

The Opioid Crisis: Implications for Western Michigan University

Kennedy Koebbe

Introduction

- Kennedy Koebbe
- Chair: Dr. Karen Schieman
- Committee: Dr. Elissa Allen & Professor Susan Houtrouw

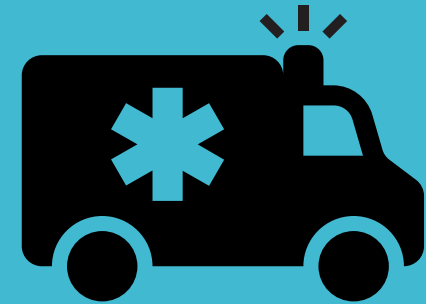
Background:

Rise of Opioid
Epidemic

Pain Management
by use of opioids
dates back
hundreds of years.

Pharmaceutical
companies
introduced new
opioid medications.

October 26th 2017-
declared a US
public health
emergency



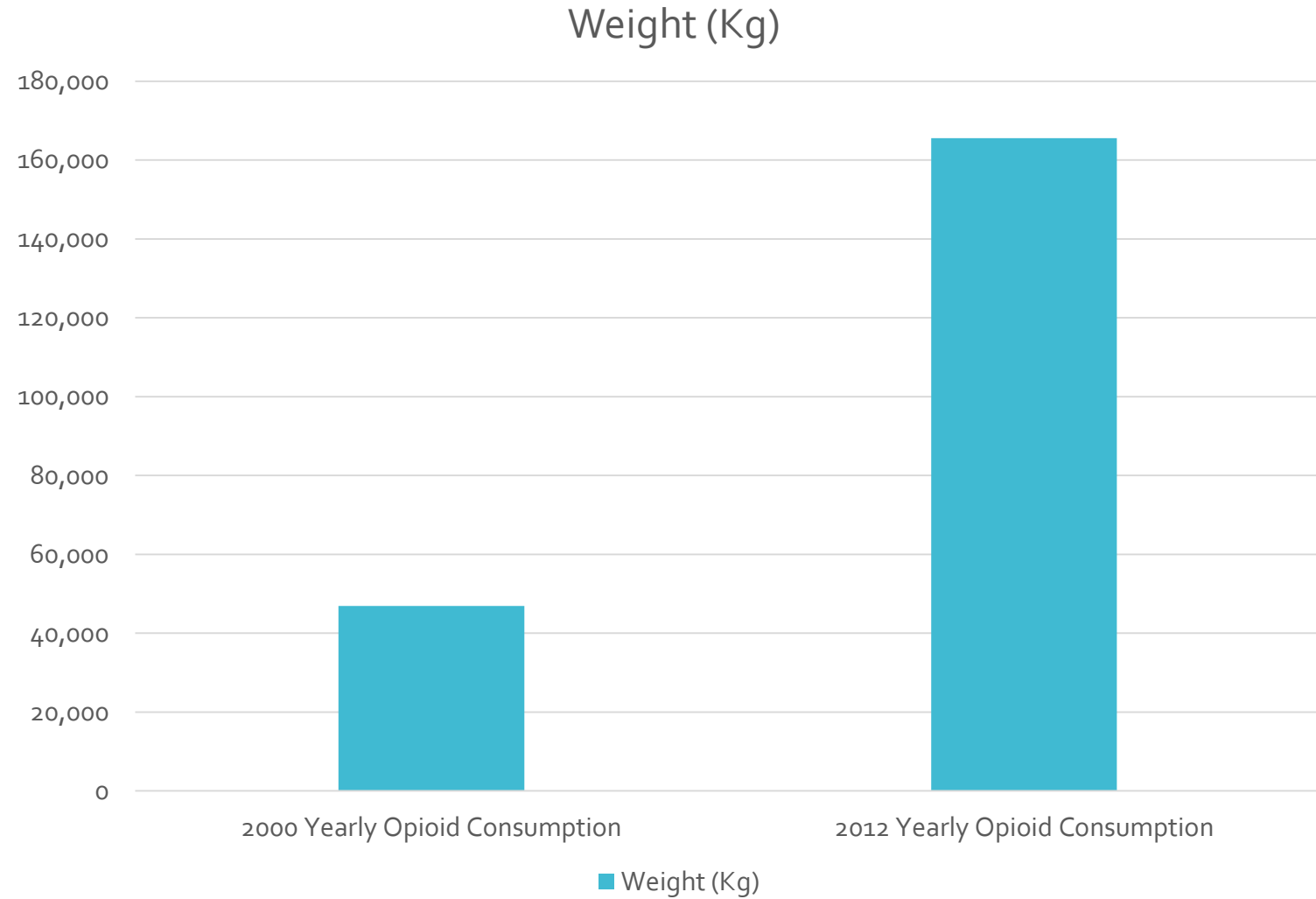
Background: Joint Commission

- 2000- The Joint Commission published stricter standards for pain management.
 - Physicians were mandated to provide adequate pain control
- Hospitals that received the highest ratings due to their effective pain control, also administered the most opioids.
- Due to increased pressure to manage pain, the opioid epidemic began.

Background: Statistics

- 2000 Yearly Opioid Consumption: 46,946 kg
- 2012 Yearly Opioid Consumption: 165,525 kg
- Total deaths in 2017 alone: 47,600
 - 12.6 % of total deaths to date
- Total deaths to date (as of 2017): 600,000

Yearly Opioid Consumption: Growth from 2000-2012 in the United States



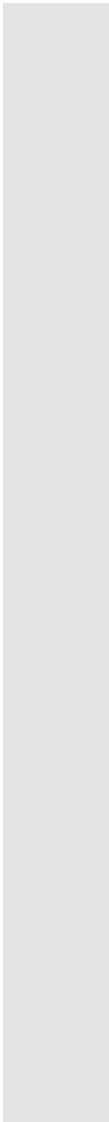
Background:

Oxycodone's Contribution to Opioid Epidemic

- Released when variations of opioids were created by pharmaceutical companies
- Presumed lower likelihood of abuse, but quickly became heavily abused.
- From 1997-2002 the number of prescriptions went from 670,000 to 6.2 million
- 2007 – Purdue Pharma plead guilty to federal charges for misbranding of oxycodone



Purpose

- To identify the impact of the Opioid Epidemic on college aged students
 - To create ideas to enhance the University's ability to fight back.
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Types of Opioids

Prescription

- Vicodin
- Morphine
- Codeine
- OxyContin
- Demerol

Recreational

- Heroin
