

CEPOP-MAPDA Webinar Series

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Confluence of a National Epidemic and Global Pandemic

Confronting Pain and Opioid Use Disorders Amid COVID-19

**Addressing Excess Medications in the Home
Through Safe Disposal**

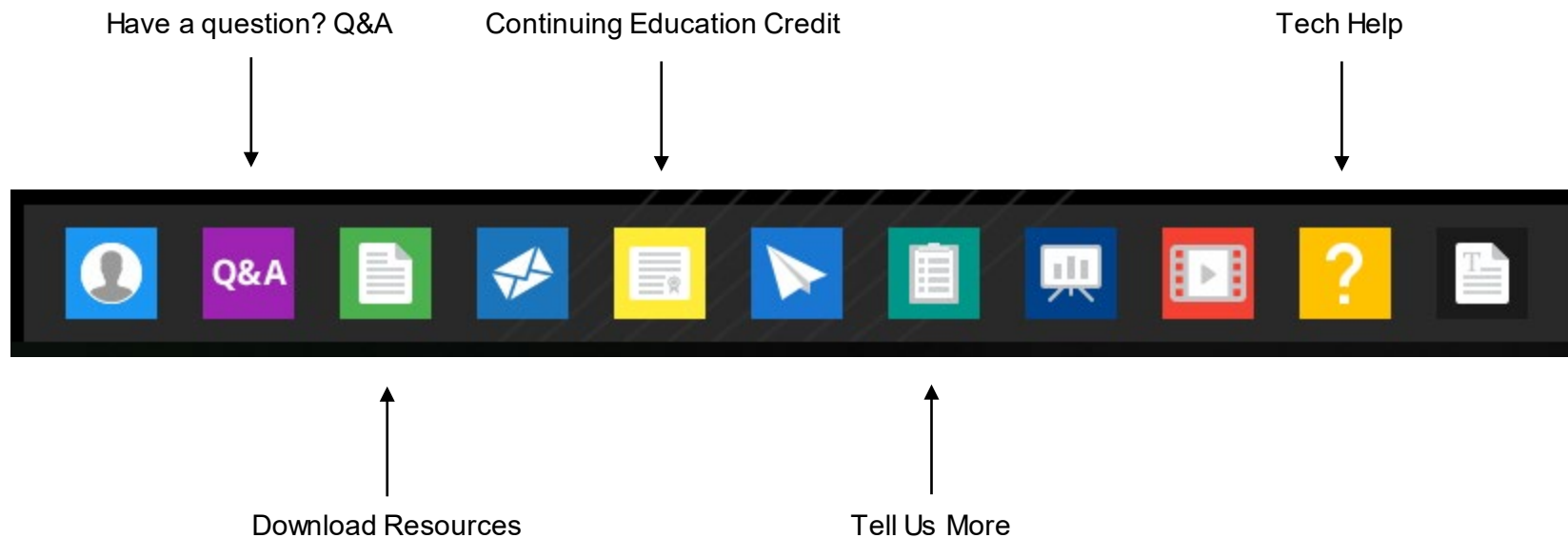
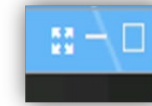
Monday, August 17, 2020

3:00pm – 4:00pm



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Today's Agenda

- 1. Welcome, Introductions and Opening Remarks**
General Arthur T. Dean, Chairman and CEO, Community Anti-Drug Coalitions of America (CADCA) and CEPOP Co-Convener
- 2. Safe Storage and Disposal National Priorities During COVID-19 and Beyond**
Cece Spitznas, PhD, Senior Science Policy Advisor, Office of National Drug Control Policy
- 3. Safe Disposal and Removal of Unused and Unwanted Drugs from the Home: Understanding the Impacts of COVID-19 on Drug Disposal and Related Misuse and Diversion**
 - a. **Admiral James Winnefeld (USN Ret.)**, *Founder, SAFE Project*
 - b. **J. Douglas Thornton, PhD, PharmD, BCPS**, *Assistant Professor, Pharmaceutical Health Outcomes and Policy, University of Houston*
 - c. **Bernice Burkarth, MD, HMDC, FAAHPM**, *Chief Medical Officer, Home Health Foundation*
- 4. Panelist Question & Answer Session**



Judi Lund-Person

*Vice President, Regulatory
and Compliance*

*National Hospice and
Palliative Care Organization
(NHPCO)*





Safe Storage and Disposal National Priorities During COVID-19 and Beyond

CEPOP Webinar

Cecelia Spitznas, Ph.D. Senior Science Policy Advisor, National Opioids
and Synthetics Coordination Group,

