



MY GENERATION RX

Medication Safety

UNM College of Pharmacy

GenerationRx
Safe medication practices for life.


CardinalHealth
FOUNDATION

Brought to you by:

 **THE OHIO STATE UNIVERSITY**
COLLEGE OF PHARMACY

Do you know him?



- Began drinking promethazine with codeine at a young age/during school
- Has been very open about his battle with addiction
- He had periods of time when he was sober but began drinking and using drugs such as cocaine and prescription pain killers in 2018
- Was found dead at his home in September due to a mixed overdose of fentanyl, alcohol, and cocaine.

<https://www.rollingstone.com/music/music-news/mac-miller-cause-of-death-fentanyl-cocaine-alcohol-751974/>

Can anyone name a prescription drug? What about an over the counter drug?

Prescription (Rx) Drugs

- High blood pressure - lisinopril
- Cholesterol
- Diabetes
- Infections

Sub-category of prescription drugs: Controlled Substances

- Opioid painkillers - oxycodone
- Hypnotics
- Anxiolytics
- Stimulants

Over the Counter (OTC) Drugs

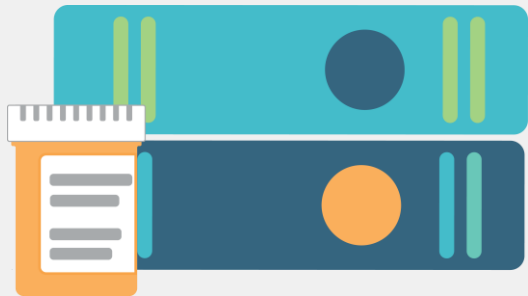
- Vitamins/minerals-calcium
- Cough & cold
- Headache & fever
- Acid reflux (heartburn)
- Upset stomach
- Diarrhea



Medications can help us when used as directed by a healthcare professional.

Can you give an example of a healthcare professional that can write prescriptions?

Which scenario represents prescription drug misuse?



Misusing Medications

1

Taking medication for a reason different than prescribed

2

Taking more than prescribed

3

Sharing or taking someone else's medication

Regardless of intentions...

Think About It:

Some people misuse medication by taking them for a different reason than prescribed.

What might be some reasons?

Can you share an example of when this has occurred?



Think About It:

What could people do instead of misusing?

Identify a few positive alternatives (ie: working out, drawing/painting, etc.)



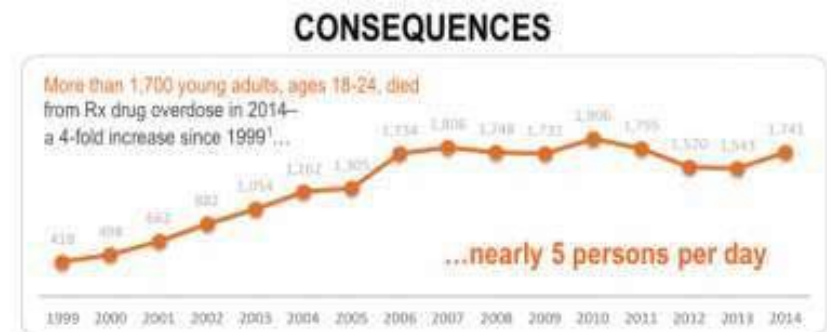
MYTH or FACT?– “Prescription drugs are safer than street drugs”

- Many believe that abusing prescription drugs is much safer than illegal “street” drugs
- **FACT: Unintentional drug overdose** accounts for **80-85%** of total drug overdose deaths in NM.
- **FACT: 45%** of unintentional drug overdose were caused by **prescription drugs** (opioids, amphetamines, etc.) whereas **40%** were caused by **illicit drugs** (heroin, cocaine, etc.). **15%** involved **both types** combined.

<https://nmhealth.org/data/view/substance/1982/>

Prescription medication misuse and abuse nationally

- **90%** of drug and alcohol abuse starts between the **ages of 12-20**.
- **Everyday**, approximately **2,500** young people between **12 and 17** years of age abuse a prescription painkiller for the first time.
- In 2014, approximately **1,700** young adults died from prescription drug overdoses². That's equivalent to **5 people a day**.



