

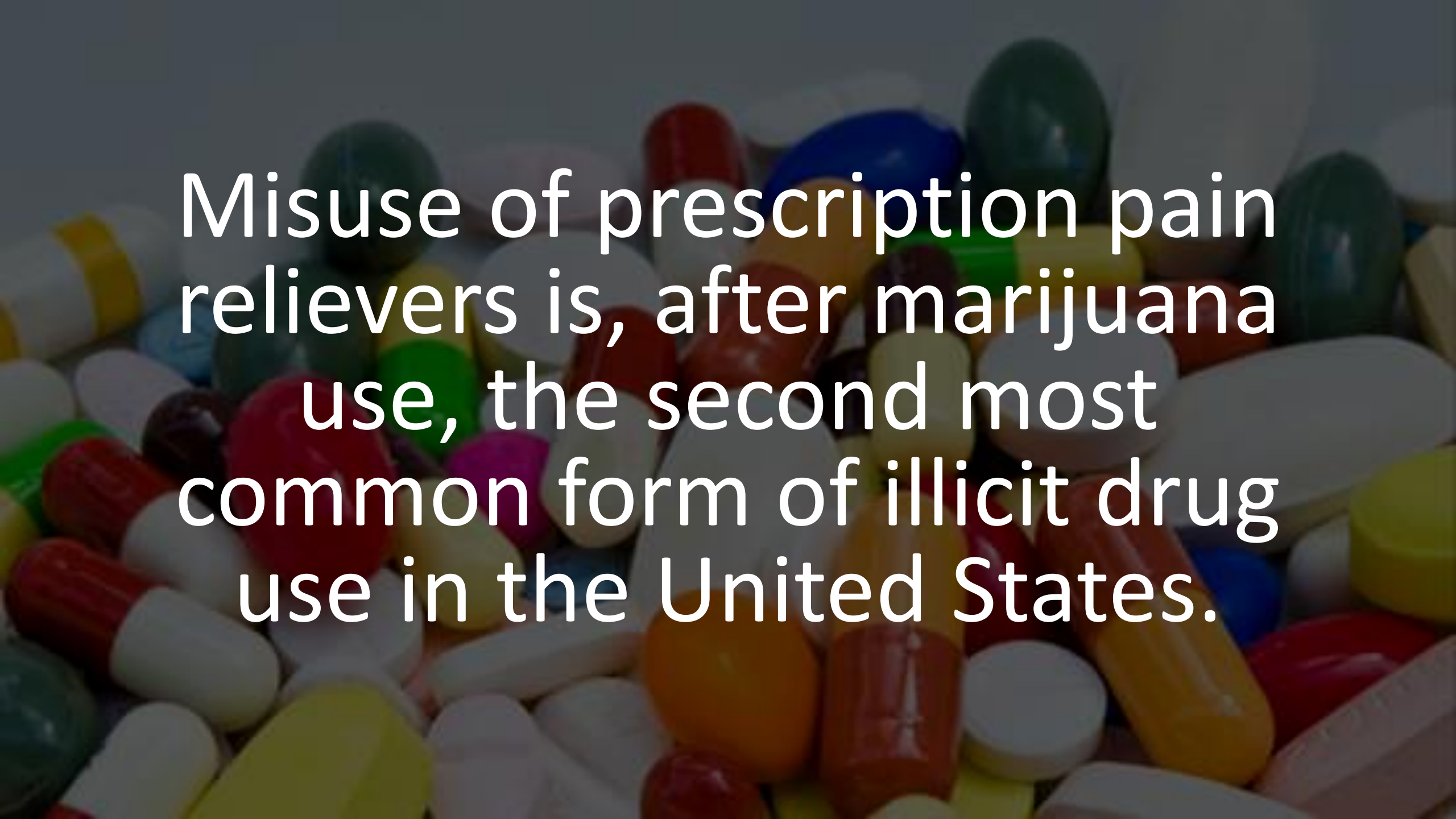


Prescription Drugs

MODULE 5

ALLIED TRADES ASSISTANCE PROGRAM

Preventative Education: Substance Use Disorder



Misuse of prescription pain relievers is, after marijuana use, the second most common form of illicit drug use in the United States.

Prescription drug abuse is on the rise in the United States. They are easier to get, and harder to get caught using.



