



# **PRESCRIBE SAFE** MONTEREY COUNTY

Casey Grover, MD | Reb Close, MD  
2018





Brynne Whittaker    
News Anchor / Reporter





**PRESCRIBE SAFE**  
MONTEREY COUNTY



# What is Prescribe Safe

**Starting in 2014, the Monterey County Prescribe Safe Initiative was created to:**

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

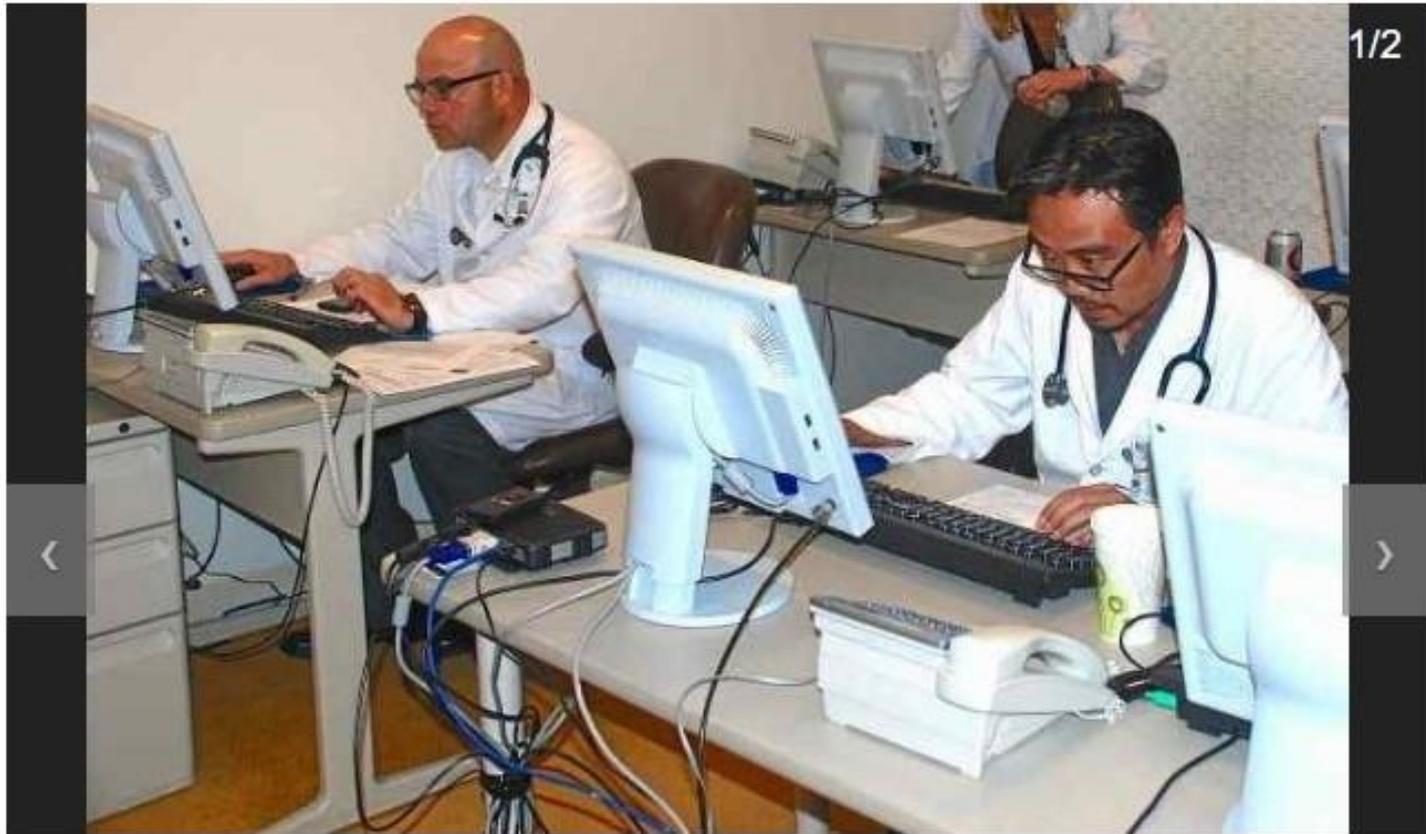


# Prescribe Safe

## 2018 Collaborating Organizations



# CHOMP unveils database that helps in battle against prescription drug abuse



Dr. Tuan Phan, right, a hospitalist, and Dr. Ismael Mendez, an internal medicine physician, register for the California Prescription Drug Monitoring Program Wednesday at Community Hospital of the Monterey Peninsula. (Tom Leyde - Herald Correspondent)





Community Hospital of the Monterey Peninsula®  
Emergency Department

*HAZARDS OF OPIATES*

As a part of your evaluation and treatment in the Emergency Department, you have been prescribed opiate pain medication.

Opiate pain medications such as hydrocodone (in Norco), or oxycodone (in Percocet and Oxycontin), are powerful pain relieving medications that can be valuable for patients suffering from an acute painful process like a broken bone or a kidney stone.

