

You Can Narcan: Developing an Educational Naloxone Program for Pharmacists

By: Karleigh Smith

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MPH Practicum Committee

- **Chair and Faculty Advisor:** Dr. Julie Croff, Ph.D., MPH, FAAHB
- **Committee Member:** Dr. Kelley Rhoads, Ph.D., CHES
- **Committee Member:** Dr. Micah Hartwell, Ph.D., ACSM EP-C

What is the opioid epidemic?

→ The opioid epidemic, also known as “opioid crisis,” is described as the misuse and abuse of opioids resulting in overdose.

- ◆ Opioids are a class of drugs commonly used to treat pain
 - These include hydrocodone, oxycodone, morphine, methadone, and fentanyl

THE OPIOID EPIDEMIC BY THE NUMBERS



70,630

people died from drug overdose in 2019²



10.1 million

people misused prescription opioids in the past year¹



1.6 million

people had an opioid use disorder in the past year¹



2 million

people used methamphetamine in the past year¹



745,000

people used heroin in the past year¹



50,000

people used heroin for the first time¹



1.6 million

people misused prescription pain relievers for the first time¹



14,480

deaths attributed to overdosing on heroin (in 12-month period ending June 2020)³



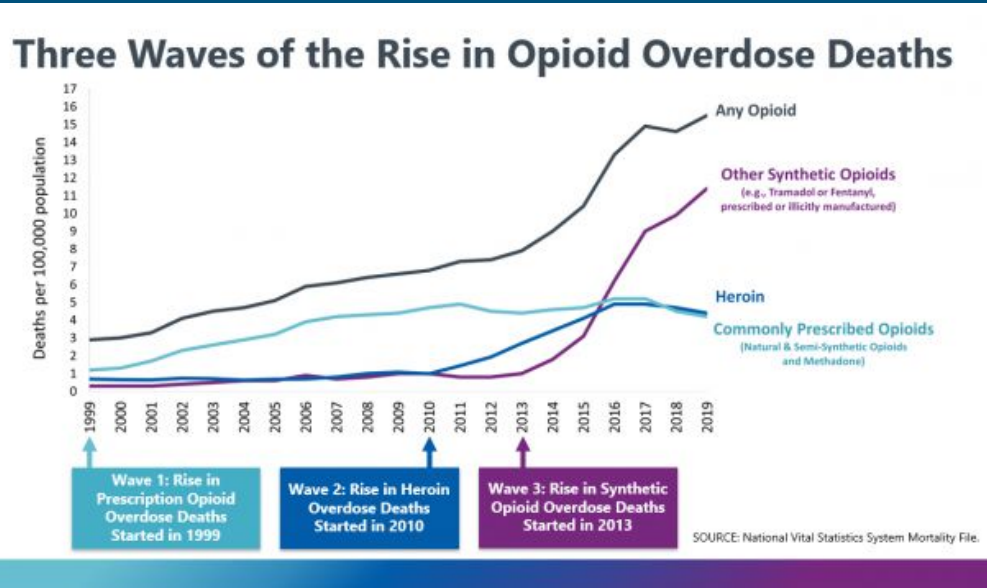
48,006

deaths attributed to overdosing on synthetic opioids other than methadone (in 12-month period ending June 2020)³

SOURCES

1. 2019 National Survey on Drug Use and Health, 2020.
2. NCHS Data Brief No. 394, December 2020.
3. NCHS, National Vital Statistics System. Provisional drug overdose death counts.

