



UW PACC

Psychiatry and Addictions Case Conference

UW Medicine | Psychiatry and Behavioral Sciences

RURAL PRACTICE CONSIDERATIONS IN OUD TREATMENT: WHAT SHOULD I CONSIDER TO MAKE MY OUD PROGRAM EFFECTIVE

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PROVIDENCE STEVENS COUNTY



GENERAL DISCLOSURES

The University of Washington School of Medicine also gratefully acknowledges receipt of educational grant support for this activity from the Washington State Legislature through the Safety-Net Hospital Assessment, working to expand access to psychiatric services throughout Washington State.

GENERAL DISCLOSURES

UW PACC is also supported by Coordinated Care of Washington

SPEAKER DISCLOSURES

✓ No Disclosures

PLANNER DISCLOSURES

The following series planners have no relevant conflicts of interest to disclose:

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Anna Ratzliff MD PhD has received book royalties from John Wiley & Sons (publishers).

OBJECTIVES

- 1) Appreciate the socio-economic background of Rural Washington and root causes of the opioid crisis.
- 2) Understand the foundation of a comprehensive clinical and public health response.
- 3) Learn about an effective model to integrate community partners into opioid use disorder treatment.
- 4) Appreciate a few clinical pearls for rural SUD treatment

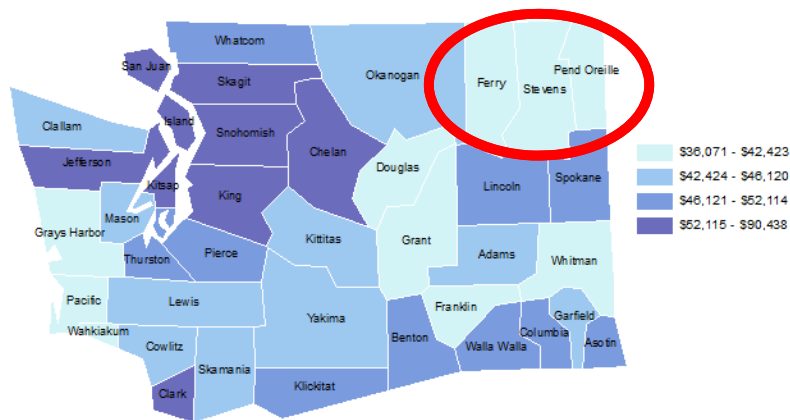
WELCOME TO NORTHEASTERN WASHINGTON



SOCIAL AND ECONOMIC FACTS

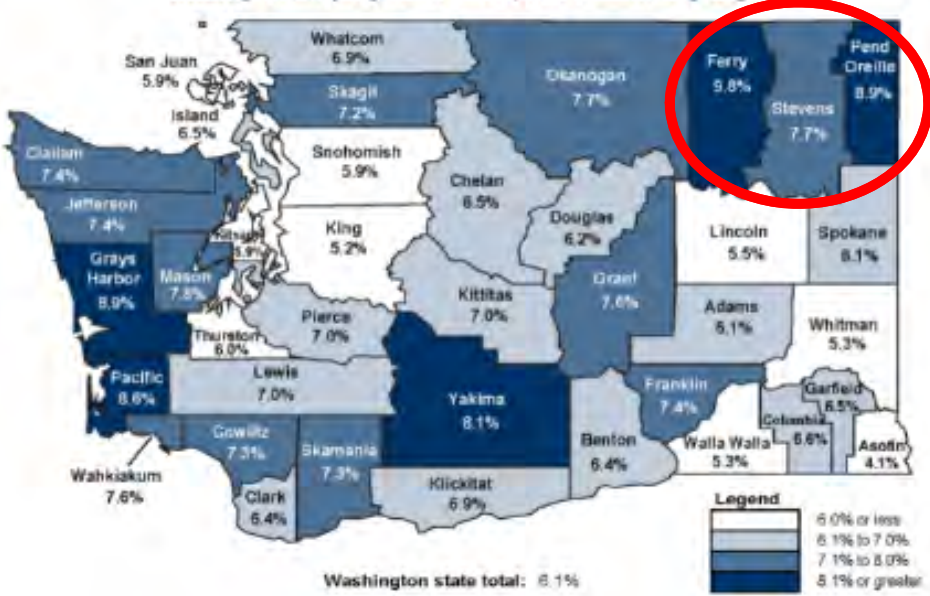
Per Capita Personal Income, 2018

Inflation-Adjusted to 2018 Dollars



- In 2018, the Washington state per capita personal income was \$62,026.