"In 2015, an estimated

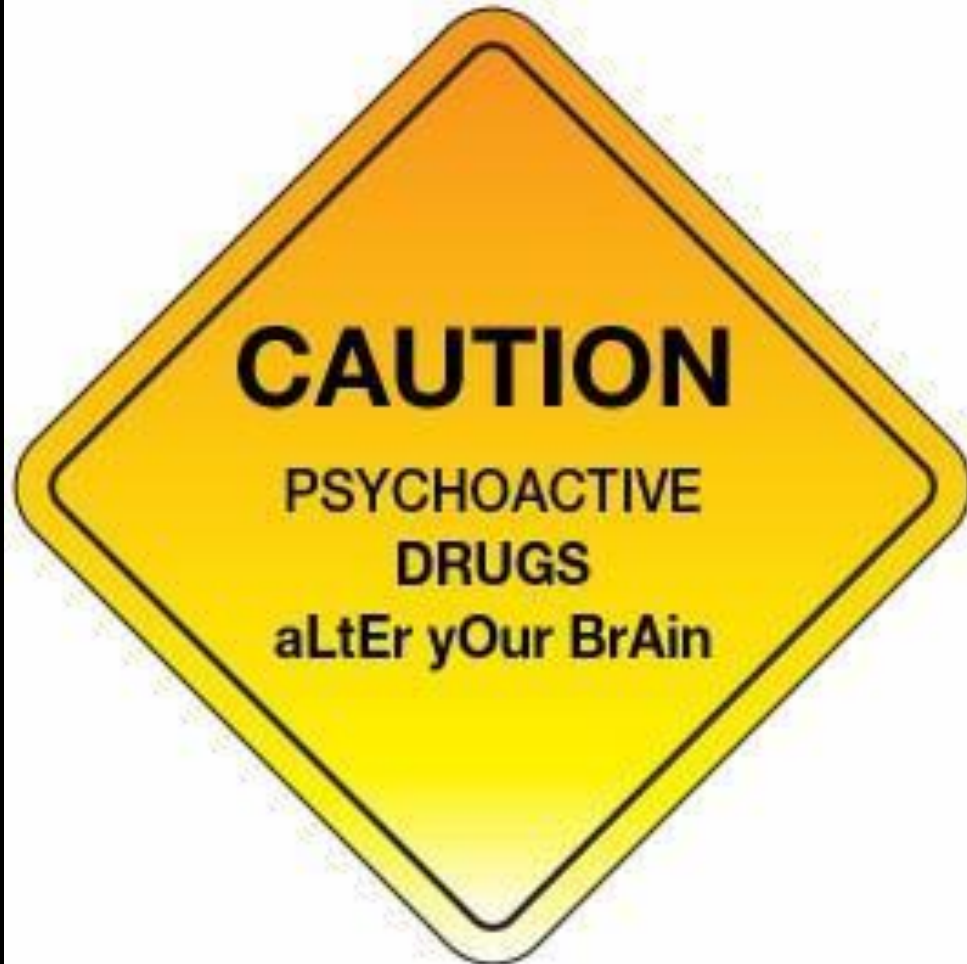


**6.4 MILLION
AMERICANS**



aged 12 or older were
current misusers of
psychotherapeutic drugs."

NCSL III



- Some medications have psychoactive (mind-altering) properties and, because of that, are sometimes abused—that is, taken for reasons or in ways or amounts not intended by a doctor, or taken by someone other than the person for whom they are prescribed.
- In fact, prescription and over-the-counter (OTC) drugs are, after marijuana (and alcohol), the most commonly abused substances by Americans 14 and older.

Did you know?

At least half of all
Americans take at least
one prescription drug,
with 1 in 6 taking three or
more medications.





10 

enter treatment for abuse

32 

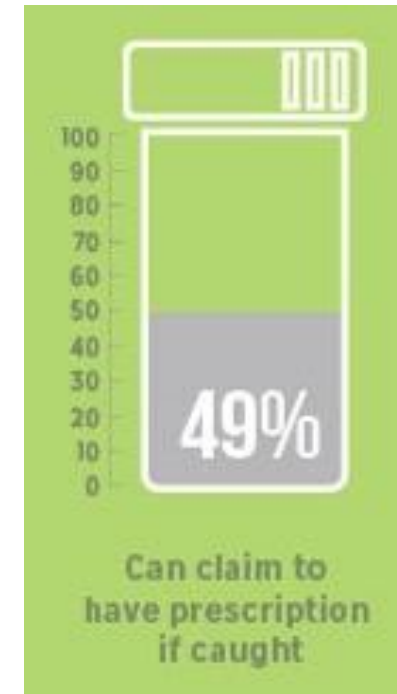
*visit emergency departments
for overdose, misuse or abuse*