While these medications are important in the treatment of short-term pain, there are a number of important side effects that you need to know about.



# SAFE PAIN MEDICINE PRESCRIBING

**WE CARE ABOUT YOU.** Our goal is to treat your medical conditions, including pain, effectively and safely. Pain relief treatment can be complicated. Mistakes or misuse of pain medicine can cause serious health problems to include **addiction and death.**

**FOR YOUR SAFETY** we routinely follow these rules when helping you with your pain.

- We look for and treat the underlying disease causing the symptom of pain. Sometimes that is a self-limiting injury, a terminal illness, permanent disability or a psychological disorder.
- We treat first or concurrently with non-medication modalities whenever possible to minimize your exposure to narcotic medications. These modalities may include physical treatments (physical therapy, massage, TENS unit, heat or cold therapy, exercise, etc.); behavioral approaches; or procedural therapies (injections by a pain specialist, surgery, etc.).
- If a pain prescription is necessary, we will start with anti-inflammatory medications or other non-narcotics first. Alternatively, localized pain patches or roll-on medications may be tried instead of medications by mouth.
- If narcotic pain prescriptions are needed for pain, we will **ONLY** give you a limited amount at the lowest dose possible to achieve reasonable pain control. Absolute pain control at all times is not an appropriate or achievable target.
- In the rare circumstance where long-term use of narcotic medication is necessary you will be asked to engage in a monitoring contract to ensure safe use of your medication. This contract will require your active adherence to guidelines to limit the possibility of addictive behavior or misuse of your medications.
- If you demonstrate characteristics of addiction, we will work with you to seek help in stopping the narcotics.
- We follow similar guidelines for other medications that are high risk for addiction. These medications include sleeping pills, anti-anxiety medications or mood stabilizing medications, muscle relaxants, etc.
- Concomitant use of sleeping pills, anti-anxiety or certain classes of mood stabilizing medications and narcotics can lead to a high risk of overdose. For your safety, your physician may refuse to start or continue these medications in combination.

## Montage Medical Group

is a founding partner in the Monterey County Prescribe Safe Initiative. The Monterey County Prescribe Safe Initiative is dedicated to eliminating the epidemic of misuse, abuse and diversion of controlled prescription medications in Monterey County.



Monterey County Fire Chiefs Association





# Prescribe Safe Monterey County

Medication safety program



Home > Prescribe Safe > Prescribe Safe for healthcare professionals



## PRESCRIBE SAFE FOR HEALTHCARE PROFESSIONALS

## PRESCRIBE SAFE

### Information for healthcare professionals

<a href="#">Clinical Guidelines</a>	+
<a href="#">Substance abuse and Pain management referrals</a>	+
<a href="#">Patient handouts</a>	+
<a href="#">Other Resources</a>	+
<a href="#">Publications related to Prescribe Safe</a>	+
<a href="#">Resources for pharmacists</a>	+
<a href="#">Resources for dentists</a>	+
<a href="#">Informational Videos</a>	+

- Information for patients on addiction, chronic pain, mobile/web-based addiction treatment options
- Information for parents and families on addiction and pain



# Pain Management Physicians Monterey Bay/Salinas Areas



Please call the office to confirm whether the doctor is taking new patients and what insurance is accepted. For assistance getting a doctor, help with Medicare or Medi-Cal applications, or questions about financial issues, call the patient advocate at Community Hospital of the Monterey Peninsula, (831) 658-3900.

**Gary Chang, MD**  
**Patrick Wong, MD**  
**Kalle Varav, MD**  
Monterey Spine and Joint  
12 Upper Ragsdale Drive  
Monterey, CA 93940  
**(831) 648-7200**

**Salar Deldar, MD**  
Pacific Rehabilitation and Pain  
1010 Cass Street, Suite D3  
Monterey, CA 93940  
**(831) 275-4050**

**William Heller, DO**  
**Victor Li, MD**  
Prime Pain Institute  
4140 Jade Street  
Capitola, CA 95010  
**(831) 464-7246**

951 Blanco Circle, Suite D  
Salinas, CA 93901  
**(831)287-2843**

**Lisa Kroopf, MD**  
Salinas Valley Medical Clinic  
Orthopedic, Podiatry and Sports Medicine  
611 Abbott Street, Suite 101  
Salinas, CA 93901  
**(831) 757-3041**

The Prescribe Safe initiative was created by Monterey County law enforcement, administration of the four Monterey County hospitals, and local physicians in response to concerns about prescription medication misuse in our county. Prescribe Safe is meant to guide, educate, and provide resources for our local physicians and patients in the safe use of prescription medications and promote safe and effective pain management in Monterey County. For questions regarding the Prescribe Safe initiative, please contact the team of practitioners at [prescribesafe@chomp.org](mailto:prescribesafe@chomp.org).



