

Kentucky Statewide Opioid Stewardship (KY SOS)

October Newsletter



The Kentucky Hospital Association, along with American Pharmacists Association (APhA) and others, celebrate all pharmacists during the month of October. From APhA, “As a pharmacist, the role you play in our health, our communities, and our lives has never been more crucial, more heroic, or more appreciated. This American Pharmacists Month, we thank you for standing by our patients throughout the pandemic and beyond.”

Thank you to all pharmacists and pharmacy technicians across the commonwealth. Your daily contributions are vital to the excellent care provided to patients in every Kentucky facility. Take a moment to say Thank You to your pharmacy department colleagues this month. KHA celebrates the pharmacy team in our office.

Stacy Allen, PharmD

Stacy works with the inpatient KY SOS program. Contact Stacy Allen, sallen@kyha.com.



Jessica Covington, PharmD, BCPS

Jessica works with the Quality Team inpatient Adverse Drug Events (ADE), Antibiotic Stewardship, C. Difficile, Sepsis, Rising Stars, Readmissions: Heart failure and Pneumonia, Venous Thromboembolism Prophylaxis and Sepsis. Contact Jessica Covington, jcovington@kyha.com .



Emily Henderson, PharmD, LDE

Emily is project manager for the KY SOS program and will be working with the ED Bridge program. Contact Emily Henderson, ehenderson@kyha.com .



Natalie Stine, PharmD

Natalie works with KY SOS outpatient primary care clinics. Contact Natalie Stine, nstine@kyha.com



OD2A Quick News

OD2A Quick News **September** editions have been published.

September 26, 2022 edition has articles relating to the nearly \$32 million of settlement funds to be awarded to Louisville to help with people that suffer from SUD as well as harm reduction. Efforts are underway in harm reduction using these funds for Louisville Metro Department of Corrections and increasing the number of mobile units. To subscribe to OD2A Quick News or read the edition, please visit: [OD2A Quick News \(mailchi.mp\)](#)

September 19, 2022 edition has articles relating to trends in the use of alcohol, marijuana, and cigarettes, job opportunities/volunteer at the 988 Suicide and Crisis Lifeline, and results from a recent Gallup crime poll showing 1 in 3 Americans report drug use to be a source of trouble in their family. This edition has several more articles including one on the Overdose Fatality Review Mentor Program. To subscribe to OD2A Quick News or read the edition, please visit: [OD2A Quick News \(mailchi.mp\)](#)

September 6, 2022 edition features articles on The Foundation for Opioid Response Efforts (FORE) accepting proposals for grants to give to community-based organizations (CBOs) so they can further their efforts in combatting the opioid epidemic. Also in this edition you can find the 2021 updated Kentucky Drug Overdose and Related Comorbidity County Profiles Dashboard and an article about the toxicology screening performed in emergency departments on overdose and poisoning patients, plus much more. To subscribe to OD2A Quick News or read the edition, please visit: [OD2A Quick News \(mailchi.mp\)](#)

KY SOS continues to grow...



Natalie Stine, PharmD

Natalie Stine works as a pharmacy consultant for the Kentucky Hospital Association (KHA) Kentucky Statewide Opioid Stewardship program (KYSOS). She is a 2005 graduate of The University of Kentucky College of Pharmacy, where she earned her Doctorate of Pharmacy degree. During her time as a pharmacist, she has had the opportunity to work in a variety of settings. These settings include community pharmacy outreach for Kroger, medication management and staffing for long-term care for residents in intermediate care facilities with IDD (intellectual and developmental disabilities), and provided pharmaceutical care for acute psychiatric patients in the hospital setting. Stine is certified in MTM (medication therapy management) and has led pharmacist immunization initiatives for Kroger in the Louisville area and surrounding counties. Natalie will be working with the outpatient primary care clinics for the KY SOS program. Contact Natalie Stine, PharmD, nstine@kyha.com.

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 team-based 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) has been the first health system 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 the outpatient work. **KY SOS is excited to announce TJ Regional Health has just committed to participating in the 6BB program in all 8 clinics. Thanks to TJ Regional Health for your commitment to improve opioid stewardship efforts in the outpatient clinics in your area.** 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. Contact Emily Henderson (ehenderson@kyha.com) and Natalie Stine (nstine@kyha.com) for more information about the KY SOS 6BB program implementation.



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 no cost. Much like its sister site FindHelpNowKY.org, a free near-real-time substance use disorder treatment locator, FindRecoveryHousingNowKY.org is a linkage to care component for individuals with SUD. FindHelpNowKY.org 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 mail@findrecoveryhousingnowky.org.



Data Update

KY SOS continues to encourage all facilities to submit their monthly data into KY Quality Counts (KQC). Please continue to report **monthly** 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 **Emily Henderson** (ehenderson@kyha.com), **Stacy Allen** (sallen@kyha.com), **Natalie Stine** (nstine@kyha.com), or **Melanie Landrum** (mlandrum@kyha.com).

