



The Opioid Crisis and Dentistry

Presented by J. Kevin Jetton DDS, FAGD
Fellow of the Academy of General Dentistry
California Department of State Hospitals

The Usual Disclaimers, etc...

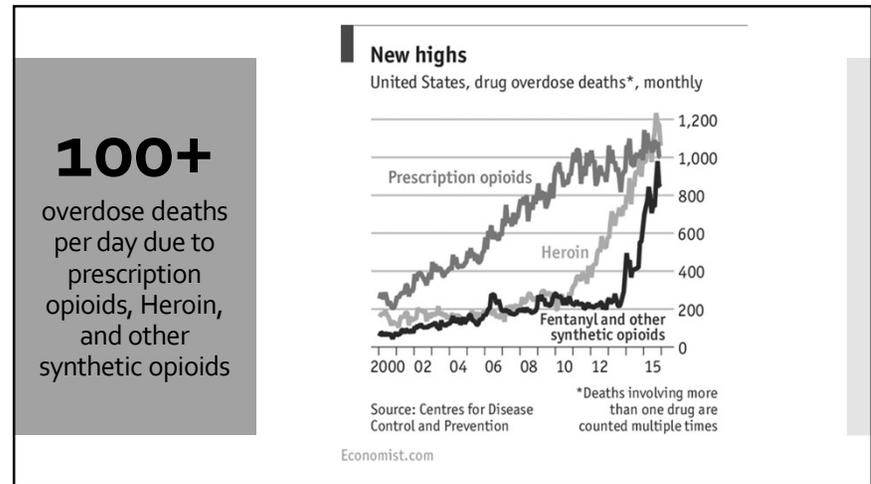
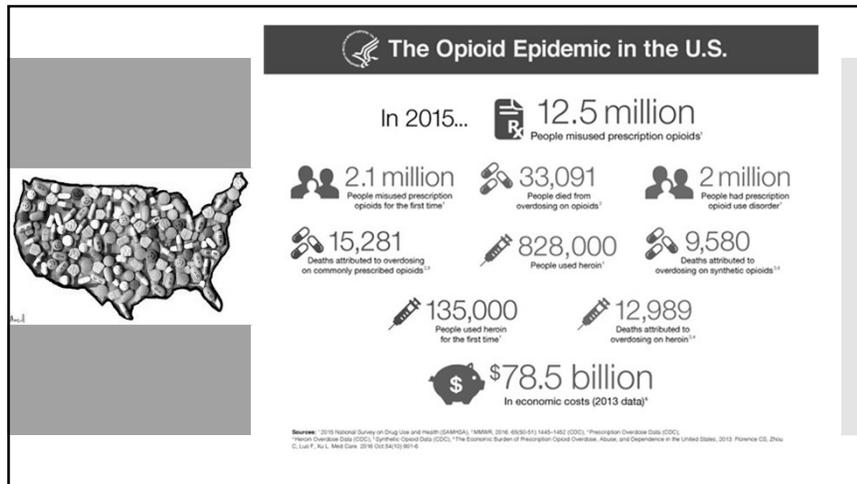
- I WILL NOT be discussing any unlabeled/investigational uses of any commercial product
- No financial or commercial interests
- All information provided today is available and considered public knowledge and searchable.
- *NO POPCORN is provided. Sorry.*

Anticipated Learning Objectives

- Upon completion of this lecture, participants will be able to :
- 1) identify the dentist's role in the national opioid crisis
- 2) identify alternative pain control regimens prior to prescribing opioids
- 3) state the importance of limiting the number of opioid pills per prescription
- 4) state at least 3 important things that we can teach our patients about opioid use

My
"average"
patient





There IS a connection

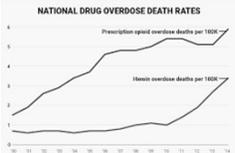
People who are addicted to:

Alcohol	Marijuana	Cocaine	Opioid Pain Medicine
			
2X	3X	15X	40X

are more likely to be addicted to heroin.