- Fentanyl

Looking Deeper into Fentanyl

What is Fentanyl?

- Synthetic opioid
- Approved to treat severe pain
- 50-100x more potent than morphine
- Created Medically: 50 mcg/ml
- Created Recreationally: not measured, unable to know strength to dose.

Looking Deeper into Fentanyl, cont.

Why is it so deadly?

- When illegally manufactured, it is the greatest contributor to the increase in overdoses.
- Low production cost
- Mixtures (heroin + fentanyl)
- Rapidly depresses respirations causing deaths more quickly than other opioids
- High risk of overdose due to potency varying with each dose.

Opioid Use in Young Adults: Statistics

- Drug Overdoses Ages 15-24
 - 2015: 4,235 people
 - 2016: 5,376 people
- 1/6 college students reported use of an opioid pill not prescribed to them
- 1/10 report taking a prescription opioid medication currently
- 45.4% of young adults could not identify an opioid
- Recreational Opioid Use: 7-12%

Opioid Use in Young Adults: The Christie Foundation

- Focus: Attitudes and Usage of Opioids
- 1200 college aged people studied
 - 34% reported opioids are easy to obtain
 - In state colleges, 31.1 % reported they can obtain them in less than four hours
 - 1/3 respondents know someone that overdosed
- Reason for Misuse:
 - a need to reduce anxiety
 - stress or to aid in sleep
- 59.9% reporting that prescription opioids are less risky than heroin

Opioid Use in Young Adults: TCF Seven Point Action Plan

Education

Addiction-Related Curricula

Prudent Prescribing

Student Health Centers

Sober Housing

Student Recovery Communities

Visible Support by Administration

Opioid Use in Young Adults: Risk Factors

"Risk Taking" Age Group

Level of Education

Obtaining an Opioid Prescription

Living in Large Metropolitan Areas

Age

Use of Marijuana

Age When Given Prescription

Transfer rate from
prescription use to
recreational use is 2-
3% of people each
year.