OFFICE OF NATIONAL DRUG CONTROL POLICY



August 17, 2020

National Drug Control Strategy Priorities

- Safer Prescribing:
 - Medicine cabinet/friends and family/storage and disposal conversation
- Drug Takeback:
 - The 2010 DEA disposal statute's regulations allow for family members or hospice caregiver for the "end user" or person with the prescription to take medications back to law enforcement agencies or participating pharmacies
 - They permit return by mail
 - They are silent on the means of disposal by the end user and they do not contain a standard for disposal by the end user.
 - Regulate pharmacies, law enforcement, collectors, hospice
 - Pharmacies and law enforcement may return via mail including through an authorized collector program. There are many commercial authorized collectors and generally arrangements can be made to pick up the medications or box them and mail them for a fee.



Options for Storage and Disposal During COVID-19

- Access during COVID
- Next DEA Takeback Day is October 24th
- Centers for Disease Control and Prevention's ["Up and Away"](#) public education campaign and the Food and Drug Administration's (FDA's) ["Remove the Risk"](#) toolkit, including public service announcements and ready-to-use social media graphics.
- DEA also recently launched its ["Secure Your Meds"](#) campaign after Take Back Day was postponed. The campaign shares best practices for in-home prescription drug storage.



Takeback Day Can Be Everyday

- For people who aren't good at bringing back their library book...At-home or from home disposal options
- Mail back envelopes
- Products that bind drugs
- San Francisco Health Department commissioned a report on the research behind these systems [Medicine Disposal Products: an Overview of Products and Performance Questions](#)
- Currently neither FDA nor DEA regulate these products or the end user's behavior.
- ONDCP's position as outlined in the National Drug Control Strategy is that these products should be more widely available.



For More Information

Please Contact me at
cspitznas@ondcp.eop.gov





Reducing Misuse and Diversion: Addressing Excess Medications in the Home

Understanding the Impacts of COVID-19 on Drug
Disposal in the Home

Meet Your Panelists



Admiral James Winnefeld

Founder

SAFE Project US



**J. Doug Thornton, PhD,
PharmD, BCPS**

*Assistant Professor and Co-
Director PREMIER Center*

*University of Houston College
of Pharmacy*



**Bernice Burkarth, MD,
HMDC, FAAHPM**

Chief Medical Officer

Home Health Foundation

Admiral James Winnefeld (USN Ret.)

Founder

*SAFE Project
(Stop the Addiction Fatality Epidemic)*

<https://www.SAFEproject.us>



Safe Drug Disposal in Texas: Adapting to COVID-19

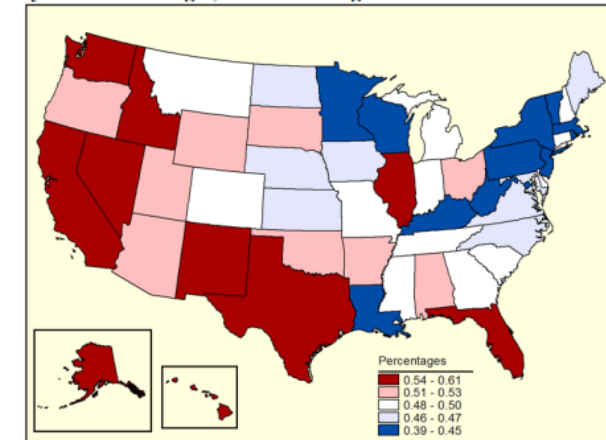
Douglas Thornton, PhD, PharmD, BCPS
Assistant Professor and Co-Director, PREMIER Center



Rationale for Safe Drug Disposal

- A significant part of prescription drug misuse starts close to “home”
 - Nationally, 11% of HS seniors reported nonmedical use of prescription drugs
 - According to the Texas School Survey, about 12% in Texas and 13.1% in Houston-area
- Most common source for 12 to 17-year old's:
 - Friends
 - Family members
 - Personal supply left over from previous fill
- Two broad types of SUDS
 - Deactivation
 - Incineration

Figure 21b *Pain Reliever Use Disorder in the Past Year among Youths Aged 12 to 17, by State: Percentages, Annual Averages Based on 2016 and 2017 NSDUHs*



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, NSDUH, 2016 and 2017.

McCabe, et.al. (2019) Sources of Nonmedical Prescription Drug Misuse Among US High School Seniors: Differences in Motives and Substance Use Behaviors. *J Am Acad Child Adolesc Psychiatry*.