April 2021
County unemployment rates, not seasonally adjusted



 **Employment Security Department**
WASHINGTON STATE

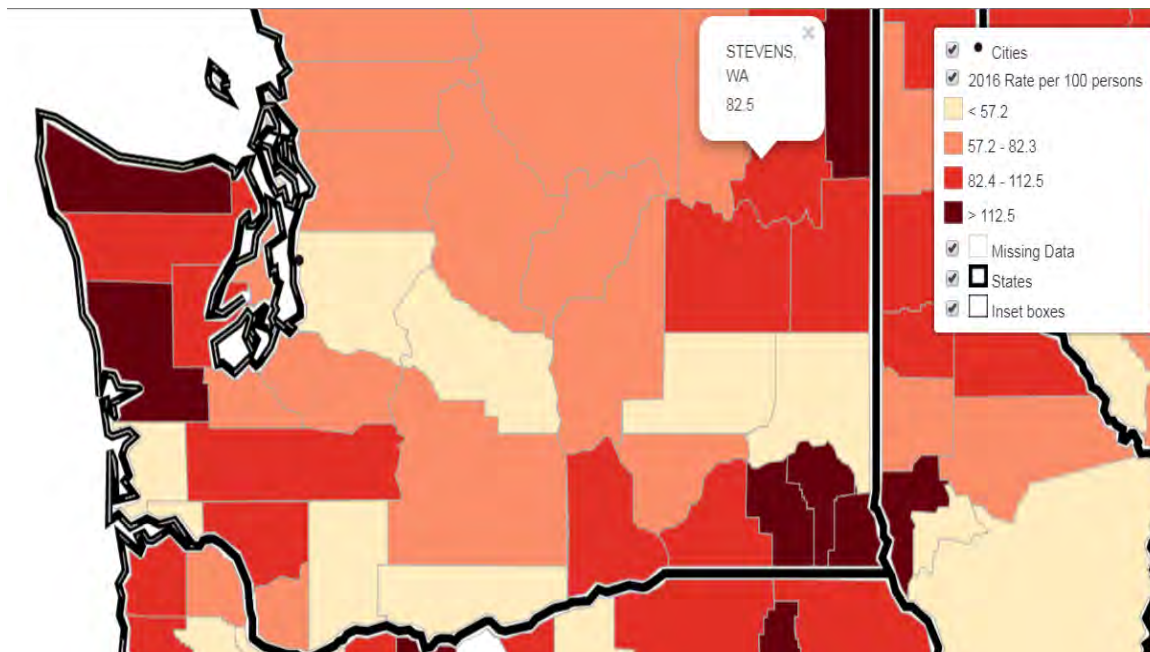


Office of Financial Management

Better information. Better decisions. Better government. Better Washington.

