

Podcast

Drug Monitoring in Behavioral Health and During Times of Crisis

Presenter:

Dr Jack Kain, Director, Medical Science Liaison, Drug Monitoring and Toxicology

Dr Jeff Gudin, Senior Medical Advisor, Drug Monitoring and Toxicology

September 2020



Mental health overview

- Mental Health
- Times of Crisis
- Drug Monitoring

What are the most common types of mental health disorders?

Depressive
Disorders

Schizophrenia
Spectrum &
Others

Anxiety
Disorders

Substance
and Opioid
Use disorders

Prevalence and occurrence

1 in 5 Americans (18%) age 18+ **experience some form of mental illness**¹



20M People (8.4%) in the past year **had substance use disorders**¹



8.1% American adults age 20+ **had depression in a given 2-week period**

7.9M Of these people had **BOTH mental disorders & SUDs**¹

- Mental disorders begin and occur at different stages in life and are more prevalent in certain age groups
- Schizophrenia and other disorders usually emerge in early adulthood

Mental health disorders may occur

ONCE

Reoccur
INTERMITTENTLY

CHRONICALLY

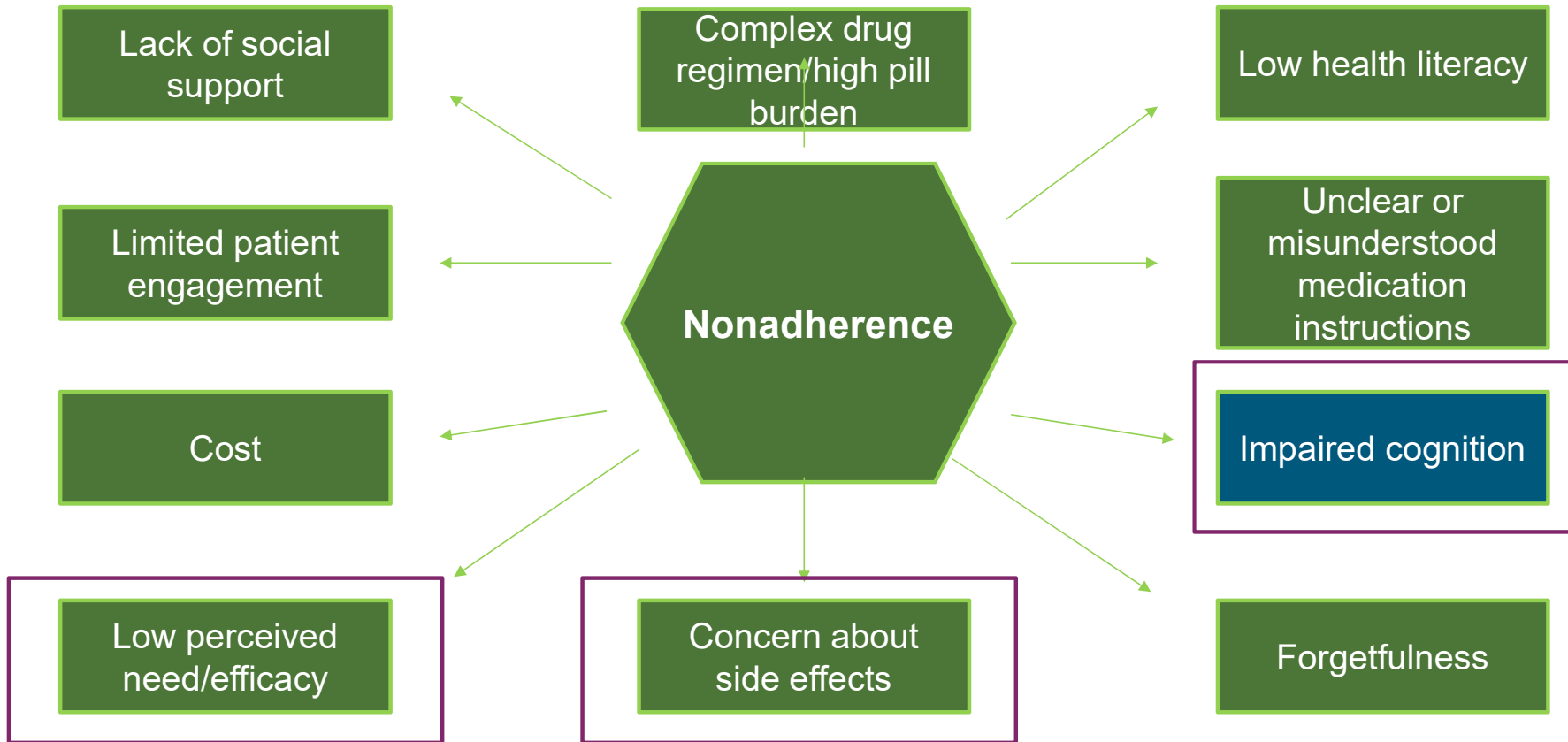
Medication adherence and the role of Clinical Drug Testing

