Tackling the Opioid Epidemic: An Interprofessional Approach

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Learning Objectives

- Describe the process of developing an interprofessional task force across the health science center for the purpose of providing a collaborative effort to address a public health emergency.

- Explain the role of the Opioid Task Force Student Ambassador Program, how students across the health professions are engaged, and how they engage other students.

- Describe activities in advocacy, prevention, community education, interventions, research, and treatment with interprofessional student engagement.

- Describe the process and give examples of Texas A&M Opioid Task Force community engagement, how we developed the intense community partnerships necessary to develop meaningful “boots on the ground” interventions that are sensitive to the needs of our resources to fight the Opioid Epidemic, and provide service to under-served populations.
Our Colleges

The Texas A&M University Health Science Center
Our Reach
The Texas A&M University Health Science Center State-Wide Assets

- 5 colleges/schools
- 26 degree programs
- 100K+ annual North Texas dental visits
- 40+ major clinical affiliates
- 97 affiliated residency programs
- 254 counties reached through community & telehealth programs
- 400K+ annual direct contacts made through community education in South Texas
- 3,200 health profession students
- 13 Texas A&M System board approved centers/institutes
- 8 campus locations

Bryan-College Station
Corpus Christi
Dallas
Houston
Kingsville
McAllen
Round Rock
Temple
Interprofessional Engagement
The Opioid Epidemic: by the Numbers

CDC 2016 and 2017 Data

- 130+ people die every day from opioid related drug overdoses (2017)
- 11.4 million people misused prescription opioids (2017)
- 2.1 million people had an opioid use disorder (2016)

Projected Number of Opioid Overdose Deaths: 2019-2030

Following current projections; 250,000+ will die from an opioid related overdose in 2030
2017/18 Deaths By Cause

- **Deaths from Respiratory Disease**
  - Includes Emphysema, COPD, Asthma, Pulmonary HTN
  - **154,596 deaths** (Number 4 Cause of Death in the US)

- **Deaths from Stroke**
  - **142,142 deaths** (Number 5 Cause of Death in US)

- **Deaths from Diabetes** related complications
  - Includes Type 1 and Type 2 related deaths
  - **80,058 deaths** (Number 7 Cause of Death in US)

- **Deaths from Influenza and Pneumonia**
  - **51,537 deaths** (Number 8 Cause of Death in US)

- **Deaths from Breast Cancer**
  - **42,000 deaths**

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U.S. Life Expectancy Drops for Third Year in a Row, Reflecting Rising Drug Overdoses, Suicides

Drop represents longest sustained decline in expected lifespan since the tumultuous period of 1915 to 1918.
Who Does the Opioid Crisis Impact?
Development of the TX A&M Opioid Task Force

Opioid Task Force:
- Chair: Dr. Marcia Ory

- Research Dr. K. Ramos, COM
  - CDM
  - COP
  - COD
  - CON
  - SPH
  - RCHI
  - AG EXTENSION

- Identify A&M Expertise
  - Dr. Marcia Ory SPH
  - Dr. Kim Zemakis
  - Mission Statement
  - Meetings
  - Marketing
  - Project Plan
  - Identify Projects
  - Form Task Teams
  - Skills Inventory
  - SWOT
  - Interest
  - Future Ops
  - Plots

- IPE Project Plan
- Develop New Experts
  - Starr Flores, MBA
  - Engage All Disciplines
  - Recruit Junior Faculty
  - Provide Opportunity
- Curriculum
  - Leadership
  - Analysis
  - Execution
- Engage Students
  - Student Ambassador Program
  - Mentorship
  - Application Process
  - Research/Scholarship
  - Training
  - Service Learning

- Engage Community
  - Dr. Carly McCord
  - Identify Stakeholders
  - Form Partnerships
  - Join Coalitions
  - Offer Services

HHS 5-POINT STRATEGY TO COMBAT THE OPIOIDS CRISIS

1. Better addiction prevention, treatment, and recovery services
2. Better data
3. Better pain management
4. Better targeting of overdose reversing drugs
5. Better research
Opioid Task Force Activities
Aligned with Land Grant University Mission

Supporting Activities in an Academic Environment

- Participating Faculty—aligned with scholarship
- Grants/External Funding
- Innovative Research
- Publications
- Speaking
- Networking/Collaboration
- Community Service
- Industry/Government/Community Partnerships
- Clinical Billable Services

*Expand access and improve student success to deliver the innovative workforce of tomorrow.*

*Advance and promote research and discovery to improve society, foster economic growth, and address global challenges.*

*Build healthy, prosperous, equitable, and vibrant communities locally and globally*

Source: APLU 2018 Annual Report
Opioid Task Force Student Ambassador Program

- **First Cohort Appointed September 2018**
  - Research
  - Education
  - Community Outreach

