

# THE OPIOID CRISIS & THE AUDACITY OF HOPE

THE MANITOBA OPIOID ATLAS IN REVIEW

Sept 29, 2020

Jamie Falk & Shawn Bugden

# CONFLICT OF INTEREST

- Presenters: **Jamie Falk & Shawn Bugden**
- Relationships with commercial interests:  
**We have no conflicts to disclose**





# OBJECTIVES

1. Discuss how the Manitoba Opioid Atlas was developed and is maintained.
2. Identify trends in opioid use and consumption over time in Manitoba.
3. Identify current trends to keep an eye on.
4. Determine how the atlas can be used by regulators, policy makers, and clinicians.





# THERE IS NO HOPE

- Global Pandemic
- Significant Race Relations Issues
- Environmental Issues – Global Warming
- Wild Fires
- Hurricanes





# OPIOID CRISIS

- Per capita consumption of opiates increasing...

Canadian prescription opioid use has **increased by 70%** since 2008





# OPIOID EPIDEMIC



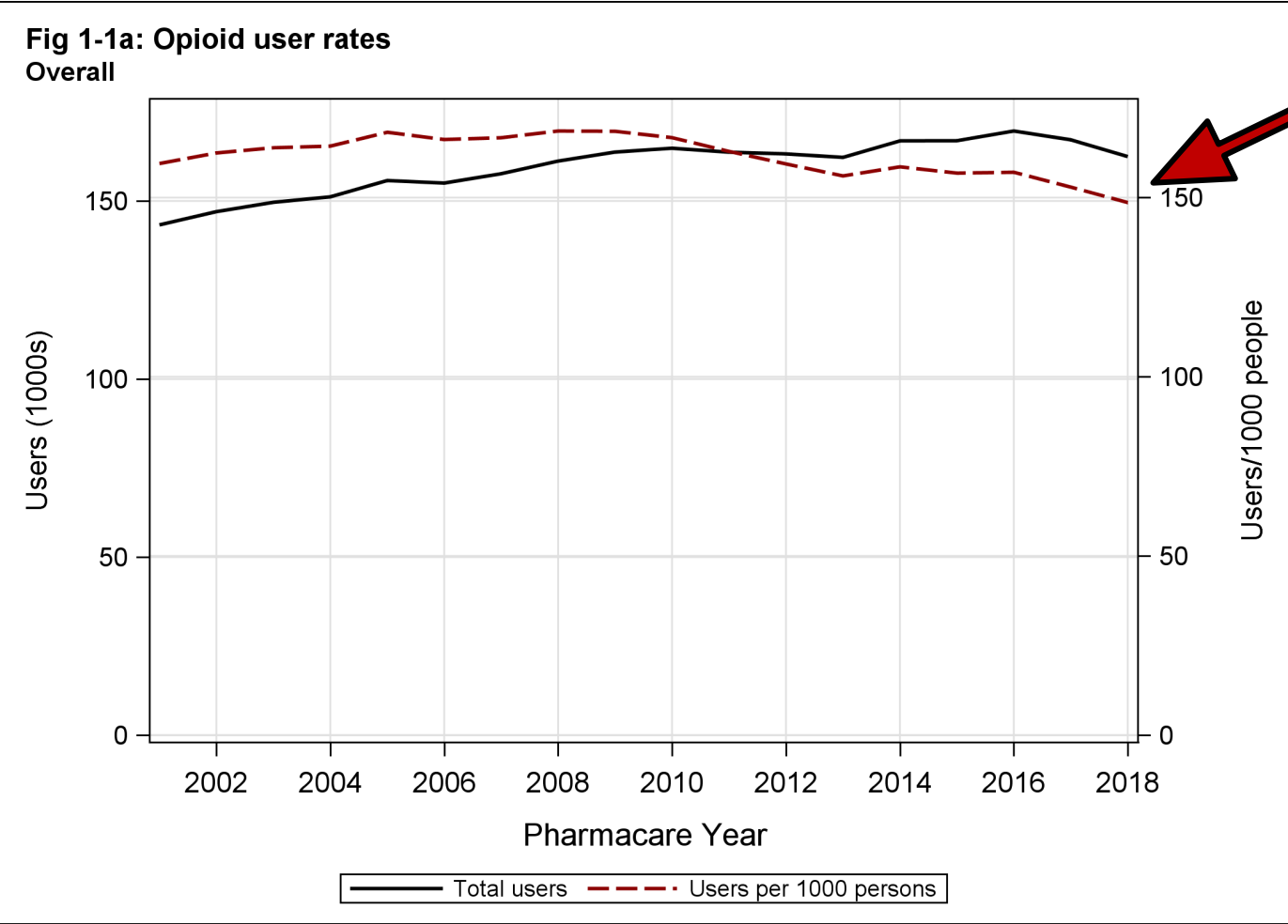
## **Deadly prescription opioid epidemic must be stopped**

*An estimated 10,000 to 20,000 Canadians have died from opioids since 1995, and an untold number now suffer from addiction*