How the opioid epidemic has changed over time



According to the CDC

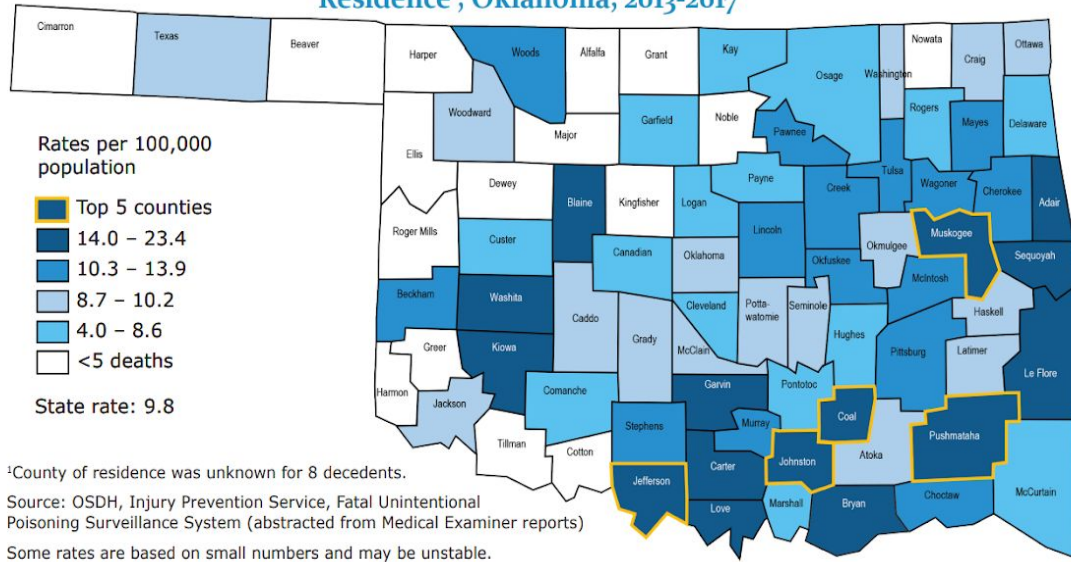
- ◆ “The number of drug overdose deaths increased by nearly 5% from 2018 to 2019 and has quadrupled since 1999.”
- ◆ “In 2019, an average of 38 people died each day from overdoses involving prescription opioids, totaling more than 14,000 deaths.”
- ◆ Prescription opioid deaths have decreased by 7 %

Opioid epidemic in Oklahoma

- More than 700 unintentional poisoning deaths are reported in Oklahoma each year
 - ◆ 6 out of 10 involve prescription opioids
 - 32 Oklahomans die every month from unintentional prescription opioid overdose
 - From 2016-2018, there were more than 15,000 people in Oklahoma that became hospitalized due to a nonfatal drug overdose.
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Opioid epidemic in Wagoner County

Unintentional Prescription Opioid Overdose Death Rates by County of Residence¹, Oklahoma, 2013-2017



- From 2013 to 2017, there were a total 75 unintentional overdose deaths, with 51 of them being caused by prescription opioids.
- Wagoner County's opioid prescription rate is 8 % higher than the state of Oklahoma's rate.
- Wagoner County ranks 19th in highest death rate due to prescription opioid overdoses.

How do we address this public health issue? We encourage the dispense of naloxone by pharmacists.

- Naloxone, commonly known as by the brand name Narcan, is an opioid antagonist.
- State law allows pharmacists to prescribe naloxone
- Many patients do not think they need it
 - ◆ It is good to have on hand

Wal-Mart Pharmacy #374

- Wal-Mart Pharmacy # 374 is located in Coweta, Oklahoma
 - ◆ This is located in Wagoner County
- Fill about 2,100 prescriptions a week
- Patients travel from all over the county
 - ◆ Porter, Haskell, Boynton, Wagoner, Broken Arrow and Coweta
 - ◆ Different backgrounds

Wal-Mart Pharmacy's Mission and Goal

- Wal-Mart's mission statement is, "save people money so they can live better." Wal-Mart Pharmacy takes the mission statement a little further by encouraging "Moments of Care."
 - ◆ I believe that these two ideas are beneficial to the health of all patients.
 - ◆ Taking the time to help a patient try to afford their medication can in turn help them live a better life.
 - ◆ "Moments of Care," new idea?
 - Not a new idea. Just not common in retail pharmacies.
 - ◆ Luxury good

Wal-Mart Pharmacy's Core Values

1

Service to the Customer:

Put the customer first by listening and anticipating what the customer needs and wants. Find creative ways to help customers and help empower coworkers to serve customers.