- **ALL HSC Components Represented**
  - 70 students trained in Community Outreach Interventions
  - College of Medicine, College of Pharmacy, College of Dentistry, School of Public Health, College of Nursing

- **Key Accomplishments of Student Ambassadorship 2018/2019**
  - Participated in training of more than **1200 Law Enforcement & First Responders**
    - Opioid Overdose Education and Naloxone Administration (OENA)
  - Participated in **4 Student-Led Interprofessional Research Projects** presenting research posters/abstracts at National Conferences with IPE teams
  - 25 Students participated in “Train the Trainer” events for OENA
    - Preparation for mass peer to peer “Pop-up Institutes”
  - Provided community education/outreach at community Health Fairs, Drug Take-Back Events, Every Victim, Every Time, ROSC Sponsored Events
  - Participating in Curriculum discussions for OENA Training of all HSC students

- **More than 3500 Community Service Clinical Hours in one academic year**
"Participating as an Opioid Task Force Student Ambassador and providing training to educate police force and first responders in our community has been one of the more rewarding experiences of my medical education so far.

Working with the Pharmacy students, Nursing students, and Public Health students has given me the opportunity to solve a “real world crisis” and provide critical knowledge to reduce opioid deaths in our community.

The Opioid Overdose Education and Naloxone Administration (OENA) trainings have the potential to save lives and we are providing a model for other communities, showing how the Health Science Center can make a difference!"
Question & Answer Period

**Opioid Task Force**
- Community Partnerships
- Pilot Interventions
- Policy Development
- Research/Scholarship
- Education/Curriculum
- Faculty Engagement
- Student Engagement

**Student Engagement**
- Student Ambassador Program
- Training
- Service Learning
- Education/Curriculum
- Community Outreach
- Research
- Scholarship

**Community Engagement**
- Community Coalitions
- Community Education
- Community Partnerships
- Industry Partnerships
- Data Guided Interventions
- Policy Development
Opioid Overdose Education & Naloxone Administration

Student Engagement, Faculty Engagement
Opioid Overdose Education & Naloxone Administration

OENA: Addition to the Health Sciences Curriculum

• Became first Health Science Center in nation to commit to train every health professions student on basics of opioids, opioid use disorder, opioid overdose risk, naloxone pharmacology and legislation, and how to administer naloxone—a drug that reverses an opioid overdose.

• Addresses STIGMA and introduces concepts of Harm Reduction.

• Does not require deep clinical knowledge to grasp, provides an immediate response to a community problem.
  • Pilot: 500 kits resulted in 5 overdose reversals.

• Interjecting into orientation of COM, COP, COD, CON, SPH students. Other touch points for grad students, residents.

• Opioid Student Ambassadors assist, lead training.

• Pre and Post testing to continuously evaluate curriculum elements in CQI cycle. Touch points and longitudinal assessment throughout the curriculum.

• IRB Approved process, opportunity for research, scholarship.
Opioid Overdose Education & Naloxone Administration

Why Implement OENA? Changing the Medical Lens relative to Substance Use Disorder

- Harm Reduction
  - Incorporates a spectrum of strategies including: safer techniques, managed use, and ideally culminating in abstinence.
  - Meets people “where they are” but doesn’t leave them there.
  - Applies evidence-based interventions to reduce negative consequences and includes:
    - Naloxone Rescue Kits & Overdose Reversal Training
    - Medication Assisted Treatment
    - Syringe exchange programs
    - Provides evidence-based counter-point to punitive views (War on Drugs).
    - Incorporating Mental Health First Aid training to further reduce stigma.
    - New approach to substance use disorders
- Works to elicit **ANY POSITIVE CHANGE** based on individual patient need, circumstance, and readiness to change.
Undergraduate Medical Education

Reinforcing Mental and Behavioral Health throughout the Medical Curriculum

- OENA Training first introduced during orientation
  - Re-introduced during subsequent years during Dean’s hours, on-campus touch points, longitudinal re-assessment of core principles, disease states
- Faculty development and skill refreshment
- Integration of inter-professional case based learning, teaching inter-professionally
  - IPE Day
- Interjecting evidence-based protocol education in a multifaceted strategy
  - Pain assessment, treatment, and long term management
    - Guideline concordant opioid prescribing
    - Pharmacotherapeutic alternatives
    - Appropriate management of special populations
  - Prevention, treatment and management of substance use disorders
    - Assessment of risk for SUD
    - Evidence based treatment protocols for SUD and continuum of care
    - Clinical resources part of MH/BH treatment: psychosocial supports
  - Integrated practice plans for faculty, residents, and preceptor practices
Graduate Medical Education

