Strategies to Reduce the Supply of Prescription Drugs

Findings from the Research Literature

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Objectives

• Define the core components of strategies to reduce the availability of prescription drugs for non-medical use (that is, reduce supply)

• Describe some of the potential advantages and disadvantages of strategies to reduce the supply of prescription drugs
Preventing Prescription Drug Misuse: Strategies from the Research Literature

Strategies to Reduce Demand (4/13)

Strategies to Reduce Supply (Today)

Strategies to Reduce Harm (5/30)

Presenters

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The Big Picture

Strategies to Prevent Non-Medical Use of Prescription Drugs (NMUPD)

Strategies to Prevent NMUPD

- Patient Education
- Prescriber Education
- Social Marketing Campaigns
- Information Dissemination Campaigns

Strategies to Prevent Supply

- Prescriber Education
- Tracking and Monitoring
- Retail Access Restrictions
- Enforcement Strategies
- Storage and Disposal

Strategies to Prevent Demand

- Naloxone Education and Distribution
- Overdose Education
- Prescriber Education
- Multicomponent strategies

Strategies to Prevent Harm
Selection as Part of a Strategic Process

Where in the SPF planning process is your state, tribe, jurisdiction, or community?
Desired Outcomes Associated with Preventing NMUPD and Opioid Overdose

- **Supply**
  - Decreasing availability

- **Demand**
  - Preventing dependency and misuse

- **Harm**
  - Reducing nonfatal and fatal overdose

**Example Risk Factors**
- Prescription drug diversion
- Multiple prescriber episodes (“doctor shopping”)
- Inappropriate prescribing (“pill mills”)
- Lack of knowledge about potential dangers of prescription opioid misuse
- Mental health disorders
- Chronic pain
- Loss of tolerance
- Polysubstance use

Evidence-based Continuum

- Supported/Well-supported
- Promising/Emerging/Undetermined
A Note About Evidence

• There is less evidence for NMUPD prevention strategies (compared to strategies for preventing other substances).

• A lack of evidence does not mean that a strategy is ineffective.

• Practitioners should rely on experience working with other substances.

• It is important for practitioners to collect evaluation data to build the evidence around strategies.

Strategies to Reduce the Supply of Prescription Drugs

Findings From the Research Literature
Defining Supply Strategies

Efforts aimed at decreasing the availability and diversion of prescription drugs for non-medical use

Potential Benefits and Cautions of Strategies to Reduce Supply\(^2,3,4\)

Benefits
- Can reduce NMUPD
- Can reduce Rx drug diversion
- Can reduce risk of dependency and overdose

Cautions
- Can reduce legitimate access
- Can reduce access for individuals with opioid dependence (which can lead to increased risk of using illicit drugs)
Categorization of Supply Reduction Strategies

Prescriber Education
- Prescribers
- PDMP Administrators

Tracking and Monitoring
- PDMP Administrators
- Law Enforcement
- Pharmacists
- Prescribers

Retail Access Restrictions
- Insurance companies
- PDMP Administrators

Enforcement Strategies
- Chiefs of Police Association
- Drug Enforcement Agency (state division)

Storage and Disposal
- Pharmacies
- Law Enforcement
- Schools

Examples of Potential Partners to Engage in Supply Reduction Strategies
Prescriber Education\textsuperscript{5,6,7,8}

Involves teaching appropriate opioid-prescribing practices, including:

- How and when to implement tracking and monitoring strategies (for example, Prescription Drug Monitoring Programs [PDMPs])
- Steps to take if PDMP suggests a patient is at risk
- How and when to prescribe opioids for non-cancer pain (following CDC or other prescribing guidelines)

For More Information

For more information on venues and delivery methods for prescriber education, visit https://captconnect.edc.org/ to access the materials from the first webinar in this series.
### Potential Advantages and Challenges

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<tr>
<td>• Potentially cost-effective</td>
<td>• Target population can be busy and difficult to reach</td>
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<td>• Use can be supported by legislation (e.g., PDMP mandate)</td>
<td>• More effective when used by all prescribers and pharmacists</td>
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<tr>
<td>• Opportunity to inform prescribers about new best practices (e.g., guidelines and alternatives to habit-forming medications)</td>
<td>• May require a prescriber or recognized medical expert to implement</td>
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<tr>
<td>• May reduce supply and demand for prescription drugs</td>
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### Tracking and Monitoring

Tracking and monitoring strategies help law enforcement and regulatory agencies detect patients or prescribers who may be engaging in behaviors, either knowingly or unknowingly, that can increase risk for NMUPD. Strategies include:

- Prescription Drug Monitoring Programs
- Prescriber and patient requirements prior to prescribing or dispensing prescription drugs
PDMPs are statewide electronic data systems that collect, analyze, and make available prescription data on controlled substances dispensed by non-hospital pharmacies and practitioners. They can be used to identify:

- Providers or pharmacies who are prescribing/dispensing controlled substances in excessive quantities
- Individuals engaged in doctor- or pharmacy-shopping activities

