



#CleanUpTheMess



Mark Pew, Senior Vice President, PRIUM

- 35+ years in P&C, 20+ years in Work Comp
- Created PRIUM's *award-winning* Chronic Pain Intervention Program in 2003, Intervention Triage in 2010, Texas Closed Formulary turnkey in 2011, Centers with Standards in 2012, TaperRx in 2014
- From March 2012 thru December 2017 ...
 - **470** presentations, **36,974** people, **41** states + DC
 - **20** national webinars
- Published and quoted in CLM Magazine, Risk & Insurance, Business Insurance, WorkCompCentral, WorkCompWire, Insurance Thought Leadership, etc
- IAIABC Medical Issues Committee, SIIA Work Comp Committee, CompSense Pharmacy group in CA (chairman) & NY
- 2016 & 2017 Best Blog recipient
- 2016 Magna Comp Laude recipient
- 2017 IAIABC Samuel Gompers award

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WorkersCompensation.com

2017 Best Blog



We Created a Mess

The Drug Problem

A perfect storm in the mid 1990's ...

- Under treating pain / opioid phobia (?)
- Launch of OxyContin, normalizing opioids
- Pain added as the Fifth Vital Sign
- Press Ganey patient satisfaction surveys
 - More recently ... healthgrades.com, vitals.com, etc.

The Drug Problem

- 1999-2014 – Drug overdoses nearly tripled
- 2014 – 47,055 drug overdose deaths
 - 61% (28,647) involved opioids
- 2015 – 52,404 drug overdose deaths
 - 63% (33,091) involved opioids
- 2016 – 64,070 drug overdose deaths
 - Synthetic opioids excluding methadone (20,145), heroin (15,446), natural and semi-synthetic opioids (14,427), methadone (3,314)

READ: <https://www.cdc.gov/mmwr/volumes/65/wr/mm655051e1.htm>
https://www.cdc.gov/nchs/data/health_policy/monthly-drug-overdose-death-estimates.pdf

The Drug Problem

- **OxyContin** (oxycodone) - 1.5 MED
 - 77 major drug interactions, 696 moderate, 3 minor
 - Be sure you check if they're also taking ...
 - Ambien (zolpidem)
 - baclofen
 - Celebrex (celecoxib)
 - clonazepam
 - Cymbalta (duloxetine)
 - furosemide
 - lisinopril
 - Lyrica (pregablin)
 - Neurontin (gabapentin)
 - trazodone
 - Xanax (alprazolam)
 - **DO NOT** use **alcohol** or medications that contain alcohol while receiving treatment with oxycodone!

www.drugs.com

Opioid on-label uses: Before/during/immediately after surgery, cancer, AIDS patients, end-of-life care

Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

People who are addicted to...



...more likely to be addicted to heroin.



Image from Clewiston, FL Police Dept showing lethal doses of heroin, fentanyl, and carfentanil.



The 5mg Curl

<https://www.linkedin.com/pulse/5mg-curl-mark-pew>

#BioPsychoSocial

Pain: A physical sensation, a warning signal telling you that something is going on in your body

VS.

Suffering: The meaning your brain assigns to the pain signal

- Merriam-Webster: “to become worse because of being badly affected by something”
- Suffering, in some cases, is a choice

Bio Psycho Social

What happens

... between the ears
... and at home

is as important as what is physically wrong with the body

After Pain “Killers”?

- **Rx**
 - NSAID, TCA/SNRI, anti-convulsant, topical
- **Non-Rx**
 - Ice and heat
 - Active exercise, deep breathing
 - Healthy diet and nutrition
 - Physical & psycho therapy, chiropractic
 - Mindfulness, Yoga, Tai Chi, biofeedback
- **Attitudinal**
 - Individual responsibility
 - Better lifestyle choices
 - Mentors / accountability
 - Engagement rather than passivity

 **10k**

mind

matter

The Patient

- **Life changes**
 - Sleep, nutrition, activity
- **Attitudes**
 - #NotDisabled
- **Locus of Control**
 - Resiliency

The Physician

- **Education**
 - Themselves & patients
- **Due Diligence**
 - Checklists and databases
- **Trial and error**
 - Alternative or the “new” Mainstream

The Payer

- **Pay me now ... Pay me later**
 - Big picture viewpoint
- **Resource allocation**
 - Identify when/how to invest
- **IWAPT**
 - Change the cynicism

Actionable Recommendations

- **Encourage** family, friends and co-workers to strategically analyze the risks vs. benefits of all their healthcare choices
 - *Be an educated consumer*
- **Remove** the stigma of psychosocial considerations and honestly address issues that complicate care
 - *Make the hard choices*
- **Help #CleanUpTheMess** by encouraging healthier lifestyle choices that rely on personal resilience, not somebody or something else
 - *Mind over matter*

#CleanUpTheMess

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Who is Mark Pew? <http://bit.ly/2kqnBc0>