Number of Opioid prescriptions per 100 people by county

Year 2016

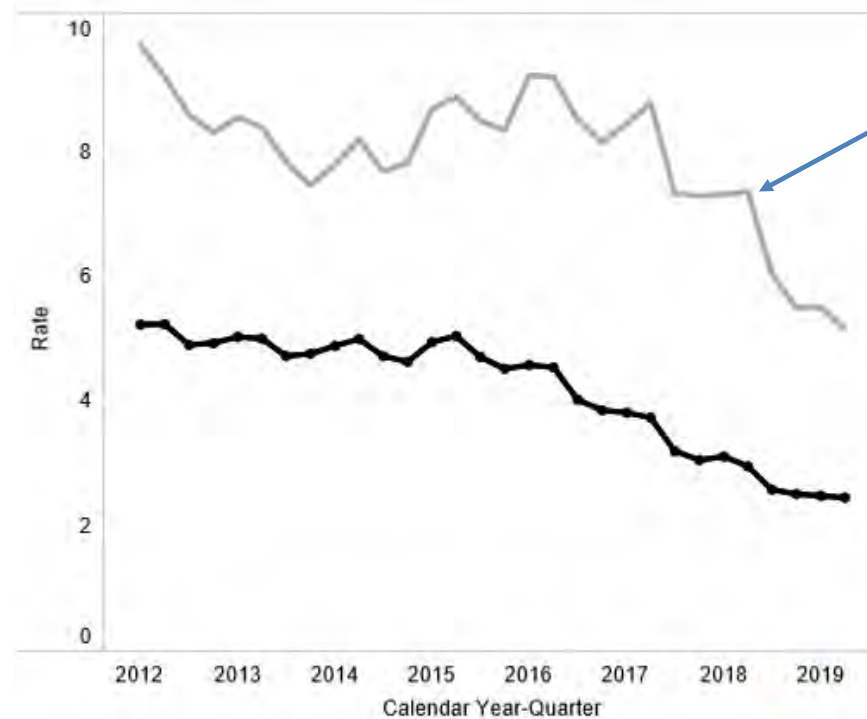


Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

OPIOID IMPROVEMENT PROJECT



PATIENTS ABOVE 90 MED STEVENS COUNTY



