a website used to assist individuals in the community find an addiction treatment facility. For more information, visit the website at www.findhelpnowky.org
- Find Recovery Housing Now KY is a real-time SUD recovery network to help individuals in recovery locate housing. This website links individuals in recovery to safe, quality, and available housing in Kentucky. For more information, visit the website at: <a href="https://www.findrecoveryhousingnowky.org/">https://www.findrecoveryhousingnowky.org/</a>
- Kentucky Opioid Response Effort (KORE) has funded access to treatment and recovery for individuals who have functional hearing loss and need effective communication. The guidelines can be found on the KY SOS website or click the link to be directed: <a href="http://www.kentuckysos.com/Portals/2/Documents/KOREGuidelinesDeafHardofHea">http://www.kentuckysos.com/Portals/2/Documents/KOREGuidelinesDeafHardofHea</a>
- Kentucky Recovery Housing Network (KRHN) is the state resource for recovery residence providers. Please
  - visit: https://chfs.ky.gov/agencies/dbhdid/Pages/krhn.aspx
- The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline. Please visit: <u>Lifeline (988lifeline.org)</u>

All other KY SOS resources can be found at <a href="http://www.kentuckysos.com/Resources">http://www.kentuckysos.com/Resources</a>



FindRecoveryHousingNowKY.org is a free near-real-time recovery housing locator and resource library for the state of Kentucky. The website launched on Wednesday, September 28, 2022. FindRecoveryHousingNowKY.org allows hospital staff and clinicians to locate available recovery housing openings for patients who are seeking safe and affordable housing that supports their recovery from substance use disorder (SUD). A simple search can be completed within one minute. More than 40 filters are available to help narrow down a search. FindRecoveryHousingNowKY.org also provides a guided search tool for those who are not sure what they are looking for. The tool asks the website searcher a series of questions and provides a list of recovery houses based on the searcher's responses. The online library has resources on how to obtain a driver's license/identification card, health insurance, and food benefits, as well as on various support services.

FindRecoveryHousingNowkY.org also has materials such as brochures, pocket cards, stickers, and magnets that can be ordered and mailed at <u>no cost</u>. Much like its sister site <a href="FindHelpNowKY.org">FindHelpNowKY.org</a>, a free near-real-time substance use disorder treatment locator, FindRecoveryHousingNowKY.org is a linkage to care component for individuals with SUD. <a href="FindHelpNowKY.org">FindHelpNowKY.org</a> launched in 2018 and has more than 700 SUD treatment facilities and over 300 providers listed on the site.

If you have any questions or would like more information on FindRecoveryHousingNowKY.org, please email the FindRecoveryHousingNowKY.org team at: <a href="mail@findrecoveryhousingnowky.org">mail@findrecoveryhousingnowky.org</a>.



For more information, please visit: www.kentuckysos.com

#### To contact a KY SOS staff member:

Melanie Landrum for data-related questions – <u>mlandrum@kyha.com</u> Emily Henderson for ED Bridge/outpatient/program related questions— <u>ehenderson@kyha.com</u>

Mary Beth Ecken for ED Bridge questions- <a href="mailto:mecken@kyha.com">mecken@kyha.com</a>
Shanna Jaggers for outpatient primary care clinic questions- <a href="mailto:sjaggers@kyha.com">sjaggers@kyha.com</a>
Marilyn Connors for outpatient primary care clinic questions- <a href="mailto:mechanismostate">mechanismostate</a>
Stacy Allen for inpatient pharmacy-related questions - <a href="mailto:sallen@kyha.com">sallen@kyha.com</a>

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