

# How Did We Get Here? Where Do We Go From Here?

MEHAF Addiction Care Collaborative  
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# Disclosures



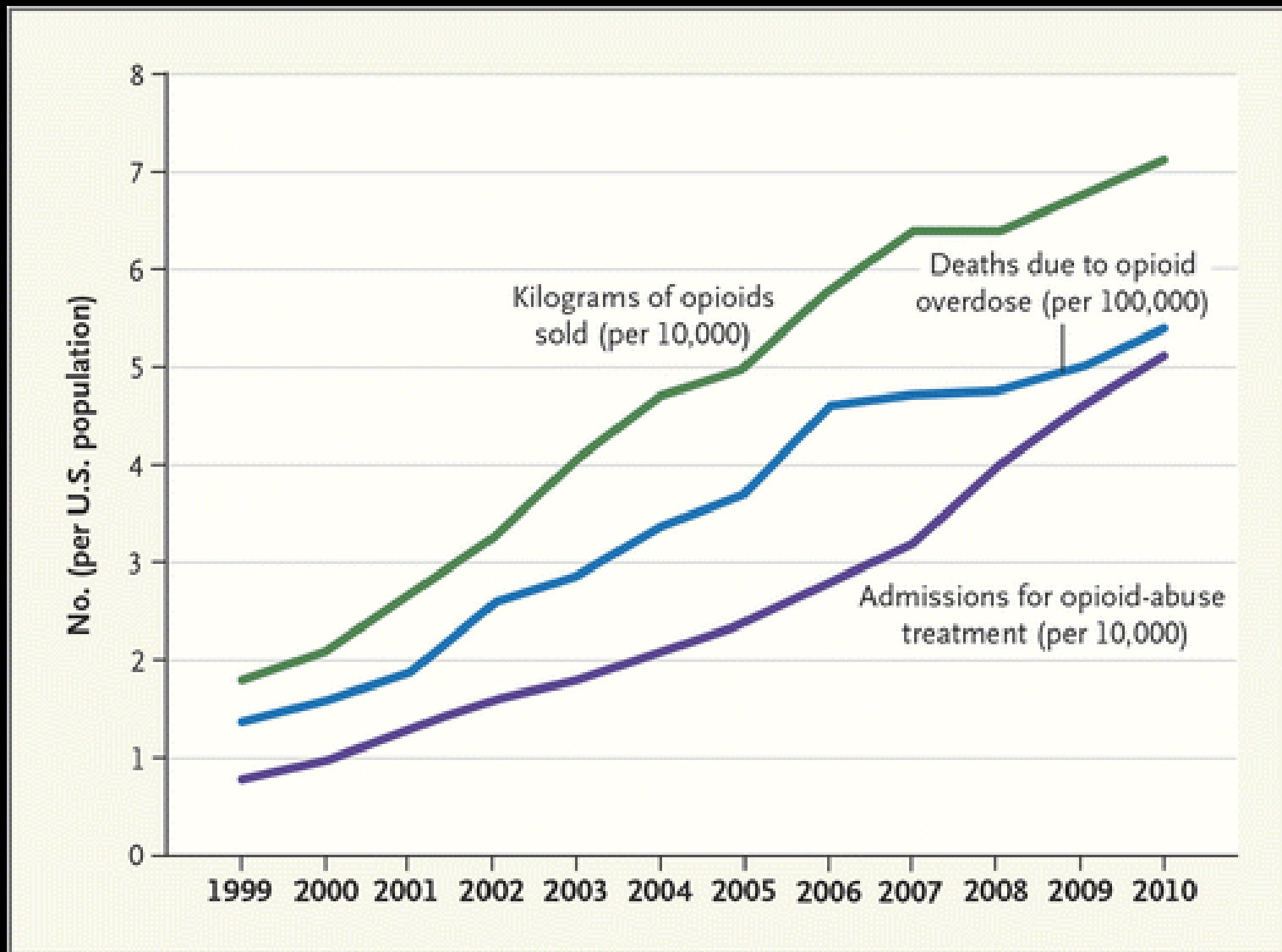
Nothing to see here.  
Please disperse.