ECHO

Another learning opportunity is available for your facility. The Kentucky Hospital Association (KHA) and the KY Statewide Opioid Stewardship (KY SOS) program are delighted to be collaborating with partners at the University of New Mexico (UNM) ECHO Institute and the Centers for Disease Control and Prevention (CDC) to bring an active learning opportunity to KY facilities. This program is free of charge to clinicians and CEUs are available. UNM's TeleECHO Program will partner alongside you in a six week learning opportunity. The TeleECHO session requirements will consist of attendance in a weekly, one hour meeting via webinar. Each clinician is encouraged to submit a case presentation which may be selected for discussion during the session. The clinician will learn with a multidisciplinary team led by UNM faculty and consultants specializing in pain and addiction medicine. Subject matter experts from CDC and UNM's ECHO Institute will be on the webinar to help guide the treatment options. You will have the opportunity to ask questions, make suggestions and recommendations to impact patient care. The learner will increase knowledge in caring for patients with substance use disorder (SUD), chronic pain, and/or mental health concerns. Another added benefit to participation is increased confidence in providing aid to the "displaced" chronic opioid patient. Participation in this six week program will also fulfill Hospital Rate Improvement Program (HRIP) requirements for provider education on best practices in opioid stewardship.

ECHO Curriculum:

1. Safely Caring for Patients with Chronic Pain and Substance Use Disorder
2. Epidemics of Chronic Pain, Substance Use Disorder and Mental Health in the U.S.
3. Medications for Chronic Pain
4. How to Taper Opioids
5. How to Taper Benzodiazepines
6. Medications for Opioid Use Disorder

The first cohort began **August 31, 2022** and was a great success with many accolades from participants. The second cohort is scheduled to begin **October 11, 2022**. Facility CEO, CMO, quality leads, and pharmacy directors have been emailed an invitation to participate in this upcoming cohort. For more information or to register, please visit: [Opioid Rapid Response Pain Management TeleECHO Registration \(unm.edu\)](https://www.unm.edu/education/epidemiology-and-prevention/telecho) or contact Stacy Allen directly, sallen@kyha.com.

The Happenings

As a reminder for the Hospital Rate Improvement Program (HRIP), the Opioid Provider Education goal is that 90% of inpatient providers receive opioid best practice education in 2022. One way this can be accomplished is by providers attending the KY SOS educational webinars (current and previous). For past webinars visit: www.kentuckysos.com Go to education/events tab and click on past presentations.

The HRIP program does not specify how many hours a provider must attend or how they receive the education (in-person or webinar, etc.), only that the facility must have documentation that the provider received education in 2022.

During the 4th Quarter 2022, KY SOS will have a one-time metric in Kentucky Quality Counts (KQC) with a numerator of total number of inpatient providers who received education for opioid best practices over the denominator of total number of inpatient providers. If the hospital has 90% or greater they will receive the 0.5% designated funding for the HRIP metric.

Upcoming Events/Webinars

- **HEALing Communities Study Learning Collaborative** will present: **Substance Use Stigma: Lessons learned and future directions for the social work community on October 11, 2022 10- 11:30AM ET.** Featured panelists will be **Sarah Johnson, MSW, CSW, CADC, LCADCA; Kaye Fetter, MS; Sarah Bryant, MSW; Taiwo Ogunbekun; Julie Bowers-Pryor, MA, MSSW, LCSW, LCADC; and Amy Preston, LCSW.** To register, visit: <https://bit.ly/3ASx0BV>
- **KY SOS October Webinar- Danesh Mazloomdoost, MD,** will present: **Diagnosing Back and Neck Pain for Primary and Emergency Care on October 20, 12 noon to 1PM ET.** Calendar invites have been sent for this event. Zoom Information: <https://us02web.zoom.us/j/88452953404?pwd=L2tYdmxtMkRSOE4xVHhjSXVZRmJEz09>
Meeting ID: 884 5295 3404
Passcode: 2501
- There will be no KY SOS webinar in **November 2022.**
- **KY SOS December Webinar- Danielle Anderson, MD,** an addiction psychiatrist and family medicine specialist, will be presenting: **From a clinical perspective, Patients Coping with the Holidays on December 14 from 12 noon to 1PM ET.** Calendar invites will be sent for this webinar.