**By Dr. David Juurlink  
Professor and head  
Division of Clinical Pharmacology  
University of Toronto**



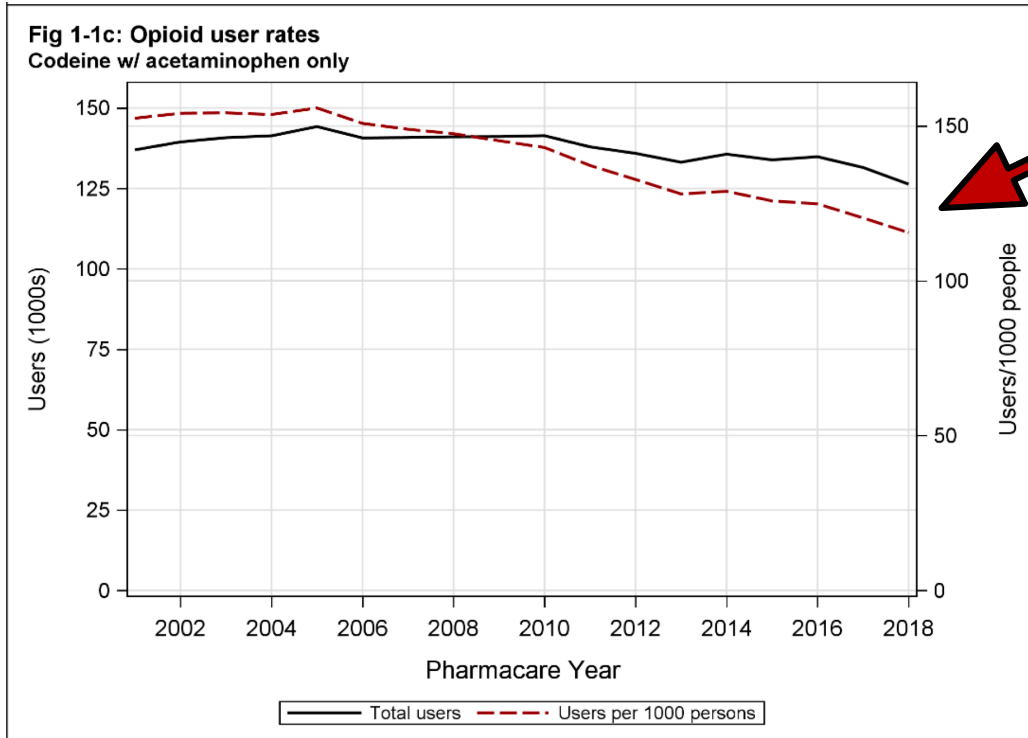
# PEOPLE WHO USE OPIOIDS



**15%**

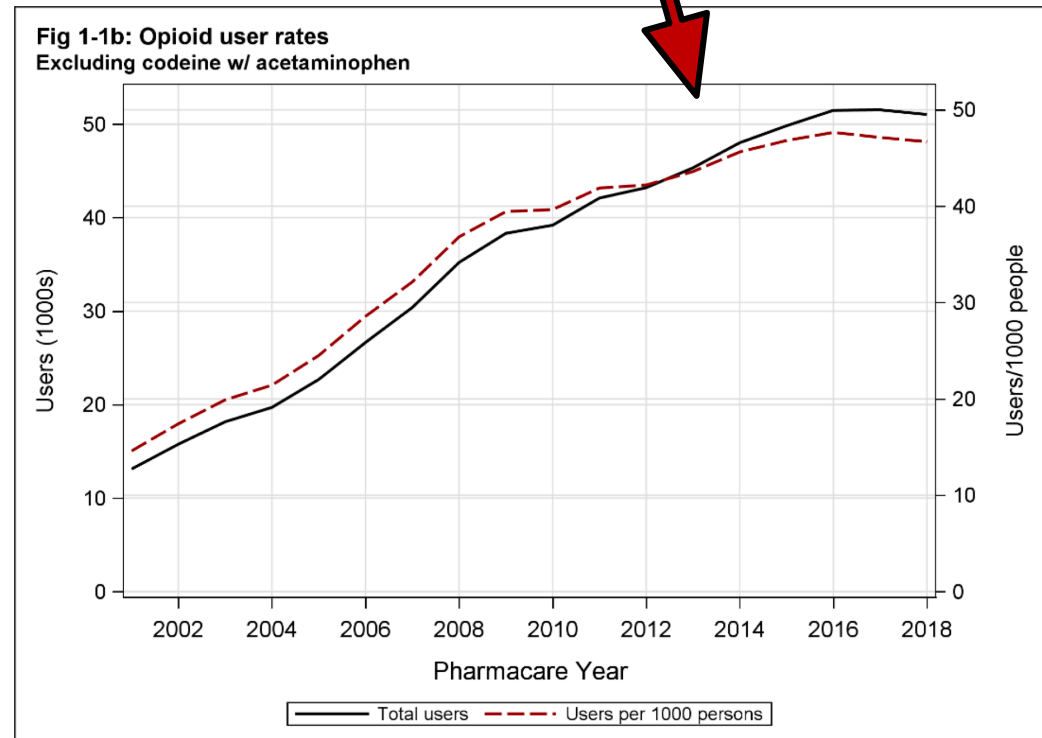


# WHAT ARE PEOPLE USING?



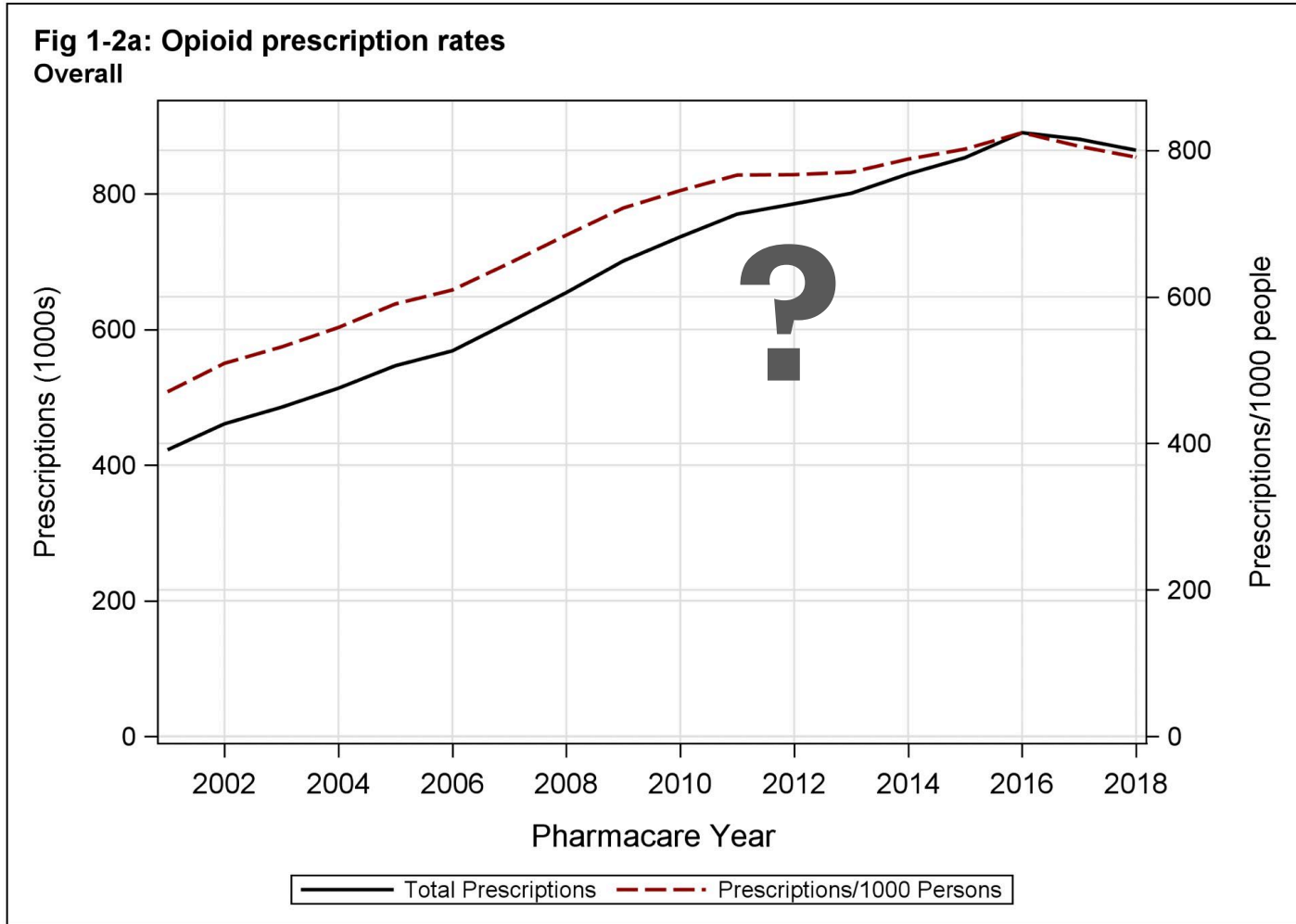
**codeine**

**everything else**



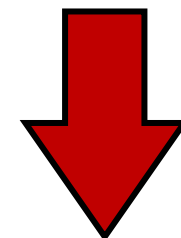
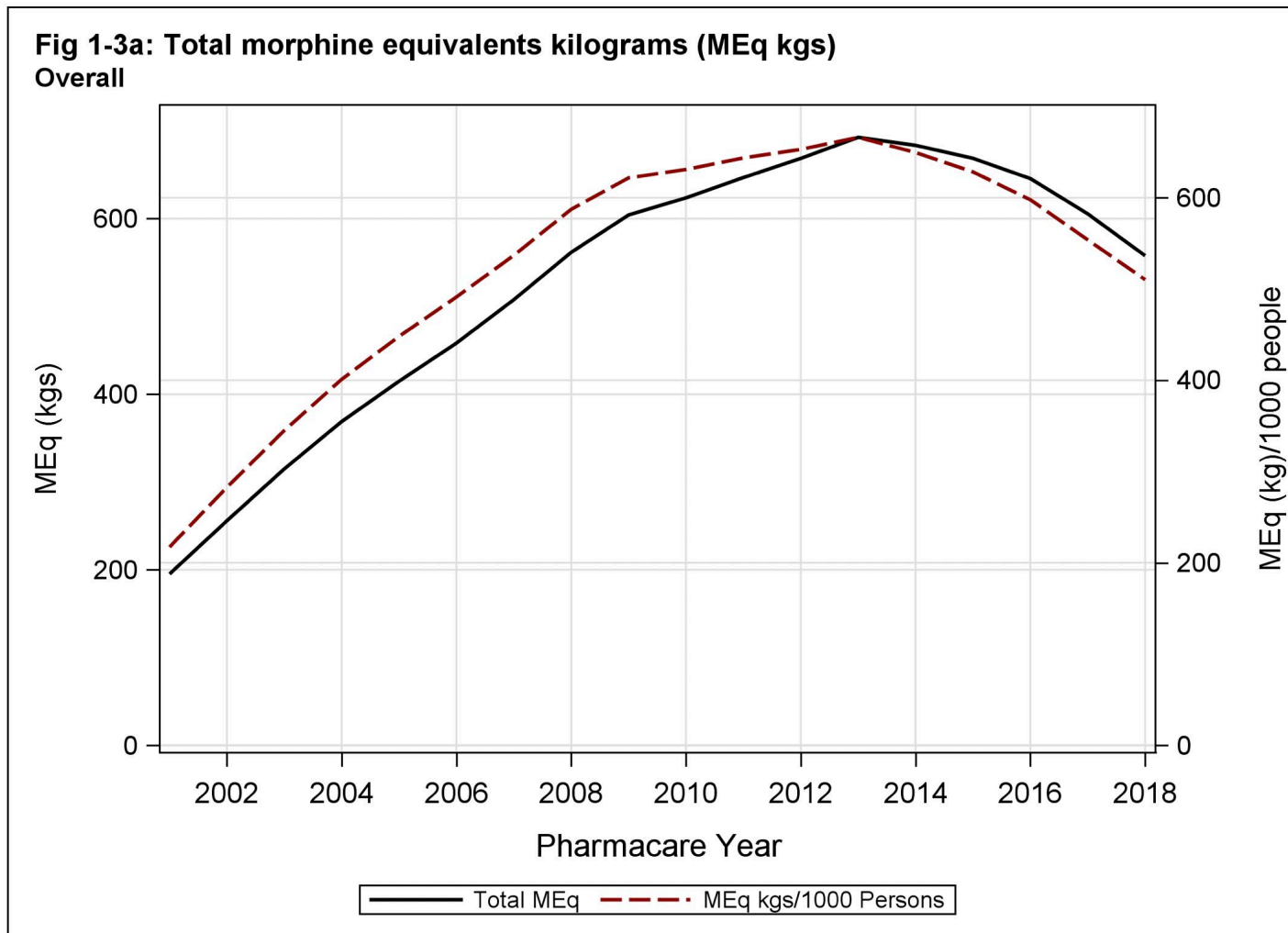


# PRESCRIPTIONS NUMBERS?



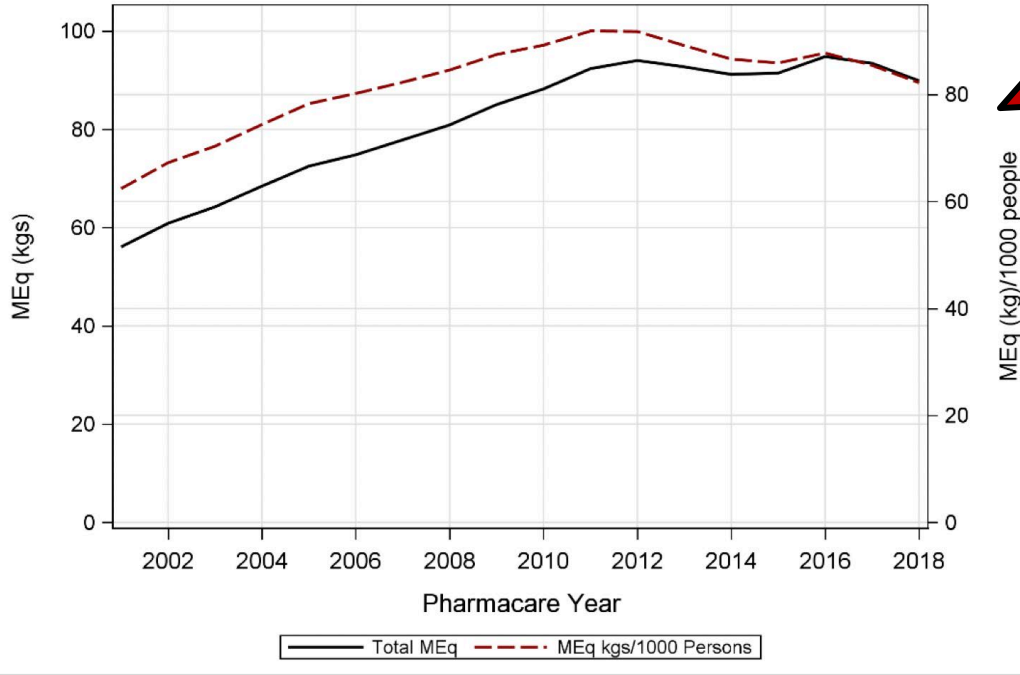


# ~~POUNDAGE KG-AGE~~



# ~~POUNDAGE KG-AGE~~

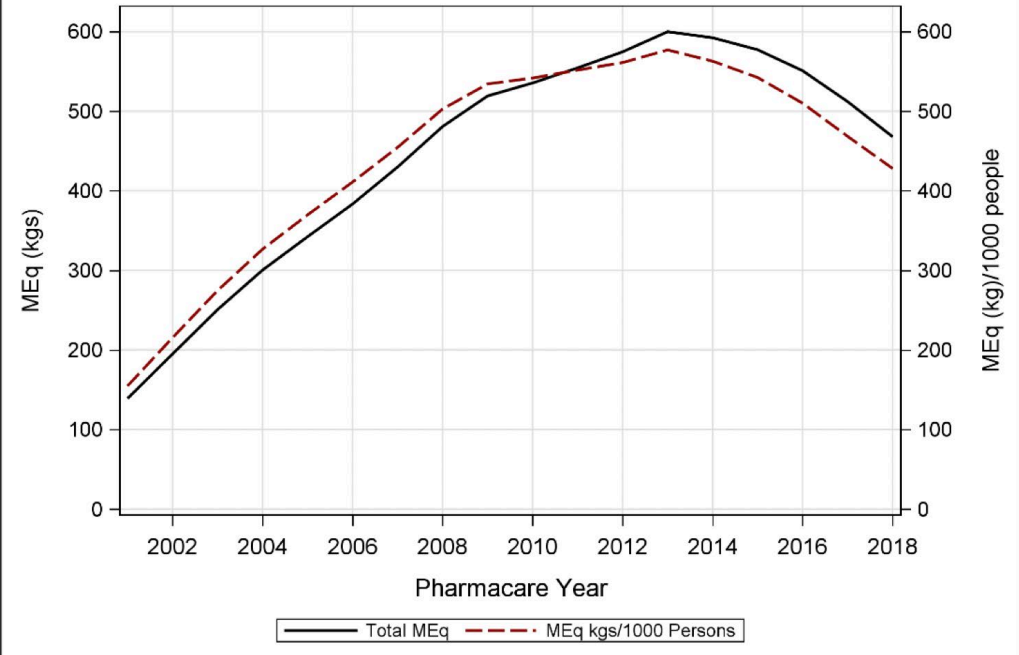
Fig 1-3c: Total morphine equivalents kilograms (MEq kgs)  
Codeine w/ acetaminophen only



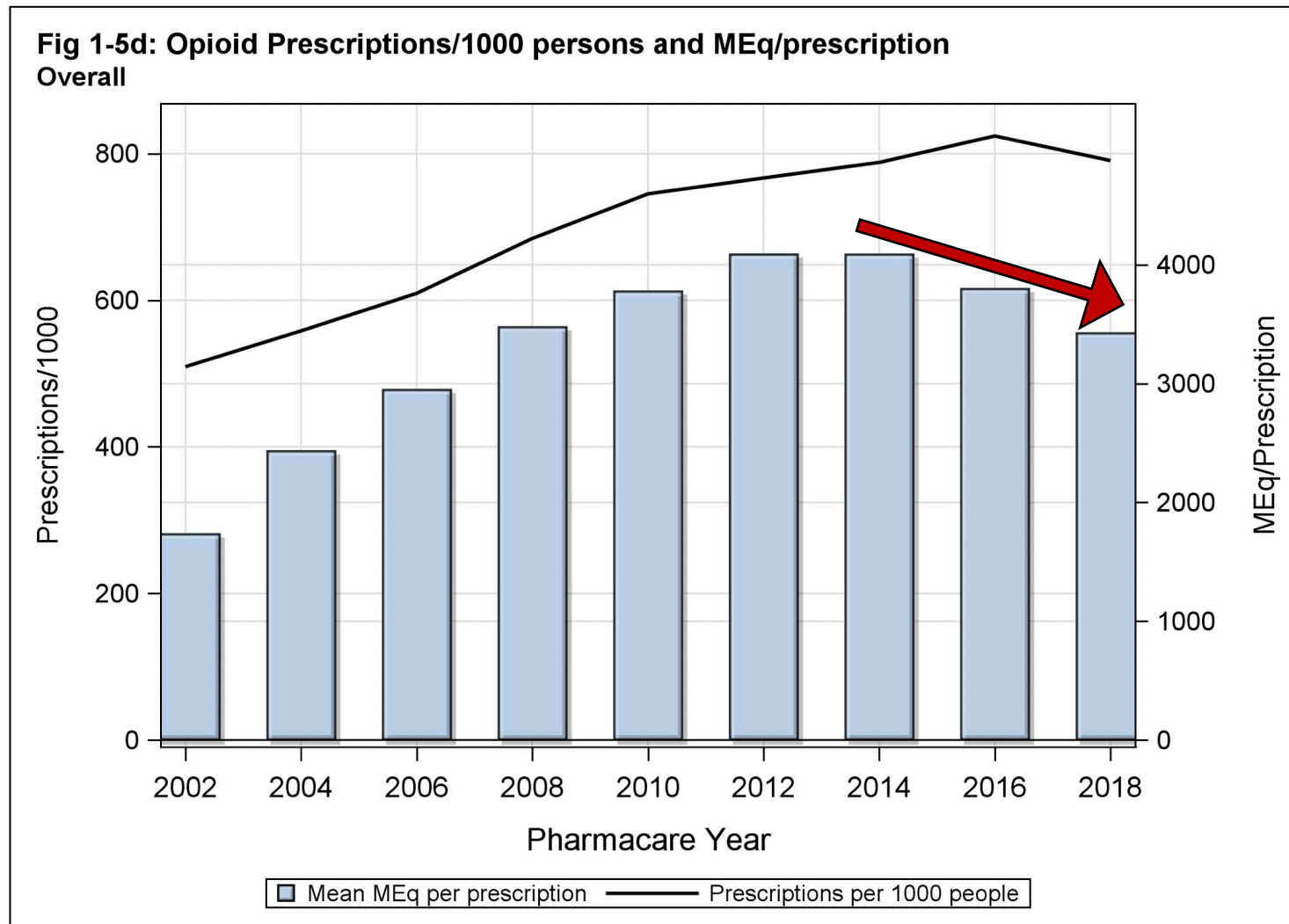
**codeine**

**everything else**

Fig 1-3b: Total morphine equivalents kilograms (MEq kgs)  
Excluding codeine w/ acetaminophen



# PRESCRIPTIONS NUMBERS



# “TYLENOL” #1, #2, #3





# EXEMPTED CODEINE PRODUCTS



**After February 2016 these exempted codeine products could only be dispensed with a prescription from a practitioner (under Controlled Drugs and Substances Act – CDSA) or a pharmacist.**

**It was then required that all low-dose codeine products be entered into the Drug Program Information Network (DPIN) System.**