# APS, APF, FSMLB, TJC, etc.

1. Opioids promoted as gold standard for treatment of chronic pain
  - ✓ No evidence to support that claim
2. No ceiling dose
  - ✓ No evidence to support that claim
3. Very low (<1%) risk of addiction
  - ✓ No evidence to support that claim
4. Consider “pseudoaddiction” to explain alarm behaviors
  - ✓ No evidence to support that claim



# Bad Trends



# Adverse Selection

“Intensity of Chronic Pain – The Wrong Metric”

Ballantine and Sullivan, NEJM, Nov. 26, 2015

- 30 years of escalating opioid prescribing, no decrease in burden of chronic pain in the US
- Mis-applied the acute and end-of-life approach to chronic pain
- Intensity of chronic pain does not correlate with tissue damage
- Change in brain processing from pain matrix to emotion/reward

# Adverse Selection

- Co-morbidities with MH issues, chronic disease lead to:
  - Anxiety
  - Overwhelmed
  - Less insight
  - Report higher intensity of pain
  - Increased risk of abuse of or addiction to controlled substances

# Adverse Selection

- Suffering reported as intensity of pain
- Treatment with opioids leads to:
  - Chemical coping
  - Blocking/distracting from insight
  - No work on meaning
  - Despair



# Where Do We Want To Be?

- Treat acute and chronic pain responsibly and effectively
- Maintain effective palliative and end of life care
- Address overprescribing
- Be trauma informed
- Reduce deaths from overdoses
- Recognize addiction as a chronic disease
- Address stigma/shame
- Identify and treat addiction
- Recognize suffering

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From the M-G-M Picture "THE WIZARD OF OZ"

## OVER THE RAINBOW

Lyric by E. Y. HARBURG Music by HAROLD ARLEN

Moderately

Some-where O-ver The Rain-bow way up high,  
There's a land that I heard of once in a lull-a-by.  
Some-where O-ver The Rain-bow skies are blue,  
And the dreams that you dare to dream real-ly do come true. Some-

SH 4719

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# Our Efforts Should Include

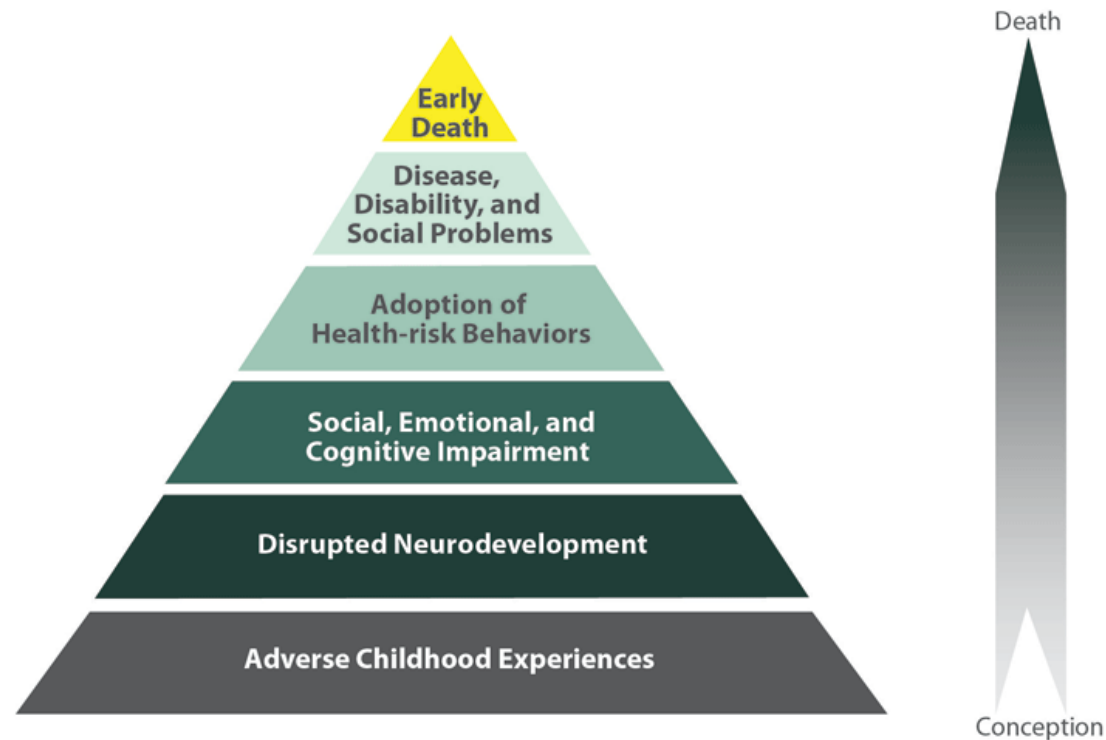
- Team Based Care
- New models to provide care and address stigma (CHAMP)
- Broadly shared clinical and policy standards
- Naloxone distribution
- Medication Assisted Recovery expansion
- Patient, provider, public and policy maker education

# New (and old) Opportunities



**“Opportunity paged me, beeped me, linked me,  
e-mailed me, faxed me, and spammed me.  
But I was expecting it to knock!”**

# Trauma Informed Care



Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

*Suffering*

~~Pain~~ as the 5<sup>th</sup> Vital Sign





HOPE