# Referrals to complementary therapies

- **Chiropractics**
- **Acupuncture**
- **Physical therapy**
- **Neuro-EEG feedback**
- **Reiki**
- **Pelvic floor therapy**
- **Energy Medicine**
- **Homeopathy**
- **Osteopathic medicine**
- **Psychotherapy**





U.S. DEPARTMENT OF JUSTICE ★ DRUG ENFORCEMENT ADMINISTRATION  
**DIVERSION CONTROL DIVISION**

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[RESOURCES](#) > [Drug Disposal Information](#) > [National Take-Back Initiative](#)

## National Take-Back Initiative

**April 29, 2017 – 10AM to 2PM**

The National Prescription Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse and medications.

Please check back on April 1, 2017 to locate collection sites near you.

### **Law Enforcement Agencies Only:**

For law enforcement agencies that wish to host a collection site, please call the POC in your area.

**Got Drugs?**



- [Cases Against Doctors](#)
- [Chemical Control Program](#)
- [CMEA \(Combat Meth Epidemic Act\)](#)
- [Controlled Substance Schedules](#)
- [DATA Waived Physicians](#)
- [Drug Disposal Information](#)
- [Drug and Chemical Information](#)
- [E-commerce Initiatives](#)
- [Federal Agencies & Related Links](#)
- [Federal Register Notices](#)
- [National Take-Back Initiative](#)
- [NFLIS](#)



# Safe Medication Disposal Sites: Monterey County

Unsecured storage of medication in homes has contributed to the national epidemic of prescription drug abuse and misuse. To combat this, community members can now dispose of unwanted controlled and non-controlled prescription drugs in two new bins at Community Hospital of the Monterey Peninsula.



## NEW Safe Medication Disposal Sites at Community Hospital

### Community Hospital Pharmacy

No sharps, controlled substances OK  
(Controlled substances, 9 a.m.–6 p.m.)  
23625 Holman Highway, Monterey, CA 93940  
(831) 624-5311

### Community Hospital Front Lobby

Sharps OK (red bin), no controlled substances (white bin)  
23625 Holman Highway, Monterey, CA 93940  
(831) 624-5311

## Other Monterey County medication disposal sites:

### Carmel-by-the-Sea Police Department

8 a.m.–5 p.m., seven days a week  
No sharps or liquids,  
controlled substances OK  
SE corner of Junipero and 4th St.  
Carmel, CA 93921  
(831) 624-6403

### Pebble Beach Community Service District

No controlled substances, sharps OK  
3101 Forest Lake Rd.  
Pebble Beach, CA 93953  
(831) 675-5010

### Central Avenue Pharmacy

No sharps, controlled substances OK  
133 15th St., Pacific Grove, CA 93950  
(831) 373-1225

### Pacific Grove Police Department

7 a.m.–11 p.m., seven days a week  
No sharps, controlled substances OK  
580 Pine Ave., Pacific Grove, CA 93950  
(831) 648-3143

### MRWMD

10 a.m.–4 p.m., Mon–Fri  
No controlled substances, OTC meds ONLY  
14201 Del Monte Blvd., Marina, CA 93933  
(831) 384-5313

### Marina Police Department

10 a.m.–4 p.m., Mon–Fri  
No sharps, controlled substances OK  
211 Hillcrest Ave., Marina, CA 93933  
(831) 884-1267

### Walgreens Seaside

No sharps, controlled substances OK  
1055 Fremont Blvd., Seaside, CA 93955  
(831) 393-9231

### Alisal Pharmacy

Controlled substances OK, sharps OK  
323 N. Sanborn Rd., Salinas, CA 93905  
(831) 424-7321

### Allcare Pharmacy

Controlled substances OK, sharps OK  
331 Main St., Salinas, CA 93901  
(831) 454-8053

### Star Pharmacy

No sharps, controlled substances OK  
1273 S Main St., Salinas, CA 93901  
(831) 621-5558

### Gonzales Police Department

8 a.m.–5 p.m., Mon–Fri  
No sharps or liquids,  
controlled substances OK  
147 Fourth St., Gonzales, CA 93926  
(831) 675-5010

### King City Police Department

9 a.m.–5 p.m., Mon–Fri  
No sharps, controlled substances OK  
415 Bassett St., King City, CA 93930  
(831) 385-4848

### Greenfield Police Department

8:30 a.m.–4:30 p.m., Mon–Fri  
No sharps, controlled substances OK  
599 El Camino Real, Greenfield, CA 9392  
(831) 674-5111

### Soledad Pharmacy

No controlled substances, sharps OK  
547 Front St., Soledad, CA 93960  
(831) 678-2678

The hours for medication disposal are the operating hours of the business, unless otherwise specified. Medications put into these bins are disposed of per Environmental Protection Agency (EPA) recommendations to decrease negative environmental and health impacts.





**Medicine Take-Back & Collection Locations Map**



# Healthcare fraud unit combats crime

Chelcey Adami 10:29 a.m. PDT July 1, 2016



CONNECT TWEET LINKEDIN COMMENT 1 EMAIL MORE

Though healthcare fraud does not share the dramatic face of violent crime, it can be dangerous and costly to the community.

Several years ago, Monterey County Managing Deputy District Attorney Ed Hazel

funding from the California Department for the DA's office to create a Disability and Healthcare Fraud Unit to address this specialized criminal issue.

