

Educate Before You Medicate

Educating Pharmacists on Prescription Drug Misuse Prevention in Texas.

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Texas Health and Human Services Behavioral Health Services

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Agenda



- Introduce Project: Educate **Before** You Medicate
- Role of Pharmacists
- Tasks of the Project
- Encounter Guide and Data Collection Tool Practice
- Training Evaluation Form

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Project Funding



SAMHSA
Substance Abuse and Mental Health Services Administration

TEXAS
Health and Human Services

UNIVERSITY of HOUSTON
THE PREMIER CENTER

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SPF-Rx Grant Objectives

Strategic Prevention Framework for Prescription Drugs
(SAMHSA SP-16-006)

- Raise awareness on the risks of sharing prescription medications
- Work with pharmaceutical and medical communities to prevent the misuse of prescription medication among young adults
- Bring prescription drug abuse prevention activities and education to schools, communities, parents, prescribers, and their patients

Our goal: To sequentially train community coalition members and prevention providers to communicate with independent community pharmacists throughout Texas

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Grant Sub-Recipient: University of Houston

Department of Pharmaceutical Health Outcomes and Policy
at the University of Houston College of Pharmacy

The Premier Center



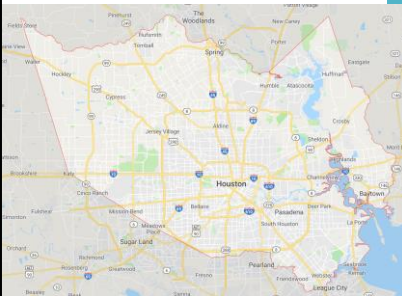
Other collaborative efforts:



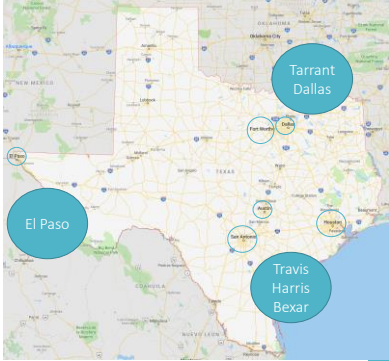
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Project Areas

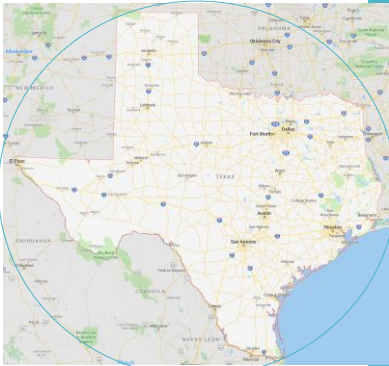
Year 3
(2018-2019)



6



Project Areas
Year 4
(2019-2020)



Project Areas
Year 5
(2020-2021)

Focus on Pharmacists

Pharmacists are accessible health care providers

On average, patients visit their pharmacist 10x more than their primary care doctor

Independent pharmacies are sole-proprietorships or small chains that can lack the administrative and educational support of larger pharmacy chains (e.g., Walgreens, CVS, Kroger)

Tsuyuki, R. T., Beahm, N. P., Okada, H., & Al Hamamleh, Y. N. (2018). Pharmacists as accessible primary health care providers: review of the evidence.

Pharmacists' Potential

- National survey of adults performed by Allied Against Opioid Abuse:
 - 36% of patients did not know they needed to dispose of leftover prescription opioids
 - 70% said they were more likely to dispose if given information on how to do so
- National survey of patients taking opioids for chronic non-cancer pain performed by UHCOP:
 - Pharmacists only counseled 1 in 5 patients on safe disposal
 - Patients who had received counseling were 67% more likely to dispose

Pharmacy Toolkit Overview (2018, September 16). Retrieved March 12, 2019, from <https://againstopioidabuse.org/resource/pharmacy-toolkit-overview/> 10

Pharmacists Needs



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ACTIVITY

Identifying the local independent pharmacies in your service area

Curated lists of independent pharmacies will be provided to each coalition coordinator in the target area based on the ZIP codes of their service area

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Site Visit Task List

Task #1

Distribute the PMP Best Practice Guidelines

Task #2

Distribute the Pharmacist Education Pocket Card

Task #3

Collect data from pharmacy visits

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Task #1

Distribute the PMP Best Practice Guidelines



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What is the PMP?