# EXEMPTED CODEINE PRODUCTS

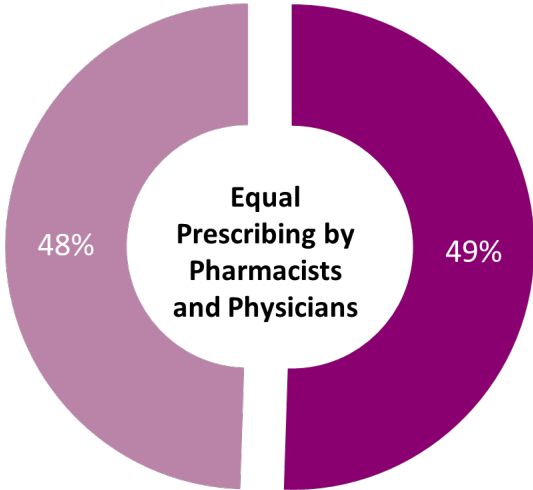


### Year Before

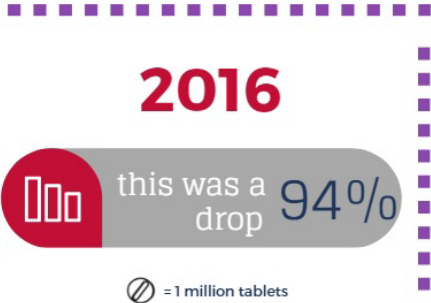
Sales data reported

**52.5 million**

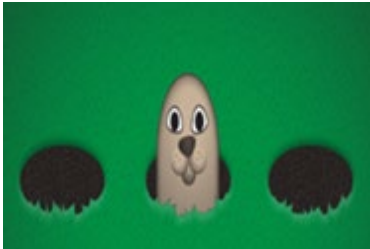
low-dose codeine tablets  
sold in Manitoba



- Pharmacists
- Physicians

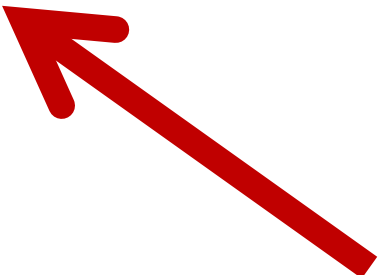
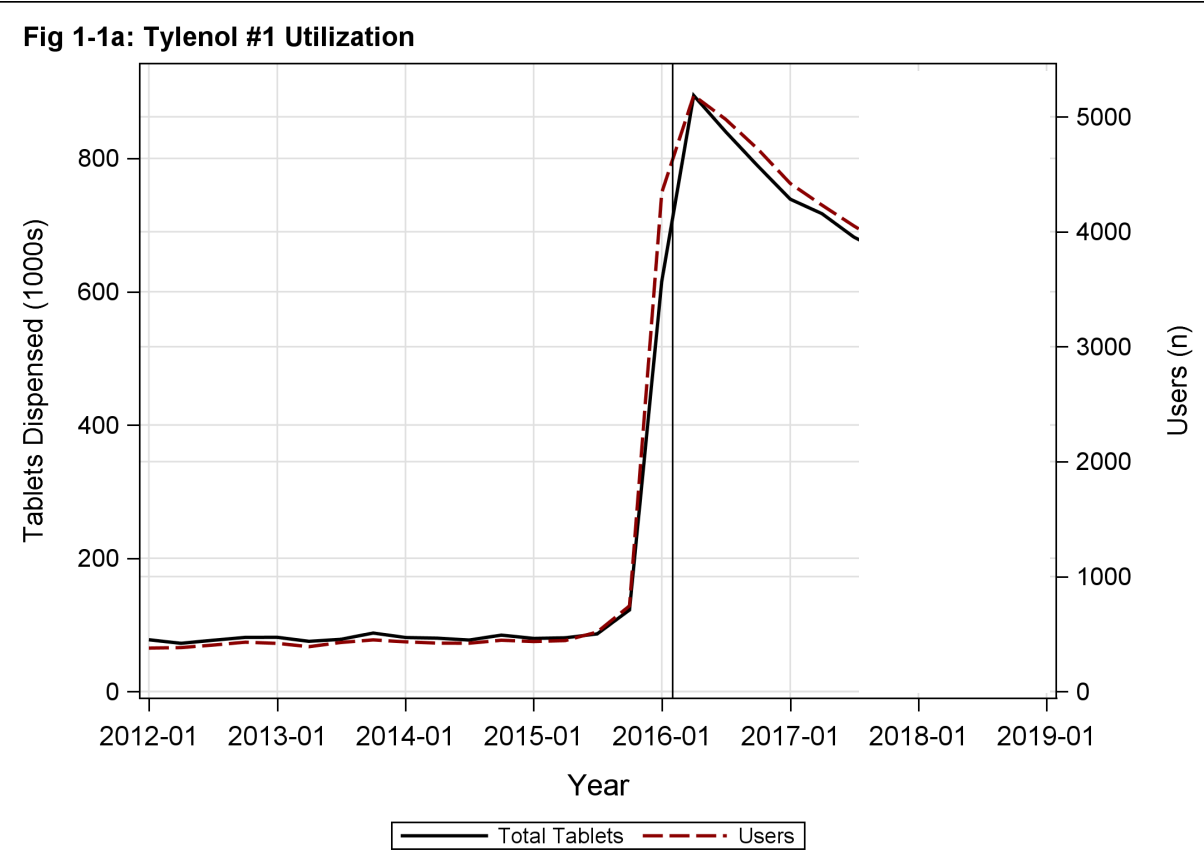


**Year After**  
**3.3 million**  
tablets were sold after  
the policy change





# EXEMPTED CODEINE PRODUCTS



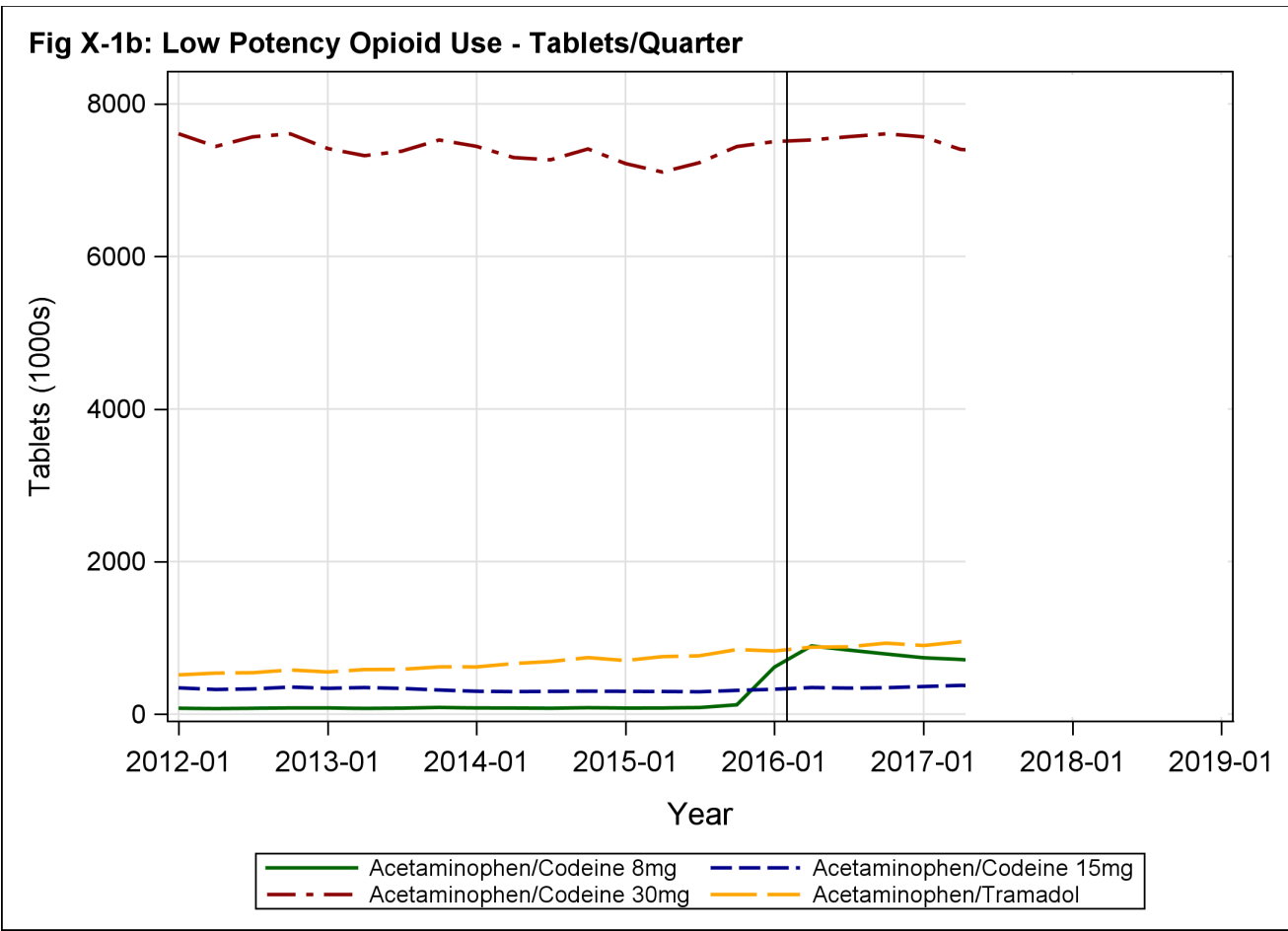
Decline in Low-Dose Prescribing



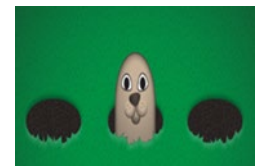




# EXEMPTED CODEINE PRODUCTS

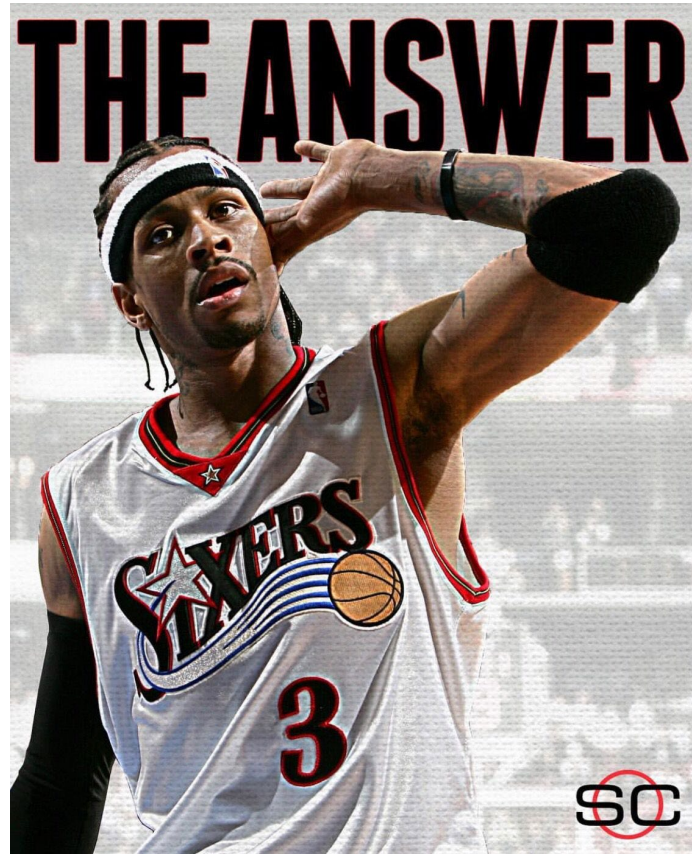


No change in Higher Strength Opioids



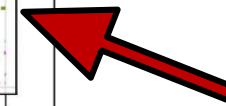
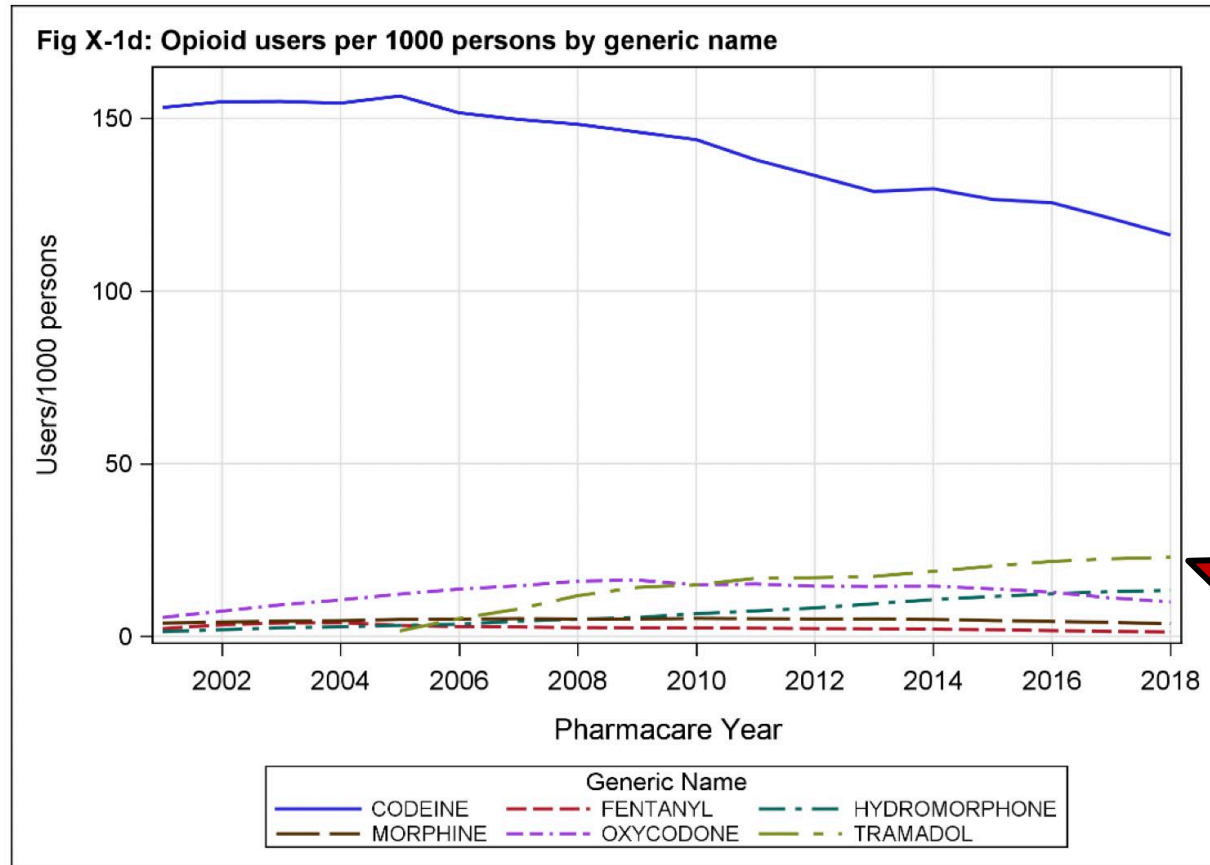