130 

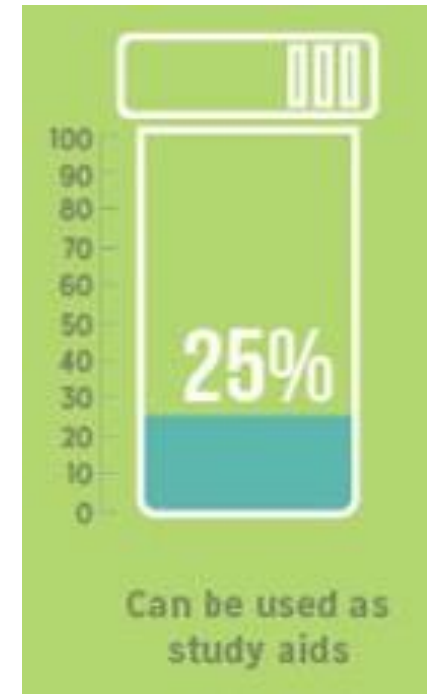
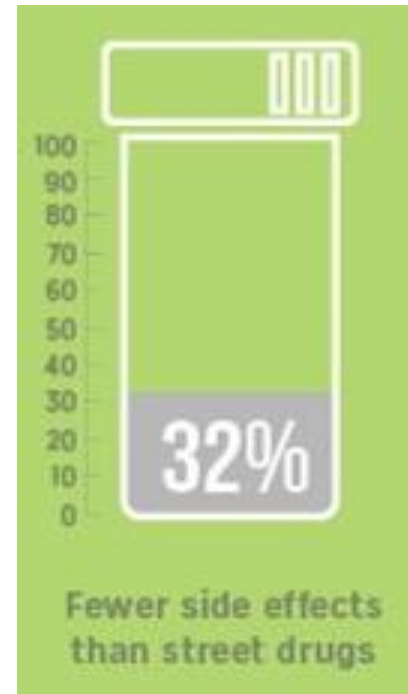
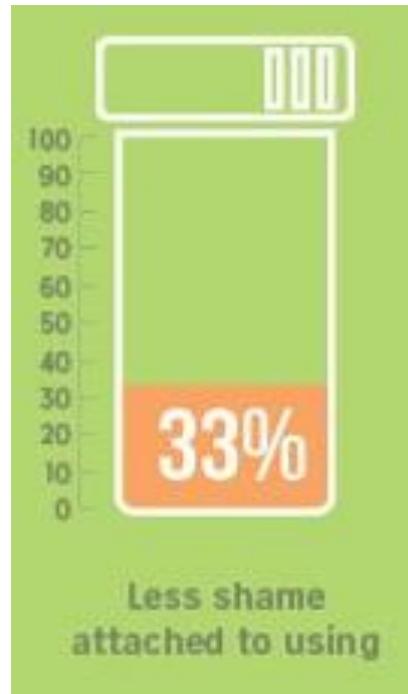
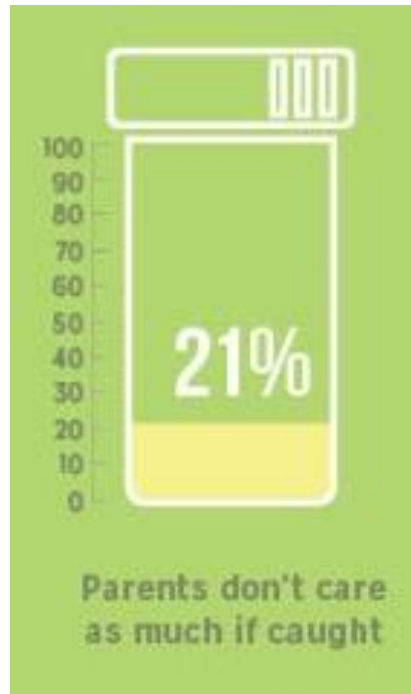
*abuse or misuse prescription
painkillers*

825 

*are non-medical users (individuals
without a prescription who use/abuse
prescription painkillers)*



REASONS TEENS USE PRESCRIPTION DRUGS



REASONS TEENS USE PRESCRIPTION DRUGS

The overuse of a wide variety of prescription drugs will soon surpass smoking as the number one health problem in America



Why is prescription drug abuse on the rise?