Among young adults, for every death due to Rx drug overdose, there were:

119
Emergency
Room Visits⁶

&

22
Treatment
Admissions⁷

1. <https://nmhealth.org/data/view/substance/1862/>

2. <https://www.drugabuse.gov/related-topics/trends-statistics/infographics/abuse-prescription-rx-drugs-affects-young-adults-most>

Prescription medication misuse and abuse nationally

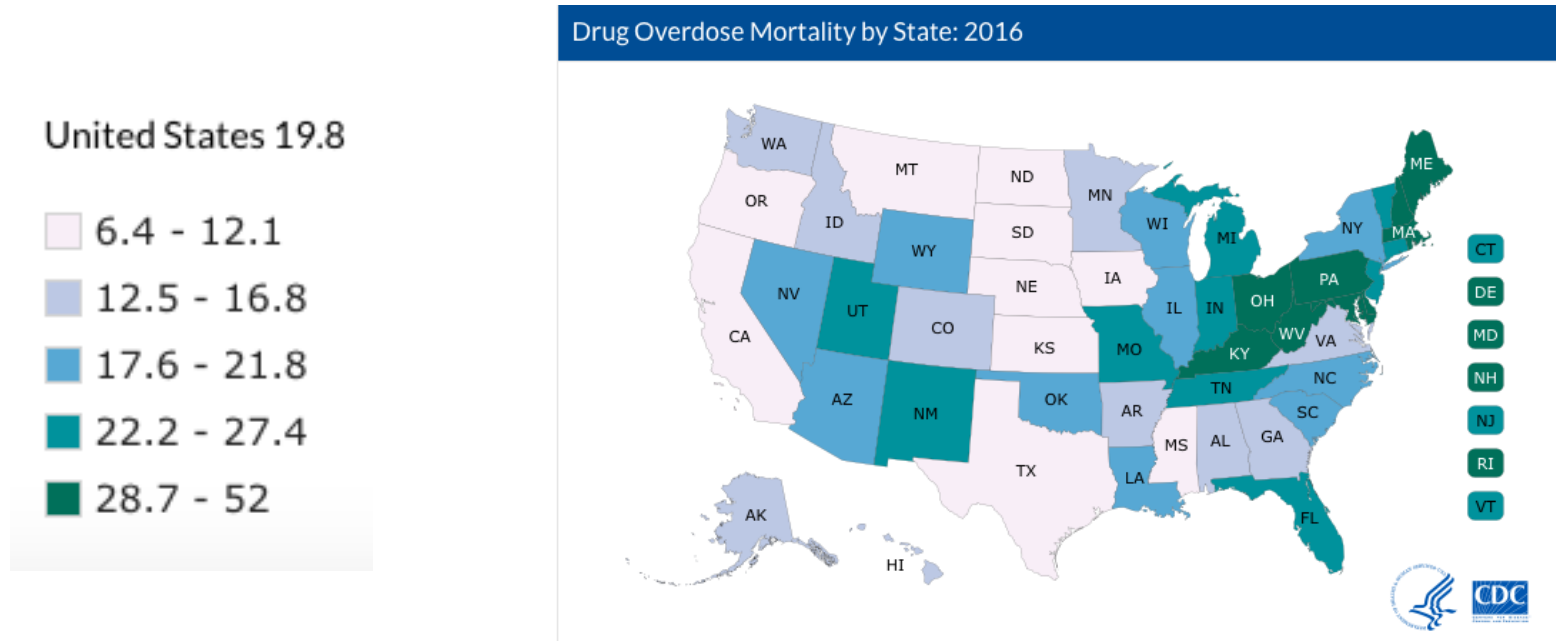
- The United States makes up only **4.6% of the world's population**, but consumes **80%** of its opioids and **99%** of the hydrocodone supply.
- There were almost **19,000 overdose deaths in 2014 involving pharmaceuticals¹**. That is enough to fill **45 Boeing 747 jets** to full capacity.



http://www.drugwarfacts.org/cms/Causes_of_Death#sthash.Dza9zNtY.dpbs

Prescription medication misuse and abuse in NM

- According to the NM Department of Health, **New Mexico had the eighth highest total drug overdose death rate** in the nation in 2016.