Khan, et.al. (2019) Association of Opioid Overdose With Opioid Prescriptions to FamilyMembers. *JAMA Network*.

Imarhia, et.al. (2020) Prescription drug disposal: Products available for home use. *JAPhA*.

Overview of Two Projects in Texas

Strategic Prevention Framework for Prescription Drugs

- **Educate Before You Medicate (EBYM)**
- Train community organizations across Texas to effectively communicate with pharmacists
- Pharmacist-facing education focuses on safe drug dispensing, disposal, PDMP use, and referral options
- **Goal: Prevent prescription drug misuse and excess medication dispensing**

Safe Drug Disposal and Community Awareness Project of the Texas Targeted Opioid Response

- **Texas Improved Dissemination and Evaluation of Single use disposal systems (TIDES)**
- Working with stakeholder groups throughout Texas
- Primarily driven by prevention organizations funded by the Substance Abuse Block Grant (SABG), prescriber groups, and other community groups
- **Goal: Remove unused and expired medications from home**



EBYM Training of Community Pharmacists

- Pharmacists play a major role in impacting patient education because of their accessibility to those in the community
- This training aims to prepare community members to visit pharmacies, effectively engage pharmacists, and to act as a resource to help prevent prescription drug misuse

EDUCATE BEFORE YOU MEDICATE

Pharmacist Pocket Card

This card serves as a guide for community pharmacists when counseling a patient on their controlled substance medication.



Before filling a controlled substance prescription:

- ✓ I reviewed the patient's profile in the Prescription Monitoring Program (PMP).
- ✓ I checked for any potential concerns in the patient's PMP profile such as:
 - Same prescription medication from multiple prescribers
 - Multiple medications within the same class
 - Numerous early refills of controlled substance prescriptions
 - Dangerous combinations of medications (ex: benzodiazepine with opioid pain medication)



When counseling the patient on their controlled substance prescription:

- ✓ I informed the patient that their medication is a controlled substance prescription.
- ✓ I discussed the possible side effects with the patient.
- ✓ I discussed the safe storage and safe disposal information on the back of this card with the patient.
- ✓ I made my patient aware of the risks and responsibilities involved with taking a controlled substance prescription.
- ✓ I ensured that my patient is aware of resources that could help them manage, store, or dispose of their controlled substance prescription.

REFERRAL SERVICES: Outreach, Screening, Assessment and Referral Centers (OSARs) are the first point of contact for Substance Use Disorder (SUD) treatment services in Texas. **For immediate and confidential help, 24 hours a day, seven days a week, please call 2-1-1 or 877-541-7905.**

In case of an emergency, please contact SAMHSA's National Suicide Prevention Lifeline by dialing **988** or by calling **1-800-273-TALK (8255)**.

For more information about the PMP and counseling patients about controlled substance prescriptions, visit txpmp.org.

EDUCATE BEFORE YOU MEDICATE

Pharmacist Pocket Card

Controlled substance prescriptions should be stored and disposed of properly. Healthcare provider counseling of patients has shown to increase safe disposal of medications by 67%!



Storage:

- ✓ Store prescription medications in a place that is easily accessible to the patient, but inaccessible to others.
- ✓ Preferably, controlled substance prescriptions should be stored in a location that can be locked.
- ✓ Store controlled substance prescriptions in a place where teenagers and children cannot access them.
- ✓ Prescription medications should not be shared with others.
- ✓ Sharing these medications may cause harm to others.



Disposal: When controlled substance prescriptions are no longer needed they should be disposed of properly.

There are new requirements for pharmacists to provide the following information as of January 2020:

- Closest location where medications can be taken to be disposed of
- The Texas State Board of Pharmacy maintains a list of disposal locations
- Other drug disposal methods such as:
 - » Single Use Disposal Systems (SUDS)
 - » Medicine take-back options such as Rx Drop Boxes locations throughout the community. Nearby locations can be found at the following website: rxdrugdropbox.org
 - » DEA Take Back Events: takebackday.dea.gov



Proper disposal of prescription medications helps us protect the environment and lower the chance for misuse!

This project is funded by Texas Health & Human Services Texas Targeted Opioid Response.

