



THE UNIVERSITY OF ARIZONA
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH
Center for Rural Health



**ARIZONA
TELEMEDICINE
PROGRAM**



Arizona State Office of Rural Health Webinar Series



Webinar Tips & Notes



- Mute your phone &/or computer microphone
- Time is reserved at the end for Q&A
- Please fill out the post-webinar survey
- Webinar is being recorded
- Recording will be posted on the SWTRC www.southwesttrc.org/ and the AzCRH www.crh.arizona.edu/

Arizona State Office of Rural Health Monthly Webinar Series

Focused on providing technical assistance to rural stakeholders to disseminate research findings, policy updates, best-practices and other rural health issues to statewide rural partners and stakeholders throughout the state.



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SOUTHWEST
TELEHEALTH
RESOURCE CENTER™





Implementing Harm Reduction to Combat the Opioid Epidemic in Rural Arizona



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Today's presenter:



Haley Coles
Executive Director, Sonoran Prevention Works



Implementing Harm Reduction to Combat Opioid Epidemic in Rural AZ

Haley Coles

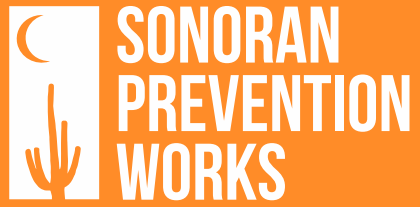
Sonoran Prevention Works

hcoles@spwaz.org



Training Overview

- What's the problem?
- Defining harm reduction
- Syringe access programs
- Overdose response
- Operationalizing



What's the problem?

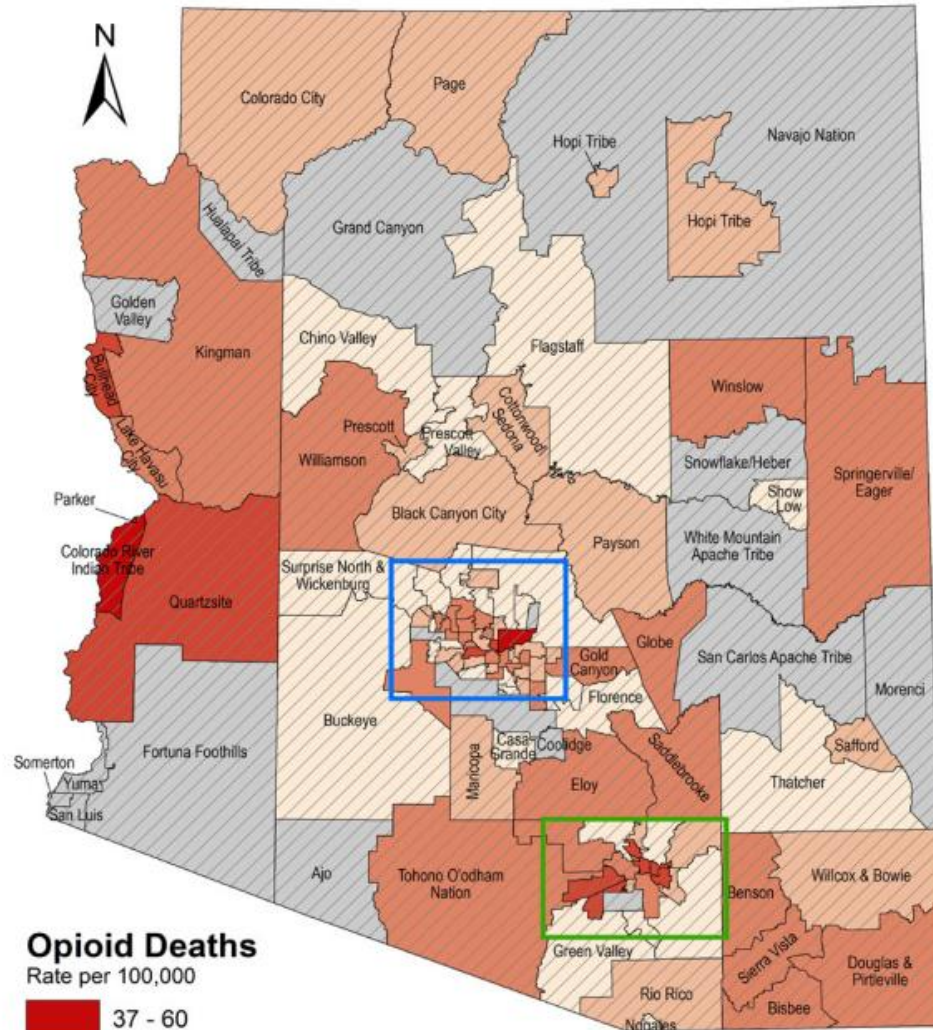
National Trends

- **Overdose > motor vehicle accidents**
- **59,000-65,000 deaths in 2016**
- **Rural, veterans**
- **Death most likely in first 28 days after leaving inpatient**

Arizona Trends

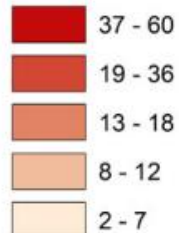
- 1497 AZ deaths
- Age 45-54
- 2016: Over 51,000 opioid-related encounters
- Mohave, Pima, Graham, Gila highest OD rates for all drugs

