

# Acute Care and Opioids

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# FACT

- “The Drug Abuse Warning Network estimated that **>420,000** emergency department visits were related to the misuse or abuse of narcotic pain relievers in 2011...”

(CDC Guideline for Prescribing Opioids for Chronic Pain - United States, 2016)

# FACT

- Per addiction experts, it takes 7-14 days of continuous opioid use at a dose equivalent to 20-30mg MED (morphine equivalents per day) to develop dependence on opioids.

<u>Opioid</u>	<u>Ratio (Opioid to Morphine)</u>
Codeine	1 to 0.15
Hydrocodone	1 to 1
Methadone	1 to 3
Oxycodone	1 to 1.5
Tramadol	1 to 0.1

<https://www.cms.gov/Medicare/Prescription-Drug-Coverage/PrescriptionDrugCovContra/Downloads/Opioid-Morphine-EQ-Conversion-Factors-March-2015.pdf>

# SOLUTION:

## FOLLOW CDC RECOMMENDATIONS

- Current recommendation - no more than 3-5 days of short-acting, low dose opioid prescription for ACUTE pain (Ex: Norco 5/325)
- Firm Rule: No more than 3 days of opioids in adolescents less than or equal to the age of 20!!!!!!
- Exceptions: Up to 7 days in special cases such as a comminuted fracture, etc..

# Changing Practice

- Stop prescribing opioids for (non-traumatic/fracture/non-cancer/etc) Back Pain
- Stop prescribing opioids for non-specific musculoskeletal pain, headaches, or fibromyalgia

# STRATEGY

- Check PDMP (Prescription Drug Monitoring Program)
- No opioid refills in ED
- Hospital policy

We are all in this together....  
Thank you.