The Texas Prescription Monitoring Program (PMP) is a database to track the dispensing of controlled prescription medications.

It is designed give the prescriber and the pharmacist information on a patient's controlled substance prescription history.



1 Texas State Board of Pharmacy, "Texas Prescription Monitoring Program." Retrieved March 12, 2019, from <https://www.pharmacy.texas.gov/PMP/>

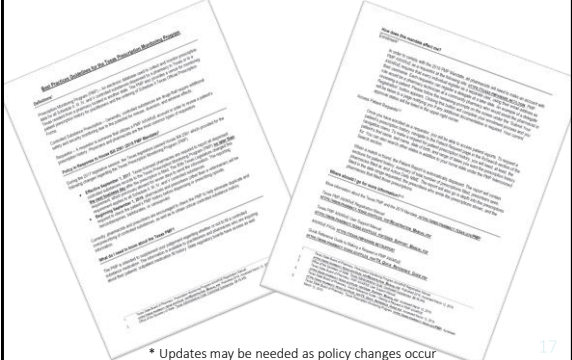
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Potential "Red Flags" of Misuse

- Filling the prescription early without a good explanation
- A group of patients presenting prescriptions for the same controlled substance at the same time or at the same address
- Persons wanting to pay cash for controlled substances, but using insurance for other prescriptions
- Unexplained geographical anomalies, such as distances between the prescriber and the pharmacy or the pharmacy and the person's address on the prescription

Texas State Board of Pharmacy "Red Flag" Checklist for Pharmacies Texas State Board of Pharmacy: 16

PMP Best Practices Guidelines



* Updates may be needed as policy changes occur 17

The PMP Best Practice Guideline

It's the Law:

- As of **September 1, 2019** all practicing pharmacists in Texas will be required to use the PMP when filling opioids, benzodiazepines, barbiturates, and carisoprodol
 - Rare exceptions: cancer diagnosis or if system is unavailable
 - * Updates may be needed as policy changes occur

Division	Texas Administrative Code	Section
Pharmacy Practice	281.202	281.202
Pharmacy Practice	281.203	281.203
Pharmacy Practice	281.204	281.204
Pharmacy Practice	281.205	281.205

Texas State Board of Pharmacy "Texas Prescription Monitoring Program" Retrieved March 12, 2019, from https://www.pharmacy.texas.gov/PMP/ 18

Task #2

Distribute the Pharmacist Education Pocket Card



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Pharmacist Education Pocket Card




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Remind Pharmacists to Discuss:

- Counseling points/risk factors
- Safe Storage
- Safe Disposal
- Referral Options

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Why Counsel? It is the Law


- Patient counseling **shall** be provided by the pharmacist
- Counseling shall be done with new and existing patients of a pharmacy with each **new** prescription drug order
- Pharmacists shall document that counseling was done by recording their initials or identification code

Patient Counseling and provision of drug information-Class A -291.33 (c). Retrieved from https://www.pharmacy.texas.gov/files_pdf/BN/May14/Tab_30.pdf
Texas State Board of Pharmacy Rules, December 2018, Chapter 291 Subchapter A. Retrieved from: https://www.pharmacy.texas.gov/files_pdf/738PM3266-001_AMA3176N261LE.pdf

The Definition of a New Prescription

It is a new prescription if it is:

- ✓ Not the same strength and dosage as another prescription within the last year
- ✓ Transferred from another pharmacy
- ✓ A discharge prescription drug order



Patient Counseling and provision of drug information-Class A -291.33 (c). Retrieved from https://www.pharmacy.texas.gov/files_pdf/BN/May14/Tab_30.pdf



