Canadian Centre on Substance Use and Addiction

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CCSA Webinar Series: Preventing Opioid Harms through Patient Education

August 1, 2017

Opioid Summit

NOVEMBER 2016

**Hosted by Honourable Jane Philpott, Federal Minister of Health &
the Honourable Eric Hoskins, Ontario Minister of Health and Long-Term Care**

Pictured: Joint Statement of Action Signatories signing at the Summit.

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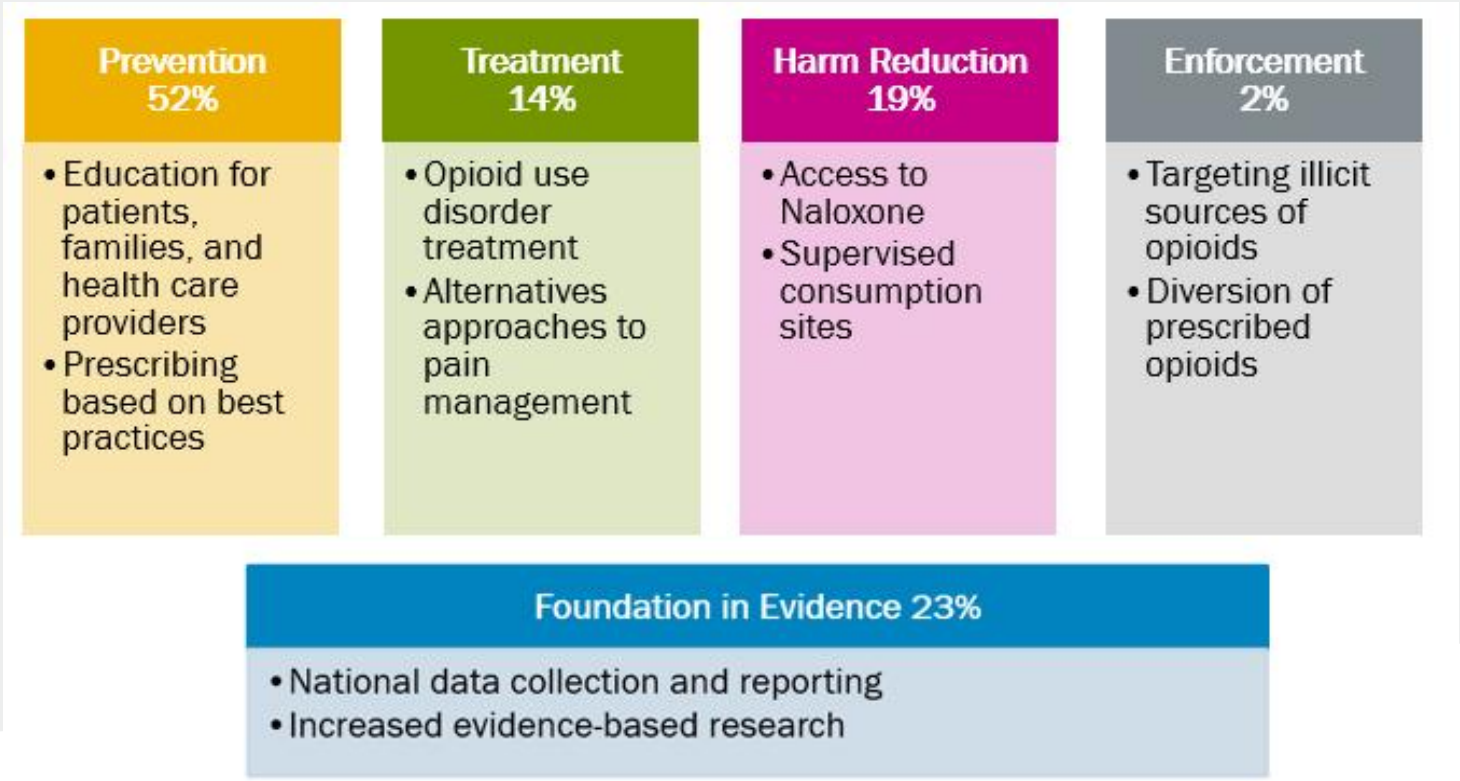
Commitment Areas

JSA COMMITMENTS BY CANADIAN DRUG AND SUBSTANCE STRATEGY FOCUS



Webinar Series Objectives

- Facilitate knowledge sharing and discussion amongst signatories
- Highlight progress being made by individual projects across the thematic areas of the JSA
- Foster discussion between signatories' on common challenges and opportunities for collaboration.
- Informing external stakeholders about ongoing JSA projects to encourage their participation.

