THE OPIOID CRISIS & THE AUDACITY OF HOPE
THE MANITOBA OPIOID ATLAS IN REVIEW

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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

Fig 1-1a: Opioid user rates
Overall

<table>
<thead>
<tr>
<th>Year</th>
<th>Total users</th>
<th>Users per 1000 people</th>
</tr>
</thead>
<tbody>
<tr>
<td>2002</td>
<td>150</td>
<td>150</td>
</tr>
<tr>
<td>2004</td>
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</tr>
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<td>2006</td>
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<td>2014</td>
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<td>150</td>
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<tr>
<td>2016</td>
<td>150</td>
<td>150</td>
</tr>
<tr>
<td>2018</td>
<td>150</td>
<td>150</td>
</tr>
</tbody>
</table>

15%
WHAT ARE PEOPLE USING?

Fig 1-1c: Opioid user rates
Codeine w/ acetaminophen only

- Users (1000s)
- Users/1000 people
- Pharmacare Year

Fig 1-1b: Opioid user rates
Excluding codeine w/ acetaminophen

- Users (1000s)
- Users/1000 people
- Pharmacare Year

- codeine
- everything else
PRESCRIPTIONS NUMBERS?

Fig 1-2a: Opioid prescription rates

Overall

Prescriptions (1000s)

Prescriptions/1000 people

Pharmacare Year

Total Prescriptions

Prescriptions/1000 Persons
Fig 1-3a: Total morphine equivalents kilograms (MEq kgs)
Overall

Pharmacare Year
MEq (kgs)
0 200 400 600
MEq (kg/1000 people)

Total MEq  MEq kgs/1000 Persons
POUNDAGE KG-AGE

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

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

codeine

everything else
Fig 1-5d: Opioid Prescriptions/1000 persons and MEq/prescription

Overall

Prescriptions/1000

MEq/Prescription

Pharmacare Year

Mean MEq per prescription

Prescriptions per 1000 people
“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

2016
this was a drop 94%
1 million tablets

Year After
3.3 million
tablets were sold after
the policy change

Equal Prescribing by Pharmacists and Physicians
48%
49%

Pharmacists
Physicians
EXEMPTED CODEINE PRODUCTS

Decline in Low-Dose Prescribing
EXEMPTED CODEINE PRODUCTS

Fig X-1b: Low Potency Opioid Use - Tablets/Quarter

No change in Higher Strength Opioids
THE ANSWER...

LIKELY NOT TRAMADOL
THE ANSWER... LIKELY NOT TRAMADOL
OPIOID USE BY AGE (2018/19)

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

- Overall
- Age Group:
  - 16-25
  - 26-35
  - 36-45
  - 46-55
  - 56-65
  - 66-75
  - 76-85
  - 86+ or more

**Fig 2-4a: Morphine Equivalents per User**

- Overall
- Age Group:
  - 16-25
  - 26-35
  - 36-45
  - 46-55
  - 56-65
  - 66-75
  - 76-85
  - 86+ or more

User rates have declined since 2010

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

HOW MUCH?

- ~12mg/day (~10% on >50mg/day)
- ~13mg/day

[https://www.cihi.ca](https://www.cihi.ca)
"WATCHFUL" DOSES

Fig X-1a: Total Users by Mean Daily Dose

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

- NOUGG 2016
- NOUGG 2017
- CDC 2016
LONG-ACTING OPIOID PATTERNS

Fig X-1d: Long-Acting Opioid Users per 1000 Persons

Fig X-11d: Long-Acting Opioid Morphine Equivalents (mg) per User per Year

OxyNeo
~45mg BID

HM Contin
~6mg BID
CANCER
CANCER

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

There has also been a decline in MEq per cancer patient.
CANCER

Higher dose therapy (>200 MEq) 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

Fig 1-1a: Opioid Users/1000 Persons by Income Quintile

Fig 1-1e: Morphine Equivalents (mg)/User by Income Quintile
USE PATTERNS BY INCOME:
LONG- & SHORT-ACTING... VARIATIONS ON A THEME
OPIOID AGONIST THERAPY (OAT)

Buprenorphine is the new methadone...
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

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QUESTIONS?