The unit pursues cases involving billing fraud, false disability claims, identity theft to secure healthcare benefits, prescription fraud, inflated pharmacy billing, outpatient surgery center fraud, and more.



NDC 69547-353-02

0.1 mL intranasal spray per unit  
For use in the nose only

**Rx Only**



**NARCAN**<sup>®</sup> (naloxone HCl)  
**NASAL SPRAY 4 mg**

**DO NOT TEST DEVICES OR OPEN BOX BEFORE USE.**

**Use for known or suspected opioid overdose in adults and children.**

This box contains **two (2)** 4-mg doses of naloxone HCl in 0.1 mL of nasal spray.

**Two Pack**

**CHECK PRODUCT EXPIRATION DATE BEFORE USE.**

**OPEN HERE FOR QUICK START GUIDE**



# Seaside police officers save life with Narcan

It was the first time the Seaside PD has used Narcan since they first started carrying the opioid antidote in September

Share



KSBW 8

Updated: 1:42 PM PST Nov 30, 2017



**Christopher Salas** [f](#) [t](#) [✉](#)

Anchor/Reporter



# Improving pain management/reducing opioid exposure

## Make the right choice the easy choice

Pain/Nausea					
<input type="checkbox"/>	Motrin	600 mg PO q6h with food prn pain		20	0
<input type="checkbox"/>	Naprosyn	500 mg PO BID with food prn pain		20	0
<input type="checkbox"/>	Mobic	7.5 mg PO qday with food prn pain		10	0
<input type="checkbox"/>	Flexeril	10 mg PO up to TID prn muscle spasm		20	0
<input type="checkbox"/>	Lidoderm 5% patches	1 patch topically daily prn pain; remove after 12 hours	pain	10	0
<input type="checkbox"/>	Pyridium	200 mg PO TID prn urinary pain	dysuria	9	0
<input type="checkbox"/>	Voltaren 1% gel, 100 gm tube	Apply 2-4 grams topically QID prn pain	pain	1 tube	0
<input type="checkbox"/>	Zofran ODT	4 mg SL q8h prn nausea/vomiting		20	0



# Improving pain management/reducing opioid exposure

- “Surgical prescribing”
- Did anyone think to talk to the dentists??

A handwritten prescription form on a white background with a dark border. The form includes fields for patient information, medication details, and refills. The patient's name is Jerry Garcia, age 8-1-42, and the date is 8/11/17. The medication is Effexor XR 75mg #30, with instructions to take it twice daily (TPO QD). A note says "Please fill on 9/1/17". The prescriber is Robert Weir, MD, with a phone number of 831-555-1212. The form also has a refills field with the number 3 and a small 'PHONE NO' icon.

**Rx** PATIENTS NAME Jerry Garcia AGE 8-1-42  
ADDRESS \_\_\_\_\_ WT. \_\_\_\_\_  
PHONE NO \_\_\_\_\_ DATE 8/11/17

Effexor XR 75mg #30  
TPO QD  
\* Please fill on 9/1/17

REFILL 3 TIMES **Rx** PHONE NO 831-555-1212 Robert Weir, MD M.D.  
ITEM #52921



# It's easy to eat well when there's a good menu!

- **More options for pain relief**
  - IV lidocaine, IV ketamine
  - Topical non-opioid medications
  - Nerve blocks
  - Physical therapy manipulation in the ER
  - TENS units
- **Understanding pain = not all pain is the same, tailor treatment to pain type**



## ORIGINAL RESEARCH

# Transcutaneous Electrical Nerve Stimulation (TENS) in the Emergency Department for Pain Relief: A Preliminary Study of Feasibility and Efficacy

Casey A. Grover, MD\*  
Mia Potter McKernan, BS†  
Reb J.H. Close, MD\*

\*Community Hospital of the Monterey Peninsula, Department of Emergency Medicine, Monterey, California  
†Community Hospital of the Monterey Peninsula, Community Health Innovations, Monterey, California

CONTENT NOT FOR REUSE

# Emergency Medicine News

THE MOST TRUSTED NEWS SOURCE IN EMERGENCY MEDICINE

www.EM-News.com

SEPTEMBER 2017  
VOL. 39, NO. 9  
LIPPINCOTT  
WILLIAMS & WILKINS

## TENS Units in ED: Hope for the Opioid Epidemic?

BY CASEY GROVER, MD

With the opioid epidemic raging and the pressure on



Wolters Kluwer

emergency physicians not to prescribe as many addictive drugs, it may be time to do a little unconventional thinking when it comes to treating pain. Transcutaneous electrical nerve stimulation (TENS) therapy, an extremely useful and effective treatment for acute and chronic pain, offers a fantastic nonopioid pain management modality for ED patients.