Heroin and Fentanyl
vs. Prescription
Opioids

Opioid Use in Young Adults: Recreational Use

Opioid Use in Young Adults: Opioid Use Disorder (OUD)

- Factors that contribute to OUD
 - Regulations of contents
 - Chemical imbalances in the brain
 - Depression vs. Addiction

Education for Community: Impact on Loved Ones

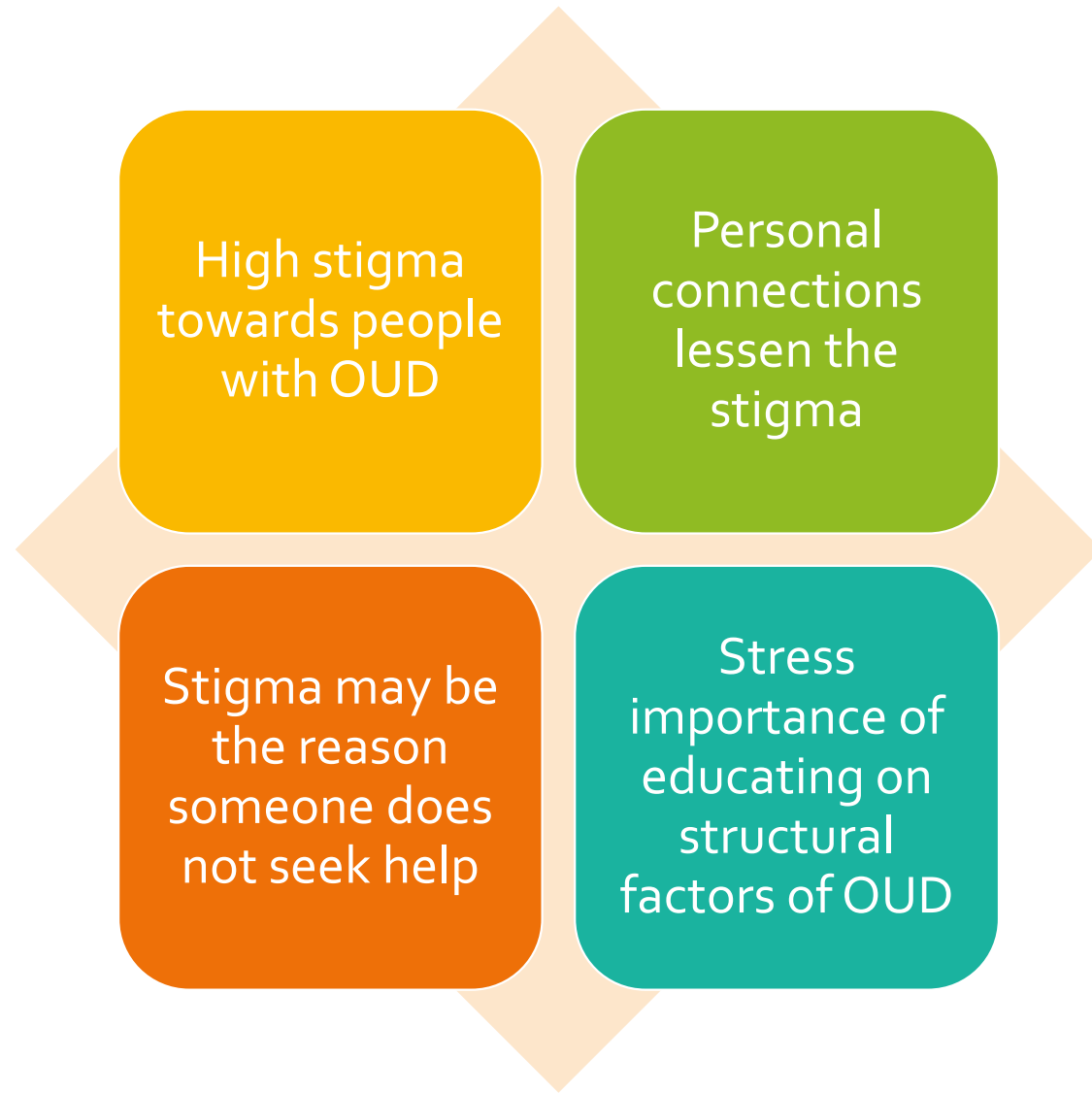
Check in on them

- Caregiver Burden
- How are they doing?

Coping Mechanisms

- Positive or Negative
- How are they feeling?

Education for Community: Stigma



Education for Community: Identifying Opioid Use

- Specifics to look for in someone suspected of using opioids:
 - Drowsiness
 - Losing interest in social activities that they once enjoyed
 - Sudden mood swings
 - Agitation and irritability
 - Lowered motivation and abandoning responsibilities
 - Euphoria
 - Being overly energetic
 - Talking fast

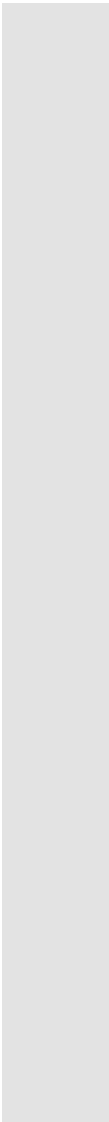
Education for Community: Naloxone (Narcan)

- Antidote for opioids
- Importance of trainings
- Purchasing and distributing Narcan kits
- Call 911 after administration of Narcan





Education for Community: Addiction Recovery

- The use, sobriety, and relapse cycle of OUD deals with biological, psychological, and social aspects of a person
 - Community based organizations
 - Narcotics Anonymous
 - SMART Recovery
 - “Recovery Coaching”
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Education for Community: Addiction Recovery, cont.

- Affect of counseling on long-term recovery
 - History of abuse
 - Where the addiction started
 - Events leading up to the opioid use
 - Their personal feelings toward OUD
 - Other personal questions based on responses