Opioid Deaths per 100,000 Persons by Primary Care Area (PCA), 2016*



Opioid Deaths

Rate per 100,000



State Rate: 11.51



*49 deaths (6.2%)
were not assigned a PCA



ARIZONA DEPARTMENT
OF HEALTH SERVICES

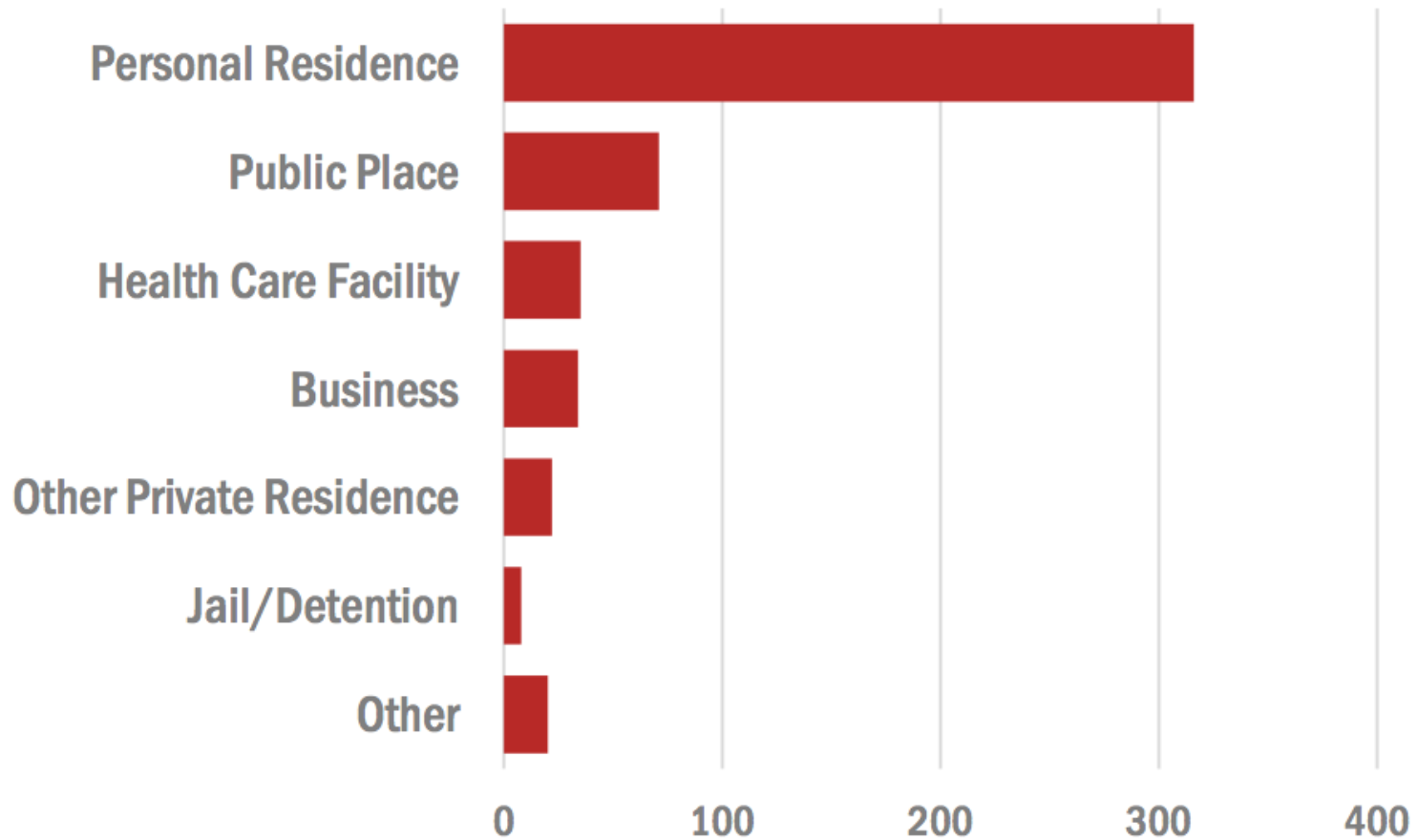
Map Date: 5/31/2017

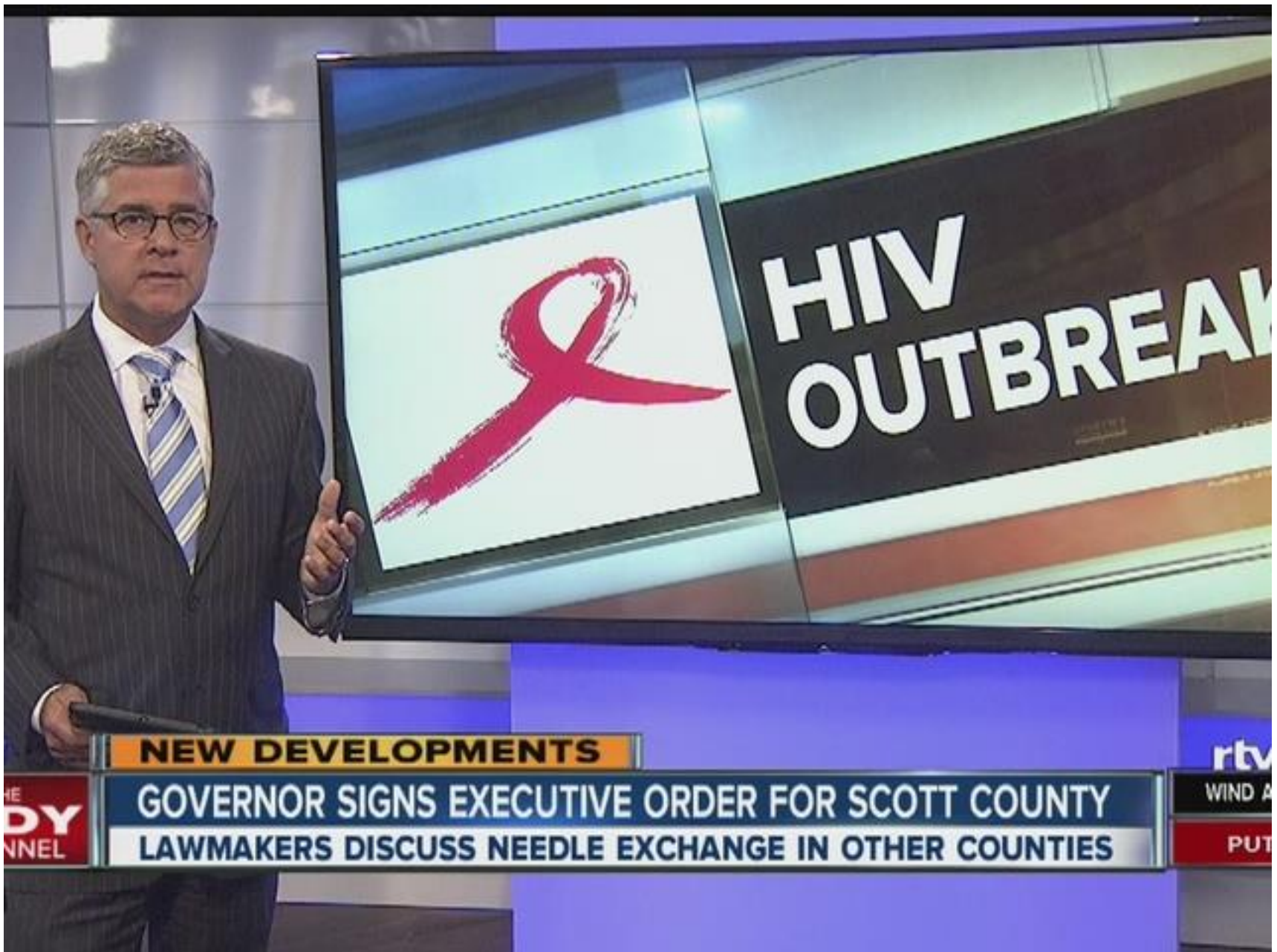


June 15 - September 14, 2017

- 2,749 possible opioid OD
- 15% were hospitalized for opioids in 2016
- 310 deaths