# THE ANSWER



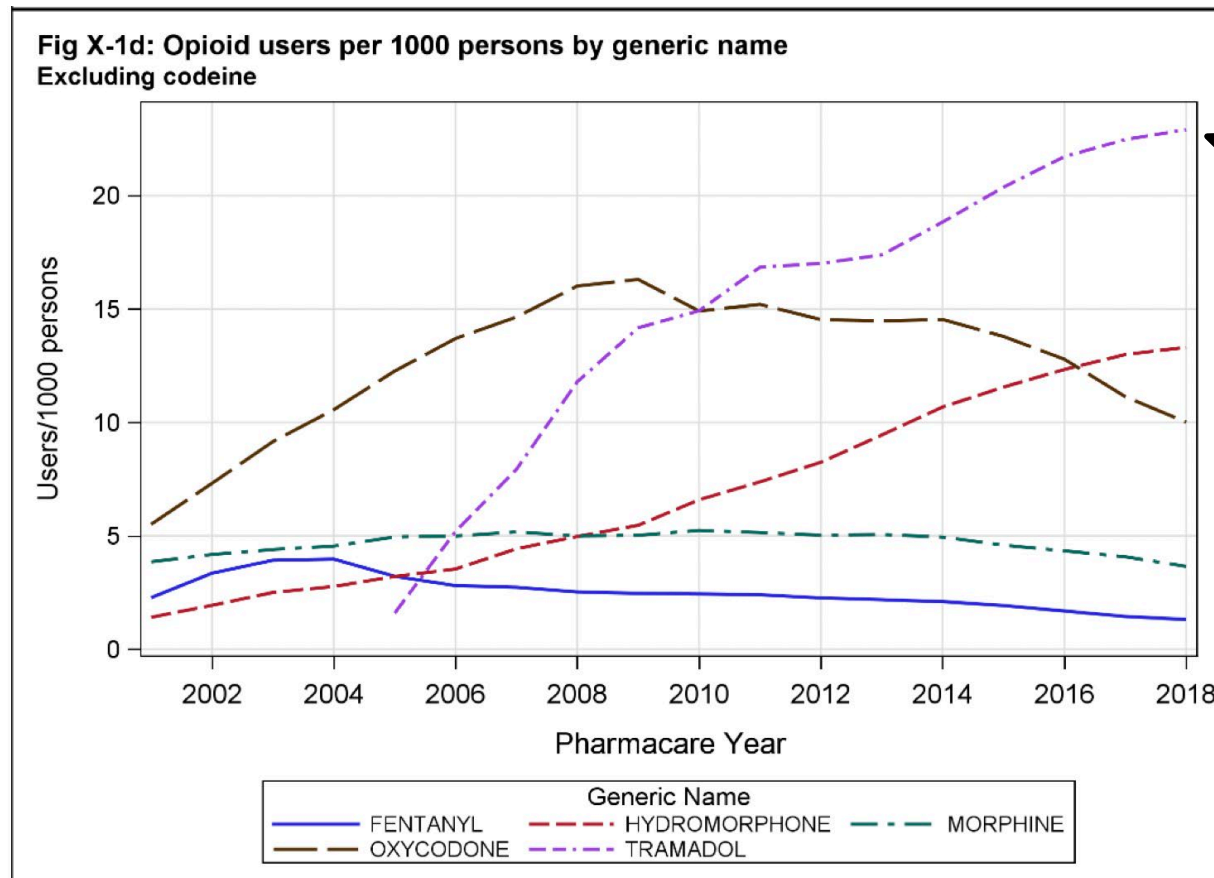
# THE ANSWER...

## LIKELY NOT TRAMADOL



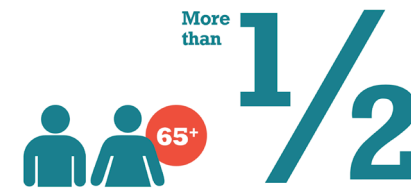
# THE ANSWER...

## LIKELY NOT TRAMADOL





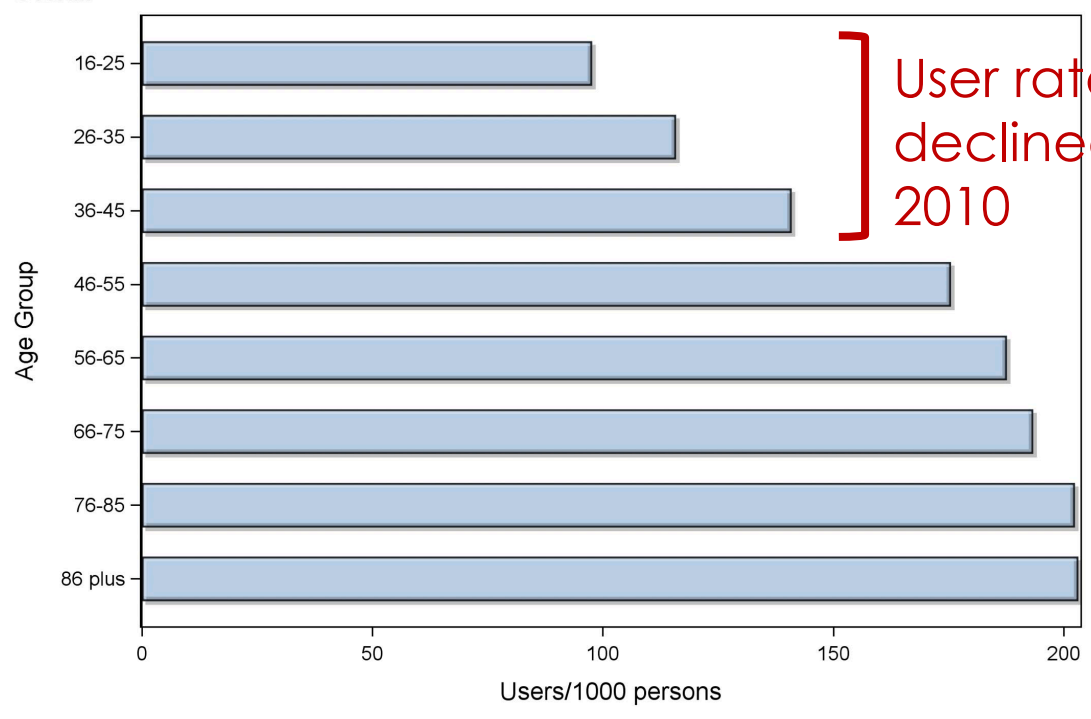
# OPIOID USE BY AGE (2018/19)



Portion of opioid poisonings among Canadian seniors in the past year that were accidental

<https://www.cihi.ca>

Fig 2-1a: Opioid Users per 1000 Persons Overall



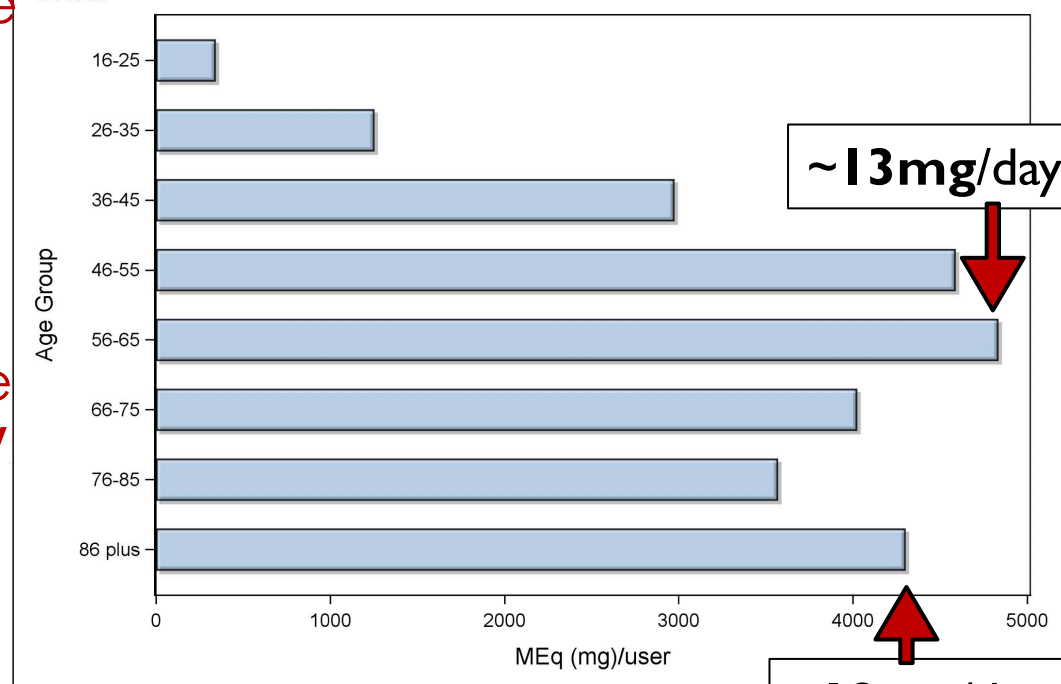
User rates have declined since 2010

Age >1/

older age → more reasons to be in pain (but does pain = opioids?)