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CCSA Webinar Series: Joint Statement of Action

FUTURE TOPICS:

- Prevention: Improving Prescribing Practices
- Prevention: Alternatives to Pain Management
- Treatment: Medication Assisted Therapies and Opioid Use Disorder and the Role of Primary Care
- Harm Reduction: Access to Naloxone and Training
- Enforcement: Addressing illicit drug production, supply and distribution

HOW AND WHEN:

- One-hour webinars hosted by CCSA
- Speakers will be diverse with wide-ranging perspectives
- Bi-monthly

Discussion

- What are the current obstacles and opportunities for your project?
- What lessons have you learned while working to complete your commitments and activities around this topic?
- Who have been the key partners related to your commitments, and what future opportunities exist for collaboration with other *Joint Statement of Action* signatories?

Presenters

- **Sylvia Hyland**, Vice President and Chief Operating Officer – Institute for Safe Medication Practices Canada
- **Michael Hamilton**, Physician Lead and Medication Safety Specialist – Institute for Safe Medication Practices Canada
- **Stephen Routledge**, Patient Safety Improvement Lead – Canadian Patient Safety Institute
- **Judith Maxwell**, Patient Advocate – Patients for Patient Safety Canada

Collaborative Project Updates

Joint Statement of Action to Address the Opioid Crisis

- Empowering consumers with 'questions to ask', and information to reduce the imbalance of knowledge

  ISMP Canada, CPSI and Patients for Patient Safety Canada, together with partners

- Improving storage and disposal of opioids with end-of-life care

  ISMP Canada, CPSI, Patients for Patient Safety Canada, CAS, Human Factors Research team, together with partners

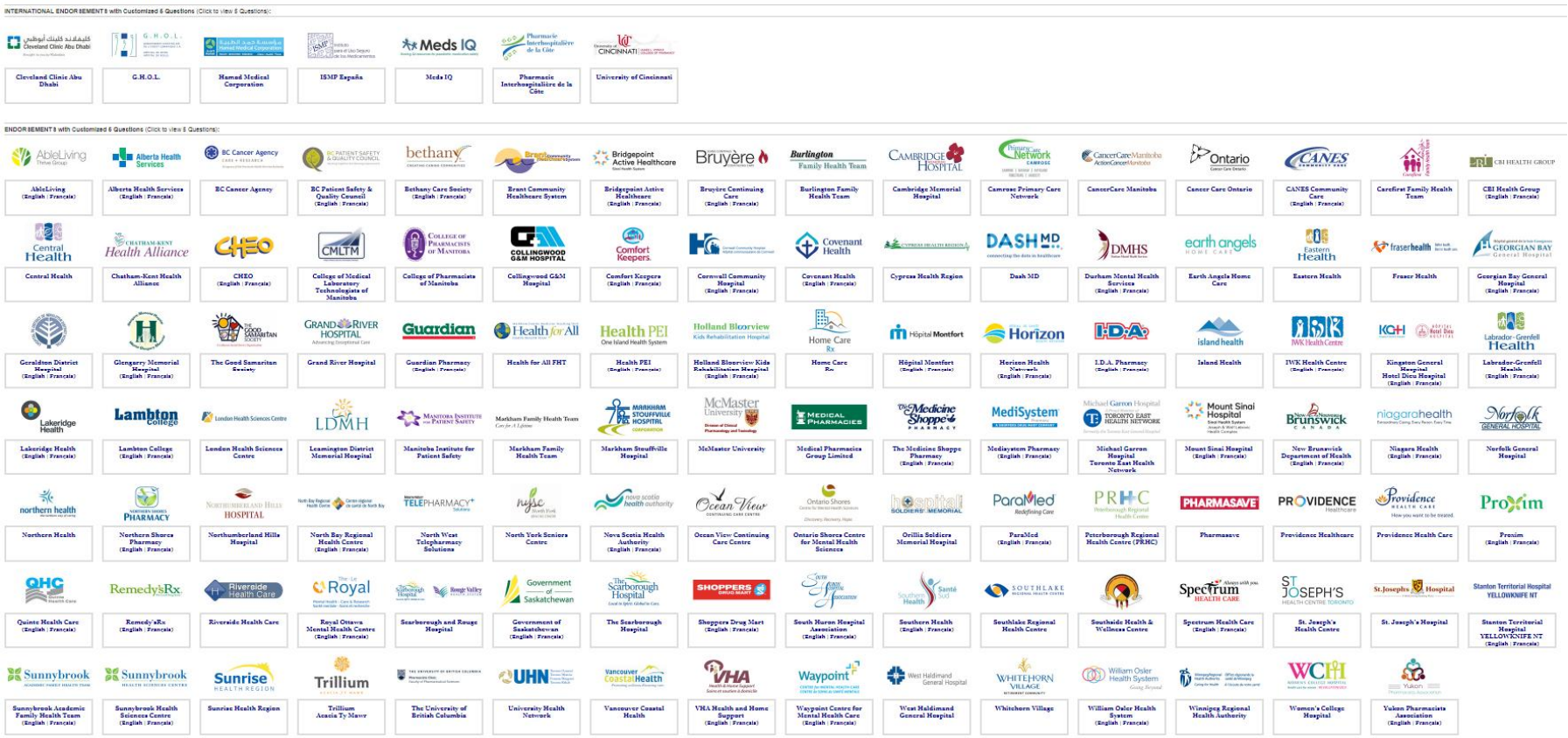
5 Questions to Ask About Your Medications