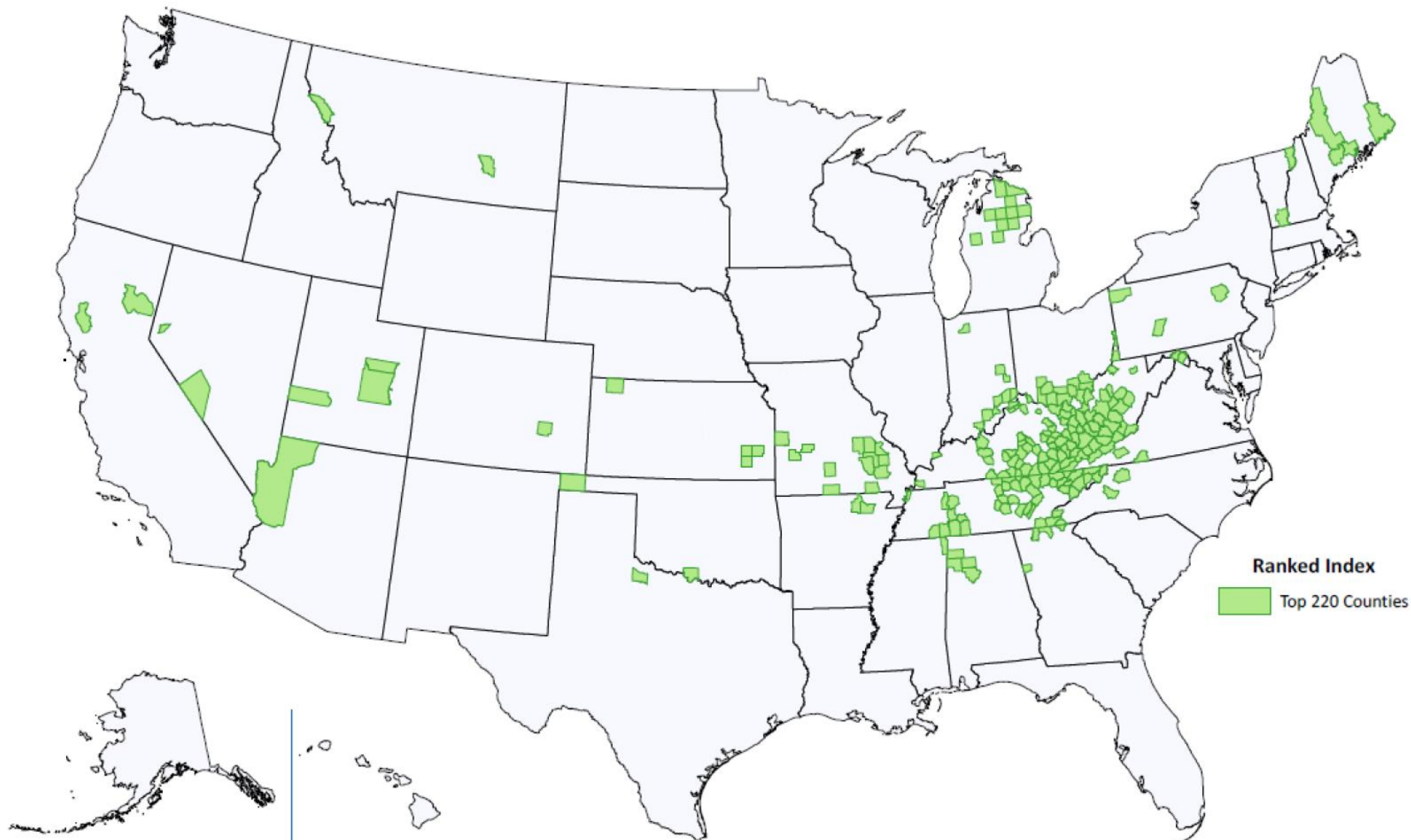
Location of Suspected Overdoses





Vulnerability to Rapid Dissemination of HIV/HCV Infections Among Persons Who Inject Drugs: Ranked index using regression model coefficients

26 States with 1 or more vulnerable counties