Many who use heroin use at least three other drugs and most use at least one other

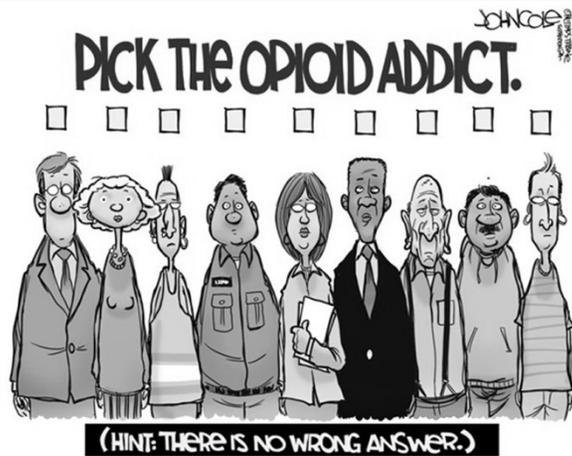
NATIONAL DRUG OVERDOSE DEATH RATES



State of the Opioid dilemma October 2017

- 10-26-17 (Thursday) Dr Jerome Adams, Surgeon General since early September, stated that teens have reported that it is now **easier for them to get opiates than it is to get a beer**
- 10-27-17 (yesterday) President Trump formally declares a **National Public Health Emergency**, opening the possibility of federal funds for increased access to addiction treatment facilities.
- 10-28-17 (today) **14th Annual Prescription Drug Take Back Day**
 - (sadly, very minimally publicized)

How to
Identify
Your
Patient



Dentists...
the LONE
WOLVES





- Dentists and Oral Surgeons write the ***most*** amount of opioid prescriptions for people age 10-29 (***think wisdom tooth extractions***)
- Getting an opioid prescription in high school is associated with a 1/3 greater risk of future opioid misuse.

Miech, R., Johnston, L., O'Malley, P., Keyes, K., Heard, K. (October, 2015).
 Prescription Opioids in Adolescence and Future Opioid Misuse. *AAP News & Journals*
<http://pediatrics.aappublications.org/content/early/2015/10/21/peds.2015-1364>



Studies show that **75%** of opioid abusers started by taking a **prescription**, and **80%** of heroin users started with prescription opioids.

We have the responsibility to be careful with what we prescribe.

<https://www.drugabuse.gov/publications/research-reports/relationship-between-prescription-drug-heroin-abuse/prescription-opioid-use-risk-factor-heroin-use>

Studies show **non-opioid** pain medications are **as effective** in managing pain following Dental Surgery

- Paulozzi LJ, Mack KA, Hockenberry JM. Vital signs: variation among states in prescribing of opioid pain relievers and benzodiazepines—United States, 2012. *MMWR Morb Mortal Wkly Rep.* 2014;63:563-568.
- Manchikanti L, Helm S 2nd, Fellows B, et al. Opioid epidemic in the United States. *Pain Physician.* 2012;15(3 Suppl):9-38.
- McCauley JL, Hyer JM, Ramakrishnan VR. Dental opioid prescribing and multiple opioid prescriptions among dental patients: administrative data from the South Carolina prescription drug monitoring program. *J Am Dent Assoc.* 2016;147:537-544.
- Daubresse M, Chang HY, Yu Y, et al. Ambulatory diagnosis and treatment of nonmalignant pain in the United States, 2000-2010. *Med Care.* 2013;51:870-878.
- Denisco RC, Kenna GA, O'Neil MG, et al. Prevention of prescription opioid abuse: the role of the dentist. *J Am Dent Assoc.* 2011;142:800-810. Baker JA,
- Avorn J, Levin R, Bateman BT. Opioid prescribing after surgical extraction of teeth in Medicaid patients, 2000-2010. *JAMA.* 2016;315:1653-1654.