National Endorsements

NATIONAL ENDORSEMENTS:

Accreditation Canada	Canadian Deprescribing Network (English | Français)	Canadian Agency for Drugs and Technologies in Health (English | Français)	Canadian Association of Paediatric Health Centres (English | Français)	Canadian Foundation for Healthcare Improvement
Canadian Home Care Association (English | Français)	Canadian Nurses Association	Canadian Pharmacists Association	Canadian Patient Safety Institute	Canadian Society of Hospital Pharmacists
Choosing Wisely Canada (English | Français)	IDS Canada (English | Français)	Neighbourhood Pharmacy Association of Canada	Patients for Patient Safety Canada	SafeMedicationUse.ca

More than 130 organization endorsements



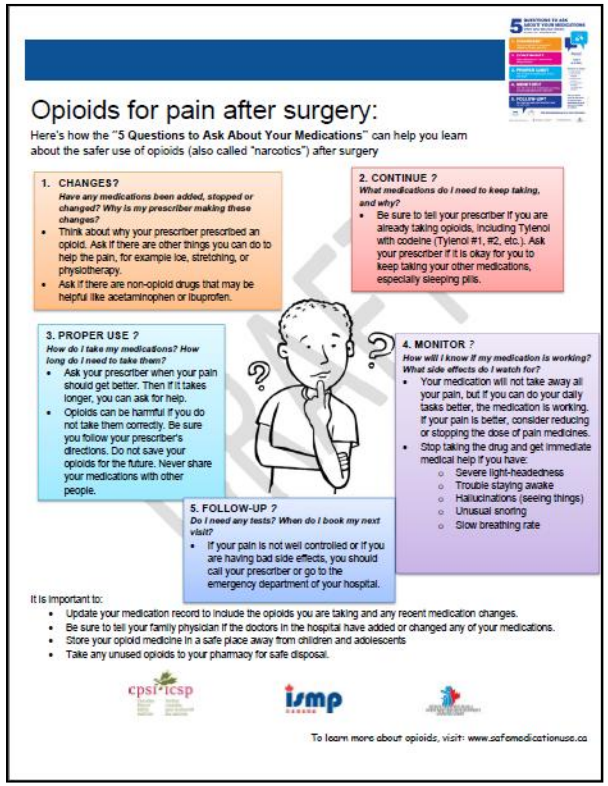
Customized PDF available by contacting medrec@ismp-canada.org

Available in over 20 Languages

- Albanian
- Arabic
- Chinese (Simplified)
- Chinese (Traditional)
- Cree
- English
- French
- German
- Greek
- Hungarian
- Inuktitut (North Baffin)
- Inuktitut (South Baffin)
- Italian
- Ojibwe
- Polish
- Punjabi
- Spanish
- Tagalog
- Tibetan
- Turkish
- Urdu
- Ukrainian

Opioids for pain after surgery

Your Questions Answered



Opioids for pain after surgery:

Here's how the "**5 Questions to Ask About Your Medications**" can help you learn about the safer use of opioids (also called "narcotics") after surgery

1. CHANGES?

Have any medications been added, stopped or changed? Why is my prescriber making these changes?