TENS units are effective for acute and chronic pain, and work through the gate control theory. All of the stimuli to the various receptors in the body—pain, temperature, vibration, etc.—transmit signals through the ascending fibers of the spinal cord to the brain. The ascending pathways of the spinal cord cannot effectively transmit more  
*Continued on page 33*



February 13, 2017





Dear Colleague:

Date: \_\_\_\_\_

This letter is to inform you that you have prescribed a controlled substance within the last 12 months to a patient who recently presented to the Emergency Department with an overdose on a scheduled prescription medication (see attached documentation). All CUREd system-identified prescribers are receiving this notification. This letter is meant to be informative only and there is no expectation of reply. Our aim is to alert providers to how common overdose from overdose of these medications is. In a recent Annals of Internal Medicine study, 17% of patients who were continued on opioids after an initial non-fatal overdose had a repeat overdose within two years.

Please do not consider this information about your patient a reason to fire them. If a patient has had an overdose due to a high-risk regimen, they need your help in tapering to a lower regimen. Cutting a patient off abruptly may result in withdrawal or encourage seeking medication in the street market. Furthermore, should your patient have a problem with addiction, this can be a time to partner with them to help them find treatment.

The Monterey County Prescribe Safe Initiative (MCPSSI) would like to remind you that California has a prescription drug monitoring program (CUREd). This database and access to information are available at <https://curecs.doh.ca.gov/>. Review of this database before prescribing a scheduled medication to a patient could alert you to problematic medication usage, potential addiction or diversion, and to help inform safe medication prescribing and monitoring.

Further, MCPSSI has been working to improve the safety of controlled medication prescribing in our emergency departments, physician offices, and urgent cares. To achieve that goal we have developed resources that you can use in your own practice. These resources include up-to-date guides to chronic pain and addiction resources, clinical guidelines, medication management agreements and much more. These resources may be accessed at <http://www.chomp.org/for-healthcare-professionals/prescribe-safe>.

Lastly, MCPSSI is working to curb controlled medication diversion, prescription forgery, and other acts that contribute to the unlawful distribution and abuse of these dangerous and potentially fatal medications. As members of the MCPSSI, the Monterey County Sheriff and District Attorney offices are at the ready to address potential concerns you may have in this regard. They may be reached at (831) 755-6671 or (831) 755-6070.

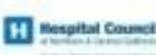
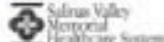
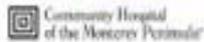
We are aware of the challenges in balancing the potential harm and benefit of controlled medication prescribing for your patients and we hope this information will help. We believe that non-fatal overdose is an opportunity to identify and treat a serious substance use disorder or an unsafe pain medication regimen. Thank you for your time and for your help in making healthcare in Monterey County safer.

Regards,

MONTEREY COUNTY PRESCRIBE SAFE INITIATIVE

Reb Dose, MD  
Lead Physician, [Reb.dose@chomp.org](mailto:Reb.dose@chomp.org)

Casey Grover, MD  
Physician Champion, [Casey.grover@chomp.org](mailto:Casey.grover@chomp.org)



Monterey County Fire Chiefs Association



## REPORT

# Opioid prescribing decreases after learning of a patient's fatal overdose

Jason N. Doctor<sup>1,\*</sup>, Andy Nguyen<sup>1</sup>, Roneet Lev<sup>2</sup>, Jonathan Lucas<sup>3</sup>, Tara Knight<sup>1</sup>, Henu Zhao<sup>1</sup>, Michael Menchi...

+ See all authors and affiliations

Science 10 Aug 2018:  
Vol. 361, Issue 6402, pp. 588-590  
DOI: 10.1126/science.aat4595



NDC 12496-1208-1

1 sublingual film

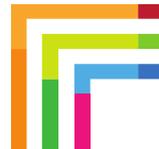
8 mg/2 mg 

***Suboxone***<sup>®</sup>  
(buprenorphine and naloxone) sublingual film  
8 mg/2 mg

**Rx only**

Children who accidentally take SUBOXONE will need emergency medical care. Keep SUBOXONE out of the reach of children.

[suboxone.com](http://suboxone.com)