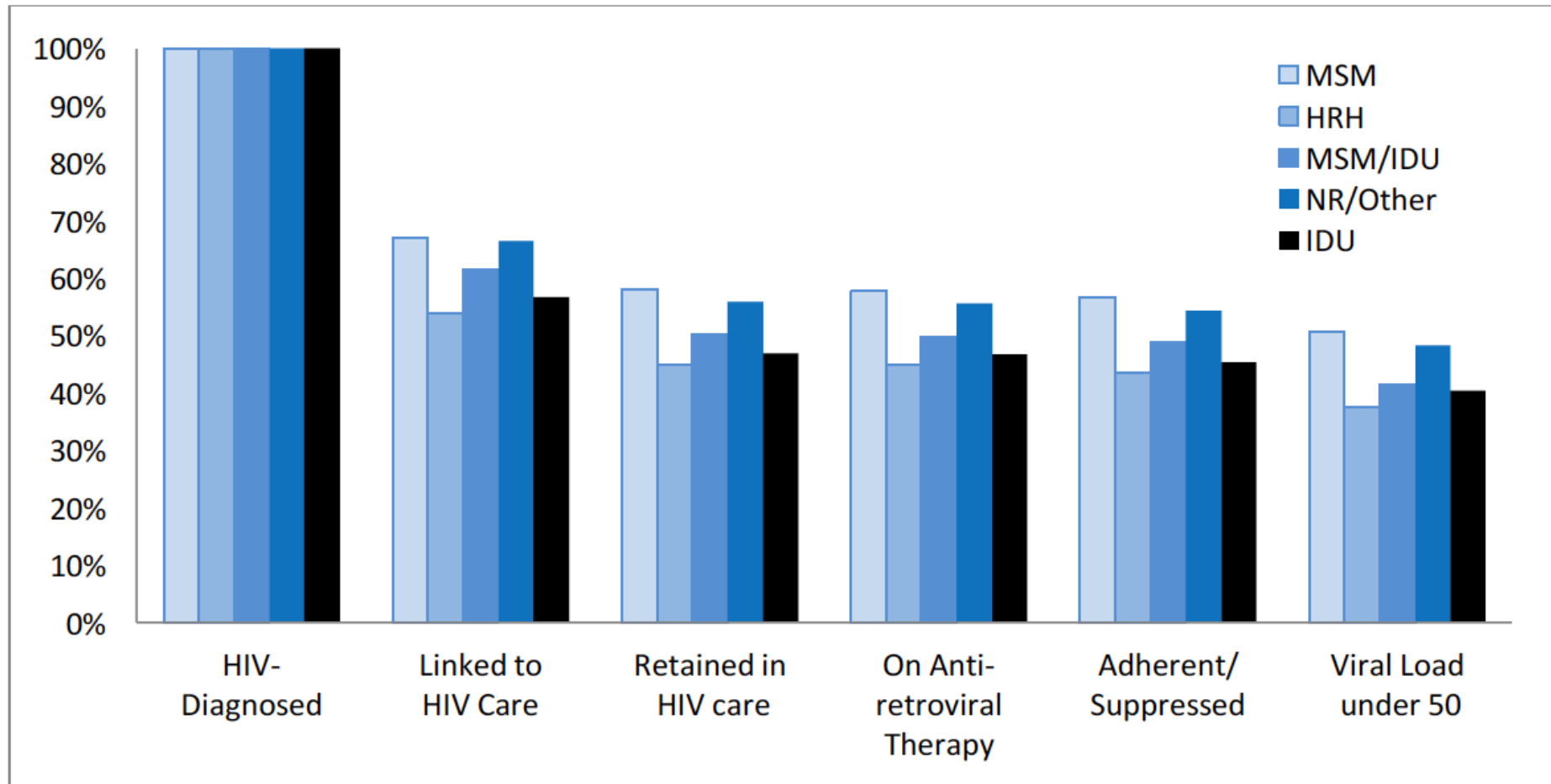


HIV/AIDS & IDU

- 2016 – 10.7% incidence, 17.9% prevalence
- 2011-2015 – Northern AZ – 33.5% new cases
 - 19% increase from 2006-2010
- 2015 – Mohave – 42.9% new cases
 - 20% increase from 2010-2014
 - 57% increase from 2005-2009