- Think about why your prescriber prescribed an opioid. Ask if there are other things you can do to help the pain, for example ice, stretching, or physiotherapy.
- Ask if there are non-opioid drugs that may be helpful like acetaminophen or ibuprofen.

2. CONTINUE ?

What medications do I need to keep taking, and why?

- Be sure to tell your prescriber if you are already taking opioids, including Tylenol with codeine (Tylenol #1, #2, etc.). Ask your prescriber if it is okay for you to keep taking your other medications, especially sleeping pills.

3. PROPER USE ?

How do I take my medications? How long do I need to take them?

- Ask your prescriber when your pain should get better. Then if it takes longer, you can ask for help.
- Opioids can be harmful if you do not take them correctly. Be sure you follow your prescriber's directions. Do not save your opioids for the future. Never share your medications with other people.

4. MONITOR ?

How will I know if my medication is working? What side effects do I watch for?

- Your medication will not take away all your pain, but if you can do your daily tasks better, the medication is working. If your pain is better, consider reducing or stopping the dose of pain medicines.
- Stop taking the drug and get immediate medical help if you have:
  - Severe light-headedness
  - Trouble staying awake
  - Hallucinations (seeing things)
  - Unusual snoring
  - Slow breathing rate

5. FOLLOW-UP ?

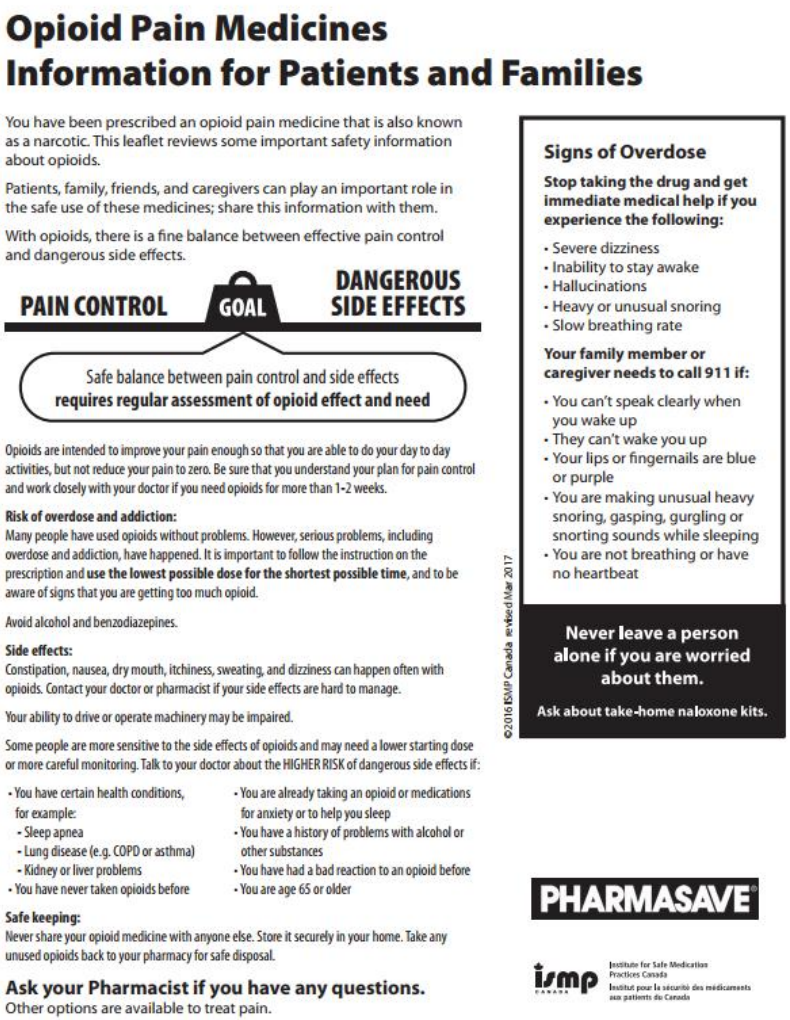
Do I need any tests? When do I book my next visit?

- If your pain is not well controlled or if you are having bad side effects, you should call your prescriber or go to the emergency department of your hospital.

It is important to:

- Update your medication record to include the opioids you are taking and any recent medication changes.
- Be sure to tell your family physician if the doctors in the hospital have added or changed any of your medications.
- Store your opioid medicine in a safe place away from children and adolescents
- Take any unused opioids to your pharmacy for safe disposal.