Most experts are unsure why prescription drug abuse is on the rise. It's thought, though, that because there are more drugs available to more people, the opportunity for abuse is greatly increased.

Doctors report writing more prescriptions for patients than ever before.

The prescription drugs most commonly abused fall into three general classes

- Opioids (prescribed for severe pain)
- Central Nervous System Depressants (prescribed for anxiety & sleep disorders)
- Stimulants (prescribed for ADHD, Narcolepsy, and obesity)



| Opioids
include:

Fentanyl (Duragesic®)

Hydrocodone (Vicodin®)

Oxycodone (OxyContin®)

Oxymorphone (Opana®)

Propoxyphene (Darvon®)

Hydromorphone (Dilaudid®)

Meperidine (Demerol®)

Diphenoxylate (Lomotil®)

| How Opioids work:

Since the early 1990s, doctors' prescriptions for opioid medications have greatly increased. That increase can be attributed to an aging population and a greater prevalence of chronic pain.

When they are taken as prescribed, opioids and other painkillers manage pain quite effectively. They can improve quality of life for people with chronic pain.

However, when used long-term, opioids may lead to drug abuse with physical dependence and/or addiction

| How Opioids work:

Opioids can also be life threatening in an overdose. When they are taken with substances that depress the central nervous system there is a greatly increased risk of respiratory depression, even death.



Opioids induce a euphoric feeling that's usually mild.

Central
Nervous
System (CNS)
Depressants
include:

01

Pentobarbital
sodium
(Nembutal®)

02

Diazepam
(Valium®)

03

Alprazolam
(Xanax®)

How CNS Depressants work:

Benzodiazepines depress the central nervous system (CNS). They are used by millions in the U.S. to treat anxiety and sleep disorders, including insomnia.

These CNS depressants affect the brain neurotransmitter GABA (gamma-aminobutyric acid). GABA works by decreasing brain activity, which results in a drowsy or calming effect.

How CNS
Depressants work:

Barbiturates, including amobarbital (Amytal), pentobarbital (Nembutal), phenobarbital (Luminal), and secobarbital (Seconal), are also CNS depressants. They are commonly used for anesthesia and are prescribed to treat seizures and, occasionally, insomnia or anxiety on a short-term basis.

How CNS Depressants work:

- Taking CNS depressants for a few days to a few weeks may help you feel calm and sleepy. After a while, however, you may need larger doses to get the same calm and sleepy feeling.
- In addition, using CNS depressants with alcohol can slow down your heart and breathing and lead to death.
- After taking CNS depressants for a long period of time, stopping suddenly can have life-threatening consequences such as withdrawal seizures.

Stimulants include:

- Dextroamphetamine (Dexedrine)
- Methylphenidate (Ritalin[®] and Concerta)
- Amphetamines (Adderall)



How Stimulants work:

- Initially, stimulants were used to treat asthma and obesity. Today, stimulants are prescribed to treat problems such as ADHD, ADD, depression, narcolepsy, and other problems.
- Stimulants give your body a fast jumpstart, causing a great increase in alertness, energy, and attention.
- Stimulants increase heart rate, blood sugar, and blood pressure, constrict blood vessels and open the pathways of the respiratory system.

How Stimulants work:

- Taken appropriately and under a doctor's supervision, these drugs and other stimulants are safe. When they are abused - for instance, by taking the drugs in higher doses or crushing the pills to get a high - they have the potential for addiction and ongoing abuse.
- Using stimulants with decongestants may cause irregular heart rhythms and high doses of stimulants can cause high body temperatures.