## HOW MUCH?

Fig 2-4a: Morphine Equivalents per User Overall

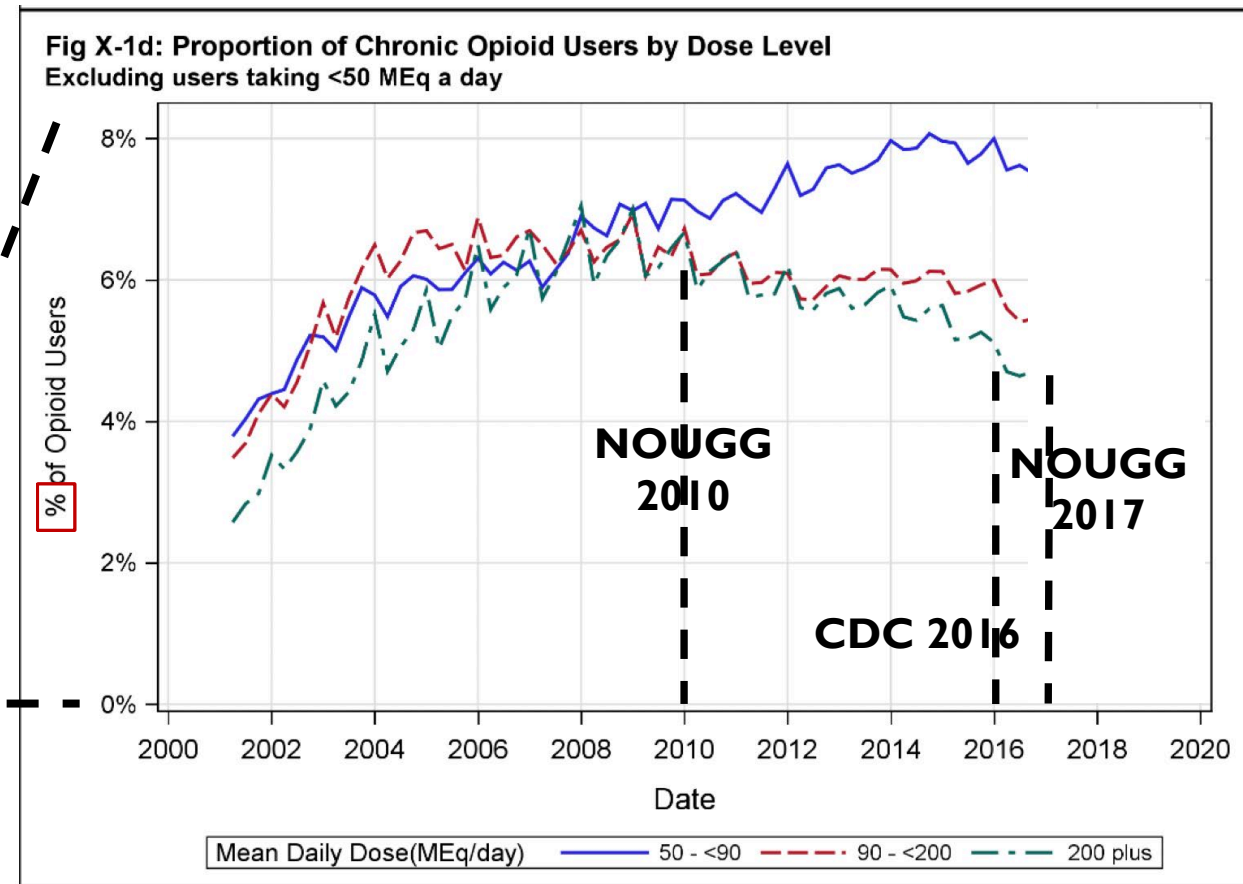
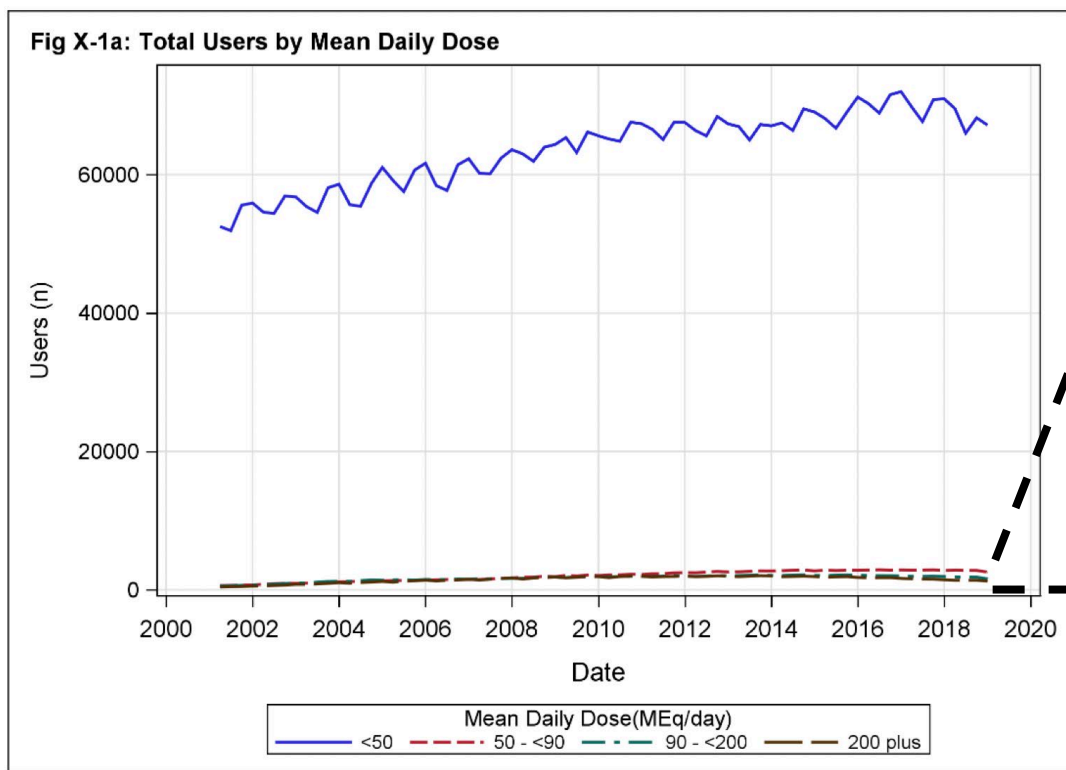


~13mg/day

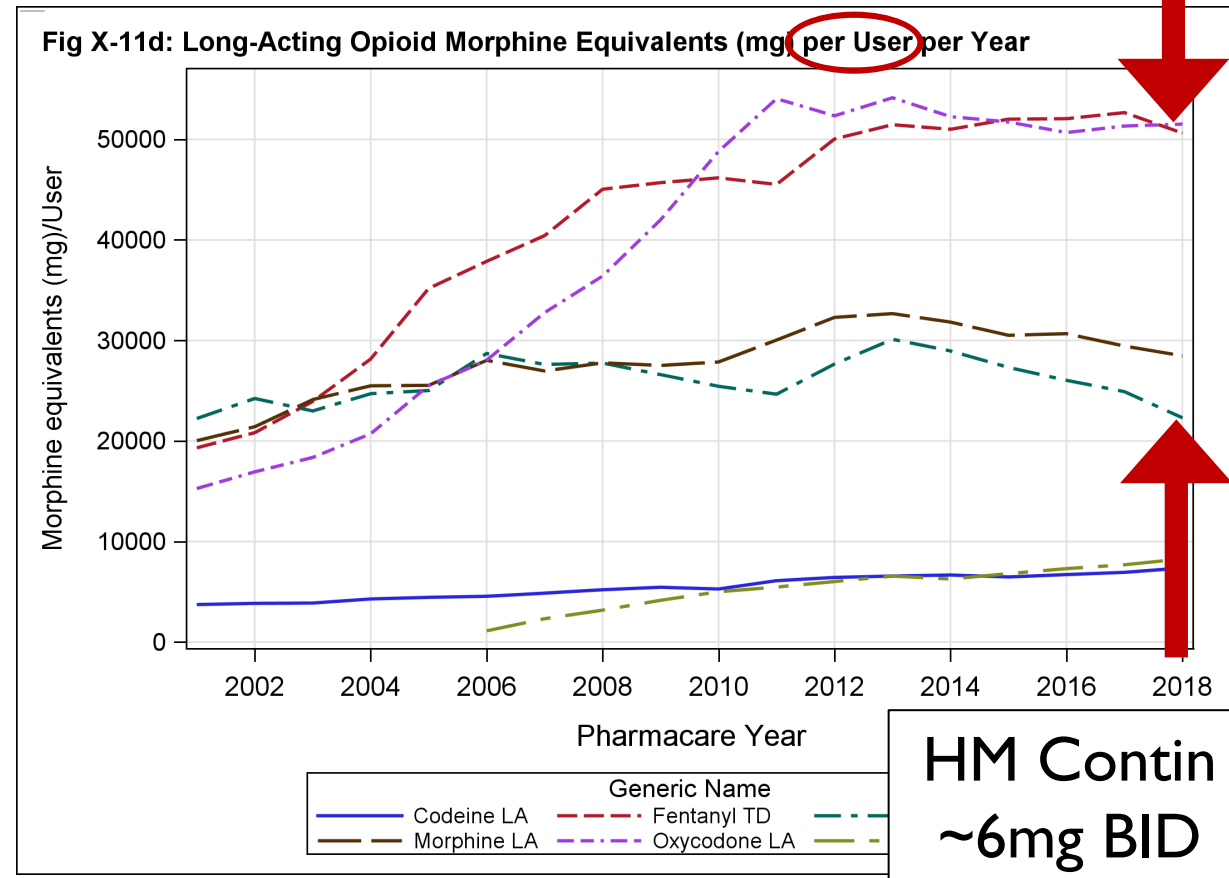
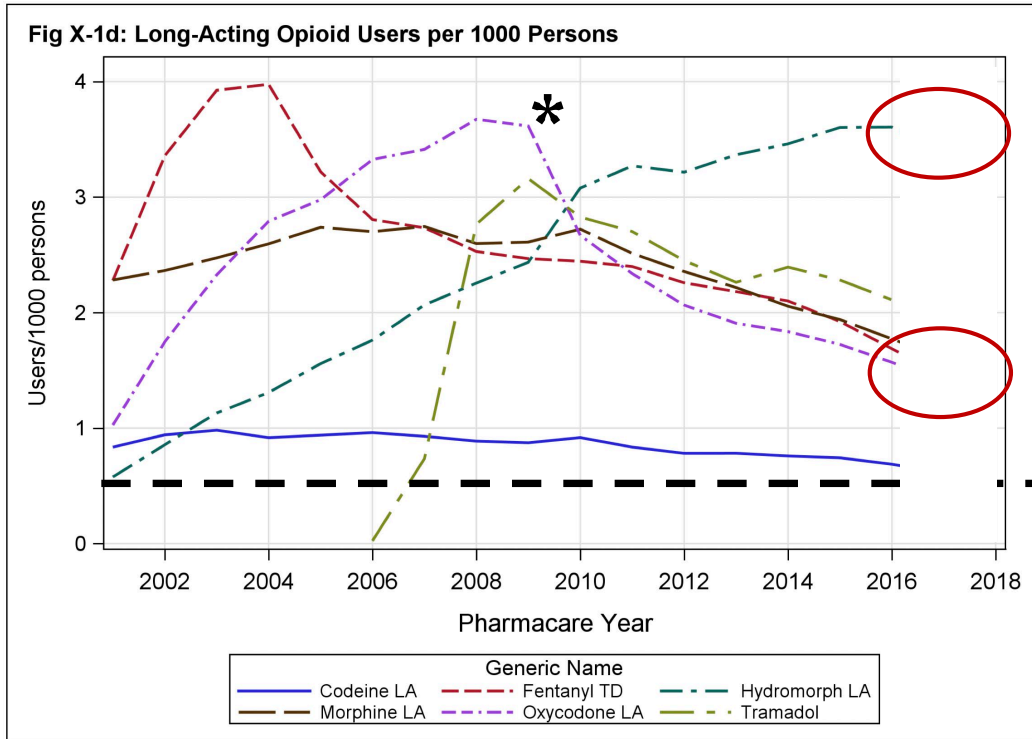
~12mg/day

(~10% on >50mg/day)