Initiation of Opioid Improvement Project

Stevens County

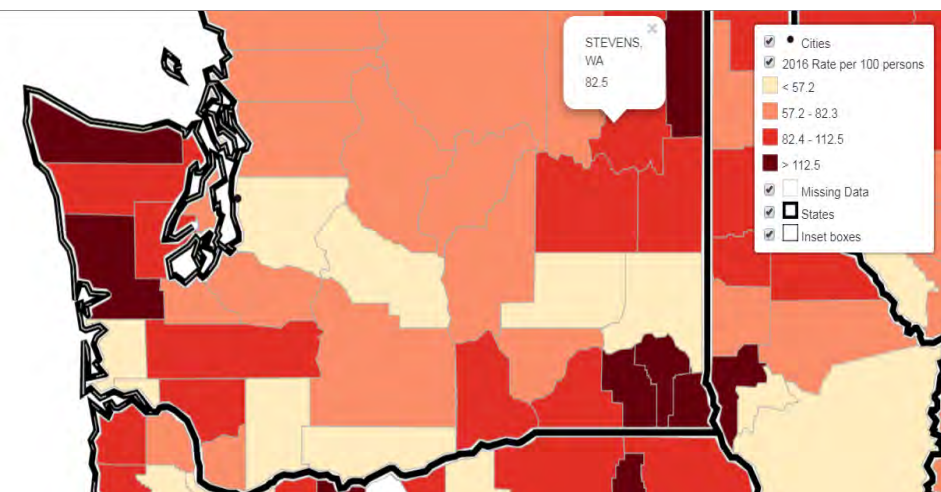
WA State

Source: Washington Department of Health,
Prescription Monitoring Program

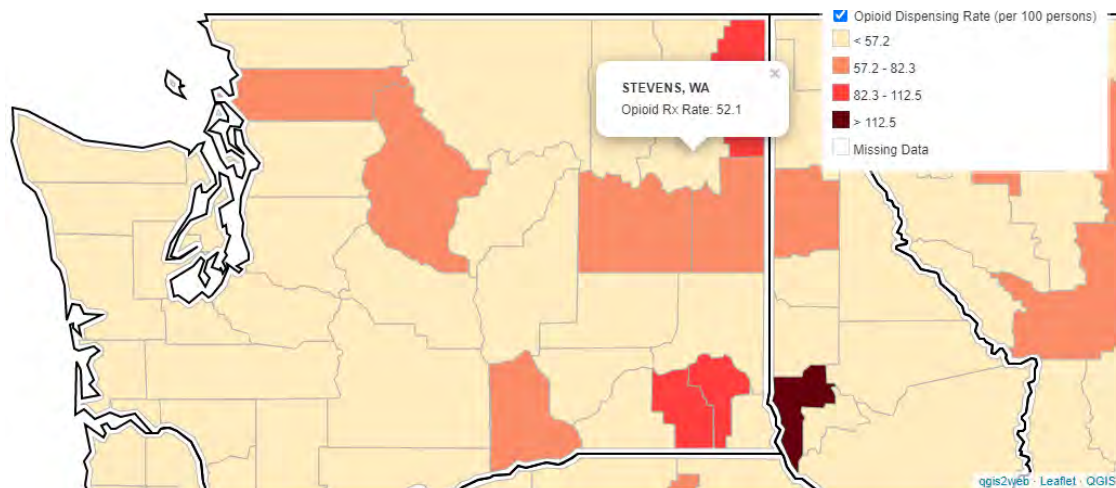