Uses of PDMP Data

Prevention practitioners seeking to reduce the availability and diversion of prescription drugs can use PDMP data to:

- Target prevention efforts (e.g., identifying “hot spots”)
- Change prescriber behavior (e.g., “prescriber report cards”)
Mandated Use of PDMPs\textsuperscript{13,14}

States that Require Prescribers and/or Dispensers to Access PMP Database in Certain Circumstances

For More Information

For more information on using PDMPs, watch the CAPT’s archived webinar series

\textit{Leveraging Prescription Drug Monitoring Programs (PDMP) Data to Support Prevention Planning}, available at

\url{www.samhsa.gov/capt}
### Potential Advantages and Challenges

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| • PDMPs already exist in 49 states  
• Can reduce the prescribing of dangerous drug combinations | • More effective when used by all prescribers and pharmacists  
• Access to PDMPs can be restricted to only certain individuals/organization  
• Prescribers may be deterred from prescribing prescription drugs |

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### Prescriber and Patient Requirements\(^{15,16,17}\)

Intended to control access to controlled substances, these requirements may include:

- Requiring a patient to have a physical exam prior to prescribing
- Requiring prescribers to regularly see patients receiving pain management care
- Requiring patients to provide identification prior to prescription drug dispensation
### Potential Advantages and Challenges

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| • Creates opportunities for prescribers to detect risk factors for drug dependence  
• Allows prescribers to monitor a patient’s drug use  
• Relatively easy to implement | • May slow down or prevent access to opioids for patients who may benefit from them |

### Participant Questions
Retail Access Restrictions

Retail access restrictions involve regulations enacted by federal laws, state laws, or health insurance companies that limit access to commonly misused prescription drugs.

Patient Review and Restriction Programs

Patient review and restriction, or “lock-in” programs, enable public and private insurers to restrict patients who are suspected of prescription drug abuse or misuse to a single designated provider and/or pharmacy.
Doctor-Shopping Laws\textsuperscript{22,23}

Doctor-shopping laws target patients who obtain multiple prescriptions for controlled substances from multiple prescribers or pharmacies without disclosing their other prescriptions.

Restricting Internet Access to Prescription Drugs\textsuperscript{24}

Restricting Internet access to prescription drugs involves instituting laws and policies that place limits on online pharmacies, including restrictions on the sale and purchase of controlled drugs.
### Potential Advantages and Challenges

| + | • Reduces the risk of drug diversion for non-medical use |
| - | • May require buy-in from insurance providers and/or policymakers • Restrictions may be too restrictive, denying patients access to the prescription drugs they need |

### Enforcement Strategies

Enforcement strategies rely on the support of police officers and law enforcement personnel to enforce laws and regulations intended to reduce NMUPD.
Law Enforcement Training on Supply Reduction\textsuperscript{25,26,27}

Training to reduce supply prepares law enforcement officers to recognize and reduce the availability of illicit drugs and diverted legal substances, including prescription drugs.

Initiatives to Shut Down “Pill Mills”\textsuperscript{28}

“Pill mills” are pain clinics that inappropriately prescribe large quantities of prescription drugs to patients. Initiatives to shut down “pill mills” may include:

- Implementing regulations for pain clinics
- Having law enforcement conduct raids
- Enacting prescription drug limits of sale
- Mandating PDMPs for pain clinics
Potential Advantages and Challenges

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<tr>
<td>• Prevention practitioners may have existing relationships with law enforcement from their work addressing other substances</td>
<td>• May be difficult to collaborate with law enforcement unless there are current/retired law enforcement officers on the prevention team</td>
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Storage and Disposal Strategies

Provides safe and responsible ways for people to store and dispose of prescription drugs kept in their homes.
Take-Back Programs\textsuperscript{29,30,31,31}  
Collect individuals’ unwanted or expired prescription drugs voluntarily through:
- Drop boxes
- Mail-back programs
- Take-back events

Proper Medication Storage Strategies\textsuperscript{33,34,35}  
Proper medication storage strategies educate individuals on how to safely keep medications in their homes to avoid diversion of prescription drugs or accidental poisonings.
## Potential Advantages and Challenges

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<tr>
<td>Helps raise awareness of NMUPD</td>
<td>Most of the prescription drugs collected are not controlled drugs</td>
</tr>
<tr>
<td>Cost effective</td>
<td>Not effective for individuals who have already developed drug dependence</td>
</tr>
<tr>
<td>Prevents accidental poisoning</td>
<td></td>
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<tr>
<td>Helps to protect the environment</td>
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Are you planning to collaborate with state agencies to evaluate policy strategies?
Additional Strategies of Note

Model Pain Clinic Regulations

Designed to prevent facilities from prescribing controlled substances indiscriminately or inappropriately. Examples of regulations include requirements to:

- Follow state restrictions regarding the prescription and dispensation of controlled substances (e.g., requiring a physical exam prior to prescribing)
- Interact with the state’s Prescription Drug Monitoring Program
Drug Enforcement Administration (DEA) Regulations

- “Closed System” Requirements
- Regulations for Communicating Controlled Substance Prescriptions to Pharmacies

Delisting Prescription Drugs

The process of removing a specific drug from a public or private insurance plan’s drug formulary, rendering it no longer covered for enrollees.
Which of these strategies are you thinking about implementing in your state, tribe, jurisdiction, or community?