# “WATCHFUL” DOSES



# LONG-ACTING OPIOID PATTERNS





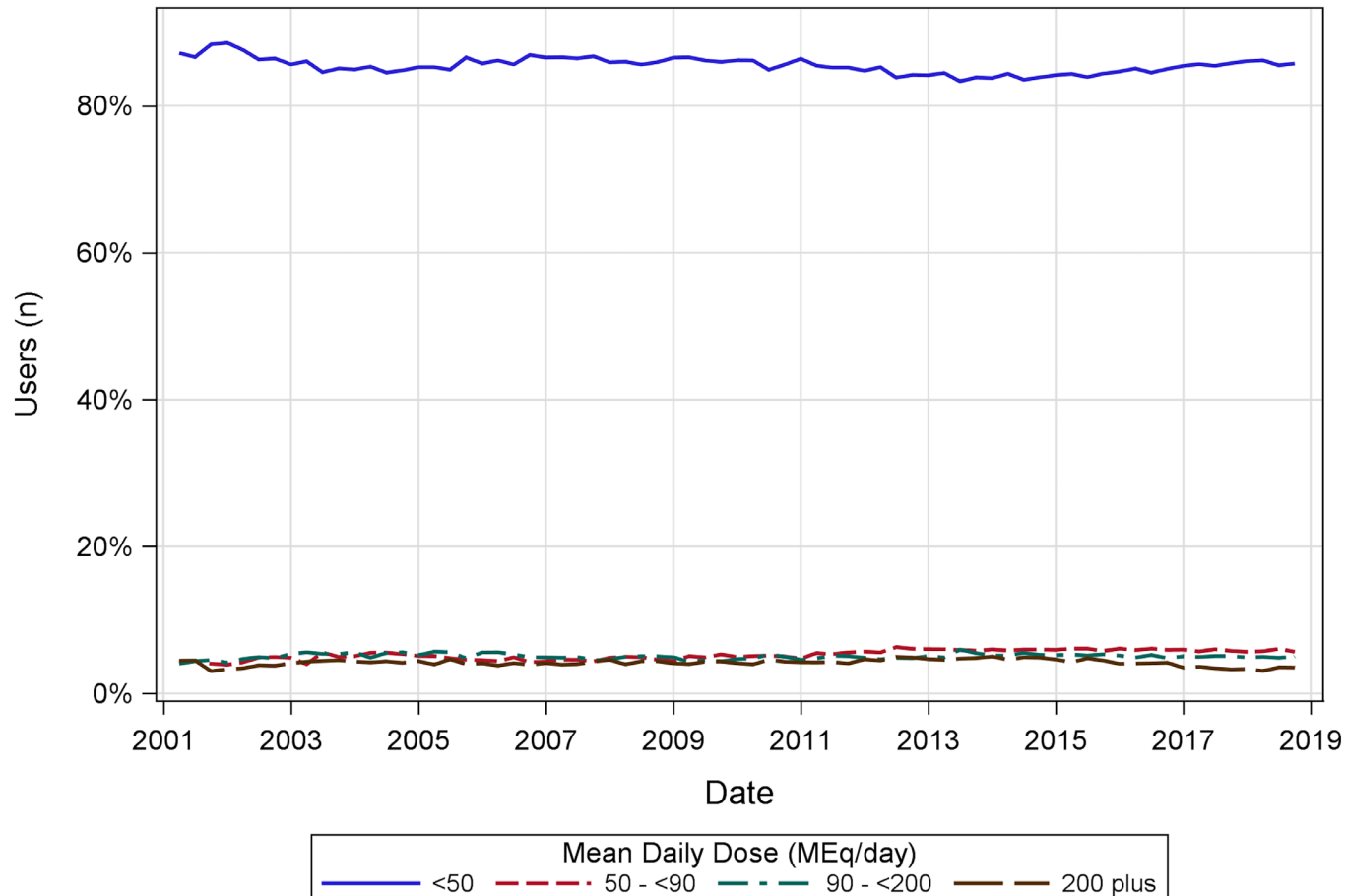
# CANCER





# CANCER

Fig X-1a: Opioid Users with Cancer, by Mean Daily Dose

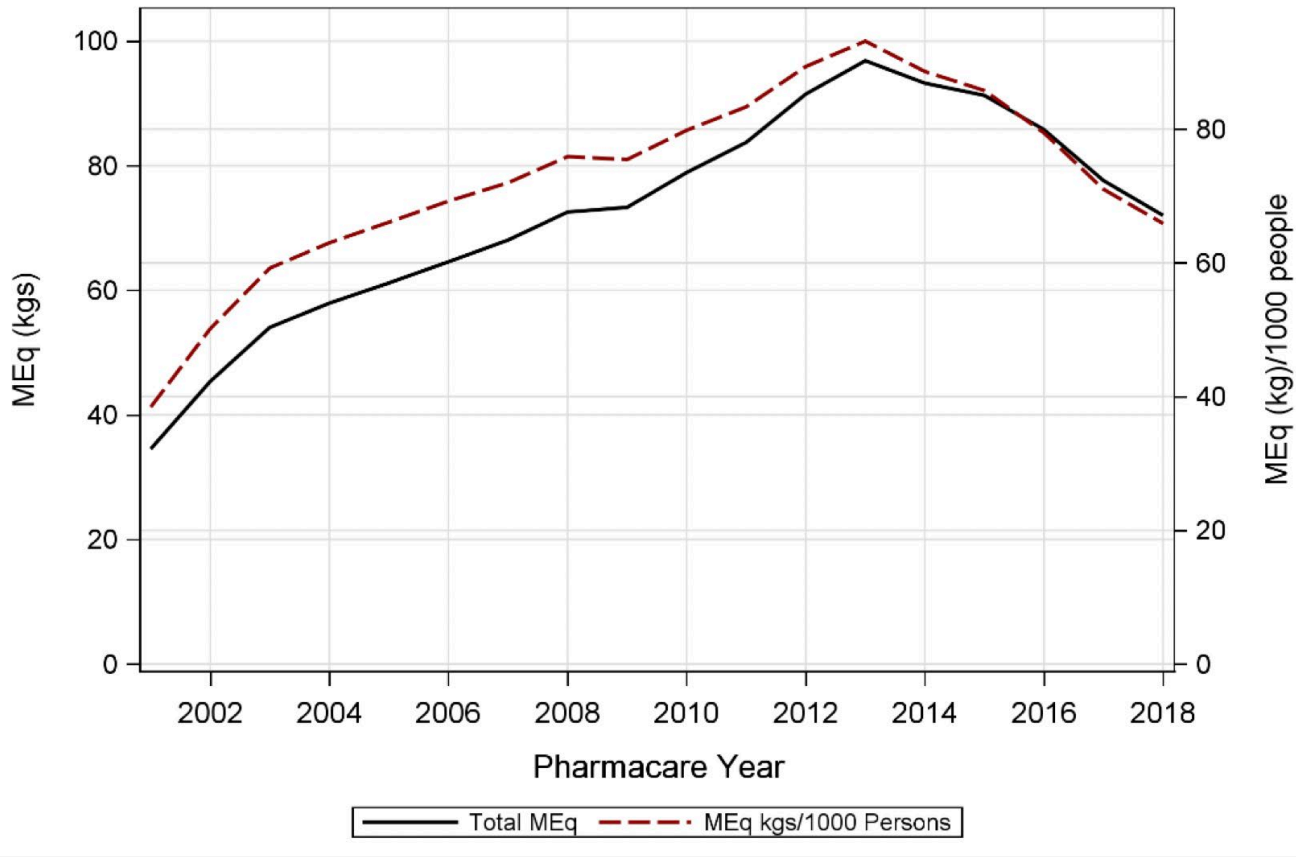


Most cancer patients  
have always been  
managed on modest  
doses of opioids  
**< 50 MEq/day**



# CANCER

Fig 1-1c: Total Morphine Equivalents Kilograms (MEq kgs) for Cancer Overall

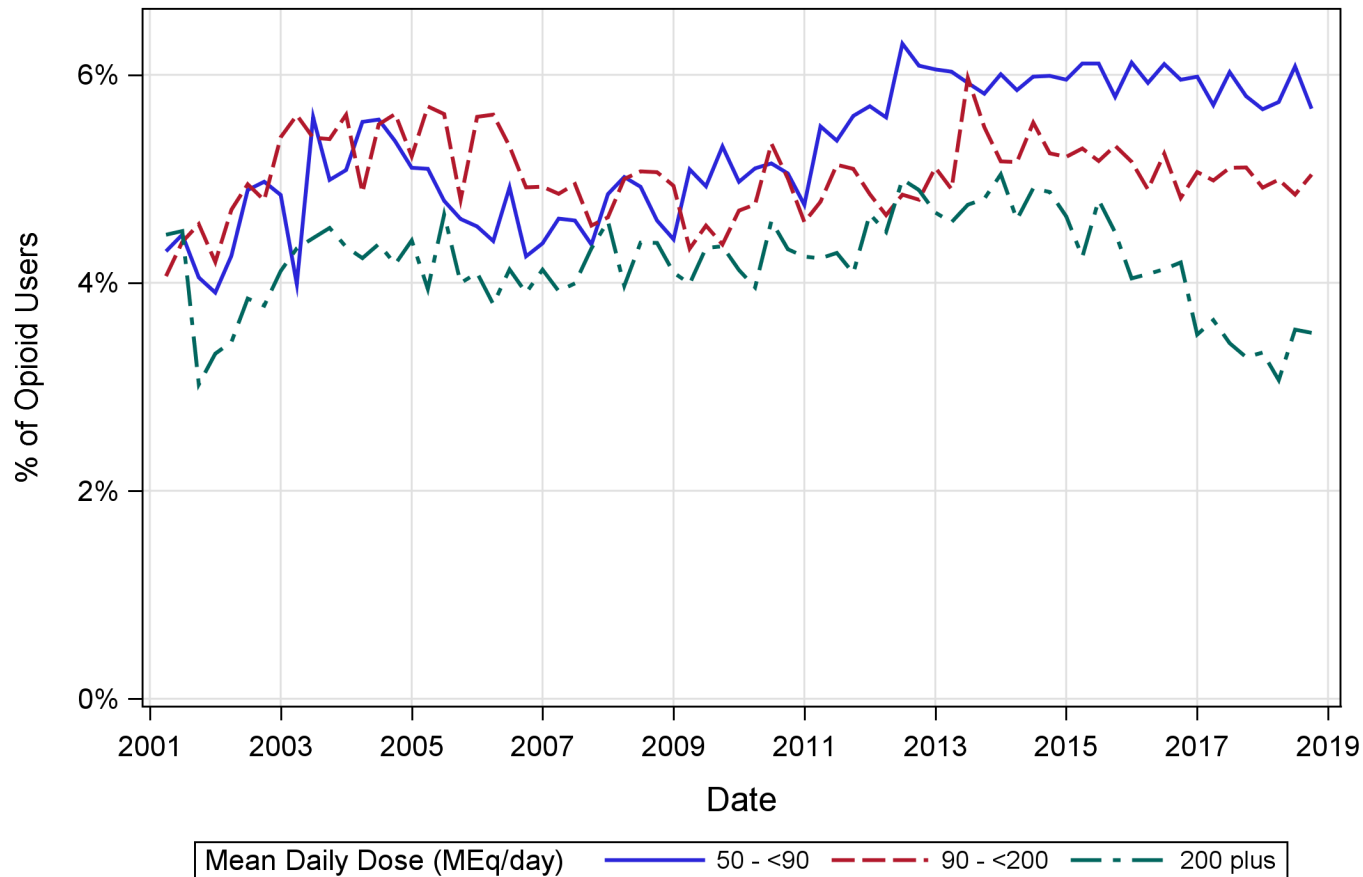


There has also been a **decline in MEq** per cancer patient



# CANCER

Fig X-1c: Proportion of Opioid Users with Cancer by Dose Level  
Excluding users taking <50 MEq a day