1. <https://nmhealth.org/data/view/substance/1862/>

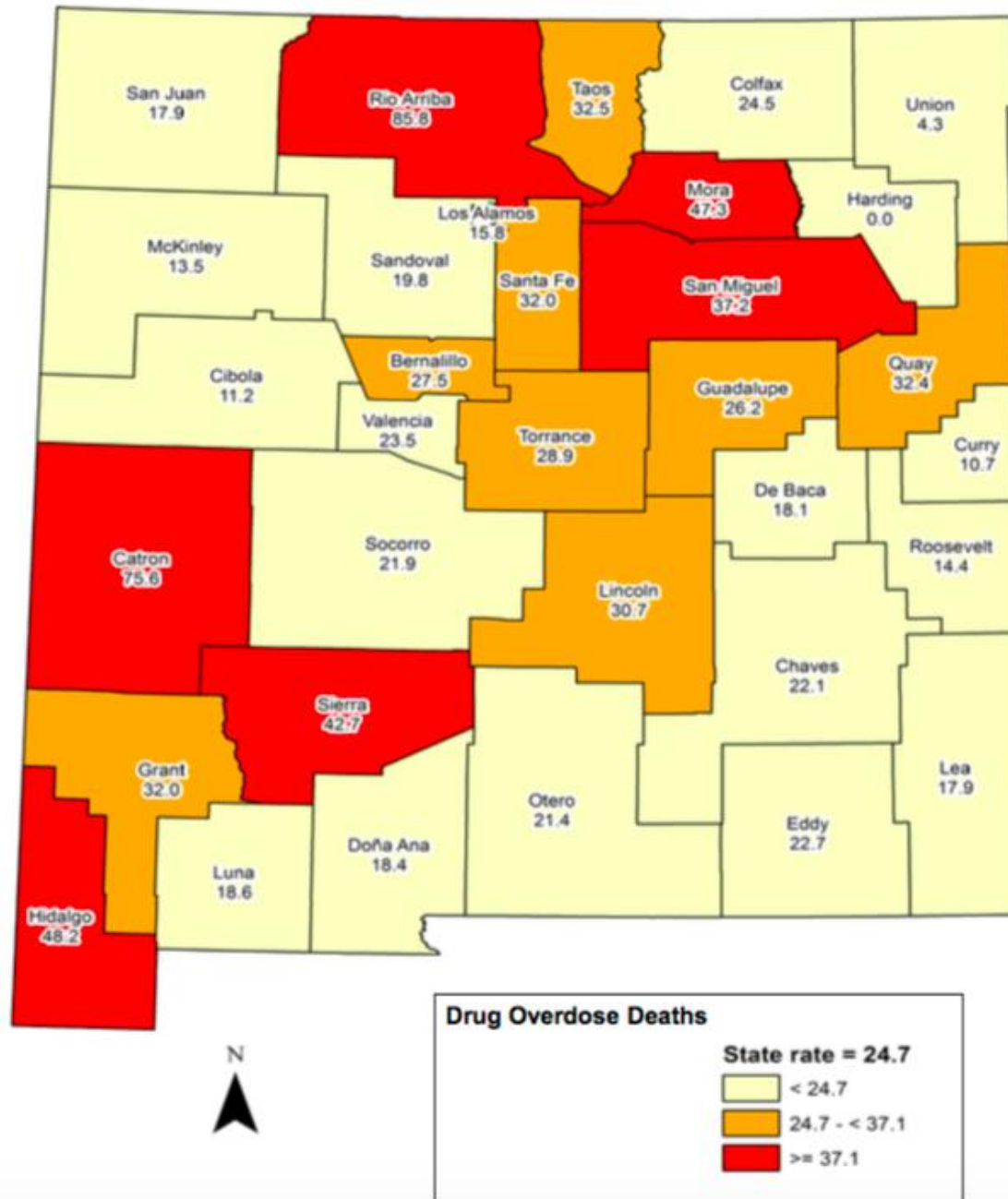
2. <https://www.drugabuse.gov/related-topics/trends-statistics/infographics/abuse-prescription-rx-drugs-affects-young-adults-most>

3. https://www.cdc.gov/nchs/pressroom/sosmap/drug_poisoning_mortality/drug_poisoning.htm

Total Drug Overdose Death Rates in New Mexico 2011-2015

Per 100,000

United States: 16.3
New Mexico: 24.7
Bernalillo: 27.5
Rio Arriba: 85.8



<https://nmhealth.org/data/view/substance/1862/>

Examples of frequently abused prescription medications

Painkillers

OxyContin[®], Vicodin[®]



Sedatives

Ambien[®]



Stimulants

Adderall[®], Ritalin[®]



Tranquilizers

Valium[®], Xanax[®], Haldol[®]



Candy vs. Medicine

1.



