

Facilitating in-home disposal of opioid analgesics

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Session V: The Role of In-Home Opioid Disposal
Defining and Evaluating In-Home Drug Disposal Systems for Opioid Analgesics

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Conflicts and Disclosures

I have no conflicts to report.

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Overview

- 1) Community member beliefs about disposal of opioid analgesics
- 2) Interventions to facilitate disposal
- 3) Considerations for implementation of in-home disposal interventions

Community member beliefs about disposal of opioid analgesics



Community member beliefs about disposal of opioid analgesics

- Lack of awareness and education about disposal options
- Confusion about 'best' disposal option immobilizes patients
- Desire to choose the disposal option that is best for them
 - Convenience and accessibility
 - Cost
 - Distrust in law enforcement agencies
 - Environmental concerns
- Perceive benefits of disposal to be protecting their household members from the consequences of diversion and theft
- Retain 'just in case'



Community member beliefs about disposal of opioid analgesics

"I like the idea of a deactivation, but I don't want to go and buy it."

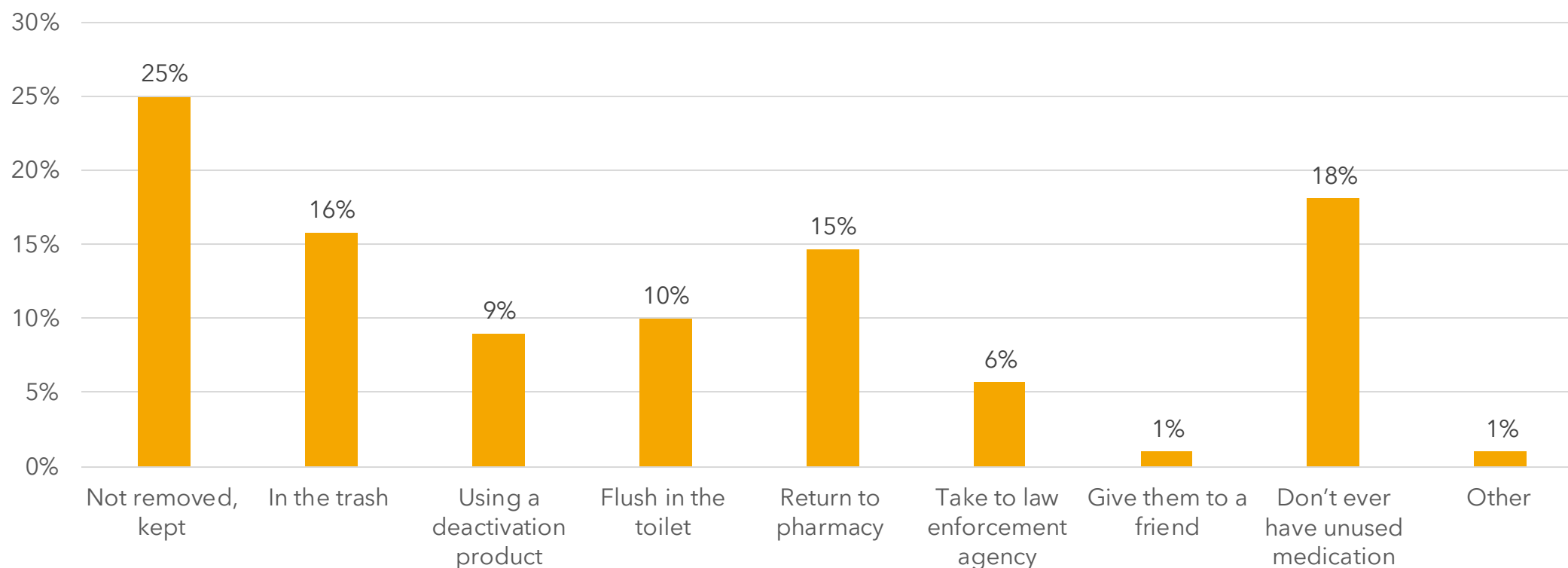
"I think I would rather take them to the pharmacy to dispose of them. That makes sense, that's where you get them. That's where you can take them back."



"I wouldn't want any medications in my municipal water supply, which most of them have detected pharmaceuticals in there."

"As a chronic pain patient, I have been for a decade. There is no such thing as education. Let me just tell you, doctors don't educate the patients. Pharmacies don't educate the patients. No one educates the patient."