Meaningful Reinforcement through Practice Plans, Targeted Education

- Training on current best practices in pain management, Mental Health screening, SUD/OUD screening, SBIRT.
- Education on utilization of the PDMP to evaluate patient controlled substance use patterns, practitioner prescribing patterns.
- Education on reducing prescription opioid misuse through access to prevention services, access to Medication-Assisted Treatment (MAT), and expanded co-prescribing of naloxone for patients with risk factors.
- Family Medicine Residents provided with OENA training and issued personal naloxone rescue kits.
- Family Medicine Residents provided with X-Waiver training, first cohort to graduate with X-Waiver training in place.
- Multidisciplinary team treatment with warm/hot hand-offs to clinical resources to assist in mental and behavioral health integrated treatment plans at residency training clinics.
Continuing Medical Education

Project ECHO HUB: Enhancing Mental Health Practice, Organization and Workforce through Education & Readiness (EMPOWER)

- Project EMPOWER moves medical knowledge, not patients, allowing patients to be treated in place.
  - Educate rural healthcare providers on how to fight the opioid epidemic in their communities.
- Lack of access to specialty care is a major barrier for patients in isolated and rural communities.
- Provides opportunities to acquire new skills and competencies that expand access to care.
- Offers no-cost access to continued learning and specialist consultations.
- Increases clinical efficiency that allows for more patients to be served overall.
- Project ECHO has an established history across the US with medical academic centers.
- Specific focus on topics pertaining to MH/BH & Opioid Epidemic:
  - April 22: Medication Assisted Treatment Basics
  - May 28: How to assess PDMP data

“EMPOWER allows us to extend the capacity of care out beyond our walls and into these communities, providing valuable education and resources that can save lives, design recovery structures for each individual, all while educating rural health care providers at the exact same time.”
Continuing Medical Education

Recurring Events focused on the Opioid Crisis

- **TAMU HSC Opioid and Pain Management Conference**
  - Annual conference focused on best practices in pain management to include patient management, ER management, pharmacotherapeutic protocols and opioid alternatives, special populations, screening and assessment for substance use, and treatment for opioid use disorder.
  - Held in Corpus Christi, and services the medical education needs of the Rio Grande Valley (border counties with Mexico)
  - Connects treatment resources, addresses cultural and socioeconomic challenges and access to care

- **GetWaivered Texas Program**
  - High quality buprenorphine training & technical assistance
  - Provides first 4 hours of required didactic training, followed by online training, follow-up support for DEA application
  - Increase Opioid Agonist treatment capacity, access to care across the state.

- **OENA Training for Health Systems**
  - Provision of OENA training to multidisciplinary teams
IPE Including Veterinary Sciences

OENA Training provided to DVM candidates & Faculty, K9 Units

Best Practice, Canine Overdose Recognition, Naloxone Administration for dogs
Action plans, procedures, and protocols
Partnering with Communities

Coalitions and Recovery Oriented Systems of Care (ROSC)

- **Local SUD/OUD Community Coalitions**
  - Join, participate
  - Offer services
  - Offer partnerships
  - Provide support
  - Evaluate Community Needs, sit at table
  - Opportunity for research, scholarship, clinical service

- **Recovery Oriented Systems of Care**
  - Membership: mental/behavioral health treatment providers, law enforcement, justice system, corrections officers, local government, sober houses, health systems, faith based supports, prevention resource centers, peer support specialists, community members
  - Focuses on collaborative decision making, patient-centric treatment, community-based services
  - Addresses special populations, underserved populations, minority needs
How to Replicate at Your Institution

Mental & Behavioral Health Community Resources

- **US Department of Health and Human Services**
  - HHS Response 5 Point Strategy Framework
- **SAMHSA: Substance Abuse & Mental Health Services Administration**
  - [samhsa.gov/partners-for-recovery](http://samhsa.gov/partners-for-recovery)
    - Partners for Recovery (PFR): builds supports, provides technical resources, builds capacity, improves systems of care
    - Fosters collaboration among the various systems that impact those with substance use and co-occurring mental health conditions (for example, primary care, child welfare, criminal justice)
    - Prepares the next generation of leaders in the addictions treatment and recovery field
- **CADCA: Community Anti-Drug Coalitions of America**
  - Represents more than 5000 coalitions nationwide
Current Texas A&M Opioid Task Force
Expanding the TX A&M Opioid Collaboratory

• **Commercial/Industry Partnerships**
  • 12 new partnerships in impacted industries

• **Community Partnerships**
  • Provision of harm reduction services, to impacted communities, 15 surrounding school districts

• **Clinical Partnerships**
  • Major new health system partnership with CHI

• **Pilot Clinical Intervention Activity**
  • Notable: Naloxone training & distribution throughout community and law enforcement
  • Innovative Medication Assisted Treatment Delivery
  • Telehealth: Clinical Services, Clinical Education
  • Technology enhanced care models

• **Research**
  • Numerous opioid related IRB studies launched
  • 25 abstracts, peer reviewed articles, white papers

• **Speaking:** across the country, forming collaborations
Questions?

For more information/updates:
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