Student Athletes

Prescription Opioid Misuse Prevention

COACH & TRAINER EDITION
<table>
<thead>
<tr>
<th>Ohio stats</th>
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</table>

### Did You Know....

- **Every 2 hours, an Ohioan dies from an unintentional drug overdose.**

- **In 2016, more than 631 million opioid doses were dispersed to Ohio patients.**

- **Four out of five people who started using heroin in the past year had previously used prescription pain relievers non-medically.**

- **63% of Ohioans who died from unintentional overdose had a prescription for a controlled substance within the past year.**
Unintentional Drug Overdose Deaths Occurring in Montgomery County 2010 - 2017

- **2010**: 127
- **2011**: 130
- **2012**: 162
- **2013**: 226
- **2014**: 264
- **2015**: 259
- **2016**: 349
- **2017**: 566

**Drug Mentions in Drug Overdose Deaths in Montgomery County, 2017**

- **OPIOIDS**: 25%
- **Heroin**: 9%
- **Over-the-Counter**: 11%
- **Stimulant**: 13%
- **Anti-depressants**: 16%
- **Other Prescription**: 18%
- **Methamphetamine**: 18%
- **Alcohol**: 22%
- **Methamphetamine**: 18%
- **Cocaine**: 37%
- **Benzodiazepines**: 35%
- **THC**: 31%
- **Fentanyl Analogue**: 66%
- **Illicit Fentanyl**: 64%

**Definition of a Drug Mention**
A drug “mention” means a specific drug was found in a bodily system of an individual who died, but the particular drug was not necessarily the sole cause of death. The presence of multiple drugs in a person’s system can result in more than one mention for that individual.
Law Enforcement Overdose Calls by Year
Montgomery County, 2016-2017

Overdose Calls by Jurisdiction
Montgomery County, 2017

<table>
<thead>
<tr>
<th>Jurisdiction</th>
<th>Overdose Calls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dayton</td>
<td>1,894</td>
</tr>
<tr>
<td>Trotwood</td>
<td>288</td>
</tr>
<tr>
<td>Harrison Twp</td>
<td>251</td>
</tr>
<tr>
<td>Riverside</td>
<td>240</td>
</tr>
<tr>
<td>Huber Heights</td>
<td>124</td>
</tr>
<tr>
<td>Miamisburg</td>
<td>114</td>
</tr>
<tr>
<td>Jefferson Twp</td>
<td>112</td>
</tr>
<tr>
<td>Miami Twp</td>
<td>91</td>
</tr>
<tr>
<td>Vandalia</td>
<td>71</td>
</tr>
<tr>
<td>West Carrollton</td>
<td>71</td>
</tr>
<tr>
<td>New Lebanon</td>
<td>69</td>
</tr>
<tr>
<td>Butler Twp</td>
<td>55</td>
</tr>
<tr>
<td>Kettering</td>
<td>45</td>
</tr>
<tr>
<td>Centerville</td>
<td>34</td>
</tr>
<tr>
<td>Washington Twp</td>
<td>33</td>
</tr>
</tbody>
</table>
OVERDOSE EMERGENCY
ROOM VISITS
2017

Montgomery County stats

Overdose Emergency Department Visits by Age and Sex
Montgomery County, 2017

Top 10 Ohio Counties with the Highest Number of Overdose Emergency Department visits by Home Location, 2017

<table>
<thead>
<tr>
<th>Rank</th>
<th>County</th>
<th>Number of Visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Cuyahoga</td>
<td>4,267</td>
</tr>
<tr>
<td>2</td>
<td>Montgomery</td>
<td>3,920</td>
</tr>
<tr>
<td>3</td>
<td>Franklin</td>
<td>3,594</td>
</tr>
<tr>
<td>4</td>
<td>Summit</td>
<td>2,753</td>
</tr>
<tr>
<td>5</td>
<td>Butler</td>
<td>2,153</td>
</tr>
<tr>
<td>6</td>
<td>Hamilton</td>
<td>1,995</td>
</tr>
<tr>
<td>7</td>
<td>Stark</td>
<td>1,352</td>
</tr>
<tr>
<td>8</td>
<td>Lucas</td>
<td>1,038</td>
</tr>
<tr>
<td>9</td>
<td>Clark</td>
<td>858</td>
</tr>
<tr>
<td>10</td>
<td>Greene</td>
<td>802</td>
</tr>
</tbody>
</table>
What are opioids?

- Prescription painkillers that are powerful and addictive
- Similar chemical properties and addiction risks as heroin

Risks?

- Psychological dependence or addiction
- Unintentional overdose
- Serious side effects, such as sedation, nausea, or vomiting
- Individuals stealing or accessing your prescribed medications

**Physical Dependence Can Happen in Just 7 Days**
What is prescription medication abuse?

- Use of any medication that is not prescribed to you
- Taking too much of your prescribed medication or taking it too often
- Using a medication for any reasons other than what the prescription states
Why are athletes at risk?