- **Medication Adherence is defined as the extent to which a person's medication-consuming behaviors follow the recommendations of a health care provider.²**
- Medication nonadherence is what undermines the pharmacotherapy process and ultimately the efficacy of treatment. And it's not just simply forgetting to take your medication.
- **Nonadherence** also applies to the misuse of medications such as timing and dosing.
- In addition, medication adherence also encompasses the dangers of **mixing** unreported substances with prescribed substances as this can lead to side effects and potential overdose syndromes.
- It is estimated that nonadherence to long-term therapy for chronic illness is as high as **50%.**^{3,4}

Medication adherence and the role of Clinical Drug Testing (continued)

- Published studies show that nonadherence rates for antidepressants and antipsychotics range from 50%-55%.⁵
- Unfavorable outcomes associated with noncompliance⁶
 - Worsening of symptoms
 - Increased risk of relapse
 - Personal suffering
 - Rehospitalization
 - Suicide attempt
 - Increased cost
 - Disrupted recovery

What challenges adherence?⁷



What about during times of crisis?

What about during times of crisis?



Do mental health issues increase?



Does the prescribing of mental health medications increase?



Does the frequency of drug monitoring increase during challenging times?

Mental Health is challenged during times of crisis

What are some examples of challenging times at the population level?

1. Natural Disasters
2. Economic Crisis
3. Pandemic

Has drug misuse been shown to increase during times of crisis?

Drug Misuse Increases During Times of Crisis

- **Natural Disasters**

- Psychological disorders and substance misuse increase in the aftermath of both man-made and natural disasters:
- In the aftermath of Hurricane Katrina, **“survivors were smoking cigarettes, consuming alcohol, and experiencing alcohol consumption-related problems at a substantially higher rate,”** according to a 2006 study by researchers at the University of South Carolina.⁸
- Data showed **hospitalizations for alcohol misuse rose 35% following Hurricane Katrina.**⁸

- **Economic Crisis**

- During economic recessions, **deteriorations in mental health** and **increases in suicides** are observed at a population level.⁹
- Both of these outcomes are associated with **illegal drug use.**⁹
- Evidence shows that drug use increases in times of recession because unemployment increases **psychological distress and social detachment.**⁹
- **Social exclusion mechanism: An economic recession leads to job loss which may lead to loss of social status and to social exclusion, which may be coped with by using an illegal drug.**⁹

During the pandemic, patients with chronic pain, substance use disorders, and mental health conditions are at particular risk for alcohol and drug overuse and misuse

Drug testing, as well as other preventive services, have in many cases been put on hold during the COVID-19 pandemic

The epidemic with the pandemic...

Impact of the pandemic on patients

- Uncertainty about the coronavirus, concerns about family members and finances, isolation and disruptions to daily life are leading to increased anxiety and depression
 - These events can **increase the risk of substance abuse, such as extensive drinking or drug use, as a coping mechanism²**
 - The risk for substance misuse is likely to vary based on predisposing factors

Important risk factors to consider

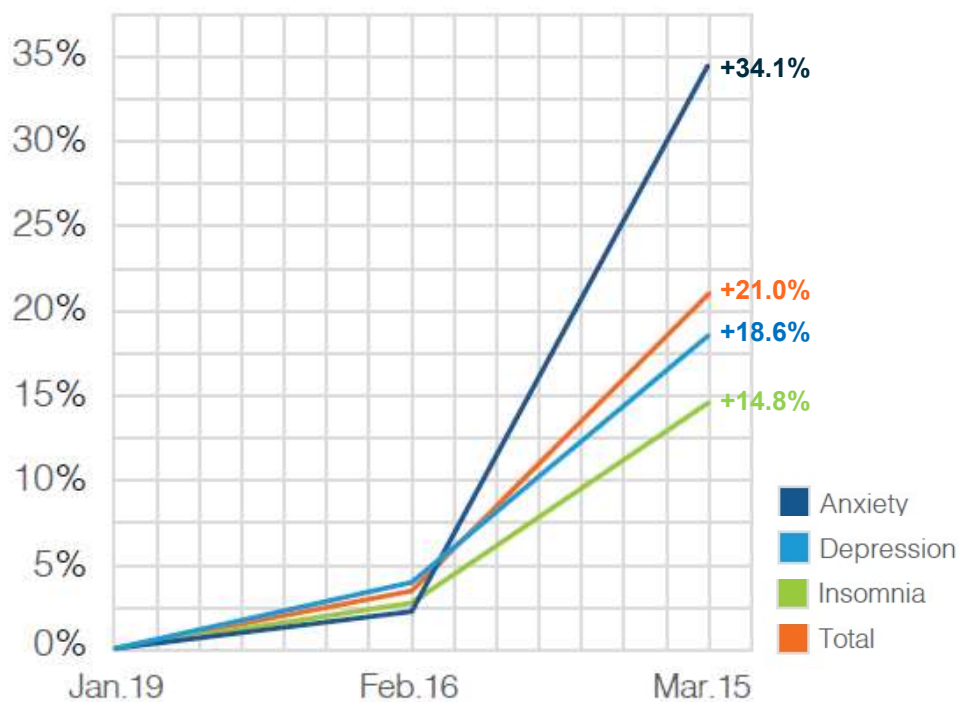
- Clinicians who treat patients with chronic pain, substance use disorders, or mental health conditions need to understand their patient's history and previous diagnosis:
 - Personal history of substance misuse
 - Family history of substance misuse
 - Previous diagnosis of anxiety, depression, or bipolar disorders