PATTERNS OF USAGE

Vicodin, Lortab or
Lorcet: 13.1 - 15.7
million

Percocet,
Percodan or Tylox:
9.7 - 10.8 million

Hydrocodone: 4.5
– 5.7 million

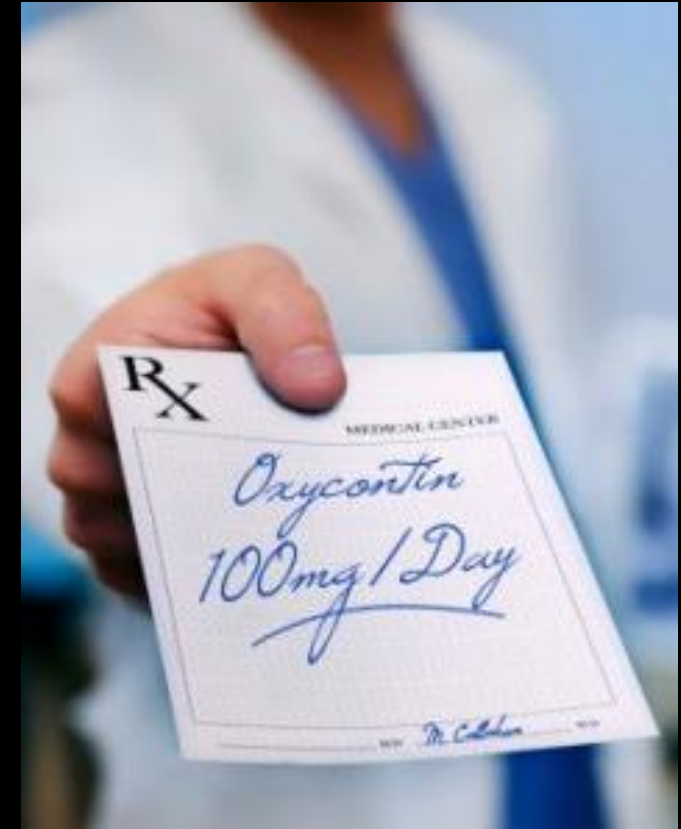
Oxycontin: 1.9 –
2.8 million

Methadone: 0.9 –
1.2 million

Tramadol: 52,000
– 186,000

What is Prescription Drug Abuse?

- Multiple doctor shopping
- Forged prescriptions
- Illegal online pharmacies
- Theft (hospitals, residences, pharmacies)
- Obtaining from family & friends
- Over prescribing by physicians
- Physicians selling drugs



Did you know?

Doctors often
turn patients
away due to the
potential for
abuse of these
highly addictive
substances.