To learn more about opioids, visit: www.safemedicationuse.ca



Opioid Pain Medicines
Information for Patients and Families

You have been prescribed an opioid pain medicine that is also known as a narcotic. This leaflet reviews some important safety information about opioids.

Patients, family, friends, and caregivers can play an important role in the safe use of these medicines; share this information with them.

With opioids, there is a fine balance between effective pain control and dangerous side effects.

PAIN CONTROL — GOAL — DANGEROUS SIDE EFFECTS

Safe balance between pain control and side effects **requires regular assessment of opioid effect and need**

Opioids are intended to improve your pain enough so that you are able to do your day to day activities, but not reduce your pain to zero. Be sure that you understand your plan for pain control and work closely with your doctor if you need opioids for more than 1-2 weeks.

Risk of overdose and addiction:
Many people have used opioids without problems. However, serious problems, including overdose and addiction, have happened. It is important to follow the instruction on the prescription and **use the lowest possible dose for the shortest possible time**, and to be aware of signs that you are getting too much opioid.

Avoid alcohol and benzodiazepines.

Side effects:
Constipation, nausea, dry mouth, itchiness, sweating, and dizziness can happen often with opioids. Contact your doctor or pharmacist if your side effects are hard to manage.

Your ability to drive or operate machinery may be impaired.

Some people are more sensitive to the side effects of opioids and may need a lower starting dose or more careful monitoring. Talk to your doctor about the HIGHER RISK of dangerous side effects if:

- You have certain health conditions, for example:
  - Sleep apnea
  - Lung disease (e.g. COPD or asthma)
  - Kidney or liver problems
- You have never taken opioids before
- You are already taking an opioid or medications for anxiety or to help you sleep
- You have a history of problems with alcohol or other substances
- You have had a bad reaction to an opioid before
- You are age 65 or older

Safe keeping:
Never share your opioid medicine with anyone else. Store it securely in your home. Take any unused opioids back to your pharmacy for safe disposal.

Ask your Pharmacist if you have any questions.
Other options are available to treat pain.

Signs of Overdose

Stop taking the drug and get immediate medical help if you experience the following:

- Severe dizziness
- Inability to stay awake
- Hallucinations
- Heavy or unusual snoring
- Slow breathing rate

Your family member or caregiver needs to call 911 if:

- You can't speak clearly when you wake up
- They can't wake you up
- Your lips or fingernails are blue or purple
- You are making unusual heavy snoring, gasping, gurgling or snorting sounds while sleeping
- You are not breathing or have no heartbeat

Never leave a person alone if you are worried about them.

Ask about take-home naloxone kits.

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PHARMASAVE

ismp CANADA — Institute for Safe Medication Practices Canada / Institut pour la sécurité des médicaments aux patients du Canada

All reasonable precautions have been taken to verify this information. The information is shared without warranty or representation of any kind.
Download from: https://www.ismp-canada.org/download/OpioidStewardship/OpioidHandout-Pharmasave-bw.pdf