Routine drug monitoring services can play a critical role in managing care

COVID-19 has impacted prescriptions for mental health treatment

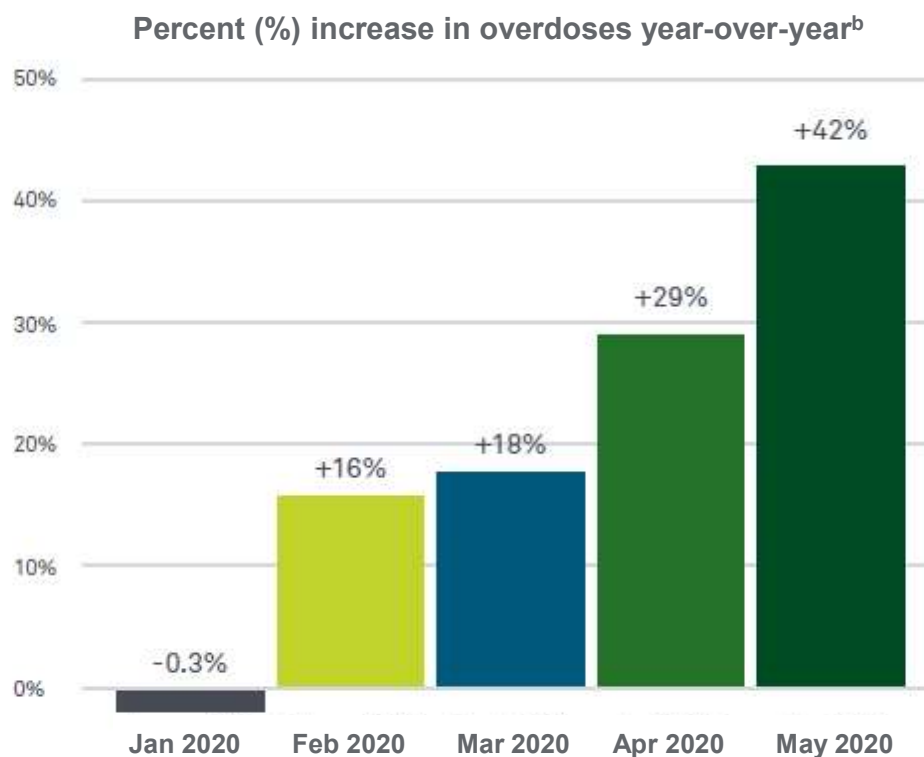
Anxiety and depression related to COVID-19 may persist after the pandemic subsides. There has been a significant rise in the use of antidepressants and other medications for mental health disorders

Percent Change in Prescriptions filled per week for mental health medications¹⁰



Monthly overdoses have grown dramatically during the pandemic

Overdoses^a increased up to 42% per month during the pandemic, as compared to the same months in 2019¹¹



a. Suspected overdoses nationally—not all fatal

b. Percent increase references the 1,201 agencies reporting to ODMAP by January 2019. Source: ODMAP

Look at what data shows!