Number of Opioid prescriptions per 100 people by county

Year 2016

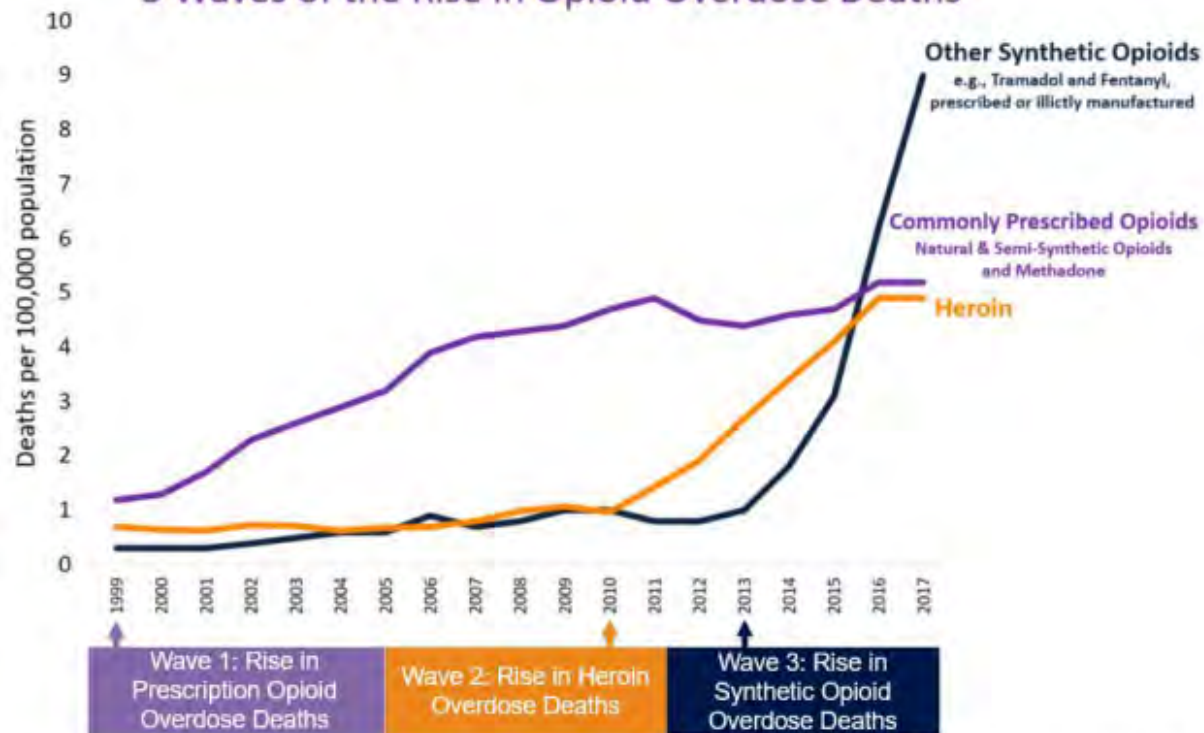


Year 2019

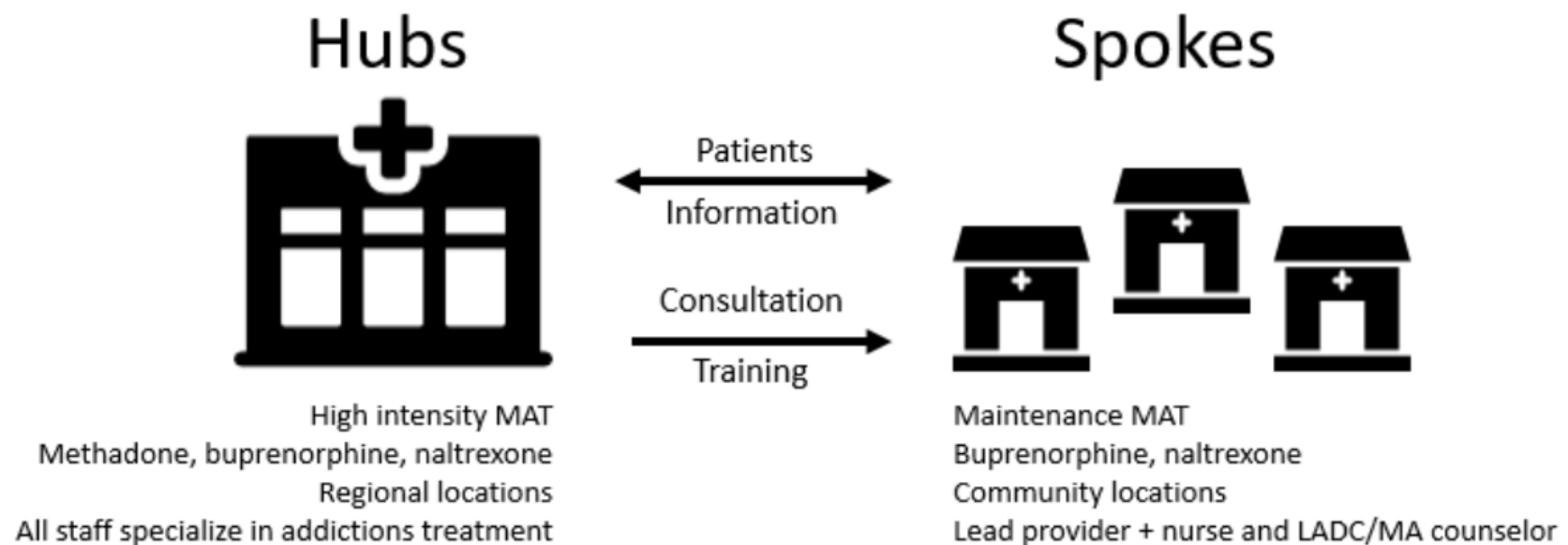


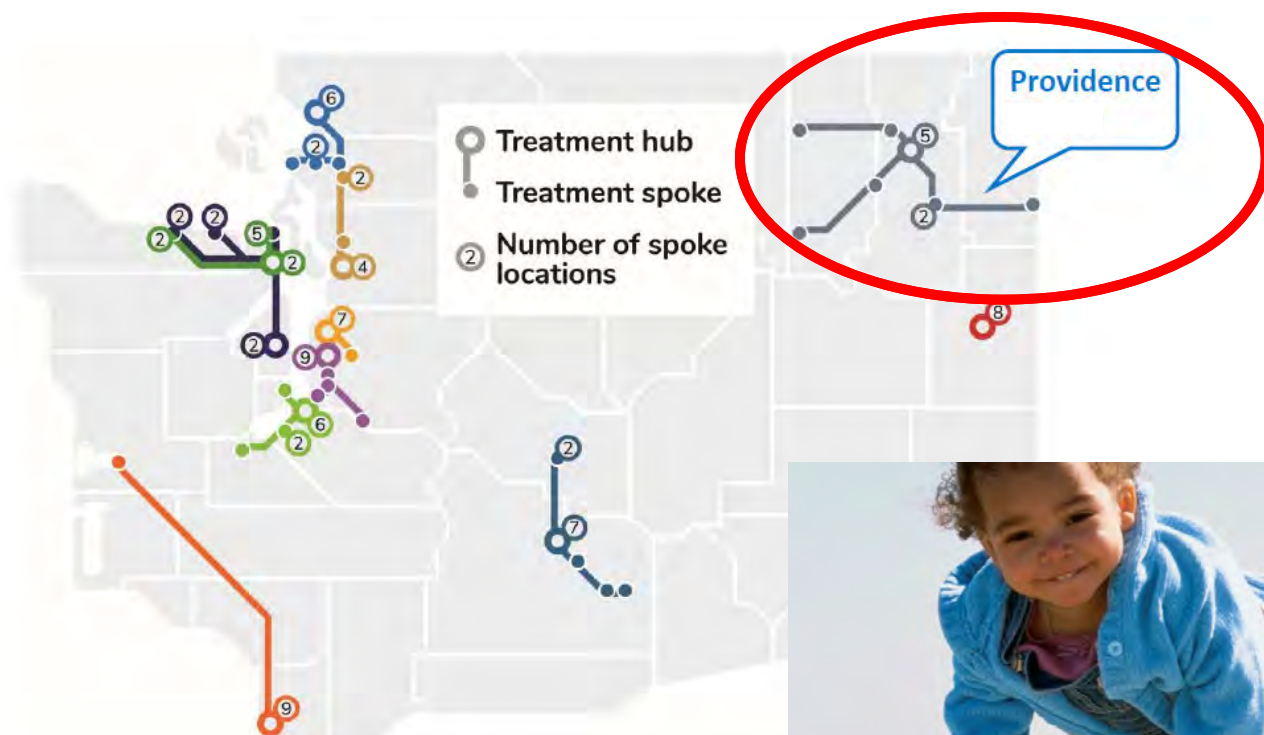
Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