2

Respect for the

Individual: Collaborate with other associates and provide and receive feedback. Lead others by example. Embrace differences in individuals and their ideas and experiences.

3

Strive for excellence: Set aggressive goals and work towards achieving them. Take ownership for successes and failures. Make clear decisions and work towards the future of your path and others.

4

Act with Integrity: Be honest, fair, and courageous. Keep promises, do right by others, and do not be afraid to ask others for help. Know when it is appropriate to say no and speak up when you feel something is wrong.

Wal-Mart Pharmacy's relationship with other pharmacies and doctor offices



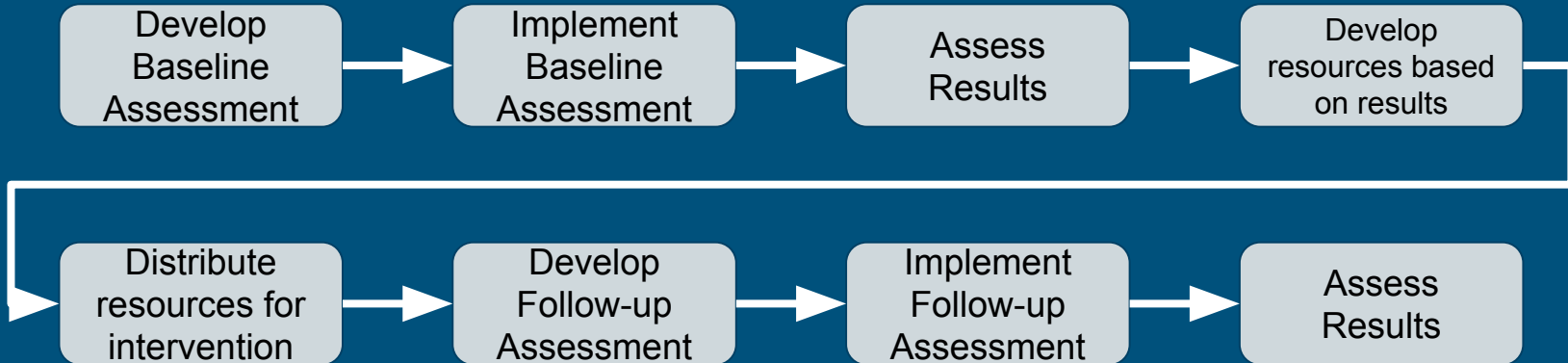
- Wal-Mart Pharmacy in Coweta works closely with other pharmacies and prescribers.
- Works with insurance companies
- State Board of Pharmacy

My involvement with the organization

- My role in this organization, other than pharmacy technician, can be defined as a public health ambassador between pharmacists and patients.
 - ◆ Used knowledge about the topic I obtained during this practicum to promote the importance of naloxone.
 - ◆ Communicated with health directors and managers of Wal-Mart Pharmacy
 - ◆ Collaborated with other pharmacies in Wagoner County

Objective

- The objective of this project was to develop a baseline assessment to determine the barriers pharmacists may have when dispensing naloxone.
- ◆ This required identifying the stigma surrounding naloxone and opioids
 - ◆ Ultimately, the goal is to decrease the number of deaths related to prescription opioid overdoses by providing patients with naloxone.