October 29, 2022 National Prescription Drug Take Back Day 10am -2pm

Keep them safe. Clean them out. Take them back. The US Drug Enforcement Administration (DEA) promotes this biannual National Prescription Take Back campaign, occurring every April and October. This initiative allows for safe and anonymous means to dispose of unused or expired prescription medications in law enforcement locations all over the United States. There is hope that by the removal of these medications from homes all across the nation, it will lessen the potential for pollution, environmental effects impacting public health, as well as greatly decreasing the potential of misuse and possible tragic outcomes when found in the wrong hands, such as children, pets and teens or adults. It may very well be the first line of defense, for some, in the prevention of opioid addiction, overdose and overdose deaths. By going to www.dea.gov/takebackday, those interested can search for collection sites nearest to their chosen location. For those who may not be able to make it on October 29th, there are at least 193 permanent prescription drug disposal locations in Kentucky that offer year round services for medication disposal. Kentucky locations by county can be found on the Kentucky Office of Drug Control Policy website ([Prescription Drug Disposal Locations - Office of Drug Control Policy \(ky.gov\)](http://www.ky.gov)). Your local waste disposal provider may offer guidance on how to properly dispose of medications if unable to attend a take back event and there is an FDA approved flush list that is used only as a *next best* option for potentially dangerous drugs that, for some, may be harmful with even a single dose ([Drug Disposal: FDA's Flush List for Certain Medicines | FDA](https://www.fda.gov/oc/ohrt/drug-disposal)).

So how and where can you promote proper medication disposal in the workplace, home or community? Maybe it is simply taking inventory of your personal medicine cabinet at home or those of extended family. Maybe it is incorporating disposal training and education with your patients at discharge. Wherever that may be, as one large team, protecting our fellow citizens, patients, family, and environment, we can spread the word regarding safe medication handling.

In Case You Missed It

- **KY SOS September Webinar- Danesh Mazloomdoost, MD**, Medical Director of Wellward Medical in Lexington KY and member of the KY SOS Advisory Committee,

presented a webinar entitled, **Unspoken Risks of Opioids and their More Efficacious Alternatives**. The recording of this webinar is available at: www.kentuckysos.com



Members of the Kentucky Hospital Association KY SOS team (left-to-right)
Stacy Allen, PharmD, Natalie Stine, PharmD, Emily Henderson, PharmD.

Celebrating Recovery in Frankfort. September was celebrated as National Recovery Month. It was a time to celebrate those who have achieved recovery and for those individuals and families impacted by substance use disorders. It was a time to recognize recovery groups, advocates, community support and all those working to serve in the opioid response effort. Also, it is always time to renew commitments to fight against opioid misuse and overdose deaths. Nationally, the efforts want to recognize that, “Recovery is for Everyone: Every Person, Every Family, Every Community.”

The Kentucky Hospital Association, with their Kentucky Statewide Opioid Stewardship team (KY SOS), and in partnership with the Cabinet of Health and Family Services (CHFS) and the Kentucky Opioid Response Effort (KORE), helped celebrate recovery in Frankfort, Kentucky on September 16, 2022. The event was organized by the Kentucky Department for Medicaid Services, KORE, CHFS and the Kentucky Office of Drug Control Policy. Along with a variety of organizations supporting recovery, and with many voices of hope from those who have won the fight against opioid addiction, pharmacists from the KY SOS team gathered on the lawn in front of the old capitol building to promote opioid awareness by highlighting their commitment to serve hospitals and outpatient clinics. KY SOS continues to provide an evidence-based standard of care and educational opportunities for those involved in the treatment of pain management to ultimately decrease misuse, overdoses and overdose deaths seen all too much in our state of Kentucky. It is the desire of KHA and KY SOS, to reduce opioid overprescribing, improve safe

opioid use, and to provide mechanisms for hospitals to demonstrate their actions and commitment to their patients and communities to combat the state's opioid epidemic.

For more information on the Kentucky Hospital Association's Kentucky Statewide Opioid Stewardship (KY SOS) program, please visit <http://www.kentuckysos.com>. Feel free to contact Emily Henderson, PharmD, ehenderson@kyha.com, Stacy Allen, PharmD, sallen@kyha.com, or Natalie Stine, PharmD nstine@kyha.com for more information about how we can assist your hospital organizational efforts against this opioid crisis.

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 SOS staff and you'll be connected with the appropriate KY SOS Advisory Committee member.

Additional Resources on KY SOS Website

- 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
- Kentucky Opioid Response Effort (KORE) has funded access to treatment and recovery for individuals who have a functional hearing loss and need effective communication. The guidelines can be found on the KY SOS website or click the link to be directed: <http://www.kentuckysos.com/Portals/2/Documents/KOREGuidelinesDeafHardofHearingAccessdoc.pdf>
- A new harm reduction resource for those in recovery. Find Recovery Housing Now KY is a real-time SUD recovery network to help individuals in recovery locate housing. Please visit: <https://chfs.ky.gov/agencies/dbhdid/Pages/krhn.aspx>
- All other KY SOS resources can be found at <http://www.kentuckysos.com/Resources>

For more information, please visit www.kentuckysos.com or contact a KHA staff member to assist.

Emily Henderson for ED Bridge and program related questions– ehenderson@kyha.com

Stacy Allen for inpatient pharmacy-related questions – sallen@kyha.com

Natalie Stine for outpatient pharmacy-related questions- nstine@kyha.com

Melanie Landrum for data-related questions – mlandrum@kyha.com

Missed a webinar? All presentations are recorded and can be found under the events & education link.