- Quest Clinical drug monitoring declined rapidly during the COVID-19 stay-at-home orders.¹²
- However, Positivity for non-prescribed fentanyl increased (by 35%; $p < 0.01$) compared to the baseline period.¹²
- Significant increases in positivity were also demonstrated for heroin (44%, $p < 0.01$), opiates (10%, $p < 0.01$), and marijuana (4%, $p < 0.01$).¹²
- The combination of nonprescribed fentanyl with other drugs also increased, including positivity for nonprescribed fentanyl increases by 89% among patients positive for amphetamines ($p < 0.01$); 48% for benzodiazepines ($p < 0.01$); 34% for cocaine ($p < 0.01$); 39% for opiates ($p < 0.01$); and 4% for heroin.¹²

Medication adherence and the role of Clinical Drug Testing

- Note that monitoring the dispensing of buprenorphine is only part of the picture. Just because a medication is dispensed doesn't mean it is consumed appropriately.
- During this COVID-19 pandemic, medication adherence is more important than ever. Social distancing IS a risk factor for nonadherence.
- Drug testing provides objective information on medication compliance, empowering behavioral health clinicians and treatment teams to make more informed decisions that can improve patient care.
- Quest uses a 2-step testing approach with presumptive identification of possible use or non-use of the tested drugs and definitive confirmation to identify specific drugs present.
- Our accurate results help clinicians and treatment teams facilitate conversations and maintain therapeutic alliances with patients and clients.

Delivering Peace of Mind at our PSCs

When in-office collection is not an option for you the provider, or for your patient

- Special hours for vulnerable patients
- Safeguarding patient health with employee masks and PPE
- All patients are required to wear a mask or face covering
- Social distancing
- More frequent cleaning
- Wait by Text program



The Quest Diagnostics Clinical Drug Monitoring team is pleased to announce that we are now offering providers the ability to order 'at-home' or 'self-collection' of drug monitoring test samples, as part of or in conjunction with physician/patient Telemedicine sessions

New, at-home/self-collection offering from Quest Diagnostics Clinical Drug Monitoring

When in-office collection is not an option for you the provider, or for your patient



- Explain the new Quest “at-home” collection option to your patient
- Submit your test order using your Quest Quantum® Lab Services Manager account or your EMR
- Be sure to use the Home Collect test code (#39654–Oral Fluid, or #39557–Urine) and include the patient contact information as well as drug monitoring test(s) ordered
- Patients will receive a self-collection package delivered to their homes with collection materials, specific instructions on collecting the sample, as well as packing and shipping instructions for return of the sample
- A self-collection demonstration video is available at [QuestDrugMonitoring.com/resources](https://www.questdiagnostics.com/questdrugmonitoring/resources)

References

1. Substance Abuse and Mental Health Services Administration. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health (HHS Publication No. SMA 18-5068, NSUDH Series H-53)*. Rockville, MD: Center for Behavioral Health Statistics and Quality. Retrieved from: <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFFR2017/NSDUHFFR2017.pdf>.
2. World Health Organization. Adherence to long-term therapies: evidence for action. *Geneva: World Health Organization*; 2003.
3. Haynes RB, Montague P, Oliver T, McKibbin KA, Brouwers MC, Kanani R. Interventions for helping patients to follow prescriptions for medications. *Cochrane Database Syst Rev*. 2000;2:CD000011.
4. Sackett DL, Haynes RB, Gibson ES, Taylor DW, Roberts RS, Johnson AL. Patient compliance with antihypertensive regimens. *Patient Couns Health Educ*. 1978;1(1):18–21.
5. Compton, MT. Nonadherence in the treatment of schizophrenia. *Medscape*. Accessed June 13, 2018. <https://www.medscape.org/viewarticle/546619>.
6. Eticha T, Teklu A, Ali D, et al. Factors associated with medication adherence among patients with schizophrenia in Mekelle, Northern Ethiopia. *PLoS One*. 2015;10(3):e0120560. Accessed May 22, 2018. <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0120560>.
7. Haga S, LaPointe NM. The potential impact of pharmacogenetic testing on medication adherence. *Pharmacogenomics J*. 2013;13(6):481-3
8. Moise IK, Ruiz MO. Hospitalizations for substance abuse disorders before and after Hurricane Katrina: spatial clustering and area-level predictors, New Orleans, 2004 and 2008. *Prev Chronic Dis*. 2016;13:160107. doi:10.5888/pcd13.160107
9. Nagelhout GE, Hummel K, et al. How economic recession and unemployment affect illegal drug use: a systematic realist literature review. *Int J Drug Policy*. 2017;44:69-83.
10. Express Scripts. America's state of mind. US trends in medication use for depression, anxiety and insomnia. April 2020. Accessed July 31, 2020. <https://www.express-scripts.com/corporate/americas-state-of-mind-report#:~:text=In%2Ddepth%20Analysis%20of%20Depression,over%20the%20past%20five%20years>.
11. Overdose Detection Mapping Application Program (ODMAP). Accessed July 23, 2020. <http://www.odmap.org/>.
12. Quest Diagnostics Health Trends Data. Abstract Pending.