How do you typically dispose of your leftover prescription pain medication? (n=1,520)



Interventions to facilitate disposal of opioid analgesics



Interventions to facilitate disposal: *Distribution of in-home disposal products*

Medical setting

Evidence is mixed on the effectiveness of providing patients with in-home products.

Community setting

From 2018-2021, Community Health Workers (CHWs) offered in-home products to community members who reported lifetime use of opioid medication (n=124)

100% accepted the in-home product

98.2% expected use to be very or somewhat easy

47.6% intended to use the product to dispose of opioid medication



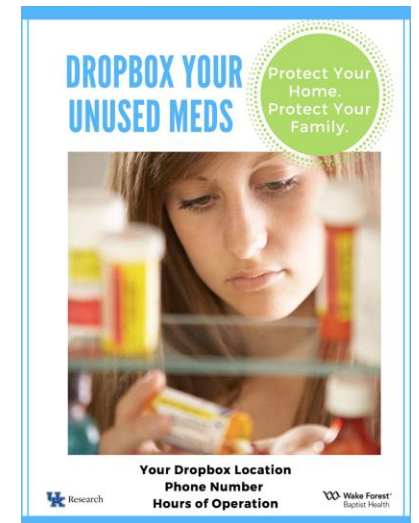
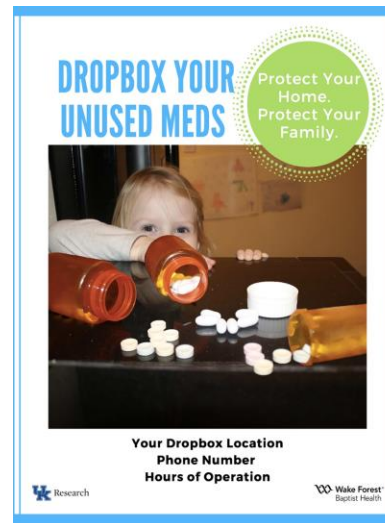
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Interventions to facilitate disposal: *Increase awareness of disposal boxes*

In 2017, we conducted focus group discussions to inform campaign development

In 2018, we pretested campaign materials using a cross-sectional forced exposure design

Distributed campaign materials to local health departments



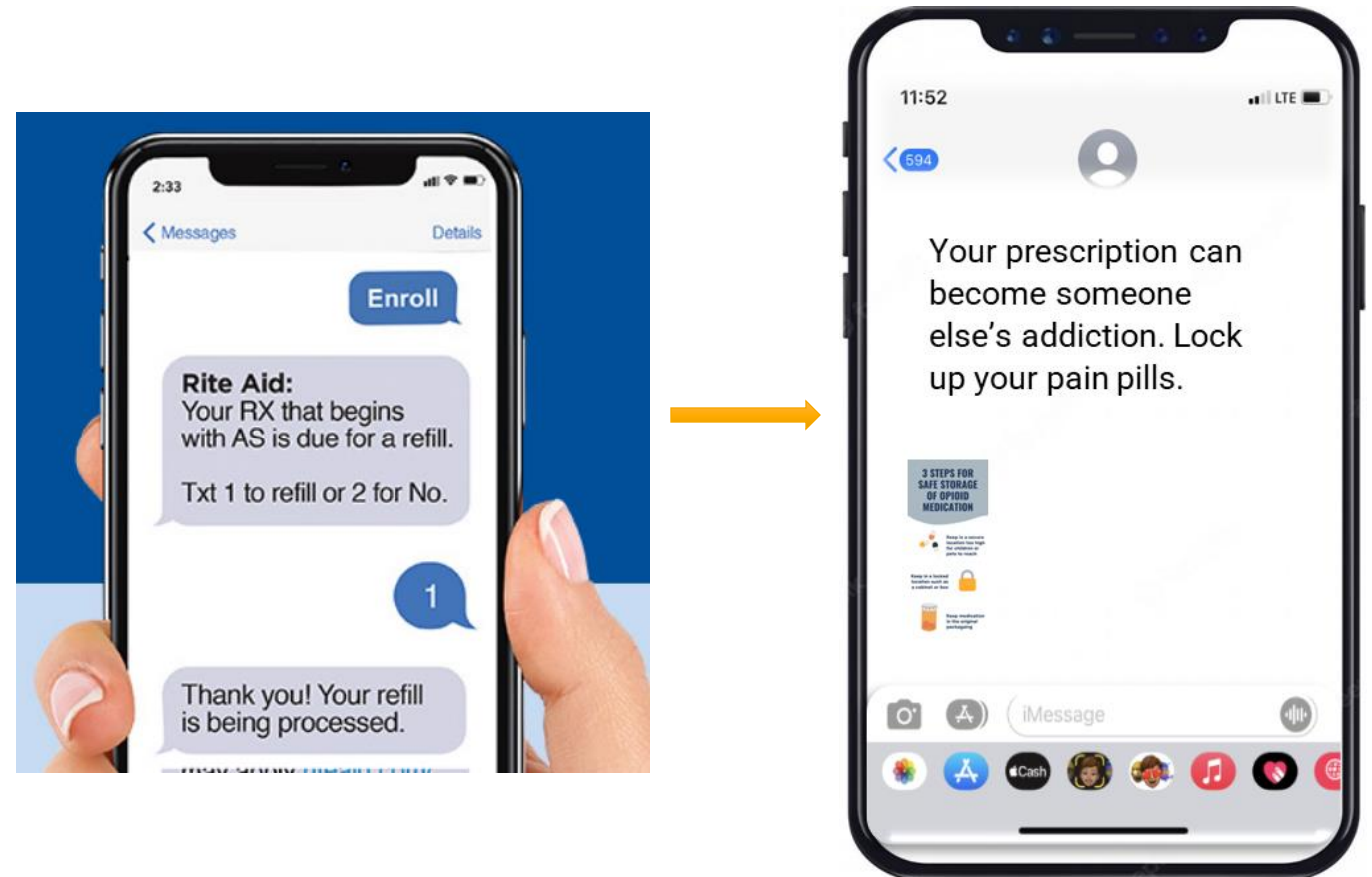
Interventions to facilitate disposal:

Text to prompt storage and disposal of medication

Conducted focus group discussions (n=12; 37 participants) to inform text message development

Pretested text messages using a cross-sectional forced exposure design (n=1,520 participants)

RCT to assess feasibility and efficacy



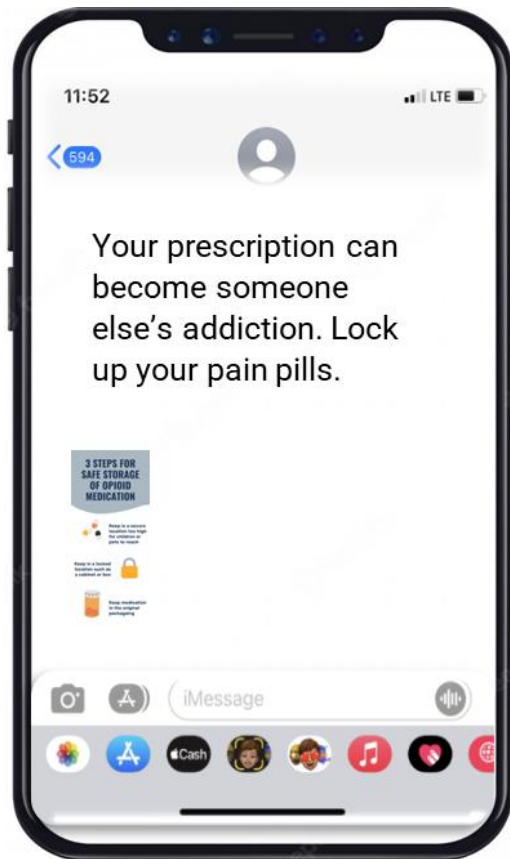
Interventions to facilitate disposal:

Text to prompt storage and disposal of medication

Disposal Messages (n=18)	Round # Focus Group #s	Phase 1			
		R1 1-4	R2 5-7	R3 8-9	R4 10-12
Your prescription can become someone else's addiction. Safely remove them from your home.		X	X	X	
Prevent the risk of theft in your own home, get rid of unused medicine.		X	X		
Reminder: dispose those unused pain pills.		X	X		
Prevent yourself and others from unnecessary health risks. Throw out your unused pain pills.		X	X		
Throwing out your unused pain pills could save a life.		X	X		
Throwing out unused prescription pain medicine is easy. Breaking addiction is hard.		X			
Prevent addiction, throw out your unused prescription (pain pills)		X			
Throw out your unused pain pills for their safety and yours.		X			
Properly dispose of your prescription medications to keep yourself and others safe.			X	X	X
Dispose of your unused medications. You may save the life of someone you love.				X	X
Discarding your unused pain pills could save a life.				X	X
Safely discard unused or expired medications.				X	X
Your prescription can become someone else's addiction. Safely discard unused or expired medications.					
Safely discard unused medications. Click here to learn how.			X	X	
Return your unused prescription pain medicine to your pharmacy.			X		
There are many options to dispose of your medications. Which one is right for you?				X	X
Dispose of all medicine that are out of date. Click here to learn how.				X	
Addiction is everywhere and not always visible. Please dispose of your meds.				X	