3 Waves of the Rise in Opioid Overdose Deaths



SOURCE: National Vital Statistics System Mortality File.





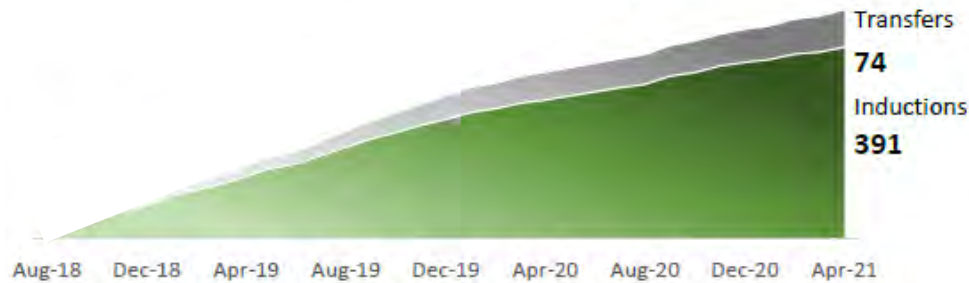
State Hub and Spokes

Providence Northeast Washington Medical Group

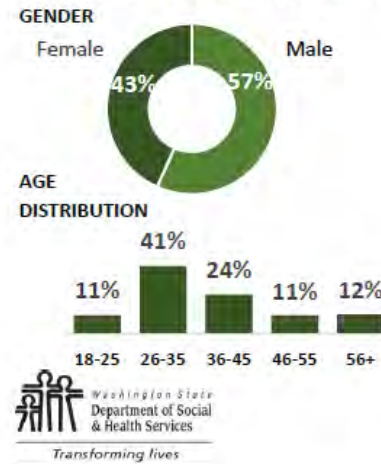
Monthly Summary Report

Total Treatment Events	594
Unduplicated Patients	465

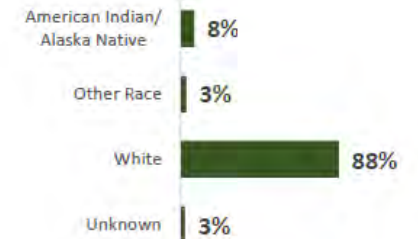
Inductions and Transfers Over Time



CLIENTS CHARACTERISTICS

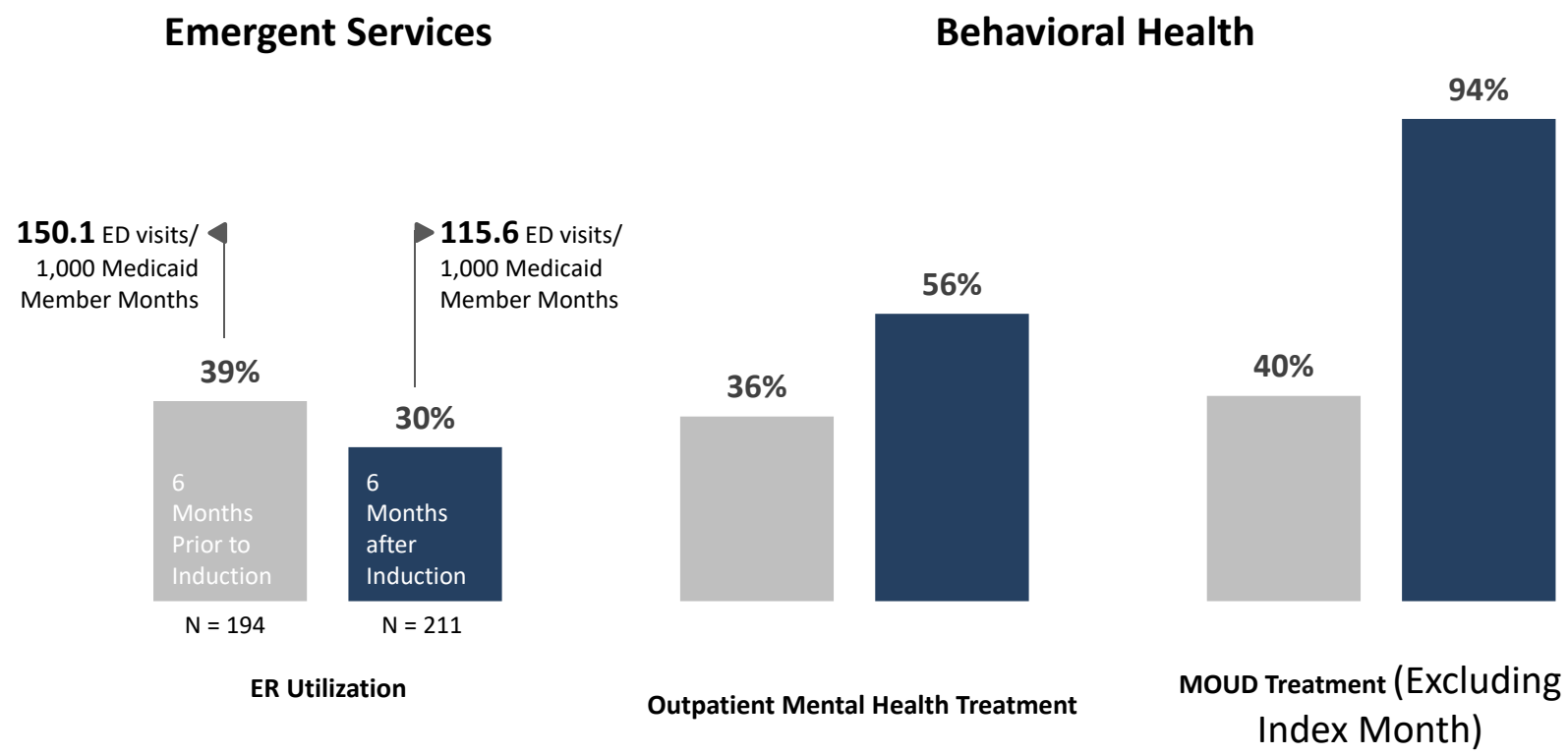


RACE/ETHNICITY

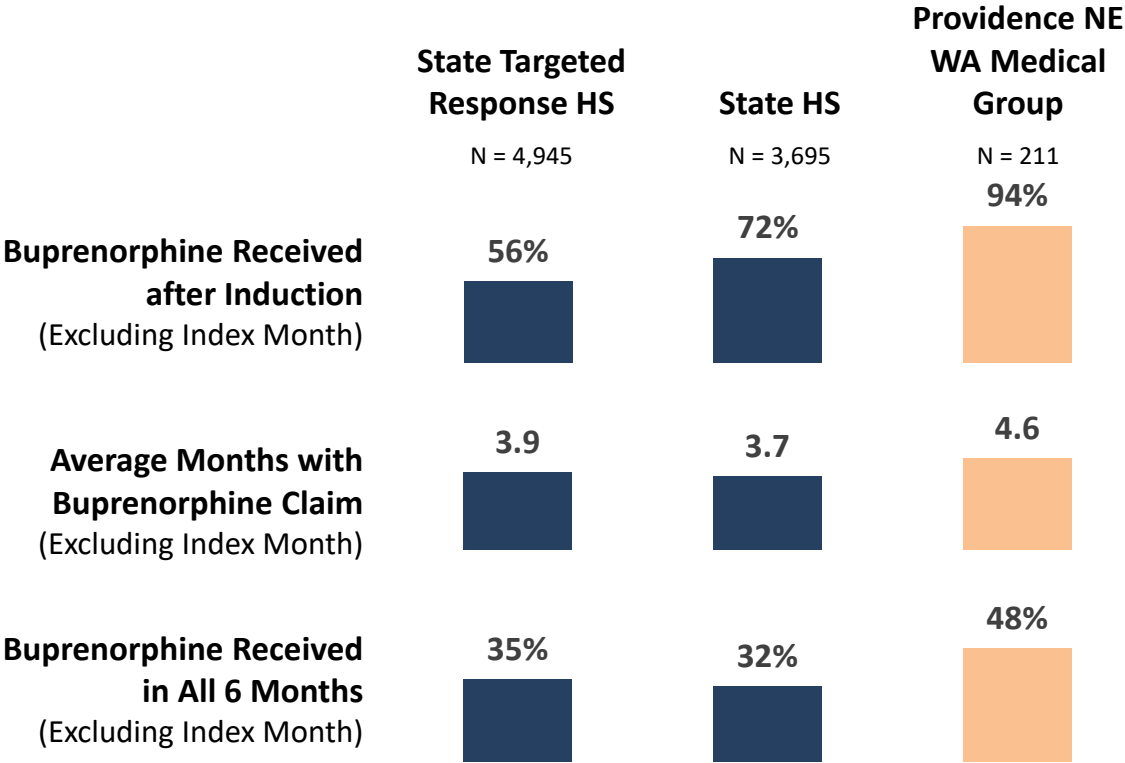


*Clients may be in more than one race/ethnicity category. Some race/ethnicity categories have been collapsed into Other Race due to small numbers.

