Prescription for Disaster: Impact of Drugs in our Society

What you can do about the epidemic of drug abuse in our communities
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- Medical Director, Florida Poison Information Center - Tampa
BAD NEWS and DRUG MYTHS

- We live in a drug permeated culture -
  - “There’s a pill for everything.”
  - “If a little bit is good, a little bit more is better.”
  - “Its okay, if its available over the counter.”
  - “I can handle it.”
  - “Its okay if the doctor gave it to me.”
  - “If its “natural”, its safe.”
Drug Use Hits Close to Home

- Drug use (licit and illicit) hits us where we hurt –
  - our families
  - our pocketbooks
  - our sense of safety
Recreational Drug Use Is Common

- 1/3 of people over the age of twelve have tried drugs for “recreational” purpose (excluding alcohol)
- 1/3 of those people have used drugs harder than marijuana (e.g. cocaine or prescription drugs) explicitly for recreational use
- 8.7% of the population currently uses (includes illicit drugs)
- In the US, most (55.3%) get the drugs from a friend or family member, overall only 17% got them directly from a doctor
- Most users are employed (66.6% full or part-time)
Mechanisms of Unintentional Injury Deaths in Florida - 2009

- **Poisonings** 14.19
- **Motor Vehicle Traffic** 13.6
- **Firearms** 11.9

Rates per 100,000

*Source DOH Florida Charts*
FL Drug Overdose Deaths 2003 - 2009

- Death rates for all substances increased (except heroin and cocaine)
  - Heroin decreased 62.2%
  - Cocaine decreased 10.8%
- Death rate for prescription drugs increased 84.2%
  - 7.3 to 13.4 per 100,000
- Substance specific death rates
  - Oxycodone rose 264.6%
  - Alprazolam rose 233.8%
  - Methadone rose 79.2%
  - Ethanol rose 81.4%
- Source: MMWR July 8, 2011/60 (26);869-872
Orange County Deaths from Unintentional Poisoning

Source: floridacharts.com

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10/26/2012
Seminole County Deaths - Unintentional Poisoning
Osceola County Deaths from Unintentional Poisoning
Florida Unintentional Poisoning Rates

Unintentional Poisoning Age-Adjusted Death Rate, 2009-11

Mouse over counties to see values

Florida: 13.6
- 0.0 - 7.6
- 7.6 - 12.0
- 12.0 - 17.0
- 17.0 - 35.0

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Orange County Suicides (Excluding Firearms)
Seminole County Suicides (Excluding Firearms)
Osceola County Suicides (Excluding Firearms)
Suicides Excluding Firearms

Suicide by Other and Unspecified Means Age-Adjusted Death Rate, 2009-11

Florida: 6.8
- 0.0 - 4.7
- 4.7 - 6.5
- 6.5 - 8.0
- 8.0 - 14.0

Mouseover counties to see values
Orange County Suicides By Firearms

Suicide by Firearms Discharge Age-Adjusted Death Rate, 3-Year Rolling Rates

Rate Per 100,000

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Seminole County Suicides By Firearms

Suicide by Firearms Discharge Age-Adjusted Death Rate, 3-Year Rolling Rates

Rate Per 100,000

2.0 4.0 6.0 8.0 10.0


Seminole Florida

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Osceola County Suicides By Firearms

Suicide by Firearms Discharge Age-Adjusted Death Rate, 3-Year Rolling Rates

Rate Per 100,000

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Suicides By Firearms

Suicide by Firearms Discharge Age-Adjusted Death Rate, 2009-11

Mouseover counties to see values

Florida: 7.0
- 3.1 - 6.7
- 6.7 - 9.0
- 9.0 - 10.0
- 10.0 - 19.0

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Death Is Just The Tip Of The Iceberg...
Poisoning Severity

- NO OBSERVABLE EFFECTS
- MILD EFFECTS
- SEVERE EFFECTS
- DEATH
## Substances Most Frequently Involved in Poisonings

Tampa Poison Center calls in 2011

<table>
<thead>
<tr>
<th>SUBSTANCE</th>
<th>NUMBER</th>
<th>RANK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Analgesics</td>
<td>(29,333)</td>
<td>1</td>
</tr>
<tr>
<td>Cosmetics/toiletries</td>
<td>(18,772)</td>
<td>2</td>
</tr>
<tr>
<td>Cleaning substances</td>
<td>(15,539)</td>
<td>3</td>
</tr>
</tbody>
</table>
Florida’s Rates of Opioid Poisonings