Opioid Pain Medicines

Patient information

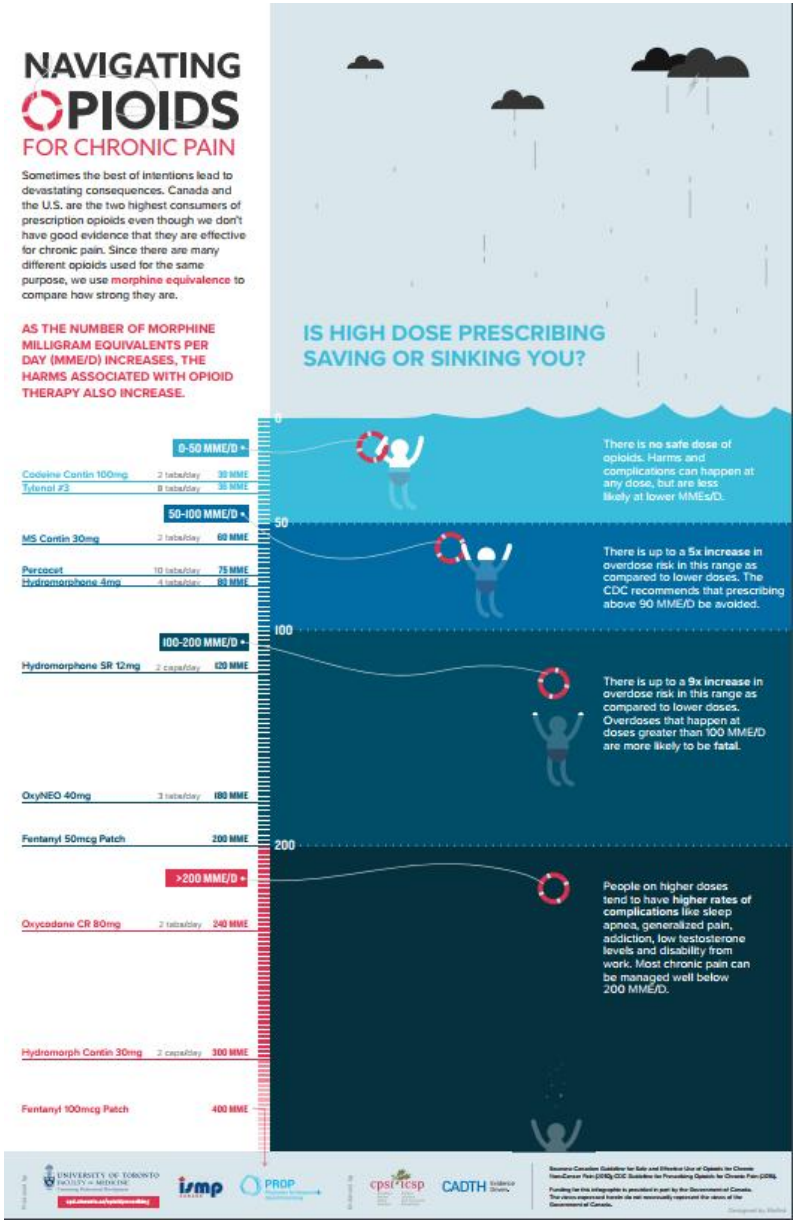
Community pharmacies are using middleware to print

Evaluation informs Health Canada project (opioid handout and warning sticker)

NAVIGATING OPIOIDS FOR CHRONIC PAIN

Infographic

Reference
for prescribers
and patients



Video Series for Patients

https://www.youtube.com/playlist?list=PLvQDf5LHFSkM0I6nMFN9s2-yduDODTC2N

Storage and Disposal

- Focus on palliative care, and end-of-life care
- Situation Assessment preliminary findings
- Literature review preliminary findings
- Variable practices with unused opioids in the home
- Preferred practices identified
- Several communities interested in spreading and testing preferred practices
- Information for patients, families and home healthcare providers undergoing usability-testing and user-testing

Preferred Practices for Home Safety

i. Service providers arrange for removal of unused opioids

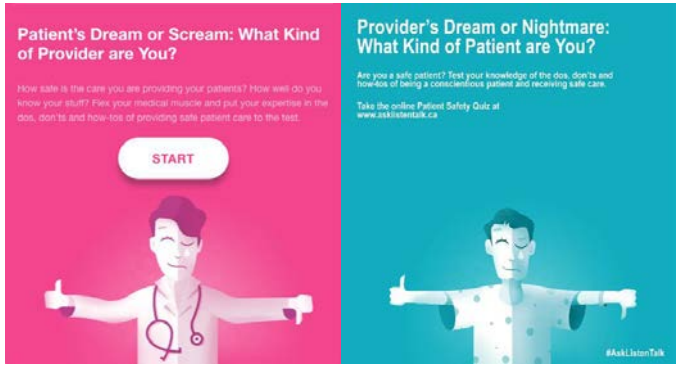
ii. Home healthcare visits (e.g. pharmacist) remove unused opioids for return to pharmacy

iii. Patients/families return unused opioids to a pharmacy

Keys for Success

- **Partnership**
  - Essential for collective impact
- **Ongoing and open communication with partners**
  - Builds trust, maintains momentum & allows for aligning next steps
- **Persistence**
  - System level change is challenging—but worth the effort

Coming up: Canadian Patient Safety Week



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PATIENT SAFETY FORWARD WITH

PATIENTS FOR PATIENT SAFETY CANADA | PATIENTS POUR LA SÉCURITÉ DES PATIENTS DU CANADA

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PATIENT SAFETY FORWARD WITH

Discussion

- What are the current obstacles and opportunities for your project?
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