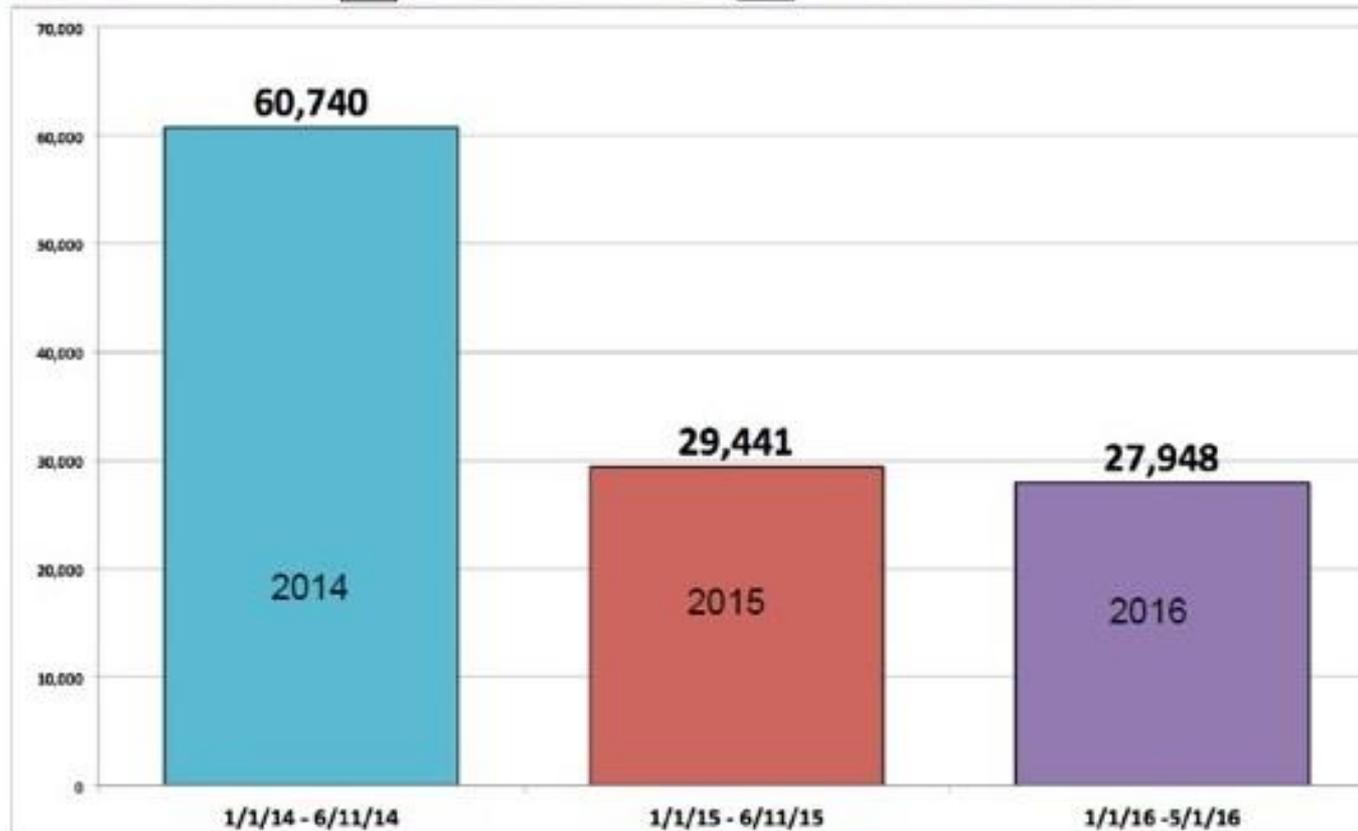
**And....**



# Narcotic Pill Prescription Organizational Comparison



01/01/2014 - 06/11/2014 And 01/01/2015 - 06/11/2015 And 01/01/2016 - 06/11/2015



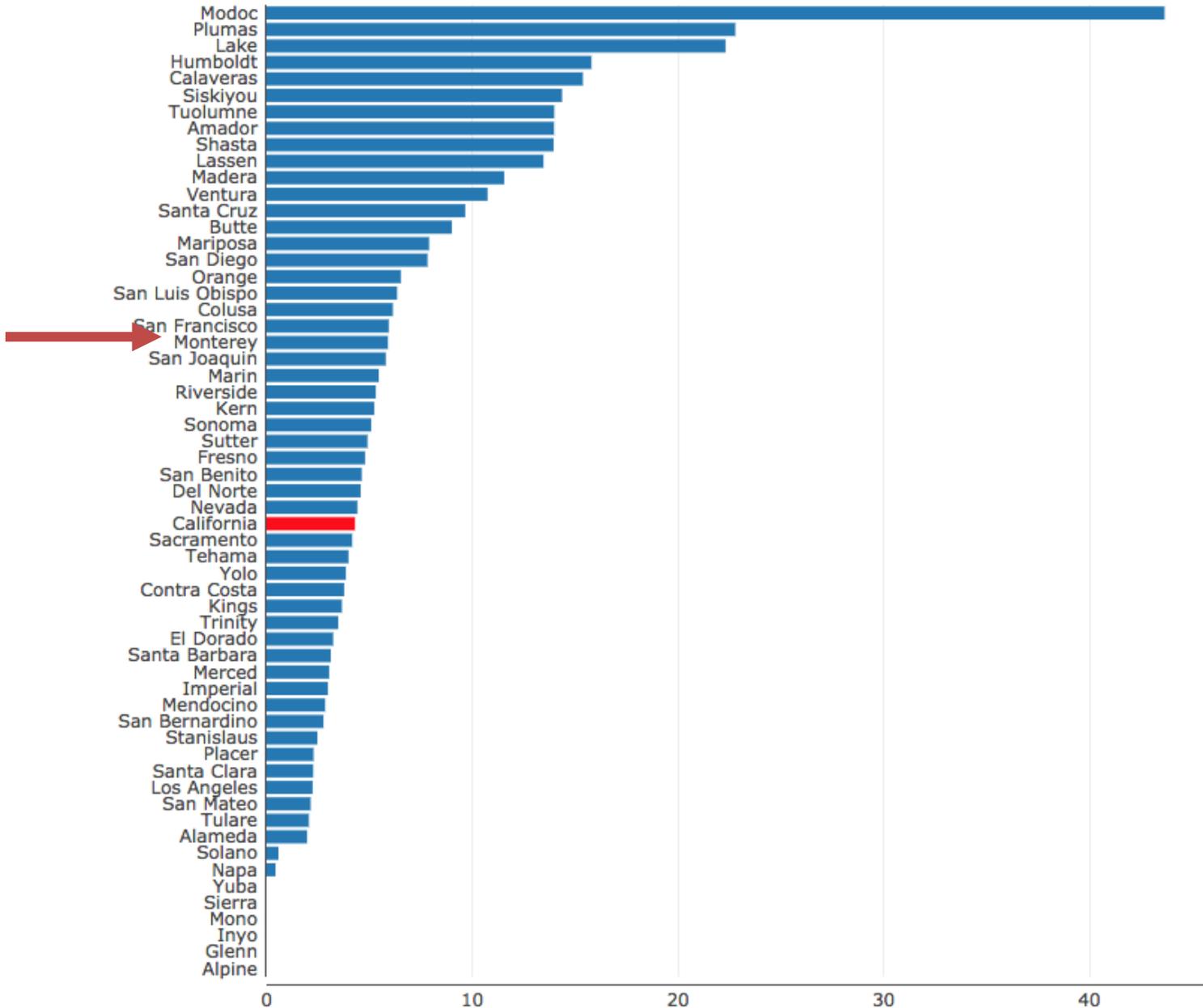
# Increase in usage of non-opioid Analgesics in the CHOMP Emergency Department