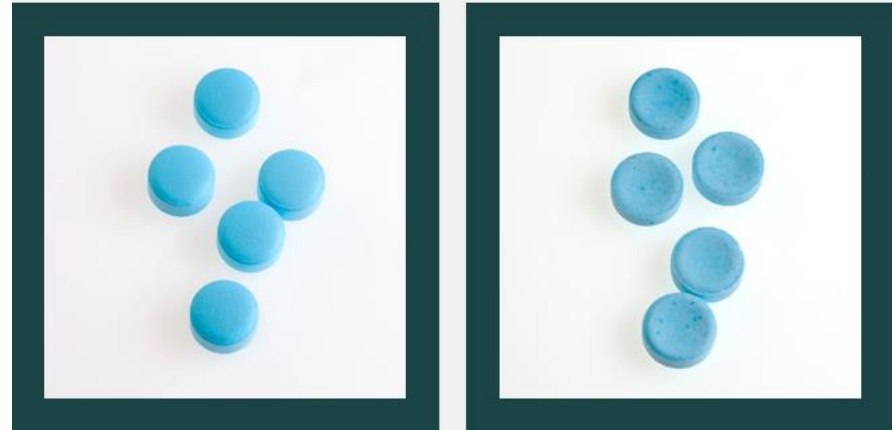
2.



3.



4.



Effects of Misuse and Abuse

For every **1** death there are...



10 treatment admissions for abuse⁹

32 emergency dept visits for misuse or abuse⁶

130 people who abuse or are dependent⁷

825 nonmedical users⁷

Think about it:

What are some signs of prescription drug abuse?



Signs of prescription drug abuse

- Complaining of vague symptoms to obtain more medication
- Lack of interest in treatment options other than medications
- Mood swings
- Seeing several doctors or visiting several pharmacies to obtain more pills
- Past history of misuse
- Using more than what is prescribed
- Using prescription pills prescribed for someone else

Think about it:

What are some things you can do to make a difference?



An illustration of a pill bottle with a white cap and an orange body. The label on the bottle is white with several grey horizontal bars. A blue shield with a white checkmark is overlaid on the bottom left of the bottle.

Use Medications Safely

- 1. Keep for yourself**
 2. Follow instructions
 3. Be a good role model
- Now lets talk about each one of the above

Think Pair Share:

What are some things you should keep to yourself?



Some items aren't meant to be shared...and why?



Toothbrush sharing or kissing can easily spread viruses like cold sores

Sharing medications is unsafe.

Sharing your undergarments would not be very sanitary.

An illustration of a pill bottle with a white cap and an orange body. The bottle has a white label with four horizontal grey bars. A blue shield with a white checkmark is overlaid on the bottom left of the bottle.

Use Medications Safely

1. Keep for yourself
- 2. Follow instructions**
3. Be a good role model

Think Pair Share:

What instructions should always be followed? How about in your life?



Some instructions are meant to be followed...



Why follow instructions?

- 1 How much & how often
- 2 Reason for medication

Cares-A-Lot Corner Community Pharmacy

JAMIE SMITH

VICODIN® 5/300MG CAPSULES

TAKE 1-2 CAPSULES BY MOUTH EVERY 8 HOURS AS NEEDED FOR ARM PAIN

DTY: 30 CAPS
RPh: ____

FOR INSTRUCTIONAL PURPOSES ONLY

An illustration of a pill bottle with an orange cap and a white label. The label has several horizontal grey bars representing text. In front of the bottle is a dark blue shield with a lighter blue checkmark inside. The background behind the text is a light grey gradient.

Use Medications Safely

1. Keep for yourself
2. Follow instructions
- 3. Be a good role model**

Think Pair Share:

Why should you be a good role model?



Helping others: What can you do?

- Tell someone if you think your friend or family member is abusing or misusing
- Keep your medications to yourself
- Get rid of old or expired medications
- Drug Take Back Day is an event the UNM COP does every year
 - In 2108 11,688 lbs of medications were destroyed
- Spread the message about the dangers of prescription drug abuse

Naloxone blocks the effects of opioids

- **Narcan**, or naloxone, is a prescription medication that reverses overdoses from opioids.
- It works by kicking opioids off their receptors effectively reversing an overdose.
- **Narcan** is now being given with almost all opioid prescriptions. (video)

[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

How Naloxone Saves Lives In Opioid Overdose



NIH U.S. National Library of Medicine

<https://www.youtube.com/watch?v=cssRZEI9ujY&feature=youtu.be>

Good Samaritan Law

Does anyone know what this is or means?

The **Good Samaritan Law** offers legal protection to people who try to help others who they believe to be injured, ill, dying, or incapacitated. The protection is intended to reduce hesitation to assist others for fear of being sued or getting into trouble by affiliation.

Mad Lib this: If you are at a party and someone is not moving as a result of drugs you would ...

<http://www.projectheartstartnm.org/the-good-samaritan-aed-law-in-new-mexico.aspx>

Activities



QUESTIONS?

Follow us @MyGenerationRx and
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GenerationRx 
Safe medication practices for life.



Brought to you by:



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