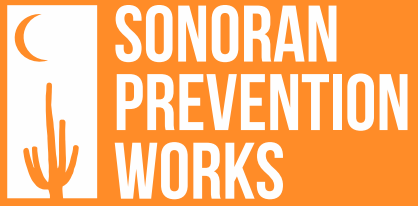
HIV Health Disparities in AZ

Figure 19: Arizona by Transmission Category, 2016



Health Disparities

- **Hepatitis C** – 33% of young PWID, 70-90% of older & former PWID (CDC)
- **HIV** – Global prevalence among PWID 28x higher
- 50-90% of PWUD living with HIV also have HCV
- **Trauma** – 75% of patients w/ SUD have experienced it
- **Nutrition** - Lower average weight than controls
- **Arrest** - **1,488,707** drug arrests in 2015 (84% possession)
- **Incarceration** - **2,224,400** in 2014
- **Education** – Financial aid denied for students w/ drug convictions



Harm reduction

Among the **19.3 million** individuals aged 12 or older classified as needing substance use treatment not receiving treatment in the past year, only **4.6%** reported that they perceived a need for treatment for their drug or alcohol use problem.

*-America's Need For & Receipt of
Substance Use Treatment in 2015,
SAMHSA*



Stigma

Individual

Institutional

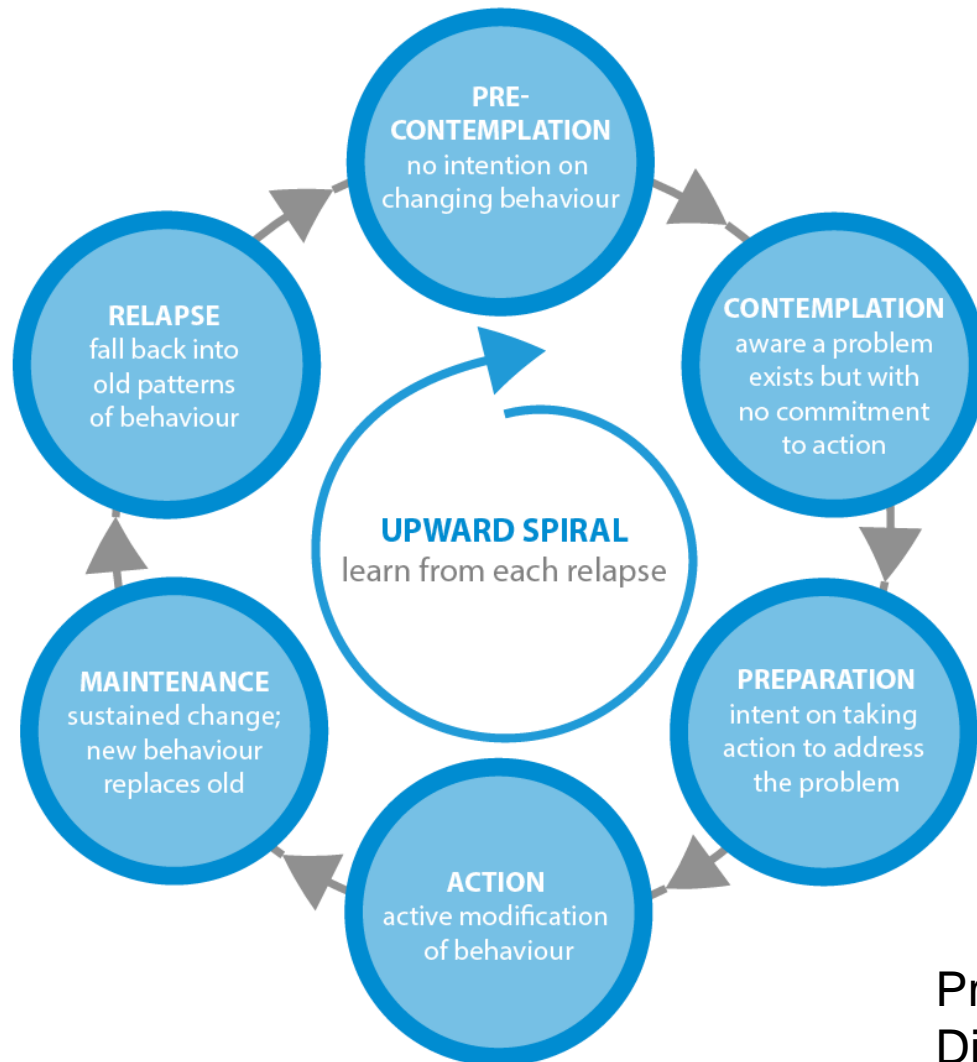
Internalized

Stigma by association

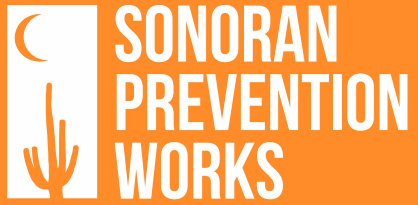
Harm Reduction Solutions

- *Meeting the client where they're at*
- Good Samaritan legislation
- Education
- Trauma Informed Care
- **Syringe access programs**
- **Naloxone**

