



Other References/Resources

California Health Care Foundation (CHCF):

Opioid Safety Coalitions Network

<http://www.chcf.org/oscn>



Understanding the Epidemic Through Data

Battling the overuse of opioids will require understanding the impact of the epidemic in your community and measuring your progress over time. Key to this is having access to the right data.



Framing the Issue

Learn about the three central approaches to opioid safety, projects being undertaken by CHCF, and get benchmarking data for your region.



Resources

CHCF has compiled essential resources, tools, and guidelines to assist coalitions in their work toward opioid safety. Also access a larger Google drive bank of over a hundred other resources.



About the Network

The network offers opportunities to learn from other coalitions and experts around the state, all working to the same ends. See where there are coalitions in California and join the network to get the latest information.

Opioid Safety

<http://www.chcf.org/topics/opioid-safety?page=1>

American Academy of Family Physicians (AAFP)

Pain Management and Opioid Abuse Resources (Office-base Tools, Community Engagement, Science & Education)

<http://www.aafp.org/patient-care/public-health/pain-opioids/resources.html>

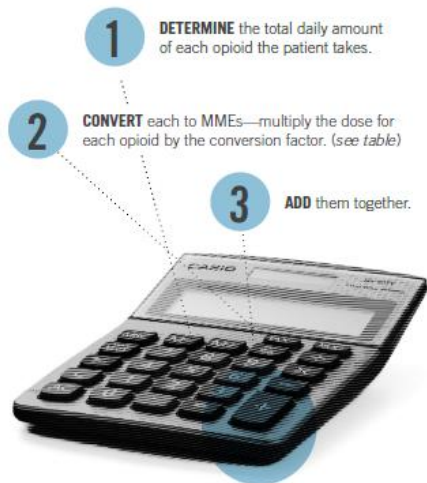
AAFP Chronic Pain Management Tool Kit

http://www.aafp.org/content/dam/AAFP/documents/patient_care/pain_management/res-tricted/cpm-toolkit.pdf

CDC Opioid Conversion Guide

https://www.cdc.gov/drugoverdose/pdf/calculating_total_daily_dose-a.pdf

HOW SHOULD THE TOTAL DAILY DOSE OF OPIOIDS BE CALCULATED?



Calculating morphine milligram equivalents (MME)

OPIOID (doses in mg/day except where noted)	CONVERSION FACTOR
Codeine	0.15
Fentanyl transdermal (in mcg/hr)	2.4
Hydrocodone	1
Hydromorphone	4
Methadone	
1-20 mg/day	4
21-40 mg/day	8
41-60 mg/day	10
≥ 61-80 mg/day	12
Morphine	1
Oxycodone	1.5
Oxymorphone	3

These dose conversions are estimated and cannot account for all individual differences in genetics and pharmacokinetics.

CAUTION:

- Do not use the calculated dose in MMEs to determine dosage for converting one opioid to another—the new opioid should be lower to avoid unintentional overdose caused by incomplete cross-tolerance and individual differences in opioid pharmacokinetics. Consult the medication label.

USE EXTRA CAUTION:

- Methadone:** the conversion factor increases at higher doses
- Fentanyl:** dosed in mcg/hr instead of mg/day, and absorption is affected by heat and other factors

Opioid Calculator App by FPM ANZCA

<http://www.patientcareonline.com/pain/opioid-calculator-fpm-anzca-app-review> this app helps prescribers calculate MME doses for safe prescribing purposes.

Safe Drug Disposal and Sites in LA County

<https://dpw.lacounty.gov/epd/hhw/nodrugs.cfm>

<http://ladpw.org/epd/hhw/pdf/SheriffsSites.pdf> that provides the 21 Sheriff Drug Dropbox locations throughout the County.

Buprenorphine Questions & Answers (from CHCF)

<http://www.chcf.org/~/.media/MEDIA%20LIBRARY%20Files/PDF/PDF%20B/PDF%20BuprenorphineFAQ.pdf>

Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://www.samhsa.gov/> Home Page

<http://www.samhsa.gov/atod/opioids>

Get the facts on the misuse and abuse of prescription opioids such as hydrocodone, oxycodone, morphine, and codeine, and the illegal opioid, heroin.

Safe Med LA Prescription Drug Abuse Coalition of Los Angeles County

Home Page

www.safemedla.org/



Safe Pain Prescribing Resources and Guidelines

<http://www.safemedla.org/safe-prescribing-guidelines-and-resources.html>

Los Angeles County Department of Public Health: Substance Abuse Prevention and Control (SAPC)

Home Page: <http://publichealth.lacounty.gov/sapc/>