Drug Name	ED Doses 2012-2014	ED Doses 2014-2016	Percent Change
Lidoderm	180	578	+ 321%
Gabapentin	137	453	+330%
Toradol	4028	6237	+154%
Ibuprofen	2910	4047	+139%



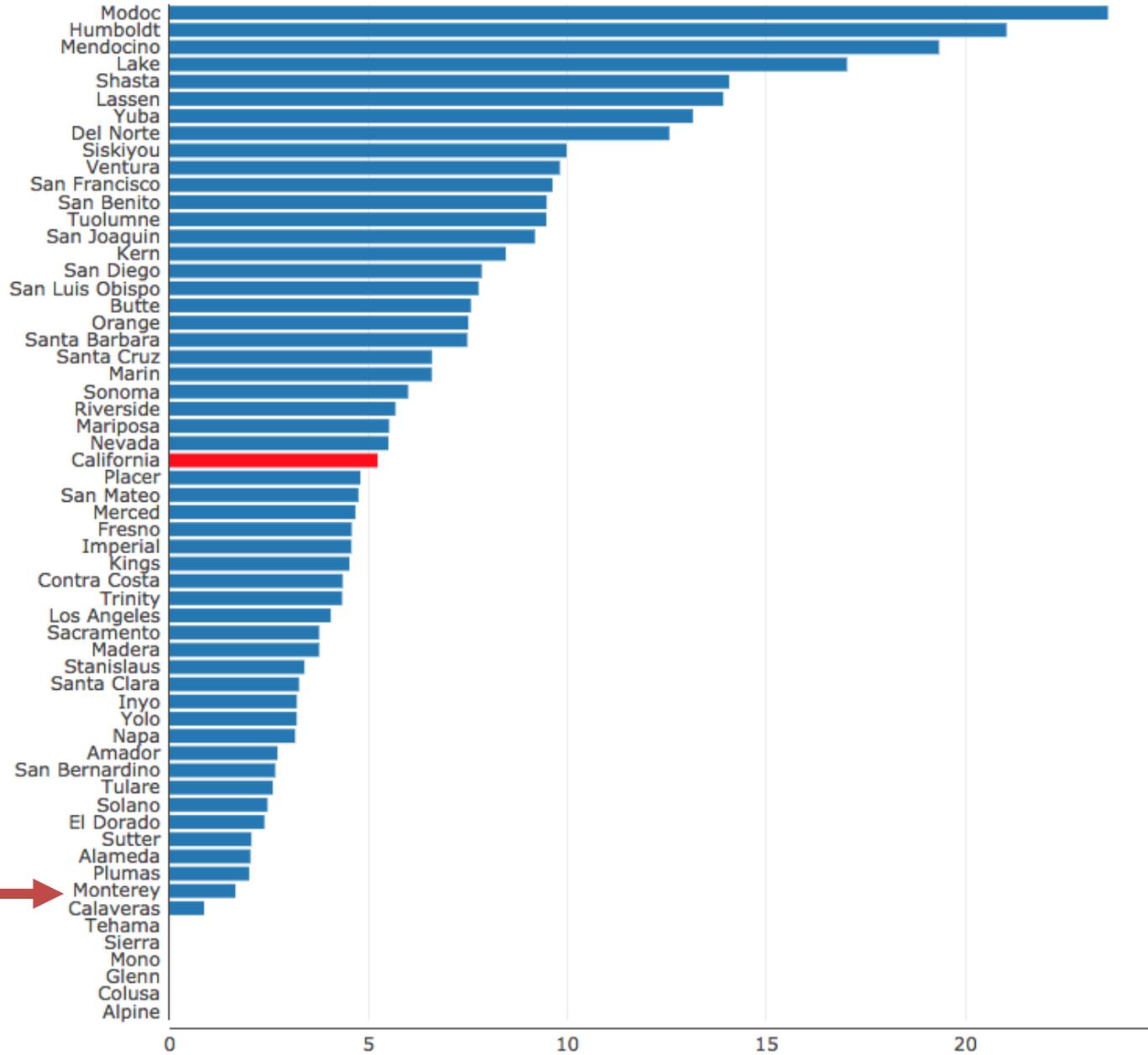


All Opioid Overdose: Age-Adjusted Rate per 100,000 Residents



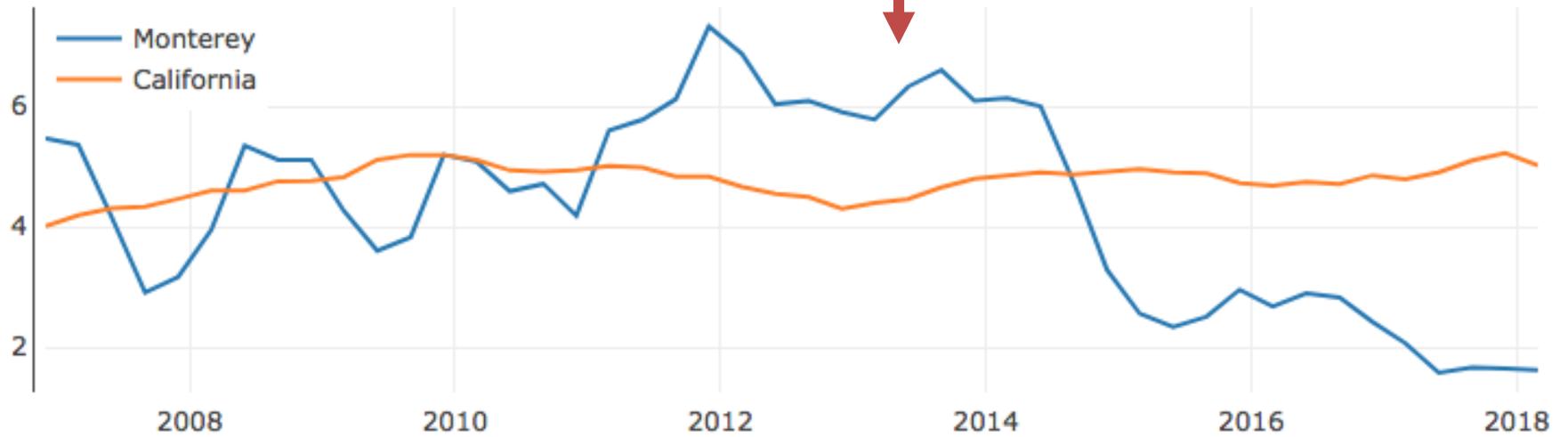


All Opioid Overdose: Age-Adjusted Rate per 100,000 Residents



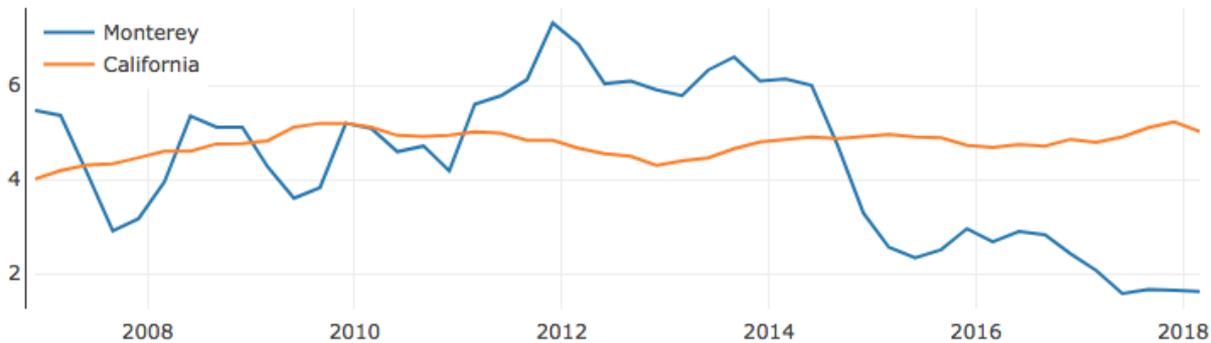
# Total Population : **All Opioid Overdose** Deaths : Age-Adjusted Rate per 100k Residents

Monterey vs. California



### Total Population : All Opioid Overdose Deaths : Age-Adjusted Rate per 100k Residents

Monterey vs. California



### Total Population : All Opioid Overdose Deaths : Age-Adjusted Rate per 100k Residents

Santa Cruz vs. California



### Total Population : All Opioid Overdose Deaths : Age-Adjusted Rate per 100k Residents

Santa Barbara vs. California



Questions/Comments  
Discussion

