



HEALTH & HUMAN SERVICES

Epi Flash Report

Fort Bend County

Public Health Emergency Preparedness Program

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Public Health Approach to Prevent Opioid Misuse

Opioid overdose continues to be a concern for cities and towns around the country. The CDC's National Syndromic Surveillance Program showed emergency room visits increased due to opioid overdoses for men (↑30%) and women (↑24%), people ages 25-34 (↑31%), 35-54 (↑36%), and for those 55 and older (↑32%) in 52 jurisdictions from 45 states that reported opioid overdoses from July 2016 through September 2017.

In Fort Bend County, 11 deaths due to semisynthetic and natural opioids use were reported in 2013. Local health officials are currently obtaining and reviewing opioid overdose data, injury deaths, and ER visits due to opioid misuse throughout the county for 2017.

To improve the health safety and effectiveness of opioid usage for pain therapy, the health department is encouraging health care providers to read the CDC Guideline for Prescribing Opioids for Chronic Pain, available at <https://go.usa.gov/xn6uQ>.

This guideline provides valuable recommendations for primary care clinicians who are prescribing opioids for chronic pain outside of active cancer treatment, palliative care, and end-of-life care.

The Guideline addresses the following:

- When to initiate, continue, or discontinue opioids for chronic pain
- How to recognize risks and address harms of opioid use effectively

CDC has developed this guideline while relying on the GRADE framework (Grading of Recommendations Assessment, Development, and Evaluation), and recommendations are made on the basis of a systematic review of the scientific evidence while considering benefits and harms, values and preferences, and resource allocation.

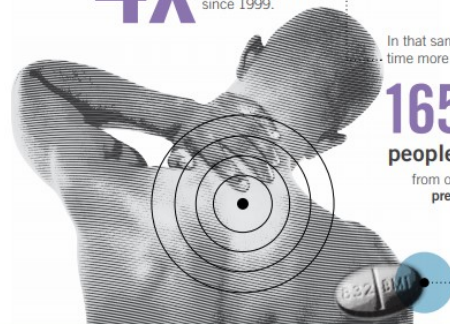
For a checklist of steps to follow while prescribing opioids for chronic pain, please visit the following CDC website: <http://stacks.cdc.gov/view/cdc/38025>.

For additional tools to guide clinicians in implementing the opioid usage recommendations, go to <https://www.cdc.gov/drugoverdose/prescribing/resources.html>

REDUCE OVERDOSE. PRESCRIBE RESPONSIBLY.

OVERPRESCRIBING LEADS TO MORE ABUSE AND MORE OVERDOSE DEATHS.

4x increase in sales of prescription opioids since 1999.



In that same time more than

165,000 people have died

from overdose related to prescription opioids.

REFER TO THE CDC GUIDELINE FOR PRESCRIBING OPIOIDS FOR CHRONIC PAIN FOR RESPONSIBLE PRESCRIBING OF THESE DRUGS¹.

- 1 USE NONOPIOID THERAPIES**
Don't use opioids routinely for chronic pain. Use nonopioid therapies alone or in combination with opioids. Only consider opioid therapy if you expect benefits for pain and function to outweigh risks.
- 2 START LOW AND GO SLOW**
When opioids are used, start with the lowest effective dosage and short-acting opioids instead of extended-release/long-acting opioids.
- 3 FOLLOW-UP**
Regularly assess whether opioids are improving pain and function without causing harm. If benefits do not outweigh harms, optimize other therapies and work with patients to taper opioids.

¹Recommendations do not apply to pain management in the context of active cancer treatment, palliative care, and end-of-life care.



GUIDELINE FOR PRESCRIBING OPIOIDS FOR CHRONIC PAIN

LEARN MORE | www.cdc.gov/drugoverdose/prescribing/guideline.html

Environmental & Infectious Diseases in Fort Bend County

Diseases Notified to Texas DSHS	# of Investigations Completed in February 2018	# of Cases Notified to TX DSHS in February 2018	# of Investigations Completed from 01/01/2018 to 02/28/2018	# of Cases Notified to TX DSHS from 01/01/2018 to 02/28/2018
Campylobacteriosis	3	3	7	7
Carbapenem-resistant Enterobacteriaceae (CRE)	3	3	4	4
Influenza, human isolates	56	-	338	-
Neisseria meningitidis, invasive (Meningococcal disease)	1	1	1	1
Salmonellosis	1	1	4	4
Shiga toxin-producing Escherichia coli (STEC)	1	1	3	3
Streptococcus pneumoniae, invasive disease (IPD)	2	2	5	5
Streptococcus, invasive Group B	2	-	8	1
Varicella (Chickenpox)	2	2	6	6



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