2000-2010

2011
Florida’s Rates of Oxycodone Poisonings

2000-2010 2011
FL Rates of poisoning by Sedatives, Hypnotics, Antipsychotics 2000-2010 2011
Direct Medical Costs

- Median admission charge was $16,138 in 2009
- Total admission charges over $508 million
- These costs mostly come out of your tax dollars:
  - Medicare pays 26%
  - Medicaid 19%
  - Self-pay/Uninsured 22%
  - Commercial insurance only pays for 21%
## Drug Identification Requests

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Opioids</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oxycodone (w/o other)</td>
<td>7,165</td>
<td>5,083</td>
</tr>
<tr>
<td>Methadone</td>
<td>1,458</td>
<td>901</td>
</tr>
<tr>
<td>Morphine</td>
<td>1,264</td>
<td>855</td>
</tr>
<tr>
<td>Tramadol</td>
<td>1,253</td>
<td>941</td>
</tr>
<tr>
<td>Unknown opioid</td>
<td>1,221</td>
<td>140</td>
</tr>
<tr>
<td><strong>Acetaminophen combination</strong></td>
<td>10,975</td>
<td>6,675</td>
</tr>
<tr>
<td>With hydrocodone</td>
<td>5,303</td>
<td>3,417</td>
</tr>
<tr>
<td>With oxycodone</td>
<td>3,413</td>
<td>2,512</td>
</tr>
</tbody>
</table>
### Drug Identification Requests

<table>
<thead>
<tr>
<th>Category</th>
<th>2009</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sedative/hypnotic/antipsychotics</td>
<td>11,067</td>
<td>7,768</td>
</tr>
<tr>
<td>Benzodiazepines</td>
<td>9,314</td>
<td>6,663</td>
</tr>
<tr>
<td>Stimulants, street drugs, synthetics</td>
<td>1,327</td>
<td>3,038</td>
</tr>
<tr>
<td>Amphetamines, related compounds</td>
<td>893</td>
<td>854</td>
</tr>
<tr>
<td>Methylphenidate</td>
<td>227</td>
<td>434</td>
</tr>
</tbody>
</table>

Florida Poison Information Center

10/26/2012
New “Stuff”

- “K2”/”Spice”/THC homologues, synthetic marijuana
- “Bath Salts”/plant food/Cathinone homologues
- 1307 exposures to synthetic drugs from 2010 – June 2012
Hidden Costs and Consequences

- Substance abuse has wider effects
  - Drug offenses, drug-related offenses, drug-using lifestyles
  - Drug-endangered children
  - Unintentional injuries
  - Unrecognized and/or inappropriately treated mental disorders
  - Secondary illnesses such as tuberculosis, Hepatitis B & C, HIV, cardiovascular and renal diseases, sepsis
  - Birth defects and infant mortality
  - Homelessness
Crime and Drugs

• Contributory factor (not sole cause)
• Criminals may commit offenses to get money for drugs:
  • Property crime – up to 30%
  • Drug crime – up to 25 percent
  • Violent crime - up to 18%
• Victim perception of use by violent offenders
  • 25% using drugs or alcohol
  • 45% didn’t know
• Over 80% of jail inmates have a drug use history
Crime and Drugs

- Small number of people (6%) of population committee most crime. Few are repeat serious offenders.
- Non-serious crimes do not predict likelihood of committing serious offenses, but those with serious offenses also commit non-serious offenses.
- The more a person uses drugs the greater the likelihood of engaging in criminal activity.
- The substance that most commonly increases aggression, and therefore violent crime, is alcohol.
Drug Offenses

- Violations of laws regulating or prohibiting the use of drugs
Drug-related offenses

• Violent behavior associated with drugs
  • Alcohol, “Bath salts,” methamphetamine

• Increase in pharmacy hold-ups
  • 81% increase in 2010
Drug-using Lifestyle

- Most closely associated with criminal lifestyle
- Non-traditional lifestyle – problem prone behaviors
  - Unemployment
  - School dropouts
  - Marital problems
Unintentional Injuries and Drugs

- Motor Vehicle Accidents
  - Benzodiazepines, opioids
- Drug endangered Children
  - Drug addicted parents losing custody due to child neglect
- Drowning
- Roll-over deaths
- Unintentional poisonings
  - Pediatric hospitalizations up 20% between 2005 – 2008
  - Medications surpassed household products as the main cause of pediatric poisonings
Neonatal Abstinence Syndrome

- The number of addicted newborns in Florida increased 173% between 2006-2009
Florida Trends - Drug Withdrawal Syndrome in Newborns by County and DCF Region, 2005 -2010