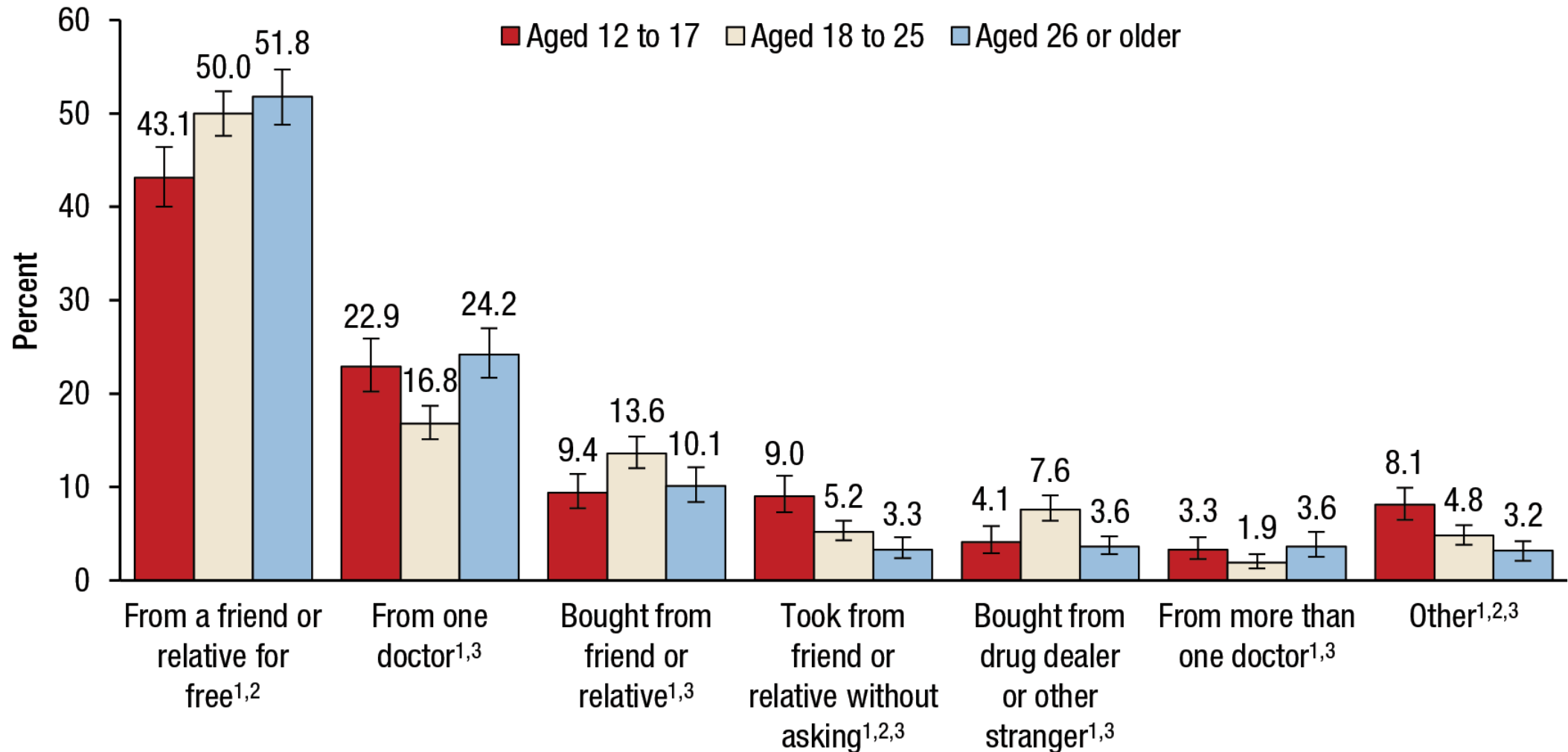


Did you know?

Hundreds of
internet sites sell
these drugs
WITHOUT a
prescription.



Source of prescription pain relievers for the most recent nonmedical use among past year users aged 12 or older, by age group: annual averages, 2013 and 2014



- Prescription drug abuse can lead to vomiting, mood changes, decrease in ability to think, and even decreased respiratory function, coma, or DEATH.
- Every single day there are reports of deaths of accidental overdose of prescription drugs. In most cases, the individual was abusing multiple prescription drugs.

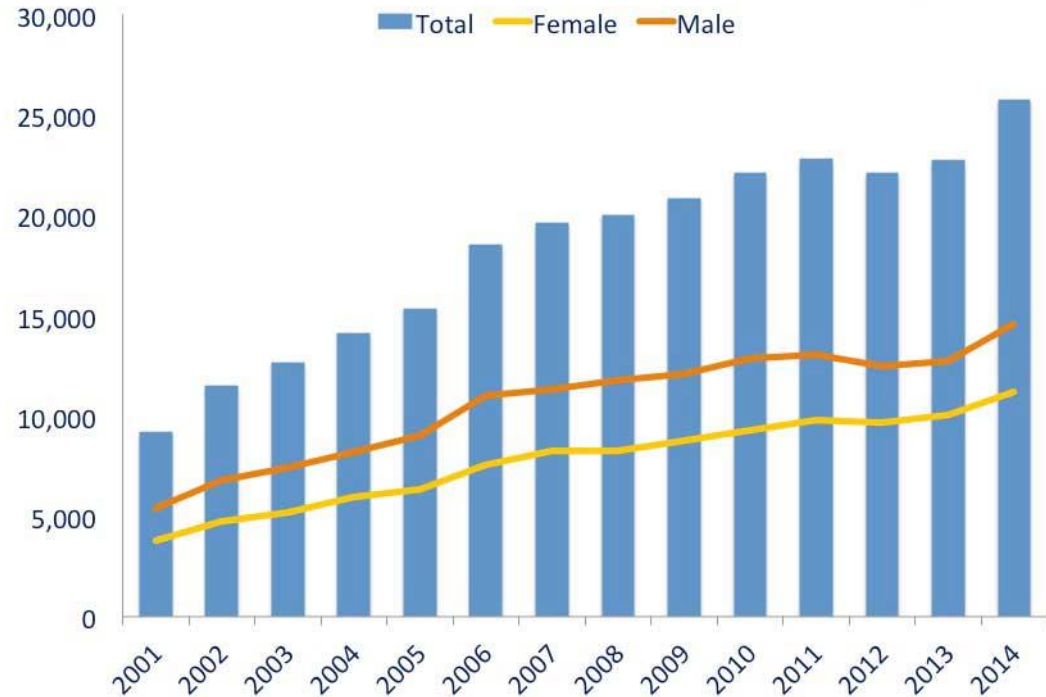


As of 2012,
overdose deaths
involving
prescription opioid
analgesics, which
are medications
used to treat pain,
have increased to
almost 17,000
deaths a year in the
United States