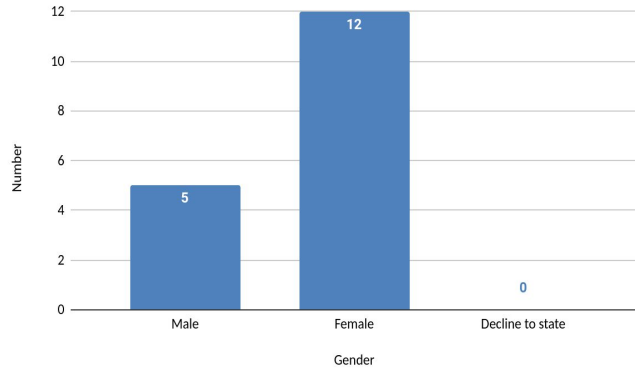


Baseline Assessment Procedures

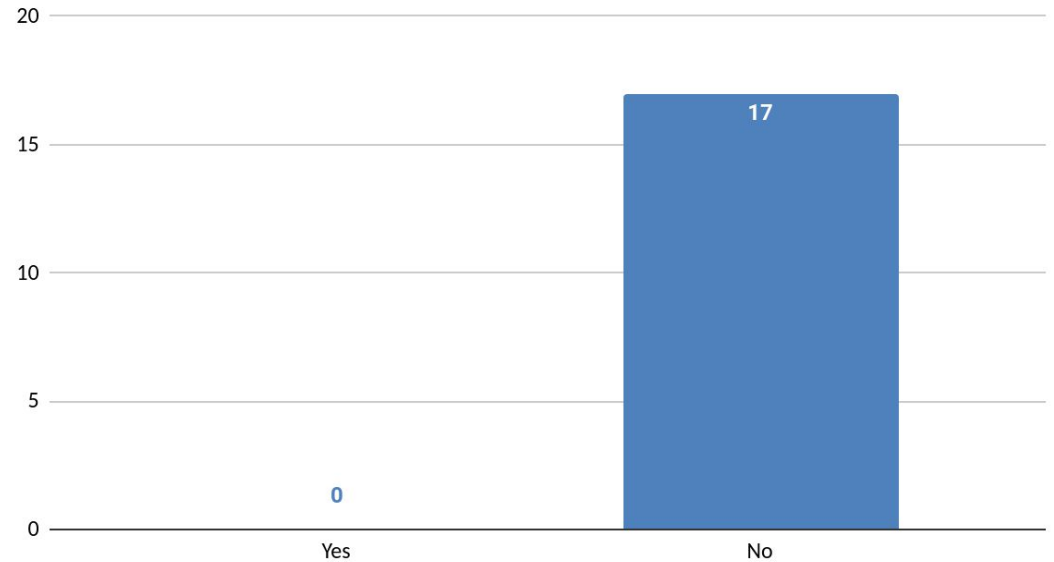
- I developed a 15-question questionnaire for the baseline assessment.
 - ◆ The questionnaire was distributed to pharmacists via email if a Wal-Mart employee or via link for other pharmacists
- It was conducted using Survey Hero over a 3-day period.
- A total of 17 pharmacists participated in the questionnaire.
- I used the results to create bar graphs in Survey Hero used as a visual representation of the data.

Baseline Assessment Key Findings

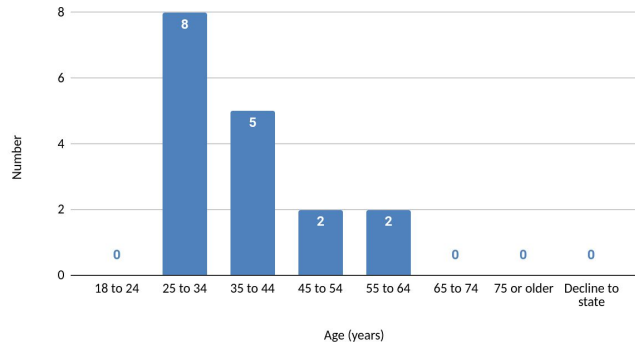
What is your gender?



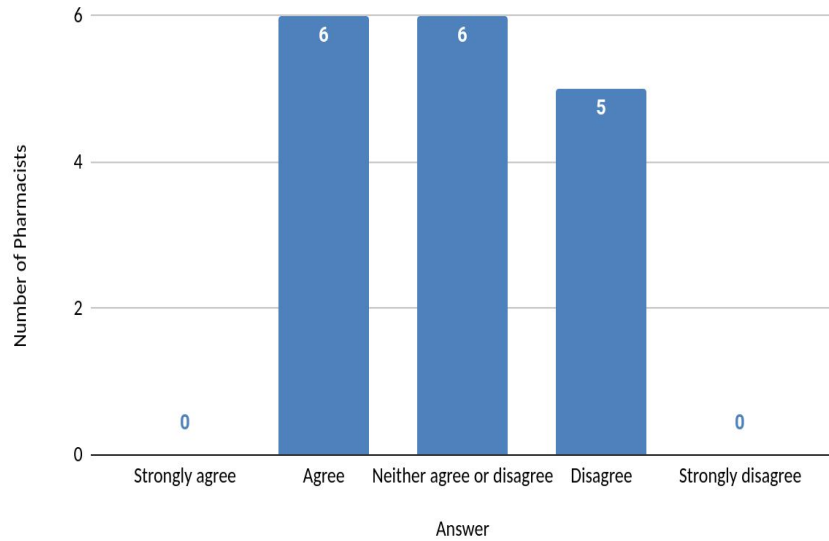
Have you personally used or seen someone else use naloxone?