TIDES Data Collection

- Prevention Activity Tracking Forms available in both physical and digital versions to assess distribution
- Statewide Virtual Townhalls to gather feedback and disseminate project changes
- Semi-structured Interviews to evaluate feasibility and dissemination efforts
- End-user post cards to identify ratio of controlled substances disposed of to other medications

Texas Targeted Opioid Response (TIDES) Prevention Activity Tracking Form

Name: _____
 Community Coalition Name: _____
 RFS: _____ COP: _____ YPS: _____
 Mobile: _____ Email: _____

What type and how many Single Use Disposal Pouches (SUDPs) did you distribute?
☐ Opioids ☐ Takeaway Medication Recovery System™
☐ Other (please specify name and amount): _____

PLEASE COMPLETE THIS SECTION FOR ALL STRATEGIES:
 Staff member(s) name implementing the strategy: _____
 Date: _____
 Activity Location: Click here to enter activity location
 What is the estimated number of individuals served:
 1. Children (0-12): _____
 2. Teens (13-19): _____
 3. Young Adults (20-24): _____
 4. Adults (25-64): _____
 5. Seniors (65+): _____
 Rationale for the selection of the location/population: _____

STRATEGY TO BE REPORTED: (Please select all that apply)
 1. Information Dissemination ☐ 2. Evidence-Based Education ☐ 3. Community-Based Process ☐
 4. Environmental Strategy ☐ 5. Problem Identification and Referral ☐ 6. Alternative Activity ☐

1. INFORMATION DISSEMINATION: (e.g., information reports, control, media campaign, brochures, posters, public service announcements, speaking engagements, health fairs, health journalism, and other self-organized)
 Description of Materials Disseminated: _____
 Brief Description of Presentation or Activity: _____

2. EVIDENCE-BASED EDUCATION: (e.g., classroom and/or small group sessions, self-help, parenting and family management classes, peer leader/facilitator programs, education programs for youth groups, and children of individuals with substance use disorder groups)
 Title of Curriculum: _____
 Method of Delivery: (e.g., video, power point, handouts) _____

UNIVERSITY of HOUSTON
 COLLEGE of HEALTHCARE
 The Houston Campus

Please let us know how you used this product so we can continue to offer it at no cost!
 Please fill out the questions below and drop in any mailbox. No postage needed!

1. Are the medications in the Takeaway Disposal pouches prescription medications?
☐ Yes, they are prescription medications.
☐ No, they are not prescription medications.

2. Are the medications items at risk of being used?
☐ Yes
☐ No
☐ Unsure

3. What are the names of the medications? Please list medication systems, for example, Adderall, Xanax, Zyprexa, etc.
 How many? _____
 How many? _____
 How many? _____

4. What security do you have?
☐ None
☐ Low
☐ Medium
☐ High

5. How did you get the Takeaway Disposal pouches?
☐ I received them from a community outreach worker.
☐ I received them from a community outreach worker.
☐ I received them from a community outreach worker.

6. Do you have any other questions or comments?

7. How did you get the Takeaway Disposal pouches?
☐ I received them from a community outreach worker.
☐ I received them from a community outreach worker.
☐ I received them from a community outreach worker.

8. How did you get the Takeaway Disposal pouches?
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15. How did you get the Takeaway Disposal pouches?
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16. How did you get the Takeaway Disposal pouches?
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17. How did you get the Takeaway Disposal pouches?
☐ I received them from a community outreach worker.
☐ I received them from a community outreach worker.
☐ I received them from a community outreach worker.

18. How did you get the Takeaway Disposal pouches?
☐ I received them from a community outreach worker.
☐ I received them from a community outreach worker.
☐ I received them from a community outreach worker.

19. How did you get the Takeaway Disposal pouches?
☐ I received them from a community outreach worker.
☐ I received them from a community outreach worker.
☐ I received them from a community outreach worker.