STAGES OF CHANGE



Prochaska &
DiClemente, 1983



Syringe access programs

Syringe Access Programs

- HIV/HCV Prevention (Indiana example)
- Overdose prevention
- Reduce needle sticks to LE by 66%
- Prevent abscess, infection, endocarditis...
- Address alienation, isolation, stigma
- Ancillary services (disease testing, health insurance signup, case management)
- Referrals
- Cost effective! Every \$1 saves \$7 in HIV care

SAP Myths

- Increase crime
- Increase/enable drug use
- “Give drug users a free pass”
- Not worth the investment
- Drug users don’t care about their health

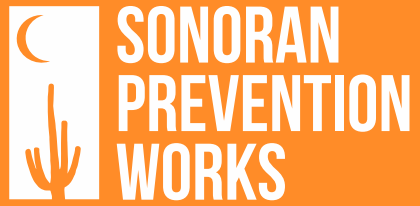
SAP Barriers

- State law
 - Distribution of paraphernalia?
 - Possession of drug residue?
- Funding
- Stigma

AZ Syringe Access Programs

- Tucson – LifePoint, SAAF SAP
- Maricopa County/Apache Junction – Shot In The Dark
- Globe – D.O.P.E.
- Flagstaff Needle Exchange
- Kingman – H.O.P.E. Unit
- Camp Verde





Overdose response

Opioid fits exactly in receptor

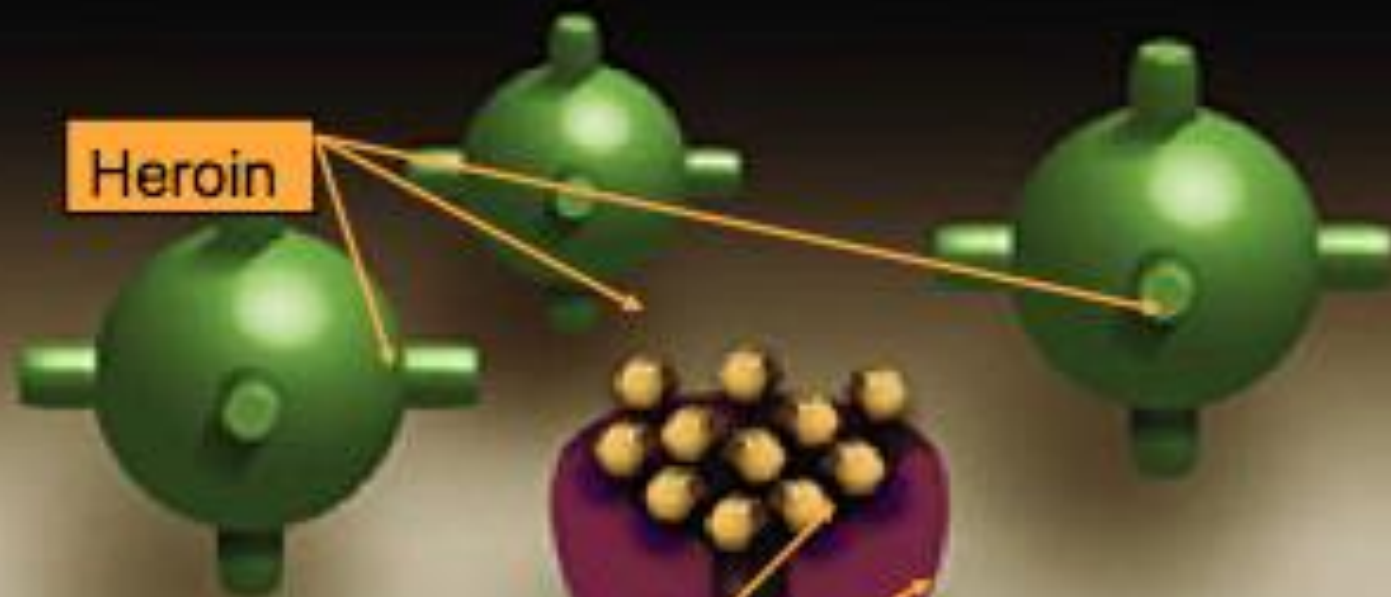


**Opioid receptor
on brain**

The brain has many, many receptors for opioids. Too much opioid fitting in too many receptors slows and stops the breathing.

Risk Factors for Overdose

- Mixing drugs
- Variation in purity
- Tolerance changes
- Using alone
- Physical health



Narcan

Opioid
receptor

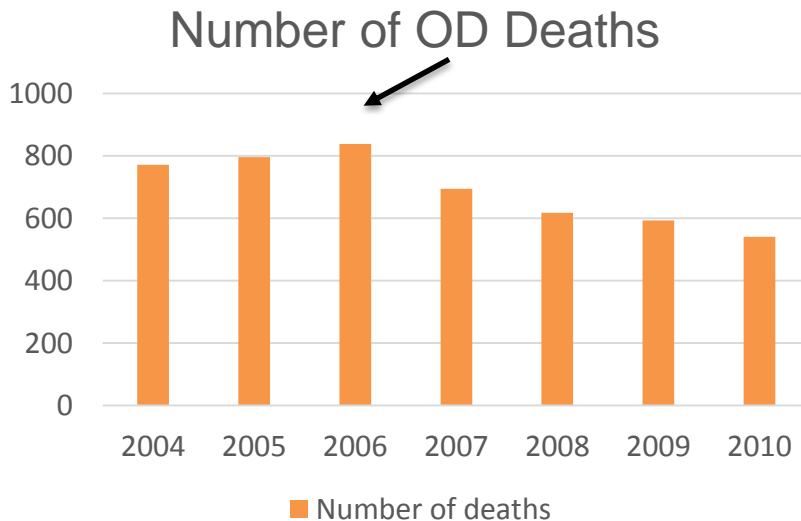
Narcan has a stronger affinity to the opioid receptors than the heroin, so it knocks the heroin off the receptors for a short time and lets the person breathe again.

