Contra Costa Health Services 2017 Opioid Overdose Data and Vignettes

Presented by Ori Tzvieli, MD

With Special Thanks to: Sarah Wali and Melissa Hermerding-Lim, MPH
Contra Costa Statistics

- Population 1.15 Million (3rd largest in Bay Area by population)
- Success in reducing opiate prescriptions: 30% reduction 2012→2018. Similar reduction in MME, Opiate/benzo combo
- Successful and large county MAT program (Choosing Change) with over 500 patients enrolled, 5 sites, 13 weekly groups plus 1:1 option for patients.
- County wide 18% increase in buprenorphine prescriptions 2015→2018
- Opiate overdose deaths slightly below state average
- Increasing opiate overdose rate (47% increase 2015→2017). Why? Who is dying of opiate overdose? How can we reach those patients better
Methods

- **Patient Cause of Death** information and demographics were gathered from death certificates. It was first de-identified to protect patient privacy.
- Prescription opiate and benzodiazepine **medication information** was gathered from the Controlled Substance Utilization and Review System (CURES). Other non-controlled medication information was gathered from CCHP.
- Any **connections to county addiction programs and diagnoses** were obtained from Substance Abuse Data.
- Any **connections to behavioral/mental health** were obtained from cclink (our county’s EHR).
- Any **connection to detention facilities** were obtained from cclink.
- Any **connection to CCHP services or Care Everywhere records** were obtained from cclink.
Age Distribution
Race

- **White/Caucasian**: 31
- **Hispanic/Mexican**: 9
- **Black**: 6
- **Unknown**: 4

**Number of Patients**
Biological Sex

Male: 37
Female: 13
Recorded Homeless/At Risk for Homelessness

- Yes: 12
- No: 10
- Not in system: 28

Legend: Green = Yes, Orange = No, Yellow = Not in system
Manner of Death (as determined by Coroner)

- Accidental: 4
- Intentional: 46
Connection to Contra Costa Health Services
Time Between Last Touch with our System and Patient Death
Table 1: Patients with Last Touch with our system within 0-60 days of Deaths

<table>
<thead>
<tr>
<th>Service</th>
<th>Days Between Service and Death (do not include service day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other (appointment)</td>
<td>1 Day</td>
</tr>
<tr>
<td>Other (call)</td>
<td>1 Day</td>
</tr>
<tr>
<td>Detention</td>
<td>11 Days</td>
</tr>
<tr>
<td>Other (Behavioral Health appointment)</td>
<td>11 Days</td>
</tr>
<tr>
<td>Other (Call)</td>
<td>28 Days</td>
</tr>
<tr>
<td>Detention</td>
<td>31 Days</td>
</tr>
<tr>
<td>Other (Appointment)</td>
<td>34 Days</td>
</tr>
<tr>
<td>Other (call)</td>
<td>41 Days</td>
</tr>
</tbody>
</table>
Category of Last Touch (ALL Patients)

<table>
<thead>
<tr>
<th>Category of Last Touch</th>
<th>Number of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Department/EMS</td>
<td>2</td>
</tr>
<tr>
<td>Psychiatric Emergency Services</td>
<td>4</td>
</tr>
<tr>
<td>Detention</td>
<td>10</td>
</tr>
<tr>
<td>Other*</td>
<td>14</td>
</tr>
</tbody>
</table>
Patients’ Last Prescriptions (General type)

<table>
<thead>
<tr>
<th>TYPES OF PRESCRIPTIONS</th>
<th>WITHIN 45 DAYS</th>
<th>WITHIN 365 Days</th>
<th>BOTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOTAL</td>
<td>21</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>OPIOID</td>
<td>12</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>BENZO</td>
<td>5</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>BOTH</td>
<td>4</td>
<td>4</td>
<td></td>
</tr>
</tbody>
</table>
Last Prescription (Specific Opioid and/or Benzodiazepine)

- At least 29 patients out of 50 had their last prescription within 365 days of death.
  - 21 of these patients had their last prescriptions within 45 days of death.
    - Of these 21 patients, 12 patients had died with the same/all the same substance(s) as their last prescriptions within their system.
- 6 patients last recorded prescriptions were >365 days before death.
- The remaining 15 patients had no recorded prescriptions.
Recorded Emergency Department visits within 365 days of death

- At least 10 patients within our county visited any Emergency Department (ED)/utilized Emergency Medical Services (EMS) within Contra Costa County (CCC) (either within our system or outside EDs like Kaiser, John Muir, Sutter etc). There was a total of 54 ED visits to any ED.
  - Of these 10 patients, 6 visited an ED within our system. There were 15 visits to our EDs.
  - There was no ED (in CCC) record 40 out of the 50 patients who overdosed.
Detention visits within 365 days of death

- 7 patients within our cohort has been in one of our detention facilities. They have collectively visited one of our detention facilities 12 times.
- 43 patients did not visit one of our detention facilities.
Behavioral Health visits within 365 days of death:

- 4 out of 50 patients interacted with our Behavioral Health Services. We have no record of use Behavioral Health for the remaining 46 patients.
- The 4 patients collectively interacted with Behavioral Health 27 times.
Psychiatric Emergency Services (PES) visits within 365 days of death

- 4 out of 50 patients interacted with our Psychiatric Emergency Services. We have no record of use of Psychiatric Emergency Services within our system for the remaining 46 patients.
- The 4 patients collectively interacted with PES 10 times.
Highlights of What We Are Working on Now

- Improving connection between Detention and MAT
- Continuing to Grow our MAT program (No currently enrolled MAT patients died in 2017)
- Helping patients from ED/PES access MAT (ED Bridge)
- Novel Approaches: touching patients through EMS, Low-Barrier MAT for the homeless population through HCH
- Increasing Narcan Distribution, Needle Exchange
- Multiple Efforts on Better Prescribing Practices (insurance based, practice based)
Questions?

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