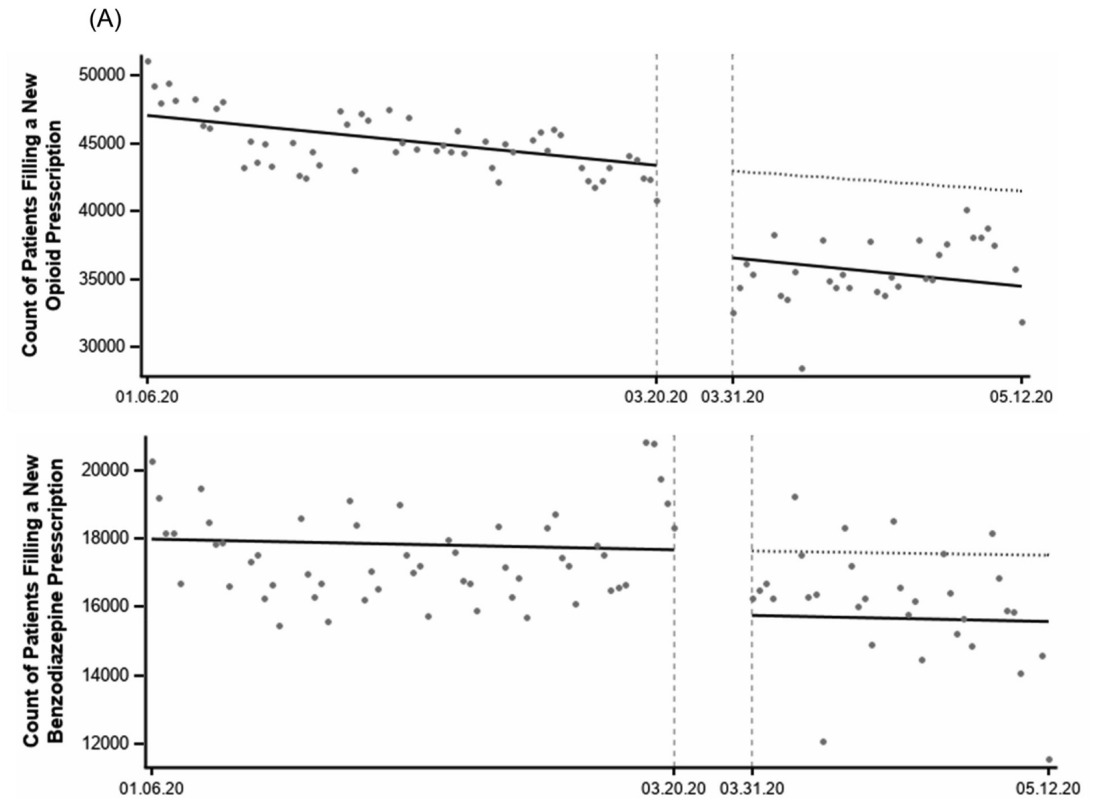
20. How did you get the Takeaway Disposal pouches?
☐ I received them from a community outreach worker.
☐ I received them from a community outreach worker.
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“Early” COVID-19 Phase

- The Controlled Substance prescribing landscape changed significantly in Texas beginning in March 2020 as a result of COVID-19 and related policies

- Patients filling Opioids



- Patients filling Benzodiazepines

- With a decrease in the access to new medications, could non-prescribed use more become even more likely?

Adapting to Change

- In addition to COVID-19, the DEA National Prescription Drug Take Back Day was canceled, so there was a need for responsiveness and adaptation
- EBYM- COVID Revision
 - Community pharmacists' prevention priorities have changed
 - Developed a training, interview script, and online data collection instrument to:
 - Assess patient care needs of community pharmacists
 - Describe the impacts on patient counseling
 - Establish distribution mechanism of safe disposal options
- Expansion of TIDES
 - Patients are in their homes now more than ever before (many with young children)
 - Need for safe drug disposal is heightened
 - The community organizations responded by working with increasing availability through:
 - Law enforcement
 - Local health departments
 - School systems
 - Fire departments
 - Other events for food banks, community clinics, hospice houses

Special
Thanks

Texas Health and Human Services Commission



Kasey Strey, ACPS
Interim Director, SPF-Rx Project
Director, & NASADAD Prevention
Coordinator for Texas



Lisa Ramirez
Director, Texas Targeted Opioid
Response Project

University of Houston Team



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The views and opinions contained in this presentation do not necessarily reflect those of SAMHSA, U.S. Department of Health and Human Services, or Texas Health and Human Services Commission, and should not be construed as such.

Reducing Misuse and Diversion: Addressing Excess Medications in the Home

**Bernice Burkarth, MD,
HMDC, FAAHPM**

*Chief Medical Officer
Home Health Foundation*





Roundtable Question & Answer Session

Please submit questions to our panelists using the chat function in the left-hand side of your screen.

If joining via mobile device, email questions to matthew.rubin@faegredrinker.com.

Upcoming CEPOP-MAPDA Webinars

Digital Health and Telemedicine

• Monday, July 21st at 3:00 p.m. ET

Policy Changes to Medication Assisted Treatment

Monday, July 27th at 3:30 p.m. ET

Access and Utilization of Overdose Reversal Medications

Monday, August 10 at 3:00 p.m. ET

Excess Medications in the Home

Monday, August 17 at 3:00 p.m. ET



Thank you for joining us today!

Please refer any questions to:

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