National Overdose Deaths

Number of Deaths from Prescription Drugs



Source: National Center for Health Statistics, CDC Wonder

| Addressing the Problem

Checking pharmacist records

Keeping track of patients that
require prescription drugs

Maintain records of all
electronically prescribed drugs

Target internet pharmacies and
doctors who work for them

CHARGES

- There are many ways that prescription drugs can get you into trouble with the law. The truth is: you can even face charges when the prescription is yours and it was written for a completely valid cause. While the laws vary widely from state to state, some common prescription drug crimes include:
- Possession of a prescription drug without a lawful prescription
- Obtaining prescription drugs by fraud
- Forging a prescription
- Selling prescription drugs, whether the original prescription is yours or not
- Driving under the influence of prescription drugs
- Doctor “shopping” (going to multiple doctors to obtain multiple prescriptions)

PENALTY

For other narcotic drugs, the defendant can be charged with a felony and may receive a sentence of up to fifteen years in prison and/or a fine of up to \$250,000 or more if necessary to exhaust the assets and profits built up from the illegal activity. Depending on the type of drug, the amount found in possession, and the classification the state puts them in, penalties may range from minor probation or fines to lengthy periods in jail and large fines.

U.S. Food & Drug Administration (FDA) Safety Guidelines

01

Always follow the prescription medication directions carefully.

02

Do NOT increase or decrease medication doses without talking with your doctor first.

03

Never stop taking medication on your own.

04

Do NOT crush or break pills (especially important if the pills are time-released).

FDA Safety Guidelines continued

01

Be clear about the drug's effects on driving and other daily tasks.

02

Learn about possible interactions of the prescription medicine with alcohol and other prescription and over-the-counter (OTC) drugs.

03

Talk honestly with your doctor about any history of substance use.

04

Never allow other people to use your prescription medications and do not take theirs.

Play it Safe, Ask Questions

The FDA created
a checklist
stating: What to
ask your doctor
before taking
opioids:

- ✓ **Opioids** (such as hydrocodone, oxycodone, codeine and morphine) **are not right for everyone.** They can have some very serious side effects. Ask your health care provider these questions **BEFORE** taking opioids.

What to Ask Your Doctor Before Taking Opioids: A Checklist

- ☐ Why do I need this medication – is it right for me?
- ☐ How long should I take this medication?
- ☐ Are there non-opioid alternatives that could help with pain relief while I recover?
- ☐ How can I reduce the risk of potential side effects from this medication?
- ☐ What if I have a history of addiction with tobacco, alcohol or drugs?
- ☐ What if there is a history of addiction in my family?

What to Ask Your Doctor Before Taking Opioids: A Checklist

- ☐ Could this treatment interact with my other medicine for anxiety, sleeping problems, or seizures?
- ☐ Can I share this medication with someone else? Why not?
- ☐ How should I store my opioid medication to prevent other people from taking it?
- ☐ What should I do with unused opioid medicine?
- ☐ Can I have an Rx for naloxone?

If you or someone you know is suffering from substance use or mental health issues, reach out to someone for assistance.

-Your EAP can help-



www.alliedtrades-online.com

Resources

- <http://www.drugabuse.gov/related-topics/trends-statistics/infographics/popping-pills-prescription-drug-abuse-in-america>
- <http://www.drugabuse.gov/drugs-abuse/prescription-drugs-cold-medicines>
- <http://www.webmd.com/mental-health/addiction/abuse-of-prescription-drugs>
- <http://statelaws.findlaw.com/pennsylvania-law/pennsylvania-drug-possession-laws.html>
- <http://www.drugpossessionlaws.com/prescription-drug-charges/#>

Video Resources

- https://www.samhsa.gov/data/sites/default/files/report_2686/ShortReport-2686.html
- Published on Dec 1, 2014
- This video discusses the signs and symptoms of prescription drug abuse in students.
- Visit www.securxinschools.com for more information and resources to prevent prescription drug diversion and abuse in schools.
- This project has been developed with federal funds from the National Institute on Drug Abuse, National Institutes of Health, Department of Health and Human Services, under Contract No. HHSN27120120023C.
- www.youtube.com/watch?v=16YhXNIC414