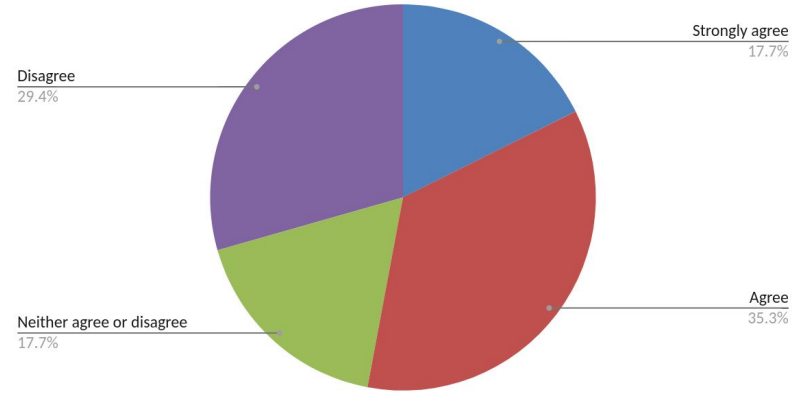
What is your age?



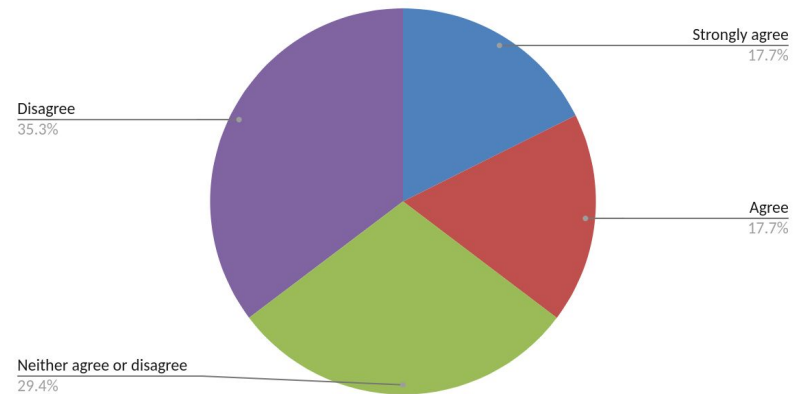
I feel that I have adequate time to counsel on naloxone?



I have had a difficult or challenging counseling experience related to naloxone.



The experience in the previous question has affected my confidence in providing care to patients who may need naloxone.