Higher dose therapy (>200MEq) is declining in cancer patients





# USE PATTERNS BY GEOGRAPHY

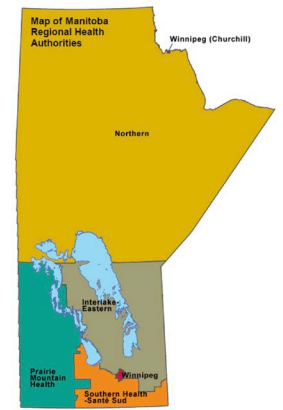


Fig 5-1a: Opioid Users per 1000 Persons by RHA

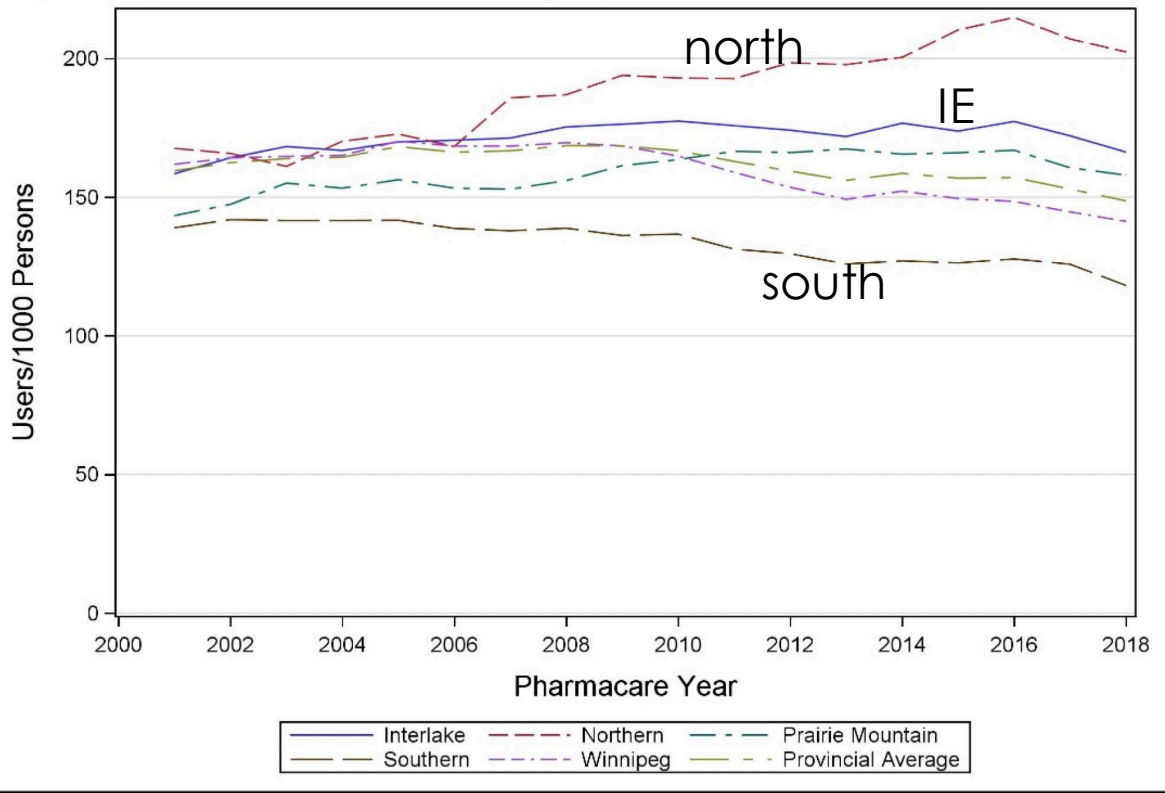
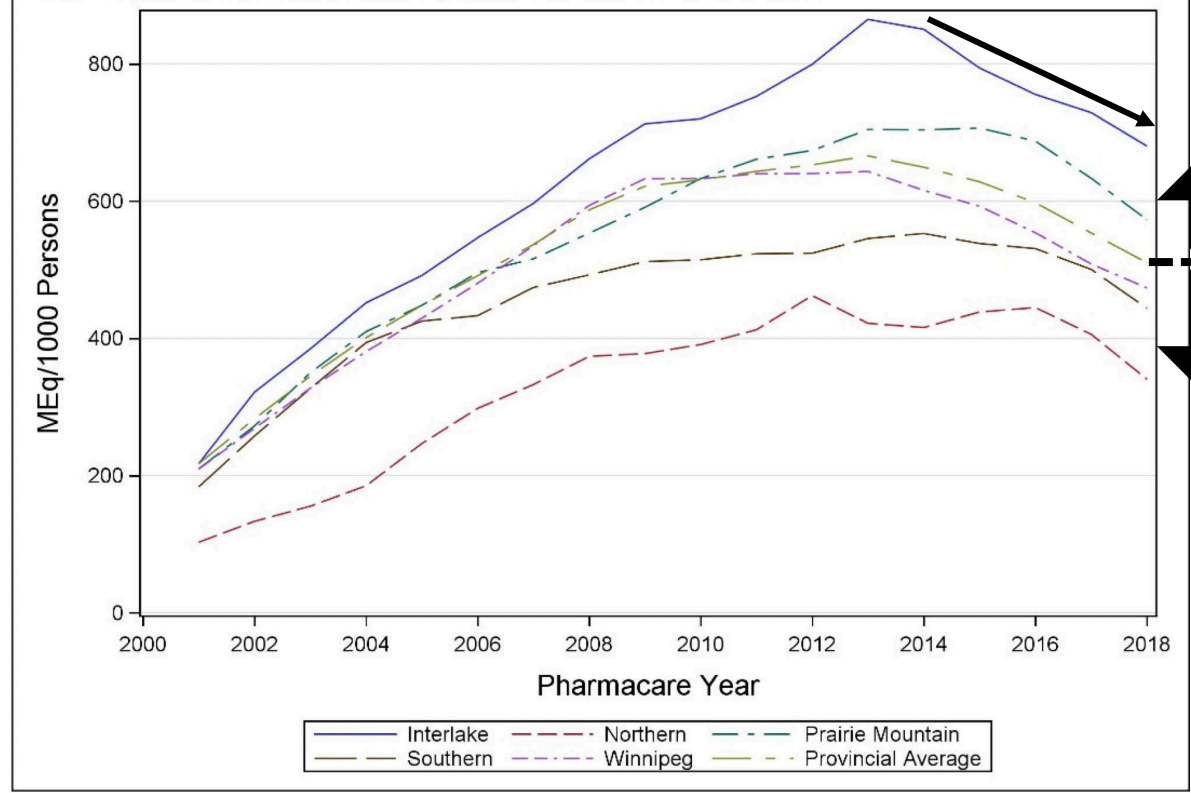
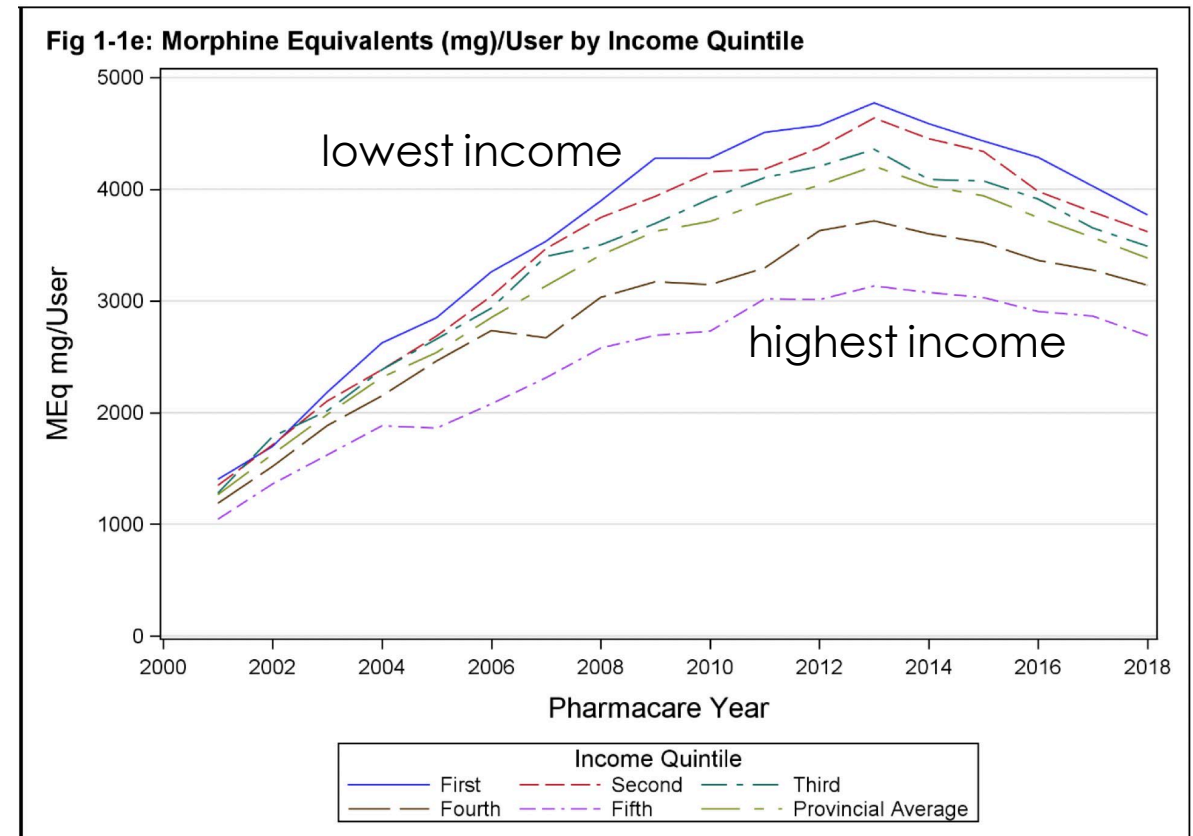
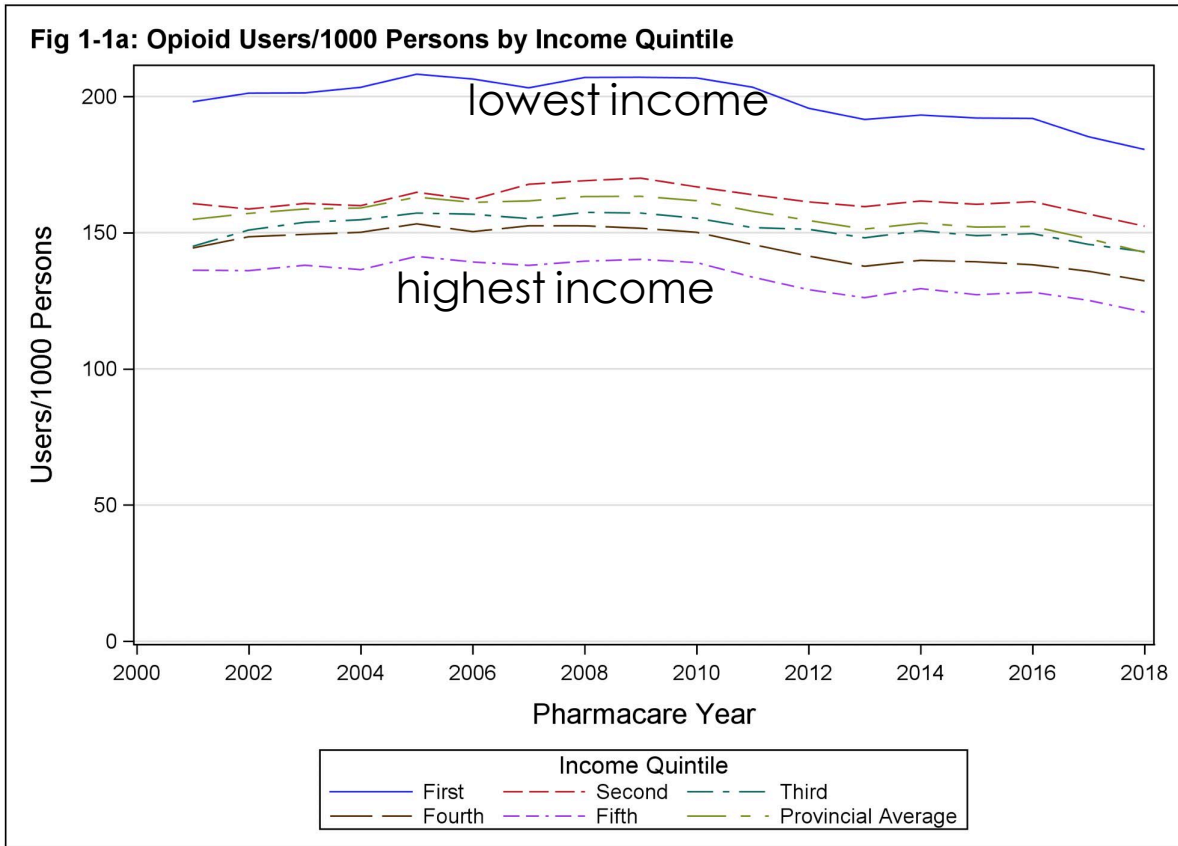


Fig 5-1c: Morphine Equivalents (mg) per 1000 Persons by RHA



# USE PATTERNS BY INCOME

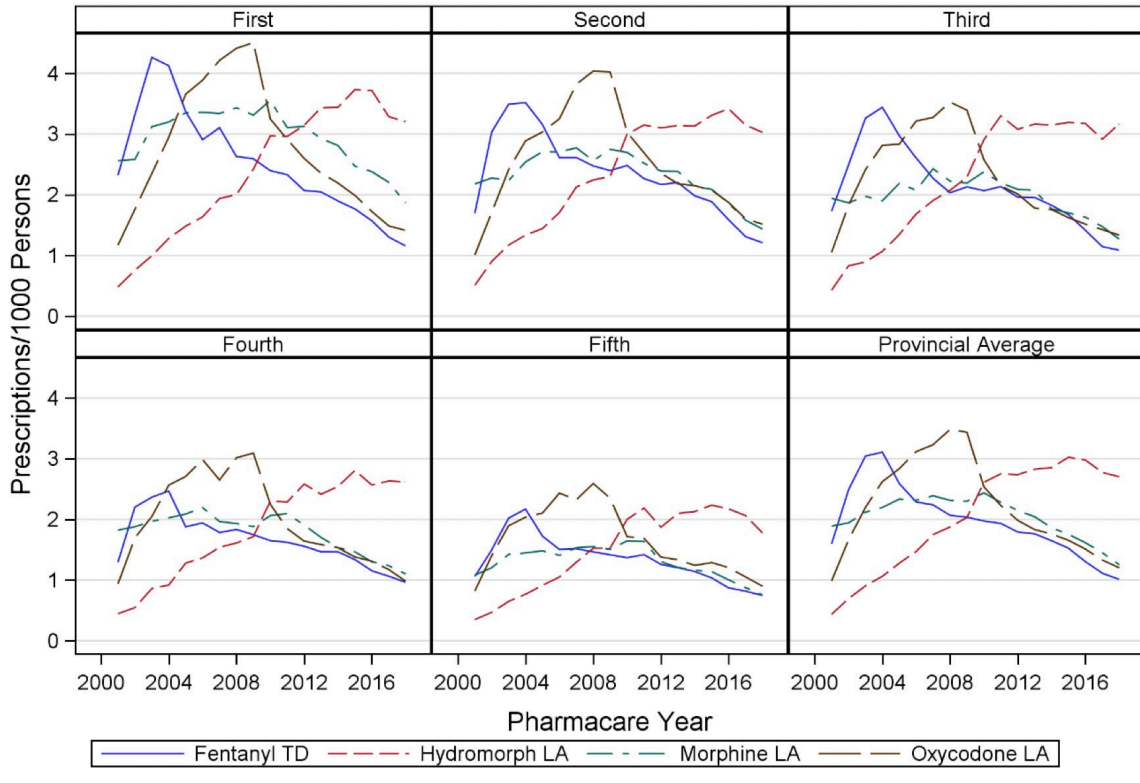




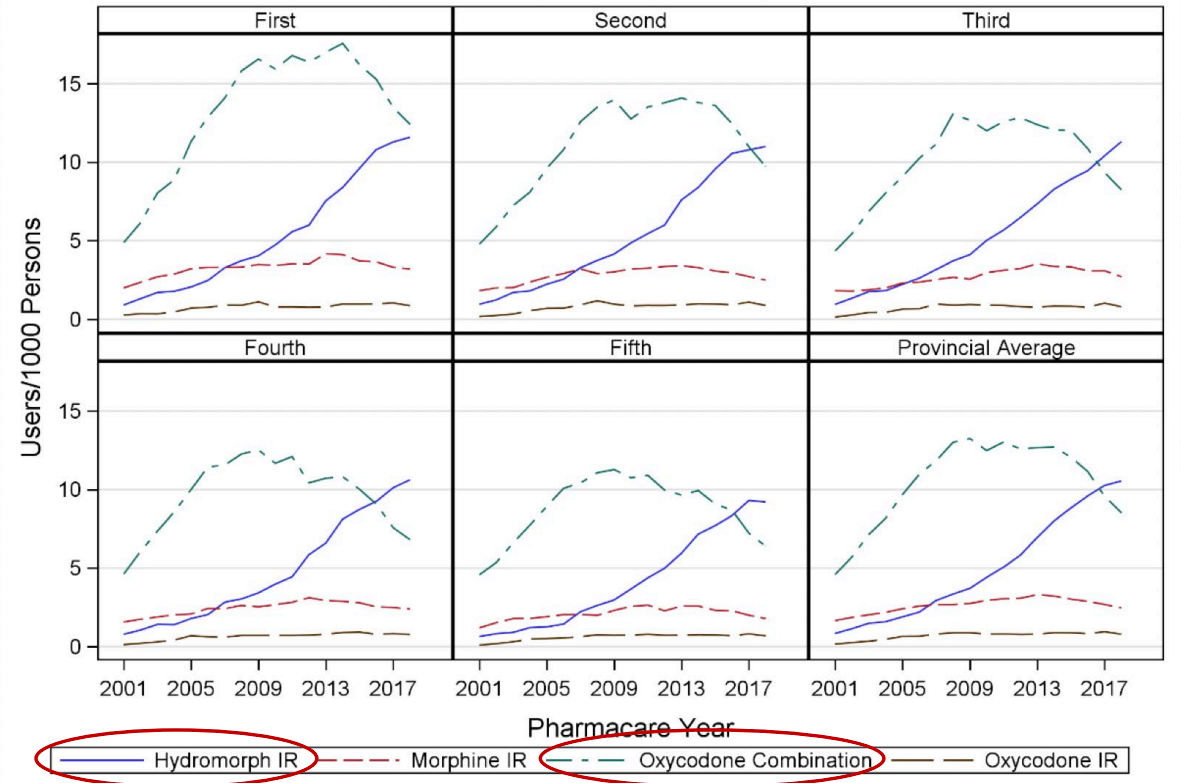
# USE PATTERNS BY INCOME:

