Overview

Prescription drug and opioid misuse is a growing national health emergency that impacts every community in Michigan. **More than 7.5 million patients received over 103.2 million prescriptions over the last five years.** Of those patients, 5,261 overdose deaths occurred, according to the [Michigan statewide opioid assessment](#). This assessment combines three years of well-documented cases of unintentional overdose deaths with five years of prescription records available in the Michigan Automated Prescription System.

The MHA Keystone Center has a long history dedicated to decreasing opioid misuse, working with member hospitals to educate patients, improving patient outcomes and reducing healthcare costs associated with opioid use. During this work, the MHA Keystone Center received national recognition for its pain management collaborative in 2016. Efforts include education on alternative pain management modalities, opioid awareness training, patient education resources, academic detailing training, safe medication disposal, sharing new opioid legislation and increasing patient safety. Members may contact [keystone@mha.org](mailto:keystone@mha.org) with questions.

Midwest Alternative to Opioids Program

The MHA Keystone Center launched a multistate initiative to reduce the administration of opioid medications by emergency department (ED) clinicians while increasing the use of alternatives to opioids (ALTOs). The [Midwest ALTO Program](#) expanded on the success of the [Colorado Opioid Safety pilot](#), and demonstrated a 11.32% reduction in the amount of opioids prescribed and an increase of 13.38% in ALTOs administered in the first cohort. These results represent the feasibility and effectiveness of using an ALTO approach as a first-line treatment for acute pain in the ED before turning to opioids.

Academic Detailing

The Michigan Center for Rural Health (MCRH) and the MHA Keystone Center have partnered to offer academic detailing training, a peer-to-peer educational outreach for providers within their facilities and communities to improve opioid prescribing practices. Academic detailing offers an interactive education to prescribers to provide unbiased, practice-informed and evidence-based information about medications and other therapeutic decisions to improve patient care. The training includes guidance on the implementation of the Centers for Disease Control and Prevention (CDC) [Guideline for Prescribing Opioids for Chronic Pain](#) and is funded by the [CDC](#).

Superior Health Quality Alliance

The Superior Health Quality Alliance ([Superior Health](#)) has been awarded a contract as part of the Centers for Medicare & Medicaid Services (CMS) Network of Quality Improvement and Innovation Contractors (NQIIC) program. Within this contract, one of the five bold aims set forth by the CMS is to “Improve Behavioral Health Outcomes and Decrease Opioid Misuse.” As a member of Superior Health, the MHA Keystone Center will continue to focus on decreasing opioid-related overdose events, increasing opioid safety and spreading opioid prescribing best practices through ongoing CMS contract work. Superior Health is comprised of eight organizations across the care continuum that are motivated to continue changing healthcare outcomes for beneficiaries and individuals considered high-risk and part of the vulnerable population. Superior Health offers access to data-driven, customized support; access to subject matter experts; opportunities to participate in high-quality educational sessions; networking opportunities and more.
Resources

- **Michigan Center for Clinical Systems Improvement (Mi-CCSI)**, in partnership with the Michigan Opioid Collaborative (MOC) and the American Society of Addiction Medicine (ASAM), provides medication assisted treatment (MAT) training opportunities.

- **Michigan Department of Environment, Great Lakes, and Energy** provides interactive maps for proper disposal of unwanted medications from households and healthcare facilities.

- **Michigan Opioid Addiction Resources** offers important information on different treatment options, how to find treatment, and how to request naloxone, a medication that can reverse opioid overdoses.

- **Michigan Opioid Prescribing Engagement Network (M-OPEN)** is developing evidence-based pain management recommendations for providers, educates patients about the safe use and disposal of opioids, and is working to reduce the surplus of opioid pills within communities that can lead to misuse and addiction.

- **Michigan Safer Opioid Prescribing Toolkit** is a real-time resource created for practicing clinical providers and their patients with the most up-to-date resources, guidelines and strategies for managing acute and chronic pain, provided by the University of Michigan Injury Prevention Center and the Michigan Department of Health and Human Services.

- **Substance Abuse and Mental Health Services Administration (SAMHSA)** offers medication-assisted treatment (MAT) webinars, workshops, publications and research, as well as buprenorphine and opioid prescribing courses for physicians.

- The **MHA website** shares latest updates on opioid legislation and resources for hospitals, physicians and patients.

### MHA Tools for Patients

1. **10 Things Every Patient in Pain Should Know**
2. **Medication Disposal Guide**
3. **Pain Management Guide**

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**10 Things Every Patient in Pain Should Know**

1. **BE PART OF YOUR CARE**
   - It's a shared decision, make an informed choice.

2. **TELL YOUR DOCTOR IF**
   - Let your doctor know if you have ever abused drugs.

3. **ASK YOUR DOCTOR**
   - Ask your doctor if you are at risk for addiction.

4. **MAKE A PAIN MANAGEMENT PLAN**
   - A comprehensive pain management plan can help control pain.

5. **LET YOUR DOCTOR KNOW OF ANY SIDE EFFECTS**
   - Side effects may be distressing, but they are common.

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**Medication Disposal Guide**

- **SAVE A LIFE**
  - Disposing of unused drugs is crucial.
  - Store drugs safely to prevent misuse.

- **Disposal Tips**
  - Disposing of unused drugs is crucial.
  - Store drugs safely to prevent misuse.

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**Pain Management Guide**

- **YOUR GUIDE TO CONTROLLING & MANAGING PAIN AFTER SURGERY**
  - Follow the guidance and prepare for recovery.
  - Post-surgery pain management tips.

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**MHA Keystone Center**

A Certified Patient Safety Organization

www.mhakeystonecenter.org