

January 24, 2019

Issue 7

2018 Humboldt County Data

As we begin a new year and consider new initiatives within the Rx Safe Humboldt Coalition, let's take a moment and look back at some of the progress that was made in 2018.



Opioid Prescribing Rate Continues to Decline

According to the [CDPH Opioid Overdose Surveillance Dashboard](#), Humboldt County continues to see a decline in the overall Opioid prescribing rate. The most current data (2018 Q2) indicates a 12 month moving average rate of **786.23** Opioid prescriptions per 1,000 people. This is a **17% decline** from a year ago.

Prescription Opioid Overdose Rate

Humboldt County remains 2nd in the state for the highest prescription opioid related overdose deaths. In 2017 the rate was [15.49 per 100,000 residents](#), compared to the California average rate of 3.70 per 100,000 residents. There is good news, as the rates in 2018 are showing a decline. The most recent data from the second quarter of 2018, indicate that the prescription opioid related overdose death in Humboldt County were **12.14 per 100,000 residents**.

Medication Disposal

With [12 medication disposal bins](#) across Humboldt County, the convenience of proper medication disposal is evident. In 2018 these **12 bins** collected **2,521 pounds** of unwanted medications. Additional information regarding medication disposal can be [found here](#).

All of this is possible due to the hard work of the Coalition and its partners.



What we Don't Know About Chronic Pain Health Affairs Podcast

In a WTOP-FM interview, author Jonathan Meyer discusses why chronic pain is so pervasive, yet relatively few research resources are devoted to understand its causes and treatments.

[Listen Here](#)

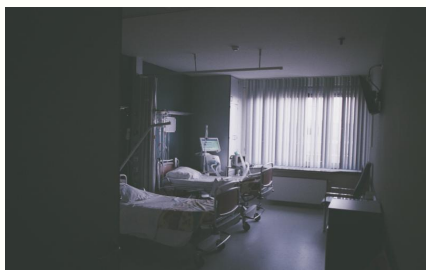
What is in this Issue

[What We Don't Know About Chronic Pain](#)

[Governor Newsom announces Dr. Nadine Burke Harris to be CA's first-ever surgeon general](#)

Governor Newsom announces Dr. Nadine Burke Harris to be CA's first-ever surgeon general

There is overwhelming consensus in the scientific community around early warning signs and childhood determinants of serious health outcomes. As California's Surgeon General, [Dr. Burke Harris](#) will urge policymakers at every level of government and leaders across the state to consider the social determinants of health, especially for children. Her work will focus on combating the root causes of serious health conditions — like ACEs and toxic stress — and using the platform of the Surgeon General to reach young families across the state. [Read more](#)



Opioids Are In the Spotlight. But Meth Hospitalizations Are Surging.

During the November 30, 2018 Rx Safe Humboldt Coalition meeting the question was asked of the attendees, what role does the Coalition have in the

Methamphetamine related issues in our community. Several compelling ideas were presented and discussed regarding the areas that the coalition could tackle and those that may apply to both Opioids and Methamphetamine. These ideas included

- Maintenance after sobriety
- Contingency Management
- Prevention
- Understanding the data
- Stopping the supply

The Coalition will continue to explore this during our next meeting and hope to develop strategies that would stay true to the mission of the Coalition.

A recent [article](#) by Anna Gorman at Kaiser Health News highlights the complexities of the Opioid and Methamphetamine issues.

Resources for Legislative Changes

There is a free 8-hour web-based course for physicians, nurse practitioners, and physician assistants who wish to apply for a waiver to prescribe buprenorphine for the treatment of opioid use disorders.

This is a free training that will fulfill the requirements to obtain an x-waiver, but now under new legislation, [AB2487](#), physicians and surgeons are required by law to complete either (a) a four-hour CME course on pain management or end of life, or (b) 12 hours on the treatment of opiate-dependent patients within four years of their initial license, or by their second renewal date.

Share this with providers in your network to ensure they are aware of these changes and the resources available. For more information on the legislative changes, see this [webinar](#) with Clinical Lead for the Accelerator Opioid Safety Network, Dr. Matt Willis, the accompanying [slides](#), [resource list](#), and [legislation summary guide](#).

[Opioids are in the spotlight, but Meth Hospitalizations are surging](#)

[Resources for Legislative Changes](#)

Valuable Resources

[Podcast: Finding Fixes](#)

[Accelerating Opioid Safety AMBULATORY CARE TOOLKIT](#)

[Our Pathways to Health Workshops](#)

[Morphine Equivalent Calculator](#)

[Safe Prescribing Guidelines](#)

[Medication Disposal Bins locations Flyer](#)

[Complete Reference Manual for Assessment and Treatment of Acute and Chronic Pain](#)

Up Coming Events

[Rx Safe Humboldt Coalition Meeting is Friday, January 25, 2019 from 8:30-9:30 am](#)

[The Connection HPRC Calendar of Events](#)

[Save the Dates](#)
April 26, 2019
Opioid Safety Conference at the River Lodge in Fortuna

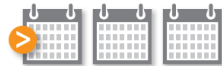


ACE's Conference
May 30th - June 1st
Sequoia
Conference Center

Academic Detailing

More than 1 in 10 
American adults experience chronic pain

>> Chronic pain is defined as pain that lasts >3 months



Our team of opioid and chronic pain academic detailers have been making the rounds all over Humboldt County to support physicians. Our curriculum spans topics such as: Informed consent, Assessments, Prescription Drug Monitoring Program (CURES), Naloxone, and Opioid Use Disorder Management. We are available to meet one-on-one or in a group setting like an all-staff meeting. We tailor our discussion to fit the time you have available, from 15 minutes to 1 hour, we are willing to meet you where you are at.

If you or someone you know is interested in talking with our team of academic detailers, please contact Dr. Mary Meengs by [email](#).

Visit our Website