## LONG- & SHORT-ACTING... VARIATIONS ON A THEME

Fig 2-3e: Long-Acting Opioid Users per 1000 Persons by Income

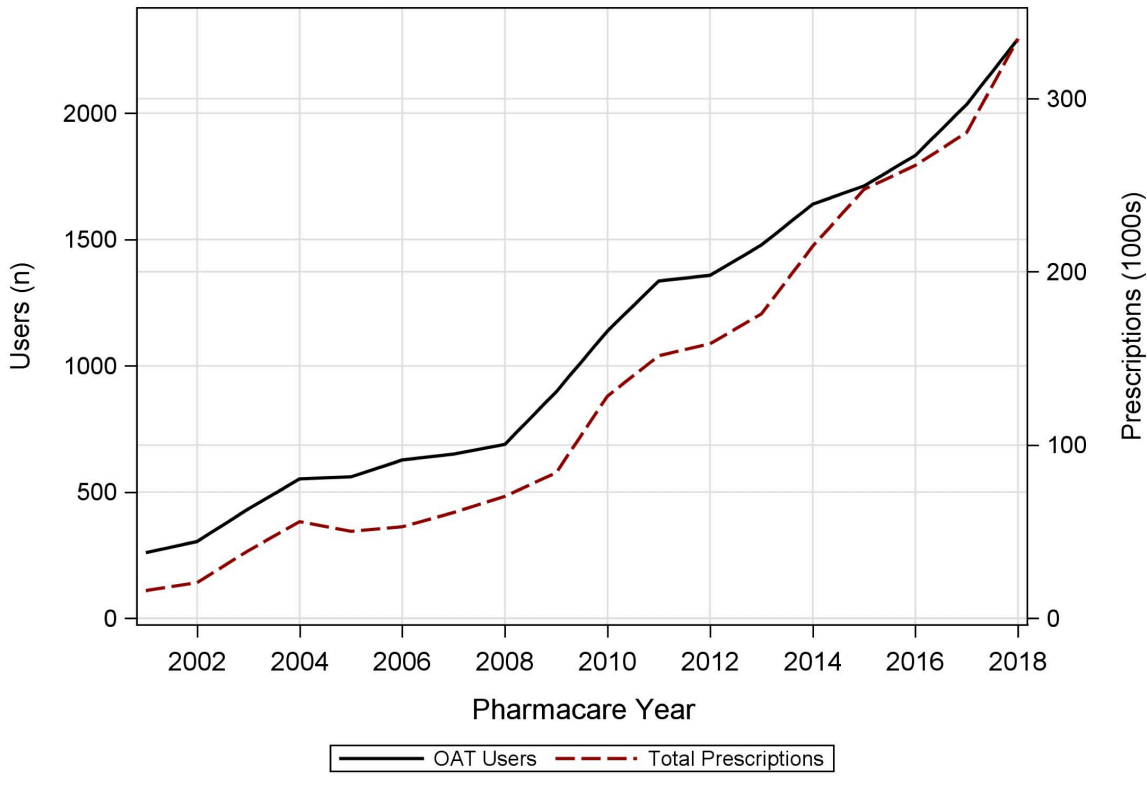


Strong Immediate Release Opioid Users per 1000 person by Income



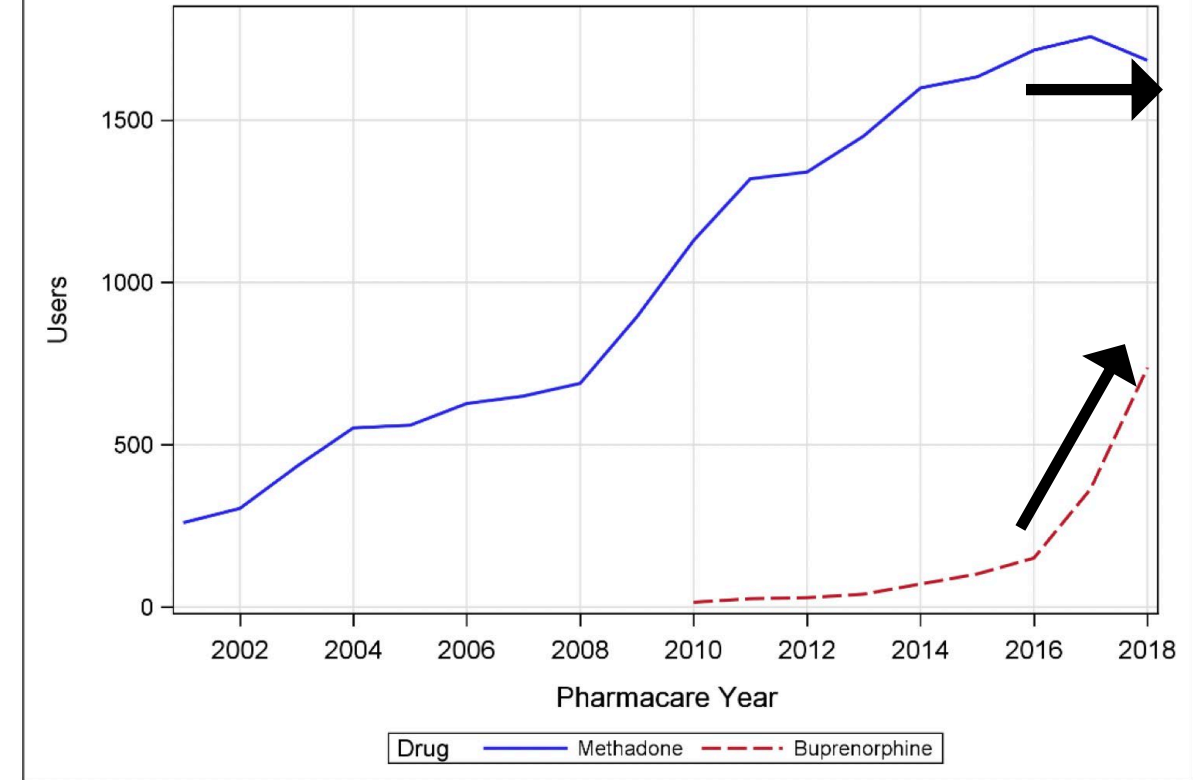
# OPIOID AGONIST THERAPY (OAT)

Fig 1-1a: OAT User & Prescription Rates

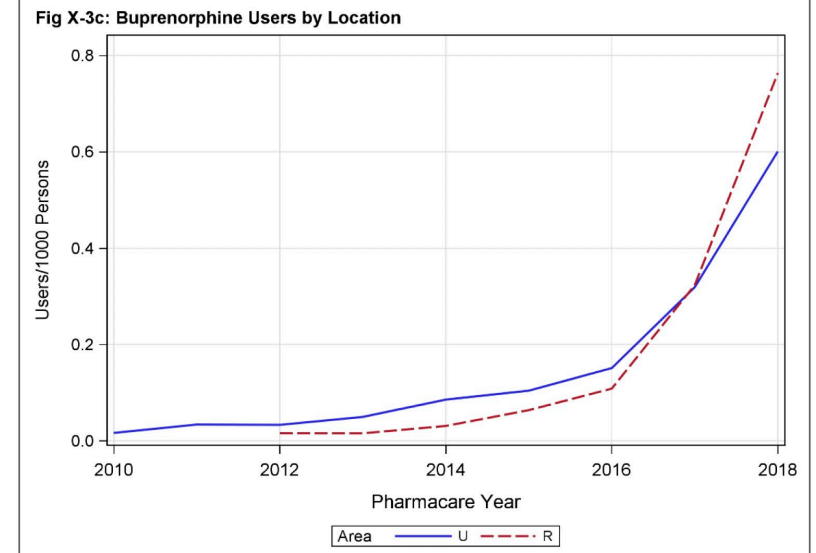
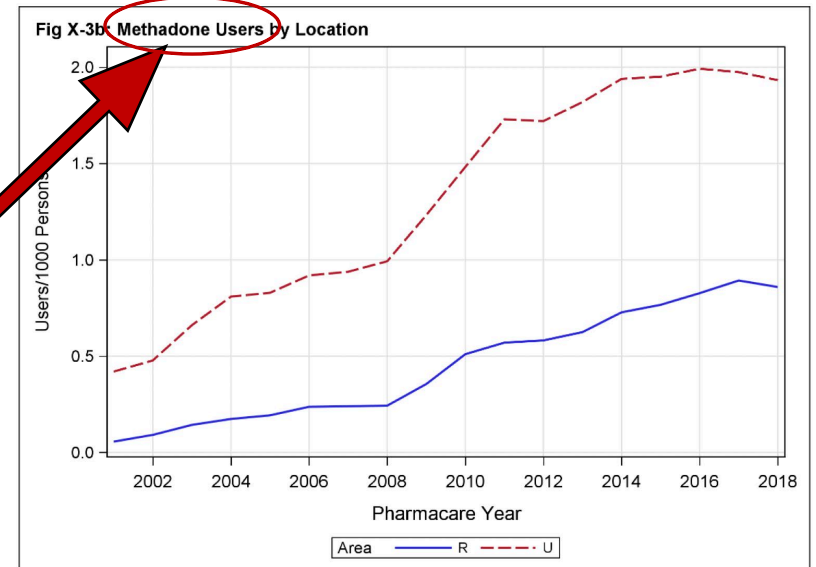
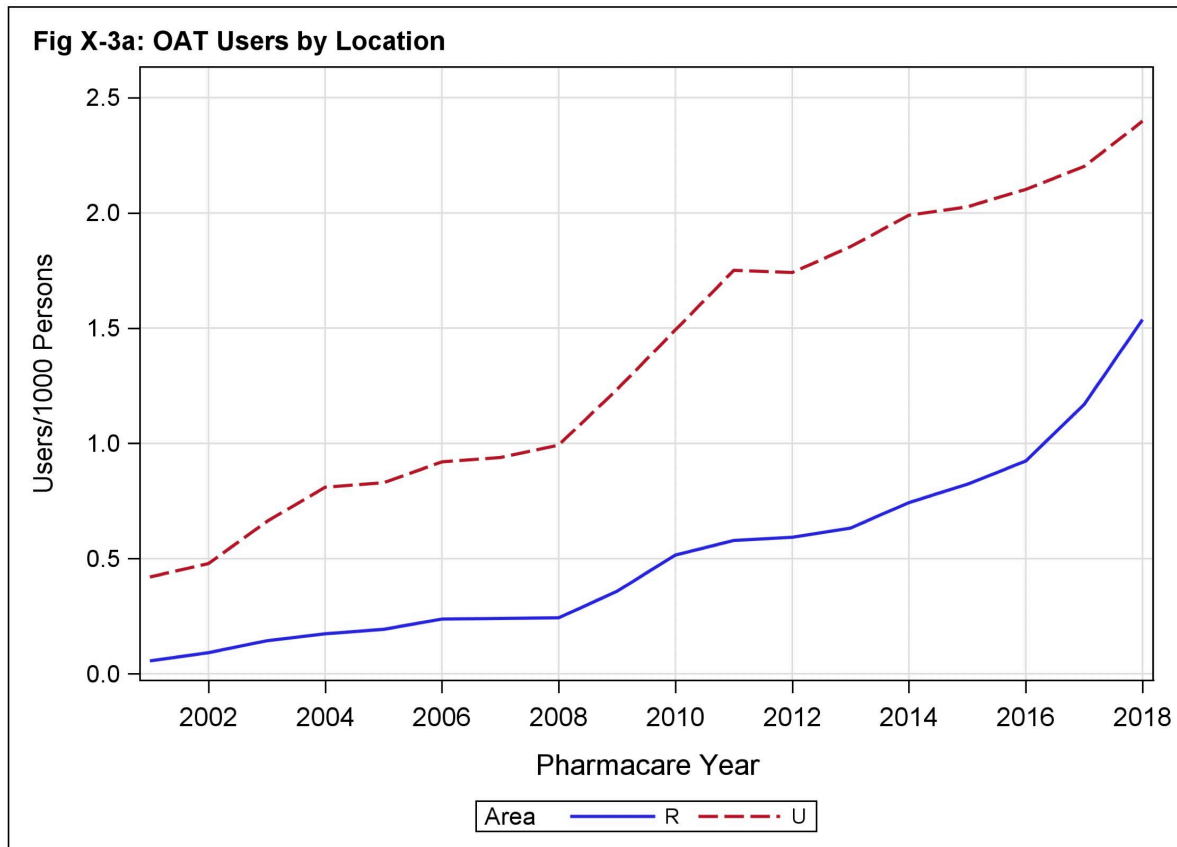


Buprenorphine is the new methadone...

Fig X-1b: OAT Users by Drug



# OPIOID AGONIST THERAPY (OAT): RURAL vs URBAN



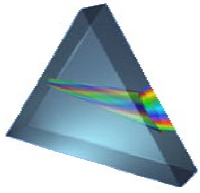




# THERE IS HOPE

- Environmental Issues
- Poundage Declining
- Decline in High Level Usage
- Dramatic Decline in Exempted Codeine Products
- OAT Therapy
- Global Pandemic





# ACKNOWLEDGEMENTS

The authors acknowledge the Manitoba Centre for Health Policy for use of data contained in the Population Health Research Data Repository under project #2012/2013-08. The results and conclusions are those of the authors and no official endorsement by the Manitoba Centre for Health Policy, Manitoba Health, or other data providers is intended or should be inferred. Data used in this study are from the Population Health Research Data Repository housed at the

Manitoba Centre for Health Policy, University of Manitoba and were derived from data provided by Manitoba Health and the Manitoba Centre for Health Policy, University of Manitoba and were derived from data provided by Manitoba

We thank **Kevin Friesen** for his data analysis work in the preparation of the data slides in this presentation.





# QUESTIONS?