If Opioids Needed Limit the Number

- *ADA House of Delegates Adopted **October 2016***
- **“Dentists should consider nonsteroidal anti-inflammatory analgesics as the first-line therapy for acute pain management.”**
- **“Dentists should recognize multimodal pain strategies for management for acute postoperative pain as a means for sparing the need for opioid analgesics.”**

• <http://www.ada.org/en/about-the-ada/ada-positions-policies-and-statements/statement-on-opioids-dental-pain>



Alternative Pain Medications

- Pre-op dose of NSAIDs one hour before treatment, especially with endodontic procedures
- Use of long acting local anesthetics prior to discharge
- Combination analgesics such as NSAIDS + acetaminophen
- Fixed dosing intervals
- Sulindac 200mg/bid
- Corticosteroid therapy in cases with expected major inflammation

Inform patients of Non- pharmaceutical Pain Control Measures

- **Recovered addicts** have a higher incidence of abuse relapse if treated with opioids
- **Younger people** have higher incidence of abuse after receiving prescription opioids



- Ice
- Oral rinses if indicated
- Oral hygiene
- Thick Liquid or Soft Diets
- Eliminate or decrease smoking



Facts to Remember

- Abusers will **exaggerate** pain level. Patients reporting greater than or equal to 6/10 pain scores need to display **visible symptoms** such as increased HR, BP, grimacing or diaphoresis before giving stronger medications.
- Patients receiving **opioid maintenance treatment** with methadone or buprenorphine should already be adequately treated for acute pain

If Pain is Demonstrably High, CALL



Contact the prescriber of the **Opioid Maintenance Program** to consider:

- oral methadone does q4-6 hours in addition to daily maintenance dose.
- dividing the total daily dose of buprenorphine into 3-4 doses throughout the day or adding sublingual buprenorphine (e.g. 2mg) at 4-6 hour intervals.

Screen for Substance Abuse Past and Present



- Ask directly: What drugs do you use, when was the last time you used, how did you use it, how often do you use?
- Have you had a history of substance abuse in the past? (congratulate those in recovery as they have done an amazing thing and need to be rewarded.)
- Study shows **54% of dentists** do NOT think drug screening is their responsibility.
- Study showed in 2015 that **only 75% of dentists** asked about drug use.

Register & Utilize a Prescription Drug Monitoring Program

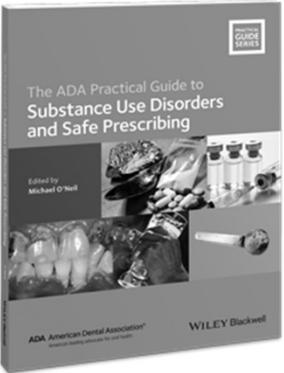


CURES 2

The Frequent
Flyer
Dentist to Dentist

An intraoral photograph showing the upper teeth of a patient. The teeth exhibit significant dental decay, with dark, irregular lesions on the enamel and dentin surfaces, particularly on the central incisors and premolars. The gingiva appears slightly inflamed.

Review ADA
Practical Guide
to Substance
Use Disorders
and Safe
Prescribing

The cover of the book 'The ADA Practical Guide to Substance Use Disorders and Safe Prescribing' is shown. The cover features a collage of images including dental procedures, a patient's face, and medical equipment. The text on the cover includes the title, the editor's name 'Edited by Michael O'Neil', the ADA logo, and the publisher's name 'WILEY Blackwell'. A 'PRACTICAL GUIDE SERIES' logo is also visible in the top right corner.

Provide Education

Narcotics in the Medicine Cabinet

33% Of providers advised parents to safely discard leftover medication

56% Of parents reported that they had safely discarded their child's medication

26% Of parents reported that they had not safely discarded their child's medication

- Teach to take medications only as prescribed
- Teach to store away from access of children or grandchildren and not to allow others to use left over opioids
- Teach importance of disposing left over opioids and disposal locations
- Teach hazards of opioid abuse and substance abuse

Refer to Drug Rehab

- Have a list of rehab programs in your local area to provide to patients.
- Many substance abusers do not have regular doctors to refer them so **you might be the only provider to make the referral.**

Referrals
for those
in
Recovery

Encourage the patient to use support services such as counselors or Narcotics Anonymous sponsors and groups if cravings increase following dental treatments



More
personalized
prescribing
habits?



The SECOND
Opioid-related
emergency....

Grandparents
& grandkids....

•Thank you!

J. Kevin Jetton, DDS
drjetton@juno.com

