

OVERVIEW

The Monterey County Prescribe Safe Initiative (MCPSI) is a multi-organizational collaborative effort in Monterey County with these goals:

- Improve safety of prescription drugs
- Reduce inappropriate prescribing of prescription pain medications and sedatives
- Increase access to treatment for addiction
- Improve education to the public and medical community on the dangers of prescription drugs

INTERVENTIONS

Education of doctors and pharmacists

- Educational events and literature
- Large collaborative meetings with law enforcement + pharmacists on prescription drug abuse and misuse
- Prescribing guidelines

Education of patients

- Handouts with information about opioids when prescriptions are given (hazards of opioids)
- Town hall events and discussions
- Handouts on safe prescribing guidelines

Promoting safe pain relief

- Increased referrals to skilled, well-educated, comprehensive pain management doctors
- Use of complementary and alternative medicine

- Increased use and availability of non-opioid medications
- Community Hospital of the Monterey Peninsula is the first Emergency Department in the country to use TENS units (ncbi.nlm.nih.gov/pubmed/30202501)
- Community Hospital physical therapy team trained to provide Emergency Department evaluations for pain

Reducing exposure to opioids

- Increased use of non-opioid therapies
- Drug take-backs – we now have 13 drug take back bins in our county

Partnering with law enforcement

- Education for police and doctors on drug diversion

- Team approach to addiction – social work + police + doctors – to treat addicted patients
- Initiation of addiction treatment/MAT in the Emergency Department

Reducing overdoses

- Co-prescribing naloxone (opioid overdose antidote) with opioid prescriptions
- Law enforcement carrying naloxone as first responders. 6 lives saved by law enforcement in 12 months!
- Informing providers after a patient overdoses to help guide treatment and future prescribing

Community outreach

- Drug education at schools
- Town hall meetings with parents
- Resources for parents

OUTCOMES

- Reduction in prescribing of opioids in outpatient clinics by over 50%
- Increase in the use of non-opioid therapies in Community Hospital of the Monterey Peninsula Emergency Department by over 300%
- Successful implementation of a TENS unit program (see above)
- Drug take-back of thousands of pounds of unused medications annually
- Drastic decrease in opioid overdose death rate in Monterey County
 - » 2012 – Monterey County ranked 21 out of 53 in the number of opioid overdose deaths per capita (above average)
 - » 2017 – Monterey County ranked 51 out of 53 in the number of opioid overdose deaths per capita (3rd lowest county)

All opioid overdose deaths: Monterey vs. California

Total population — age-adjusted rate per 100k residents