Naloxone

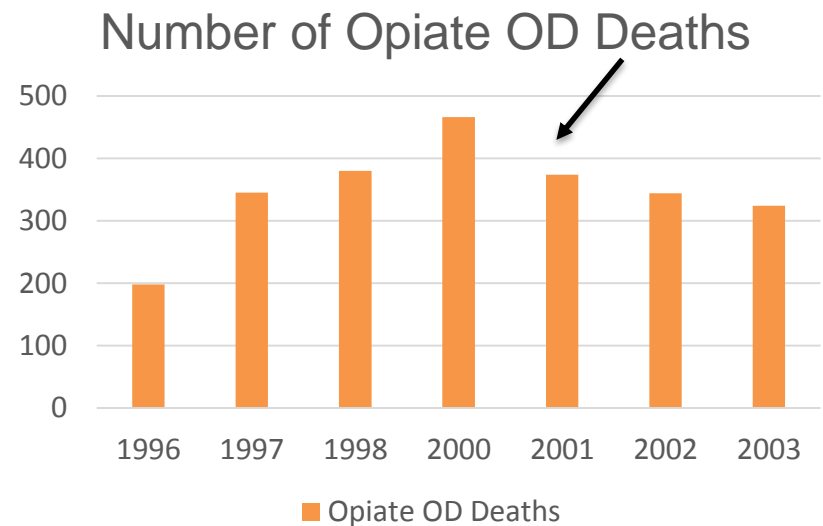
- Used since 1960's (emergency) & 1990's (community)
- Non-addictive
- Acute withdrawal only side effect
- Easy to administer
- Does not encourage drug use

Precedence

Unintentional overdose deaths, New York City, 2004-2010
<https://www1.nyc.gov/assets/doh/downloads/pdf/epi/databrief66.pdf>



Opiate overdose deaths, Cook County, Illinois, 1996-2003
Maxwell, S. et al (2006). Prescribing naloxone to actively injecting heroin users: A program to reduce heroin overdose deaths. J Addict Dis 25(3).



Who should have naloxone?

- CDC: 83% of people who administered naloxone were **people who use drugs** (2015)
- Friends and family
- Law enforcement
- Jails, prisons, probation
- Treatment centers, sober living
- Homeless shelters & services

Arizona Naloxone Laws

- HB 2489 (2015), HB 2355 (2016), HB 2493 (2017)

A.R.S. 36-2266 & 36-2267


- Protects prescribers from certain liabilities
- Allows for standing order
- Allows for 3rd party prescription
- Protects person who administers medication

A.R.S. 32-1979

- OTC pharmacy sale
- Pharmacy board must create rule

2017 Policy Update

- **HB 2493** (Rep. Carter)
 - Pharmacist may dispense with a standing order
 - Removes 2355's provision for pharmacists to sell w/o rx
- Standing order signed by Dr. Christ


**ARIZONA DEPARTMENT
OF HEALTH SERVICES**

STANDING ORDERS FOR NALOXONE

This standing order is issued by Dr. Cara Christ, MD MS (NPI #1639369036), Director of Arizona Department of Health Services. The standing order authorizes any Arizona-licensed pharmacist to dispense naloxone to any individual in accordance with the conditions of this order.

Dispense one of the three following naloxone products based on product availability and preference.

<input type="checkbox"/>	For intranasal administration <u>Dispense:</u> NARCAN™ 4mg/0.1mL nasal spray <u>Sig:</u> Administer a single spray of Narcan in one nostril. Repeat after 3 minutes if no or minimal response. <u>Refills:</u> PRN x 1 year OR <u>Dispense:</u> 2mg/2mL single dose Luer-Jet prefilled syringe. Include 1 Luer-lock mucosal atomization device per dose dispensed. <u>Sig:</u> Spray 1 mL in each nostril. Repeat after 3 minutes if no or minimal response. <u>Refills:</u> PRN x 1 year
<input type="checkbox"/>	For intramuscular injection <u>Disp:</u> 0.4mg/mL in 1mL single dose vials. Include one 3cc, 23g, 1" syringe per dose dispensed. <u>Sig:</u> Inject 1mL IM in shoulder or thigh. Repeat after 3 minutes if no or minimal response. <u>Refills:</u> PRN x 1 year
<input type="checkbox"/>	For intramuscular or subcutaneous injection <u>Disp:</u> EVZIO™ 2mg/0.4mL auto-injector, #1 Two-pack <u>Sig:</u> Follow audio instructions from device. Place on thigh and inject 0.4mL. Repeat after 3 minutes if no or minimal response. <u>Refills:</u> PRN x one year



Cara Christ, MD MS, Director of Arizona Department of Health Services

Effective date 6/9/17, Expiration date 6/9/19

Douglas A. Ducey | Governor Cara M. Christ, MD, MS | Director

150 North 18th Avenue, Suite 500, Phoenix, AZ 85007-3247 P | 602-542-1025 F | 602-542-1062 W | azhealth.gov
Health and Wellness for all Arizonans