<table>
<thead>
<tr>
<th></th>
<th>2005</th>
<th>2006</th>
<th>2007</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
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<tbody>
<tr>
<td>Duval</td>
<td>24</td>
<td>37</td>
<td>53</td>
<td>36</td>
<td>85</td>
<td>113</td>
</tr>
<tr>
<td>Pasco</td>
<td>5</td>
<td>20</td>
<td>36</td>
<td>50</td>
<td>75</td>
<td>147</td>
</tr>
<tr>
<td>Pinellas</td>
<td>22</td>
<td>32</td>
<td>38</td>
<td>70</td>
<td>114</td>
<td>153</td>
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<tr>
<td>Florida</td>
<td>254</td>
<td>333</td>
<td>472</td>
<td>648</td>
<td>953</td>
<td>1355</td>
</tr>
</tbody>
</table>

County data reflects the county of residence, not necessarily the county of hospitalization.

A diagnosis is counted as Drug Withdrawal Syndrome in Newborn if ICD-9 Code 779.5 appears in the primary or any of the secondary diagnoses fields, and the newborn is coded as a Florida. Source: [http://www.dcf.state.fl.us/programs/samh/SubstanceAbuse/substate.shtml](http://www.dcf.state.fl.us/programs/samh/SubstanceAbuse/substate.shtml)
Risks for Motor Vehicle Accidents

- 10.5 MILLION people report driving under the influence of a drug
- 12 percent of persons aged 12 and over drove under the influence of alcohol
GOOD NEWS

- Passage of Good Samaritan law – immunity for those summoning help for victims of an overdose.
- More permanent take-back sites available.
- Most young people who try drugs don’t choose to continue a drug-using lifestyle.
You can make a difference

- EVERYONE is hurt directly or indirectly.
- Everyone can make a difference.
- Physicians can prescribe differently and educate their patients.
- Other health care providers can educate patients.
- Individuals can provide information to others and advocate for better policies and treatment.
Florida Poison Information Centers

- Expanded outreach to help reduce use.
- Programming phones.
What a health care provider can do

- Provide patients with a consolidated list of all their prescriptions.
- Instruct people on the safe management, storage and disposal of medications.
- Instruct patients that they should never share their prescription medications with anyone else.
- Give only what is ABSOLUTELY needed – question if alternatives to drugs may work – AVOID prescriptions for large amounts of drugs.
- Advise patients if addiction to a medication is possible.
- Avoid problematic medications if at all possible.
- Encourage people with physical pain to explore whether their pain may be psychologically based in part and refer for mental health evaluations.
What a health care provider can do

- Ask those prescribed narcotics to have a family member accompany them to the visit for assistance in monitoring drugs.
- Advise parents to ensure that medications are locked up.
- Advise parents that adolescents should not be allowed free access to medications (even their own) - an adult should supervise at all times.
- Display poisoning prevention materials in waiting rooms or exam rooms.
- Teach people about the warning signs of medication abuse.
Where people can get additional help

- Refer people with questions that you can’t answer to the Florida Poison Information Center 1-800-222-1222.
- Refer people with desire to get help for their addiction to the SAMHSA treatment finder 1(800) 662-HELP or http://findtreatment.samhsa.gov
- AND SIMULTANEously refer them for mental health services.
What can you do if a friend or family member is overdosing?

Try to get your friend or loved one to respond. Call their name. Shake them. Try to wake them up. If you can't wake them up, immediately call 911.

If you are afraid, leave when the rescue unit gets there...

**BUT NEVER LET THEM SLEEP IT OFF!**

You may be the only person who can make a difference. If you don't help, your friend or family member may suffer permanent brain damage or die.
What others can do

- Support a minimal drug lifestyle (all drugs).
- Support expanded treatment options.
- Lock up all needed medications.
- Dispose of unneeded medications properly.
- Join a drug prevention coalition.
Dispose of unneeded medications

- Dispose at permanent take back sites
- Alternative method of drug disposal:
  - Remove labels from pill containers
  - Mix with liquid to dissolve and stir in coffee grounds or litter.
  - Seal container with tape and wrap in a second container
  - Place in an outdoor garbage can
Questions?

www.poisoncentertampa.org

Florida Poison Information Center - Tampa

What We Do:
- We provide expert advice in poison emergencies
- Expert advice to health care providers in poisoning emergencies
- Poison prevention education
- Education for health care providers

For advice after a poisoning, call toll-free 1-800-222-1222
24 hours a day, 365 days a year