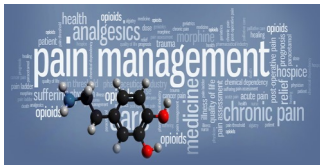


# INDIAN HEALTH SERVICE (IHS) NATIONAL COMMITTEE ON HEROIN, OPIOIDS, AND PAIN EFFORTS (HOPE)

## ***Indian Health Care: Ensuring a Coordinated, Holistic Response to the Opioid and Heroin Epidemic***

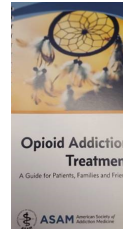
**IN THIS ISSUE:  
ACCESSING MAT FOR OPIOID USE DISORDER, MANAGING ACUTE DENTAL  
PAIN, PATIENT INFORMATION BOOKLET ON OPIOID USE DISORDER  
RELEASED AND HHS'S PAIN MANAGEMENT TASK FORCE RELEASES BEST  
PRACTICE GUIDELINE**



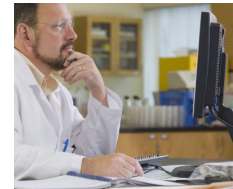
[Accessing MAT for Opioid Use Disorder](#)



[Managing Acute Dental Pain](#)



[Patient Information Booklet on Opioid Use Disorder](#)



[HHS's Pain Management Task Force Releases Guideline](#)

### **IHS Announces Requirements to Increase Access to Medication Assisted Treatment (MAT) for Opioid Use Disorder**

The IHS recognizes changing attitudes, beliefs, and perceptions to ensure comprehensive, culturally appropriate health services are available & accessible to patients diagnosed with opioid use disorder (OUD). OUD is a chronic disease and evidence demonstrates that treatment is effective and recovery is possible. MAT at IHS facilities are a comprehensive evidence-based approach to recovery that combines pharmacological interventions with substance abuse counseling, social and holistic services that are supportive of cultural practices and beliefs. When MAT is prescribed at appropriate doses for OUD it has proven to be safe and effective in relieving withdrawal symptoms & psychological cravings, increasing retention in treatment, decreasing illicit opioid use, and improving patient survival.

To ensure increased access to MAT, IHS released [Special General Memorandum 2019-01](#). All IHS federal facilities will identify OUD treatment resources in their local areas & create an action plan, no later than December 11, 2019, to provide or coordinate patient access to MAT, increasing access to culturally appropriate prevention, treatment and recovery support services.

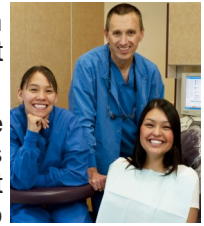
Combating the opioid epidemic remains a top priority at IHS and HHS. The IHS supports improving awareness surrounding OUD, reducing the stigma and negative attitudes related to OUD, and increasing understanding of effective programs to provide care for those with OUD. Recently IHS has developed and released agency policy and educational opportunities to help facilitate access to MAT in tribal communities, including [Internet Eligible Controlled Substance Provider Designation Policy](#). Additionally, IHS has added three FDA approved medications to the [National Core Formulary](#) (buprenorphine, buprenorphine/naloxone, & injectable naltrexone) recognizing that these medications prescribed at appropriate doses for OUD are safe and effective in relieving withdrawal symptoms and psychological cravings, increasing retention in treatment, decreasing illicit opioid use, and improving patient survival and birth outcomes among women who have OUD and are pregnant.

The [IHS National Committee on Heroin, Opioids & Pain Efforts](#) (HOPE), was established to promote appropriate and effective pain management, reduce overdose deaths from heroin & prescription opioid misuse, and improve access to culturally appropriate treatment.

## **IHS Introduces Recommendations: Management of Acute Dental Pain**

The IHS released new clinical guidelines to assist dentists with selecting the safest pain control options. The [Recommendations for Management of Acute Dental Pain](#) will limit opioid prescribing to patients who cannot safely use alternative pain medication.

Led by the [Division of Oral Health](#), in collaboration with the [IHS HOPE Committee](#), the guidelines were developed by an inter-professional workgroup consisting of both dentists and pharmacists. The guidelines aim to reinforce evidence-based acute pain management strategies, including optimizing NSAIDs, acetaminophen, and topical/local pain strategies to avoid or reduce opioid use. They also include a decision tree for pre- and post-operative pain management, as well as recommended dosing of systemic analgesics based on anticipated operative pain.



Approximately 18.5 million opioid prescriptions are written annually by dentists in the U.S., accounting for 12% of prescribed immediate release opioids. Despite this volume, there is evidence showing that nearly half of all opioids prescribed by dentists post-operatively go unused, which can result in non-medical use or diversion of the unused medications. Additionally, opioids prescribed after wisdom teeth removal are frequently the first opioid experience for patients under the age of 25. Opioid use at this age can alter brain development and increase the risk of developing substance use disorders. Reducing unused opioids and opioid exposure in the adolescent and young adult populations are two critical strategies to combat the opioid epidemic. The new clinical guidelines include recommendations to address strategies for the general population and more medically complex populations.

The [guideline](#) is hosted on HOPE's [Pain Management Website](#) and the [Division of Oral Health](#)'s website.

Contact [CDR Brandy Larson](#) for more information on dental participation in combatting the opioid crisis.

## **Patient Information Booklet on Opioid Use Disorder Released**

Increasing OUD awareness and education is an identified priority in HHS's [5-Point Strategy in Combating the Opioid Epidemic](#), IHS [HOPE Committee](#), and [CDC's RX Awareness Campaign](#). The Indian Healthcare system is committed to reducing overdose deaths from heroin and prescription opioid misuse and improving access to culturally appropriate treatment for OUD.

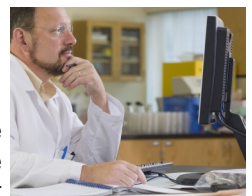
The IHS recently partnered with the [American Society of Addiction Medicine](#) (ASAM) to adapt a patient information booklet on opioid addiction and created a healthcare provider resource to assist with increasing awareness surrounding MAT. The patient booklet is intended to provide patient and caregiver information about opioid addiction, including treatment, recovery and overdose prevention. Additionally, the provider guideline is a quick reference with evidence based tools to assist providers with MAT prescribing, monitoring and follow-up considerations for OUD.

For information on [how to order](#) your booklets today, please visit HOPE's [MAT](#) webpage under "[resource](#)".



## **Department of Health & Human Services: Pain Management Best Practice Inter-Agency Task Force**

The [Task Force](#) was established to propose updates to best practices and issue recommendations that address gaps or inconsistencies for managing chronic and acute pain. The Task Force was comprised of a diverse group of experts and included patient advocacy and recovery perspectives. The [report](#) calls for a balanced, individualized, patient-centered approach to pain management.



The Final Report on Best Practices: [Updates, Gaps, Inconsistencies, & Recommendations](#)  
Additional Information is available on HOPE's [pain management](#) and [opioids](#) websites.

To subscribe to the **HOPE Listserv**, go [here](#) and search  
"IHS National Committee on Heroin, Opioids, and Pain Efforts"

Newsletter written by HOPE Committee, contact [LT Kristin Allmaras](#) with questions

