

# Prescription Drug Monitoring Programs

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Colorado State Legislature

# Prescription Drug Abuse

- Definition: the non-medical use of prescription medications
- Three classes of drugs are most abused:
  - Opioids
  - Central Nervous System Depressants
  - Stimulants

# Prescription Drug Abuse

- Nation's fastest growing drug problem
- 1/3 of people aged 12 and over who used drugs for the first time in 2009 began by using a prescription drug non-medically – more than the numbers that began marijuana or cocaine combined!

2009 National Survey on Drug Use and Health: SAMHSA (2010)

# Prescription Drug Abuse

- Over 70% of people who abused prescription pain relievers got them from friends or relatives; only 5% got them from a drug dealer or the Internet
- Prescription Drugs are the second most abused category of drugs after marijuana

# Prescription Drug Abuse

- During 2010 there were an estimated 798,542 Emergency Room visits that involved the abuse of prescription, over the counter pharmaceuticals or dietary supplements
- 1 in 5 teens have abused a prescription pain medication

# Prescription Drug Abuse

- High risk of death
- In 17 states, prescription medication abuse caused more deaths than car accidents
- Opiate overdoses are more often due to abuse of *prescription* painkillers

Unintentional Drug Poisoning in the United States,  
National Center for Injury Prevention and Control, CDC, July 2010

# Prescription Drug Abuse

- Number of Rx from prescription Opioid pain relievers has increased dramatically in recent years:
  - 2000: 174 million Rx for Opioids
  - 2009: 257 million Rx for Opioids

[http://www.whitehousedrugpolicy.gov/publications/pdf/rx\\_abuse\\_plan.pdf](http://www.whitehousedrugpolicy.gov/publications/pdf/rx_abuse_plan.pdf)

# Chronic pain

- 2010 survey showed that 30.7% of adult population had chronic pain:
  - 50% had daily pain
  - 32% had severe pain

J Pain. 2010 Nov;11(11):1230-9. Epub 2010 Aug 25.

**The prevalence of chronic pain in United States adults:  
results of an internet-based survey.**

Johannes CB, Le TK, Zhou X, Johnston JA, Dworkin RH.

# Chronic Pain: Colorado

- 1992: Task Force on Intractable Pain
- 1996: CBME Guidelines
- Financial Barriers to treatment
- 2005: Colorado Prescription Drug Monitoring Program

# Colorado Prescription Drug Monitoring Program

- Support access to legitimate medical use of controlled substances
- Identify and deter or prevent drug abuse and diversion
- Facilitate and encourage identification, intervention with and treatment of persons addicted to prescription drugs

# Colorado Prescription Drug Monitoring Program

- Inform public health initiatives through outlining of use and abuse trends
- Educate individuals about PDMPs and the use, abuse and diversion of and addiction to prescription drugs

# Colorado Prescription Drug Monitoring Program

- Statewide electronic database on dispensed controlled substances
- Housed in the State Board of Pharmacy
- Data can be accessed by:
  - Prescribers
  - Pharmacists
  - Law enforcement and regulatory

# Colorado Prescription Drug Monitoring Program

- Prescribers and pharmacists must advise patient of database
- PDMP is considered part of the medical record – inappropriate access is grounds for civil action and/or licensure disciplinary action

# Colorado Prescription Drug Monitoring Program

- Went live in February 2008
- Total Cost: \$282,000
  - \$188,300 for maintenance of database
- Funding: Federal Grants, Donations and fees on prescriber's licenses (up to \$12.50 per year)

# Colorado Prescription Drug Monitoring Program

- Registered users of system:
  - 85% of registered nurses with prescriptive authority
  - 17% of licensed physicians
  - 14% of dentists
- 182,818 queries in 2009-2010

# Prescription Drug Abuse Prevention Plan

- Part of National Drug Control Strategy
- Four areas of focus:
  - Education of Public & Providers
  - Monitoring with PDMPs
  - Proper Disposal of pharmaceuticals
  - Enforcement of prescribers and abusers