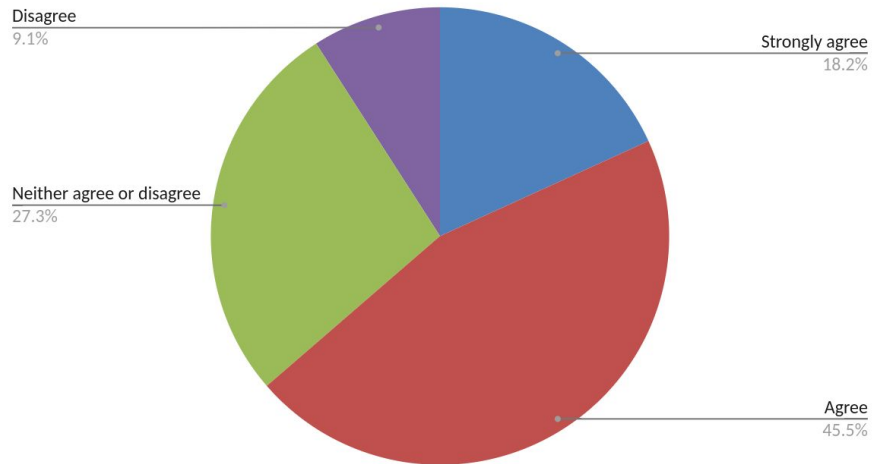


Follow-up Assessment Procedures

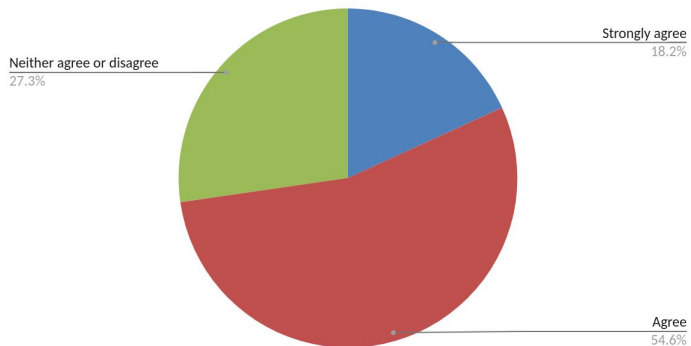
- I developed a 10-question questionnaire for the follow-up assessment.
 - ◆ The questionnaire was distributed to pharmacists via email if a Wal-Mart employee or via link for other pharmacists, just like the baseline questionnaire.
- It was conducted using Survey Hero over a 3-day period.
- A total of 11 pharmacists participated in the questionnaire.
- I used the results to create bar graphs in Survey Hero used as a visual representation of the data.

Follow-up Assessment Key Findings

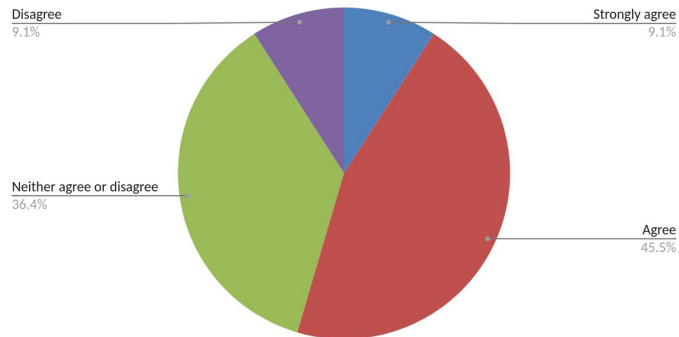
The video gave me a better understanding on how to use naloxone.



The infographic helped me build my confidence on counseling patients on naloxone.



Talking points have helped me save time counseling patients on naloxone.



How this data has been used

- The data collected from the questionnaires will be provided to the Wagoner County Health Department
 - ◆ They can use this data to develop and implement policies of their own

This tells us that pharmacists need to become more confident counseling on naloxone and we need to remove the stigma surrounding it.

What's Next?

- As long as I continue to work with Wal-Mart Pharmacy, I will continue to push for an increase in the dispensing of naloxone.
- Promote awareness of this health issue.
- Reach out to physicians

Quotes from baseline questionnaire assessment

- “I believe Naloxone counseling is very important and can save many lives and I’m very glad to be part of that.”
- “I think it is important to talk to patients about naloxone, especially when they are taking or know someone that is taking an opiate. Some laws have changed to make it easier to dispense naloxone. I think the biggest barrier is the cost. Some insurances cover them, but a lot of people still have a high copay to purchase Narcan. I haven't had a bad interaction with people when recommending Narcan, but some patients just don't see the importance of having the medication around. I think that is where we can help the most. Emphasizing the importance of Narcan.”
- “I think that the hardest thing about counseling/offering naloxone is patient receptiveness and figuring out how to offer it in a way that they are receptive to. Or maybe need a way to increase awareness/make it more normal to have if you are on pain medication so that its not just associated with ‘overdose’ or ‘abuse’”

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