Safe Storage

Pharmacists should discuss with patients how to store the prescription medications in a secure location, out of reach of others including children, family, friends, and visitors

Clean out their medicine cabinet and remove any unused prescription medications

If the patients need to keep unused prescriptions hide them and lock them away

American Pharmacists Association. Safety first: Talk to patients about safe use, safe storage, and safe disposal of medications. Retrieved March 12, 2019, from <https://www.pharmacist.com/article/safety-first-talk-patients-about-safe-use-safe-storage-and-safe-disposal-medications>

U.S. FDA. Disposal of Unused Medicines: What You Should Know. Retrieved March 12, 2019, from <https://www.fda.gov/oc/ohrt/medication-disposal-what-you-should-know>

Safe Disposal Options

Local Rx drop boxes

Dispose of medications using a Single Use Disposal Pouches (SUDPs) such as Dispose Rx®, Deterra®, or TakeAway®

The U.S. Drug Enforcement Administration (DEA) hosts [National Prescription Drug Take-Back events](#) where collection sites are set up in communities nationwide for safe disposal of prescription drugs.

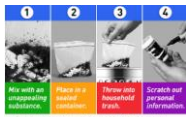
United States Environmental Protection Agency (2019, SEPTEMBER 12, 2018). "Collecting and Disposing of Unwanted Medicines." Retrieved March 18, 2019, from <https://www.epa.gov/reggenerator/collecting-and-disposing-unwanted-medicines>. 25

Safe Disposal



How to Dispose of Medicines Properly

- DON'T:** Flush expired or unwanted prescription and over-the-counter drugs down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so.
- DO:** Return unwanted or expired prescription and over-the-counter drugs to a drug take-back program or follow the steps for household disposal below.



Almost all medicines can be thrown away safely in your household trash. Follow these steps.

United States Environmental Protection Agency (2019, SEPTEMBER 12, 2018). "Collecting and Disposing of Unwanted Medicines." Retrieved March 18, 2019, from <https://www.epa.gov/reggenerator/collecting-and-disposing-unwanted-medicines>.
United States Food and Drug Administration (2019, February 27 2019). "Disposal of Unused Medicines: What You Should Know." Retrieved April 28, 2019, from <https://www.fda.gov/drug/qa/fda-disposal-medicines/disposal-unused-medicines-what-you-should-know>. 26

Referral Options

Local (Texas):

- Outreach, Screening, Assessment and Referral (OSAR)
 - First point of contact for people seeking substance use disorder treatment services
 - Dial 2-1-1 to connect with the OSAR in your area

National:

- National Suicide Prevention Lifeline
- Main number: **1-800-273-TALK (8255)**

Texas Health and Human Services "Outreach, Screening, Assessment and Referral Centers." Retrieved March 18, 2019, from <https://hhs.texas.gov/services/mental-health/substance-use/mental-health-substance-use-resources/outreach-screening-assessment-referral-centers>.
Substance Abuse and Mental Health Services Administration "National Suicide Prevention Lifeline." Retrieved March 18, 2019, from <https://www.suicidepreventionlifeline.org/>. 27

Activity

Encounter Guide for Speaking with the Pharmacist



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Task #3

Collect Data from Pharmacy Visits

[SPF-Rx Pharmacy Site Visit Data Collection](#)



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Today

Each "point of contact" will receive an email with the following information:

1. List of independent pharmacies for your site visits from a coalition coordinator
2. Digital versions of the PMP Best Practice Guideline, Pharmacist Education Pocket Card, and Pharmacist Discussion Script so you can print as needed
3. Link to data collection survey

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Questions?

Please complete the [Training Evaluation Form](#) and turn it in!

Contact Information:

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Phone: 512-380-4952

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Additional Resource Options

Generation Rx: <https://www.generationrx.org/>

CDC's Rx Awareness Campaign: www.cdc.gov/rxawareness

Allied Against Opioid Abuse: www.AgainstOpioidAbuse.org

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