Solutions for
Academic
Institutions:
Resources

Drug Disposal Boxes

Drug Lockbox Program

ACHA Guidelines for College
Health Centers

Solutions for Academic Institutions: Creating Community

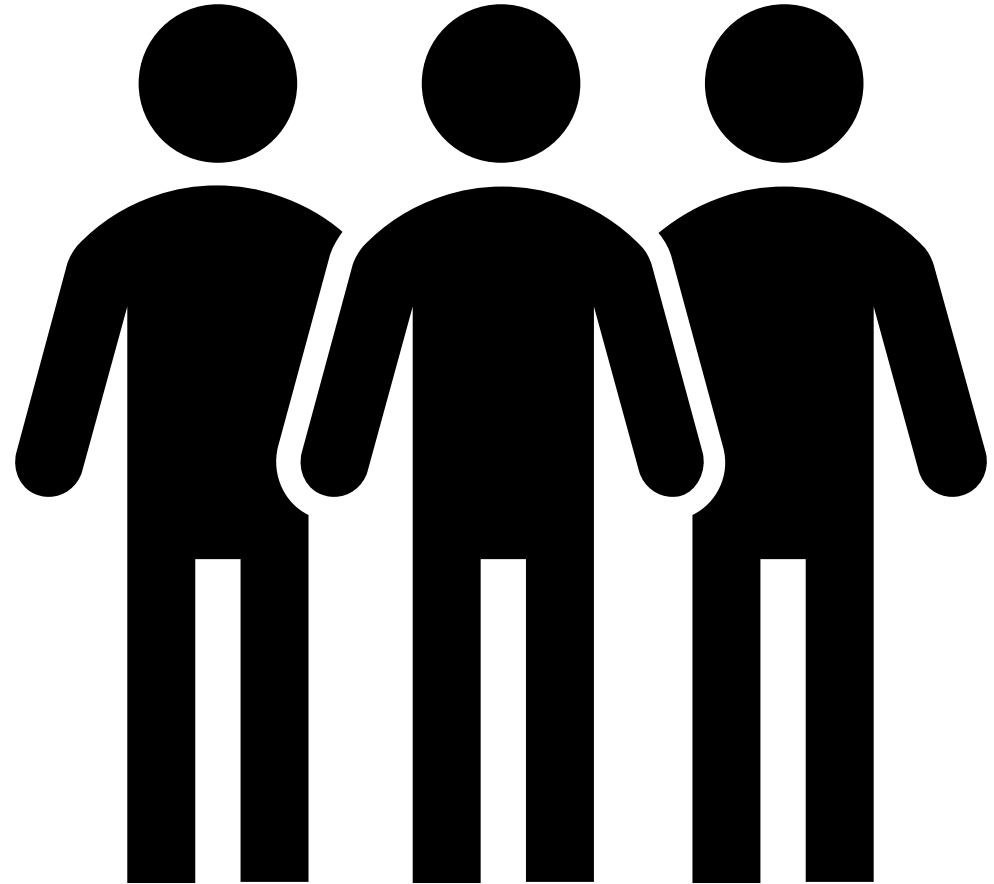
Recovery communities

Welcome to anyone

Safe place to go to

Flexible

Ability to personalize



Solutions for Academic Institutions: Education

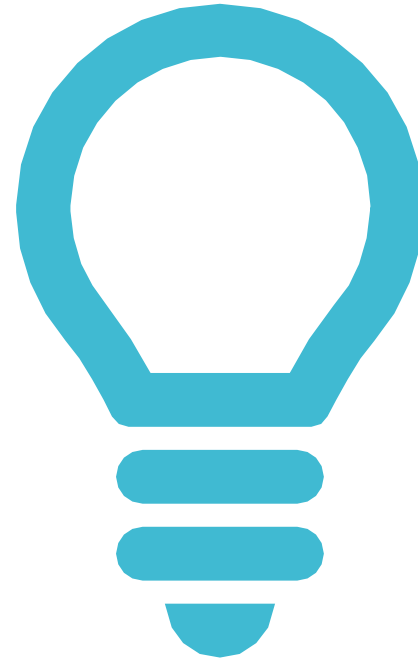
Nursing school education

- Holistic remedies
- Identifying signs and symptoms of an overdose

Addiction studies minor

Opioid Safety Student Training

- Safety and management
- What to do in an overdose situation
- Narcan administration training
- All given a Narcan kit to take home



How does this apply to Western
Michigan University?

WMU fights the Opioid Crisis by:

Opioid Education to BSON

- Holistically focused
- Opioid safety training
- Narcan kits dispersed

Minor: Addiction Studies

- Can be completed entirely online
- Expansion of knowledge for potential situations
- Focused on professional and personal areas



Creative Ideas to Implement at WMU

Potential
Protective
Protocol

Lockboxes

Drop Off Center

Equipping all living facilities with a
Narcan Kit

Creating a Community

Narcan Anonymous or other
support groups

Advertising Services

"We Support You" Day

Educational Opportunities

Nursing School

- Education on OUD and overdoses.
- Leadership hours to run Narcan trainings.

Narcan Trainings

- Available to anyone in the WMU community
- Take home Narcan kits to anyone that wants one.

Advertise the Minor Early

- Freshman orientation, pamphlet in information with relevant majors.
- Stress the importance of this minor.

Conclusion

It takes a community to make a difference.

By doing your part to stop the opioid crisis, together we can stop this epidemic.

Questions?

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