Before & After Induction
HEALTH SERVICES



Buprenorphine Retention Compared to Other Hub and Spokes (HS)



RURAL CHALLENGES/OPPORTUNITIES

- 1) Stigma
- 2) Distance to treatment and pharmacy
- 3) Lack of SUD inpatient treatment or intensive outpatient treatment
- 4) High burden of mental health comorbidity
- 5) Higher rates of pain?
- 6) Lack of MOUD providers

RURAL CHALLENGES/OPPORTUNITIES

Barrier	Strategies
Stigma	<ul style="list-style-type: none"> -Community Presentations - Advertisements -Justice system education -Provider/staff education -Perseverance

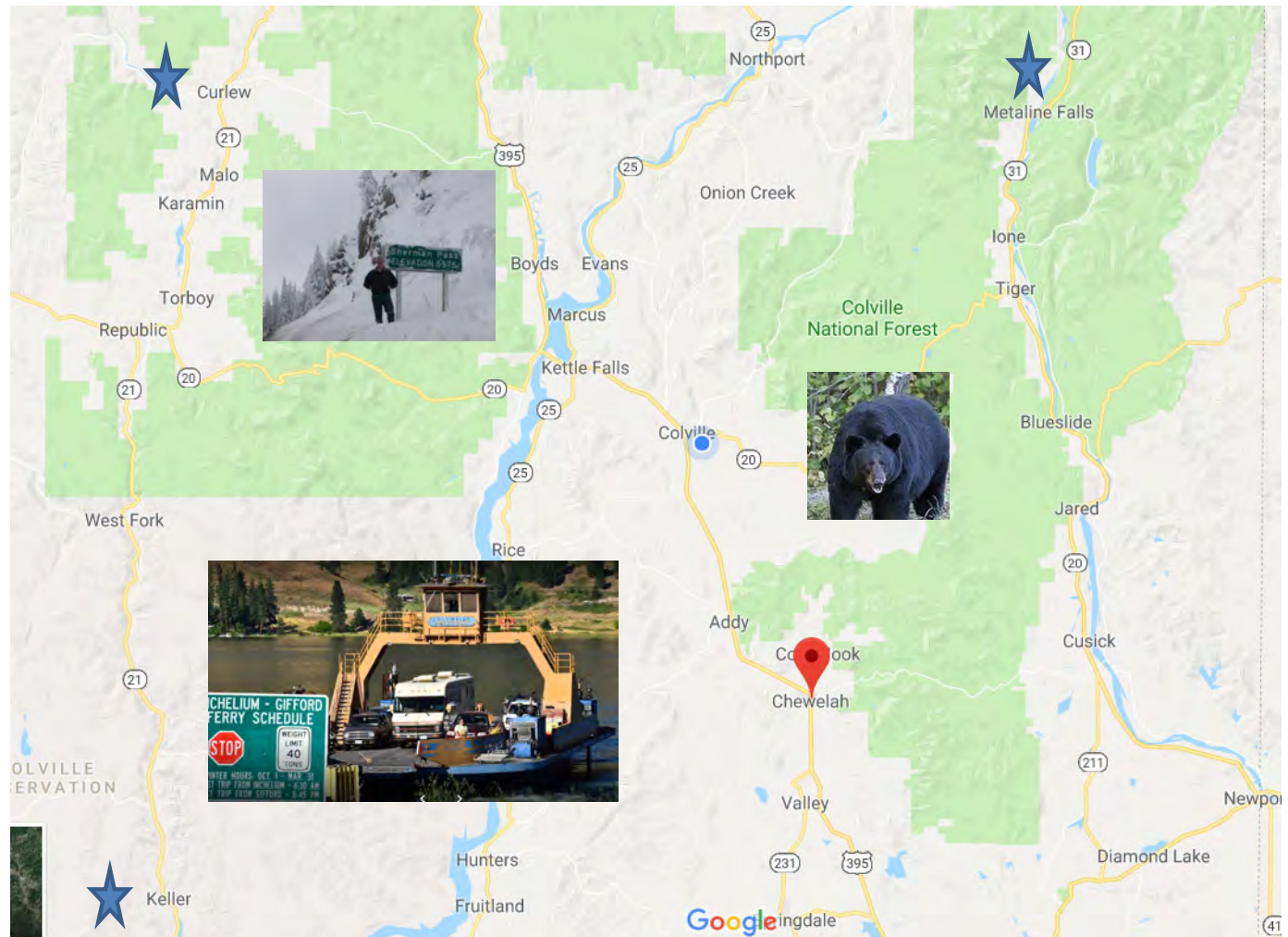


DISTANCE

Curlew: 150 miles, 3h.
\$34 gas. Highest pass in Washington

Keller: 162 miles, 4h30 min.
\$36 gas. Ferry boat ride

Metaline Falls: 120 miles, 3h. \$31 gas. High mountain road



RURAL CHALLENGES/OPPORTUNITIES

Barrier	Strategies
Distance	<ul style="list-style-type: none">-Take public health approach (harm reduction)-Focus on minimizing barriers to medications not on UDS-Tolerate no shows and drop ins-Incorporate telephone visits-Use Sublocade



RURAL CHALLENGES/OPPORTUNITIES

Barrier	Strategies
Lack of specialized care, inpatient facilities	<ul style="list-style-type: none">-Care navigators-Use the justice systemTelemedicine?-????



