THE NEED FOR AN ETHICAL APPROACH TO PAIN MANAGEMENT

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Pain and Pain Killers

PRESCRIPTION OPIATES

New Directions Please!

Brief History

- Chronic Pain affects 100 million Americans, more than Diabetes, Heart Disease, and Cancer combined.
- Economic toll based on loss of productivity and increased health care costs estimated at $560-635 Billion Annually. About $2,000 for everyone living in the US
- 1996-Dr. James Campbell gives an address to the American Pain Society and states, “If pain were assessed with the same zeal as other vital signs, it would have a much better chance of being treated properly.” Pain as the 5th Vital sign is coined.

Opiate Availability

2010- Enough Opiates available to the General Public to medicate every adult in America with 5mg of Hydrocodone every 4 hours for an entire month

Current CDC Statistics

- In 2012 there were 41,502 Drug Overdose deaths in the United States
- (53%) 22,114 were due to prescription pharmaceuticals
- Of the 22, 114 deaths, (72%) or 16,007 involved opiates, (30%) or 6,524 involved benzodiazepines, some deaths involved more than one drug
- 259 million prescriptions for pain killers were written by health care providers in the same year
- 44 people die every day from prescription pain killers

Where Do They Go?

- Obtained free from friend or relative, 55.0%
- Prescribed by one doctor, 17.3%
- Bought from a drug dealer or stranger, 4.4%
- Got from a drug dealer or stranger without asking, 4.8%
- Other source, 7.1%
Cumulative Effects

Montana’s Drug Overdose Rate 2008

Quantities of Prescription Painkillers Sold

Progressed is Being Made

Montana’s Progress on Prescriptions

Montana’s Progress on Mortality
Prior to 1999, Montana’s Drug Overdose Death Rate was 4.6/100,000 people. The current rate of 12.9/100,000 people, is a far cry from previous rates in Montana. The increase in Mortality rates, has been largely fueled by the increase in sales of Opiates, for the management of Chronic Non-Cancer Pain.

**Applying Ethical Principles**

- 1. Beneficence
- 2. Nonmaleficence
- 3. Autonomy
- 4. Justice

**Application of Beneficence**

Definition- acting in the best interest of the patient and society

Monitoring for beneficence- the 5 (A’s)
- Analgesia
- Activity
- Affect
- Adverse Reactions
- Aberrant Behavior

**Application of Nonmaleficence**

Definition- not causing harm to the patient or society

Monitoring for nonmaleficence:
- Obtain the story
- Prescription Drug Registries
- Liquid Chromatography/Mass Spectrometry
- Pill Counts +/-
Application of Justice

Definition - providing fair and equal treatment for all, with due reward and honor. Treating others in a non-prejudicial manner.

Monitoring for Justice
- Avoid Stereotyping and Profiling
- Peer Review
- Treat chronic pain as other chronic disease states

Medicine is not Practiced in a Vacuum

- Newton’s Third Law of Physics: For every action, there is an equal and opposite reaction

Medicine is Practiced in a Community

<table>
<thead>
<tr>
<th>Conversations to Consider</th>
<th>Partnerships to Consider</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fellow Colleagues</td>
<td>Local Government’s</td>
</tr>
<tr>
<td>Local Emergency Rooms</td>
<td>Local School’s</td>
</tr>
<tr>
<td>Mental Health Agencies</td>
<td>Local Hospital’s</td>
</tr>
<tr>
<td>Drug Rehabilitation Centers</td>
<td>Local Pharmacies</td>
</tr>
<tr>
<td>Community Organizations</td>
<td>Health Departments</td>
</tr>
<tr>
<td></td>
<td>Local Law Enforcement</td>
</tr>
</tbody>
</table>

In Conclusion

- The MMA believes that we can make Montana an even safer and healthier place to live, work and play.

The Big Picture