Where to Find Out More
CAPT Resources on Strategies to Reduce Prescription Drug Misuse and Overdose
Revised NMUPD Decision-Support Tools

- Overview of Factors and Strategies
- Understanding Who is at Risk
- Programs and Strategies

Available at samhsa.gov/capt/

Example: Proper Medication Storage and Disposal Strategy
Online Portal of Environmental Strategies

Environmental Strategies to Prevent the Non-medical Use of Prescription Drugs

This guide includes information gathered from existing research and practice literature on environmental strategies that aim to reduce non-medical use of prescription drugs. For each strategy, the guide includes information on: the populations for which the original strategy was designed, evaluation outcomes that provide evidence of effectiveness, and additional resources (e.g., links to additional guidelines) for readers.

May 2016

Available to CSAP prevention Grantees at captconnect.edc.org/

Online Portal of Environmental Strategies (cont.)

<table>
<thead>
<tr>
<th>Description</th>
<th>Law enforcement training on supply reduction prepares law enforcement officers to recognize and reduce the availability of illicit drugs and diverted legal substances, including prescription drugs.</th>
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<tbody>
<tr>
<td>Objective(s)</td>
<td>To reduce the availability of prescription drugs for nonmedical use</td>
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Example: Enforcement Strategy

- Supply-reduction training:
  - Can be spread over 2–14 days and is usually conducted in person
  - Covers all drug enforcement laws, including prescription drug diversion
  - Includes some or all of the following topics: tactical aspects of drug enforcement; operational planning; management of confidential sources; recognizing clandestine laboratory operations; legal issues; executive decision-making; professionalism within the ranks; supervising, motivating, and evaluating officers; detecting drug-related crimes; recognizing drug types; and roadside interviewing (Federal Law Enforcement Training Centers [FLET C], n.d.; U.S. Drug Enforcement Administration [DEA], n.d.)
### Online Portal of Environmental Strategies (cont.)

<table>
<thead>
<tr>
<th>Populations</th>
<th>Law enforcement officers and supervisors</th>
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<tr>
<td>Outcomes</td>
<td>Though not entirely attributable to training efforts, in 2013 law enforcement seized 1,194,748 diverted dosage units of oxycodone, 83,449 diverted dosage units of hydrocodone, and 1,363 diverted dosage units of hydromorphone (DEA, 2014).</td>
</tr>
<tr>
<td>Guidelines</td>
<td>Prescription drug monitoring program administrators guide for training law enforcement</td>
</tr>
<tr>
<td>Acknowledged by</td>
<td>Office of National Drug Control Policy, Epidemic Response to America’s Prescription Drug Abuse Crisis</td>
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<td>Federal Law Enforcement Training Accreditation, Accredited Programs</td>
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<td>Office of National Drug Control Policy, National Drug Control Strategy 2014</td>
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**Example: Enforcement Strategy**

### Addressing Opioid Overdose: Understanding Risk Factors and Prevention Strategies

Available to webinar participants at the conclusion of today’s event (and at [captconnect.edc.org/](https://captconnect.edc.org/))
Example: Supply Reduction Strategies

SUPPLY REDUCTION STRATEGIES

Supply reduction strategies limit access to commonly abused prescription drugs. The intention behind these strategies is to limit the amount or type of prescription drugs that one person can obtain; this reduces doctor shopping, as well as the amount of controlled drugs in circulation. The target audiences for these strategies are primarily prescribers, pharmacists, and law enforcement agents.  

Supply reduction strategies include statutory and regulatory sales-limitation policies and law enforcement actions. Each of these strategies is described below.

STATUTORY & REGULATORY SALES-LIMITATION POLICIES. These policies are designed to reduce access to diverted or inappropriate prescriptions. There are a number of federal regulations which prohibit automatic refills for Schedule II prescriptions. State laws may also:

- Limit the number, quantity, and duration of prescriptions, or
- Restrict the circumstances under which prescriptions can be issued or refilled.

Health insurers may also have separate regulations from federal and state government that further limit prescriptions. While there is not a sufficient body of evidence to determine the effects of these policies on prescription drug overdose rates, they have been shown to be effective in limiting access to prescription drugs commonly associated with overdose. Also, these policies and regulations can be used as guidelines when law enforcement (or other entity) examines PDMP data to help identify:

Final Thoughts and Questions?
Contact Information

If you have questions or comments on this webinar, please don’t hesitate to contact:

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312-962-4558

Evaluation

Please take the time to complete a brief feedback form:
https://www.surveymonkey.com/r/feedback-CAPT-1783

Thank you for sharing your thoughts!
References


References