RURAL CHALLENGES/OPPORTUNITIES

Barrier	Strategies
High Burden of Mental Health Disorders and Trauma	<ul style="list-style-type: none">-Improve PCP knowledge-Implement Collaborative Care-Telemedicine psychiatry-Community Partnerships



RURAL CHALLENGES/OPPORTUNITIES

Barrier	Strategies
Pain/OD	<ul style="list-style-type: none">-Use buprenorphine early-Use adjuncts SNRI, pregabalin, TCA-Aggressively treat depression-focus on quality of life-Get physical therapy on board



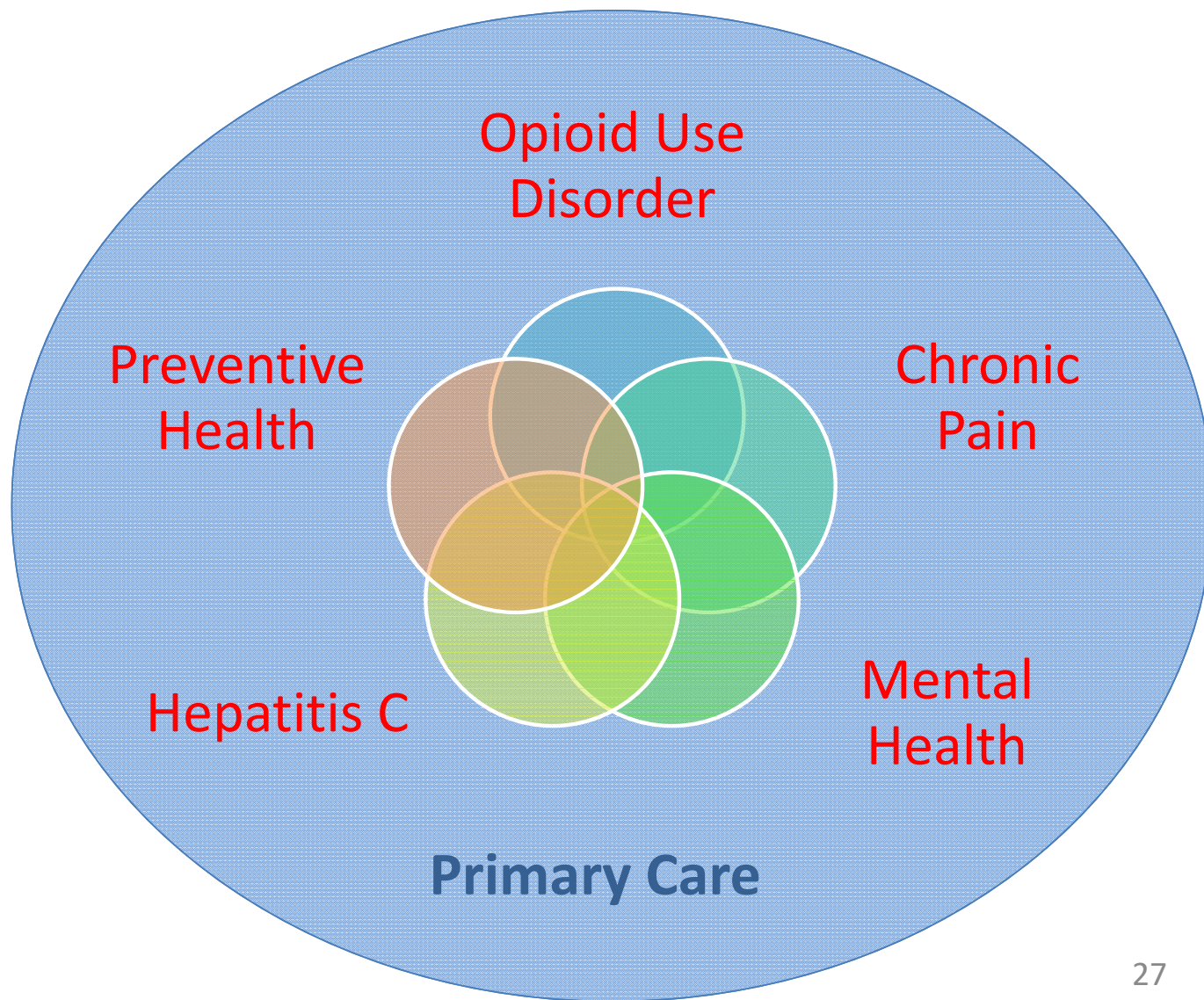
Washington
Rural Heritage

Stevens County Heritage

RURAL CHALLENGES/OPPORTUNITIES

Barrier	Strategies
Lack MOUD providers	<p>Primary care approach</p> <p>Local Knowledge, training</p> <p>Use nurses and care navigators to support providers</p>





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