- 2 million high school athletes will be injured this year
- Many will be prescribed opioid painkillers
- 75% of high school heroin users started with prescription opioids
- Increased access due to high rates of injury on teams and unsafe medication sharing
- A culture of ‘play through the pain’

Opioid addiction. It’s worse than you think.
UNSAFE MEDICATION PRACTICES

- 67-92% of patients hold onto unused opioids
- 73-77% of people do not lock meds
- Only 9% of people dispose of meds by FDA recommended methods

70% of people who abuse prescription medication source it from friends and family

COMMON SIGNS OF DRUG ABUSE

- Fatigue, red or glazed eyes, and repeated health complaints
- Sudden mood changes
  - irritability
  - negative attitude
  - personality changes
  - general lack of interest in sports/team
- Secretiveness and withdrawing from family, teammates
- Decreased or obsessive interest in school work
- Decrease in sports performance
- Increase in frustration, losing temper
YOUR ATHLETE HAS A SERIOUS INJURY

NOW WHAT?
EVIDENCE SHOWS OTC MEDICATION MAY WORK BETTER THAN OPIOIDS FOR ACUTE PAIN

REMEMBER...

NOT ALL #FAILS NEED OPIOIDS. DON’T ADD ADDICTION TO INJURY.
AN INJURED ATHLETE NEEDS TIME TO HEAL

DON’T MEDICATE TO PLAY THROUGH PAIN

BREAK THE CYCLE OF INJURY, PAIN, RE-INJURY

Pain is a normal part of the healing process and a way to monitor your recovery.

Rather than eliminating pain with pills, talk to your doctor about how to properly manage your pain through other safe practices.
AFTER INJURY

✓ Advocate for alternative therapies if appropriate
  ▪ RICE, OTC meds, PT, stretching, chiro

✓ Develop a return-to-play plan
  ▪ Proper healing is the primary objective

✓ Ensure parents/guardians are involved
  ▪ Even though teens can be independent

✓ Share info with key parties
  ▪ guardians, PT, trainer, coach, physician

✓ Pay attention to the social and emotional impact
  ▪ Find a way to keep injured player involved in the team
  ▪ Connection and support reduces risk of substance use
PAY ATTENTION TO THE SIGNS

- Know your injured players and ask about recovery
- Ask questions like
  - “What’s going on today?”
  - “How come you seem so distracted?”
- Don’t push players to ‘play through pain’
  - Respect return to play plan
  - Proper healing is primary objective
- Be aware of medication sharing practices
Keep Your Team Strong

✓ Provide risks of medication info to parents and athletes
  ▪ At the beginning of the season
  ▪ At time of injury

✓ Include prescription drug misuse in code of conduct
  ▪ Hold athletes accountable

✓ Follow through in disciplining any breaks in conduct
  ▪ Even “star” players
  ▪ BUT keep involved with team to keep out of trouble
Dear Parents/Guardians and Athletes,

This information sheet is provided to assist you and your child in recognizing the risk of prescription opioid use and misuse in student athletes. Opioids are an opiate-based pain medication, with accidental overdose being the leading cause of death in 2016. 2 million U.S. high school athletes suffer a chronic injury annually, putting them at risk for using and misusing prescription opioids. Since pain is experienced in most sports, how can we help our athletes prevent this dangerous behavior?

WHAT ARE PRESCRIPTION OPIOIDS?
1. Opioids are powerful prescription narcotic medications prescribed to treat pain associated with cancer, surgery, dental procedures, and chronic pain conditions.
2. Overripe narcotics are often prescribed by healthcare providers but can lead to misuse.
3. Misuse can occur through accidental exposure, negligence, or intentional abuse.
4. Studies show that 80% of new heroin users start by misusing prescription pain medications.

WHAT TO DO IF YOUR CHILD IS MISUSING:
1. Critically review terms of pain management as first-line treatment, including NADAD (National Association for Drug Abuse Prevention) guidelines and acetaminophen or other alternatives.
2. Monitor medication, conduct regular check-ins, and enforce rules.
3. Review and discuss the potential risks of opioid use, including addiction and overdose.
4. Encourage open communication and support seeking help if needed.

HOW TO PROTECT YOUR CHILD IF THEY ARE PRESCRIPTION OPIOIDS:
1. Discuss with healthcare provider about alternative pain management treatment options.
2. Establish a monitoring plan with the provider.
3. Enforce new monitoring rules if new behavior is observed.
4. Review the start/ending process with the provider.

WHAT TO EXPECT FROM GENERATION CANADIAN:
1. Learn about prescription opioids and their effects.
2. Obtain information on how to ensure medication safety.
3. Sign up for ongoing support and educational sessions.
4. Consult with healthcare providers for further guidance.

PRESCRIPTION OPIOID MISUSE PREVENTION
STUDENT ATHLETES

All youth athletes and their parents/guardians must review this information about Prescription Opioid Misuse Prevention, sign and return this form.

Parent/Guardian Name
Parent/Guardian Signature
Date

Student Name
Student Signature
Date

Share the info with YOUR team!
Share the info with colleagues
WAYS TO BE A RESOURCE FOR YOUR TEAM

Explore GenerationRx modules to learn about safe medication practices, and schedule a presentation for your team.

Use the Parent360RX Toolkit for parents who want to know more.

Schedule a 5 minutes for Life presentation for your team.

Sign up for TEACHable moments to share with students.
Want to Learn More?