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SPECIAL ISSUE
PAIN NOW
2019

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OCTOBER 2019

THIS ISSUE

Letter From The Editor

Opioid Update

Role of Spine Specialists

Acute Opioid Prescribing Laws

Happening This Month

National Drug Takeback Day

DID YOU KNOW?

1 IN 5 people in
the world suffer from
chronic pain

11% of Americans
have chronic pain more
than six months a year

325 MIL opioids
dispensed to Ohio patients
- which decreased by
(41%) from 2016 to 2018.

LETTER FROM THE EDITOR

In 2017, Dayton, Ohio had the highest opioid overdose deaths in the country. While our efforts over the last few years have minimized the impact of the opioid epidemic in the Dayton community, it's our duty to continue these efforts by exploring alternative treatment options.

Dayton Outpatient Center (DOC) is a leader in pain management and has served the Dayton community for over 25 years. We utilize medication, injections, physical therapy, spinal cord stimulators, intrathecal pumps, and more to treat patients.

This monthly newsletter provides our community of providers with information on prevalent chronic pain related topics, including alternative treatment options, diagnostic and treatment guidelines, Ohio policy updates, and key information for healthy and pain-free living. To opt in to receive a digital copy of this newsletter, [click here](#).

Sincerely,



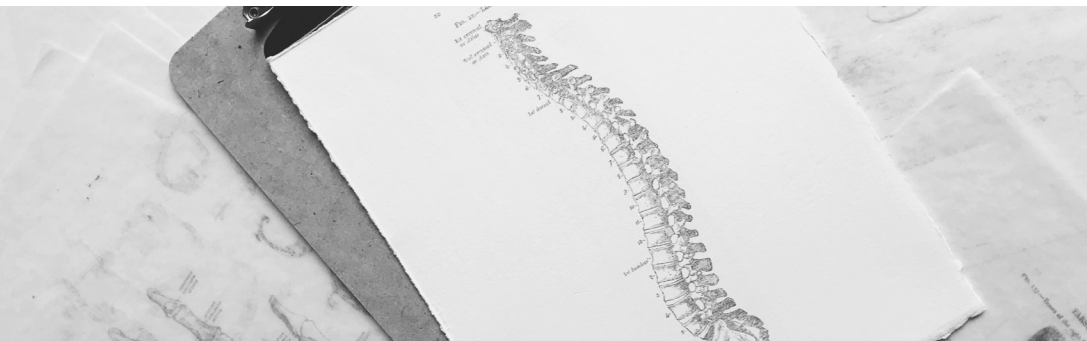
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OPIOID UPDATE

Over the next 3 years, Ohio will receive **\$140,703,888.00** in resources from the federal government to combat the opioid crisis.



ROLE OF SPINE SPECIALISTS

Back pain and spinal diagnoses are leading initiators of long-term opioid use. In light of this, it is spine physicians to:

1. **Change prescription patterns.** Follow Ohio's opiate prescription guidelines for acute and chronic pain and reduce unnecessary prescribing.
2. **Identify patients at higher risk for addiction.** Patients with mood disorders, genetic predisposition, and history of personal substance use disorders (SUD) are high risk for opioid misuse.
3. **Utilize tools** that help monitor and assess opioid risk like **The Opioid Risk Tool (ORT)**.
4. **Develop and adopt cost-effective alternative treatments.**

Spine specialists must intervene early to provide conservative treatment options and reduce opioid requirements for patients with acute and chronic pain conditions.



OHIO ACUTE OPIOID PRESCRIBING LAWS

When treating an episode of acute pain, Ohio requires that you:

1. Prescribe no more than seven days of opioids for adults.
2. Get consent from a minor's guardian, and then prescribe said minor no more than 5 days of opioids.
3. Only prescribe more than 5 or 7 days of opioids if the patient's medical record indicates the need for it. Examples include cancer and hospice patients.
4. Prescribe no more than 30 MED per day, per patient.

DID YOU KNOW?

60% of patients undergoing spine surgery continue to refill narcotic prescriptions two years after surgery.

2018 was an eight-year low in prescription opioid deaths and four-year low in heroin deaths in Ohio.

3 DAYS or fewer is best to manage acute pain like dealing with bone fracture or post surgery woes.

5 DAYS at five days of opioid use, the risk for addiction drastically increases.

100+ YEARS our nation has been battling opioid addiction

HAPPENING THIS MONTH

October 26 is National Drug Takeback Day, and it's Health Literacy Awareness Month. We encourage you to participate!



OCT 26: NATIONAL DRUG TAKE BACK DAY

Properly disposing of prescription drugs effectively minimizes the chance for diversion. When you inform your patients about drug disposal resources, make sure that you cover:

- **How to find an authorized drug disposal boxes.** Inform them that there are many convenient options such as authorized manufacturers, distributors, reverse distributors, narcotic treatment programs, hospitals/clinics with an on-site pharmacy, and retail pharmacies.
- **Terms for disposal.** I.e., What should they trash? Our general rule is if a patient is not currently prescribed X medication, then they should immediately dispose.
- **How to be safe.** Loose needles, lancets, and syringes should not go into household trash. It poses a risk to family members and waste workers.



ALSO HAPPENING THIS MONTH

- Antidepressant Death Awareness Month
- Health Literacy Awareness Month
- National ADD/ADHD Awareness Month
- National Bullying Prevention Month
- National Depression Education & Awareness Month
- Organize Your Medical Information Month
- Talk About Prescriptions Month
- **Thursday, Oct. 31:** Halloween and Beggar's Night

DID YOU KNOW?

51% of those who misused prescription pain relievers in the past year obtained them from a friend or relative for free.

DAYTON AREA DISPOSAL LOCATIONS

1. Centerville Police Department
2. Dayton Police Department
3. Englewood Police Department
4. Huber Heights Police Department
5. Kettering Police Department

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