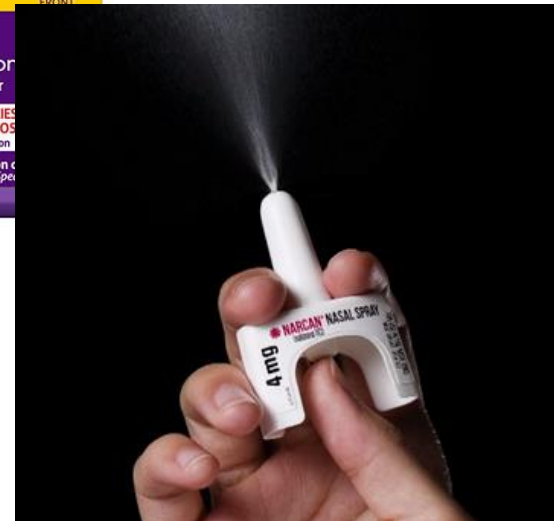


High	Overdosed
Muscles become relaxed	Pale or gray, clammy skin
Speech is slowed or slurred	Breathing is infrequent or has stopped
Sleepy looking	Deep snoring, gurgling, or rattling
Responsive to shouting, sternal rub, or ear lobe pinch	Unresponsive to any stimuli
Normal heart rate and/or pulse	Slow or no heart rate and/or pulse
Normal skin tone	Blue or gray lips and/or fingertips

Responding to an opioid overdose

1. Sternum rub
2. Call 911
3. Administer naloxone, if on hand
4. Rescue breathe
5. Monitor

Naloxone is
temporary!

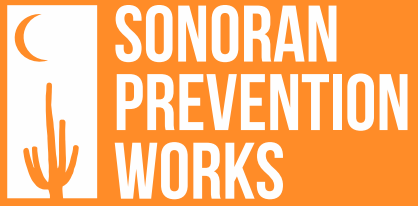


After the overdose

- “Ungrateful that I saved their life”
- ONE person communicating
- Explain what happened
- Do NOT assume they won’t use again
- Prevention messages

Therapeutic Value of Overdose Prevention & SAPs

- Discussing risk reduction
 - Tells clients you care about their survival
- Education and peer distribution
 - Gives people purpose, promotes importance of community health
- Framing overdose & disease as preventable, life skill
 - Instills hope
 - Reduces drug use, increases access to health care



Operationalizing

Syringe Access

- Mobile, delivery, fixed location
- Access vs. exchange
- Volunteer utilization
- Costs
- Spreading awareness
- Work with pharmacies

Overdose Prevention

- Posters & educational materials
- Direct patients to obtain naloxone
- Prescribe naloxone
- Directly distribute
 - Intake better than discharge

Overdose Prevention

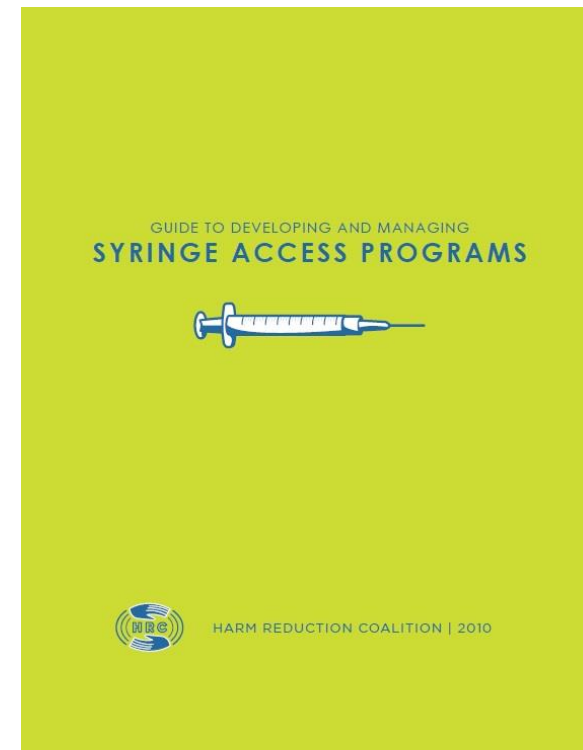
- Homeless outreach/shelters
- Jails/prisons, probation/parole
- Treatment centers, detox, MAT
 - Inpatient & outpatient
- Integrated care
- Libraries
- Substance abuse coalitions
- Community distribution hubs
 - What works for your area?

Diverse Partnerships

- **Emergency departments** - MIHS Maricopa Medical Center
- **Jails** - Maricopa County Jails
- **Law enforcement** - *Navajo County Sheriff*, Fort McDowell Tribal Police, Tucson PD
- **Syringe access programs** - Southern AZ AIDS Foundation
- **Behavioral health** - Terros, Lifewell
- **Treatment centers** - Intensive Treatment Systems
- **HIV/AIDS care** - Northland Cares
- **Sober living homes** - Ktizio, TLC
- **County health departments** –Yavapai County

Resources

- www.prescribetoprevent.org
- www.getnaloxonenow.org
- www.harmreduction.org
- www.drugpolicy.org
- <https://www.cdc.gov/pwud/addiction.html>



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- Need to continue finding citations after LEO needlesticks



Thank you!

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**Thank you
Questions?**



THE UNIVERSITY
OF ARIZONA

Your opinion is valuable to us

Please participate in this brief survey:

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