Interventions to facilitate disposal:

Text to prompt storage and disposal of medication

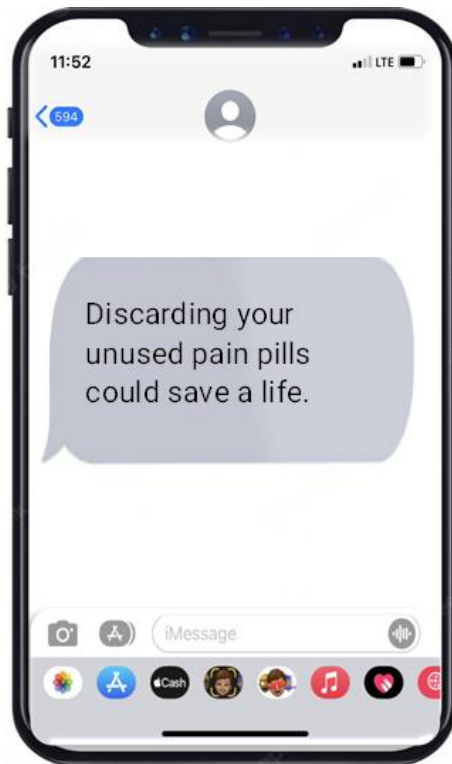
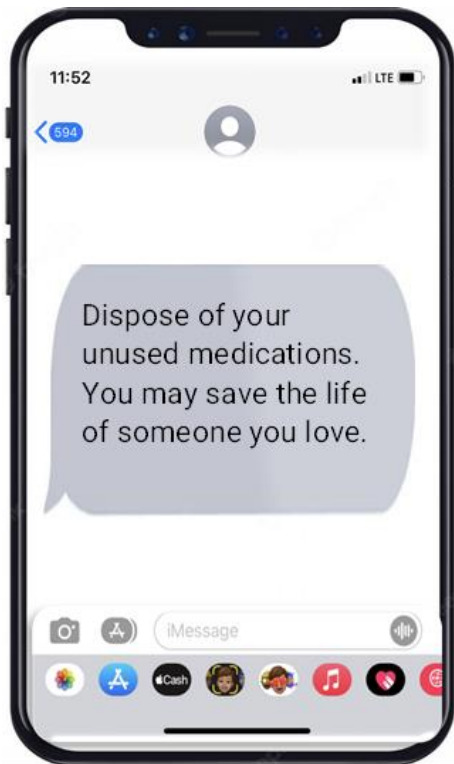


This message....

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
grabbed my attention.	☐	☐	☐	☒	☐
is easy for me to understand.	☐	☐	☐	☐	☒
makes me worry about having prescription pain medication in my home because they may be misused.	☐	☐	☒	☐	☐
makes me think about the risks of having prescription pain medication in my home because they may be misused.	☐	☐	☐	☒	☐
encourages me to safely store my prescription pain medication in my home because they may be misused.	☐	☐	☐	☒	☐

Interventions to facilitate disposal:

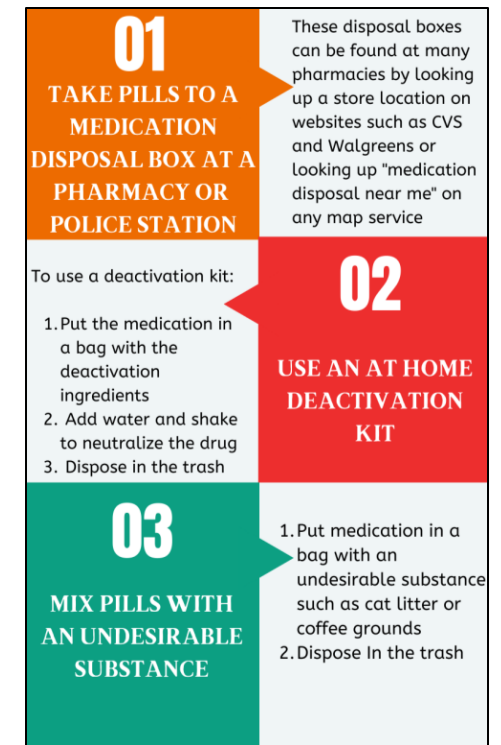
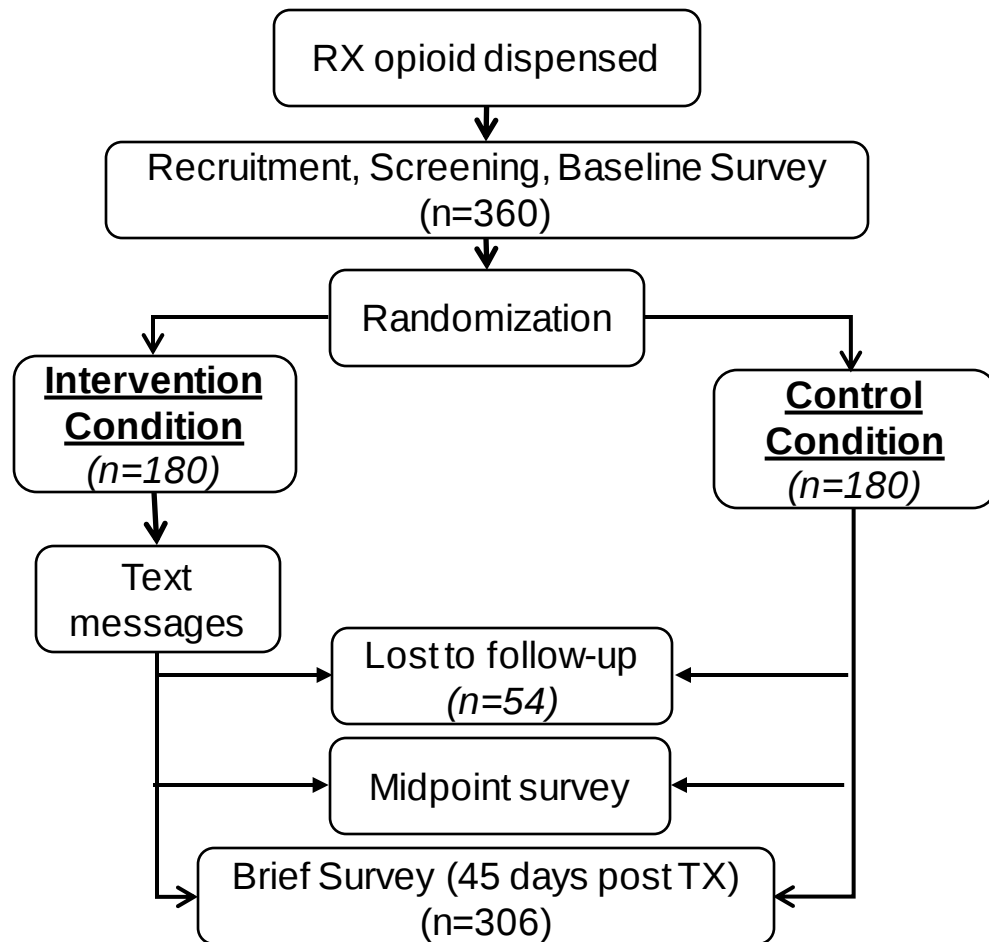
Text to prompt storage and disposal of medication



01 TAKE PILLS TO A MEDICATION DISPOSAL BOX AT A PHARMACY OR POLICE STATION	These disposal boxes can be found at many pharmacies by looking up a store location on websites such as CVS and Walgreens or looking up "medication disposal near me" on any map service
To use a deactivation kit: 1. Put the medication in a bag with the deactivation ingredients 2. Add water and shake to neutralize the drug 3. Dispose in the trash	02 USE AN AT HOME DEACTIVATION KIT
03 MIX PILLS WITH AN UNDESIRABLE SUBSTANCE	1. Put medication in a bag with an undesirable substance such as cat litter or coffee grounds 2. Dispose In the trash

Interventions to facilitate disposal:

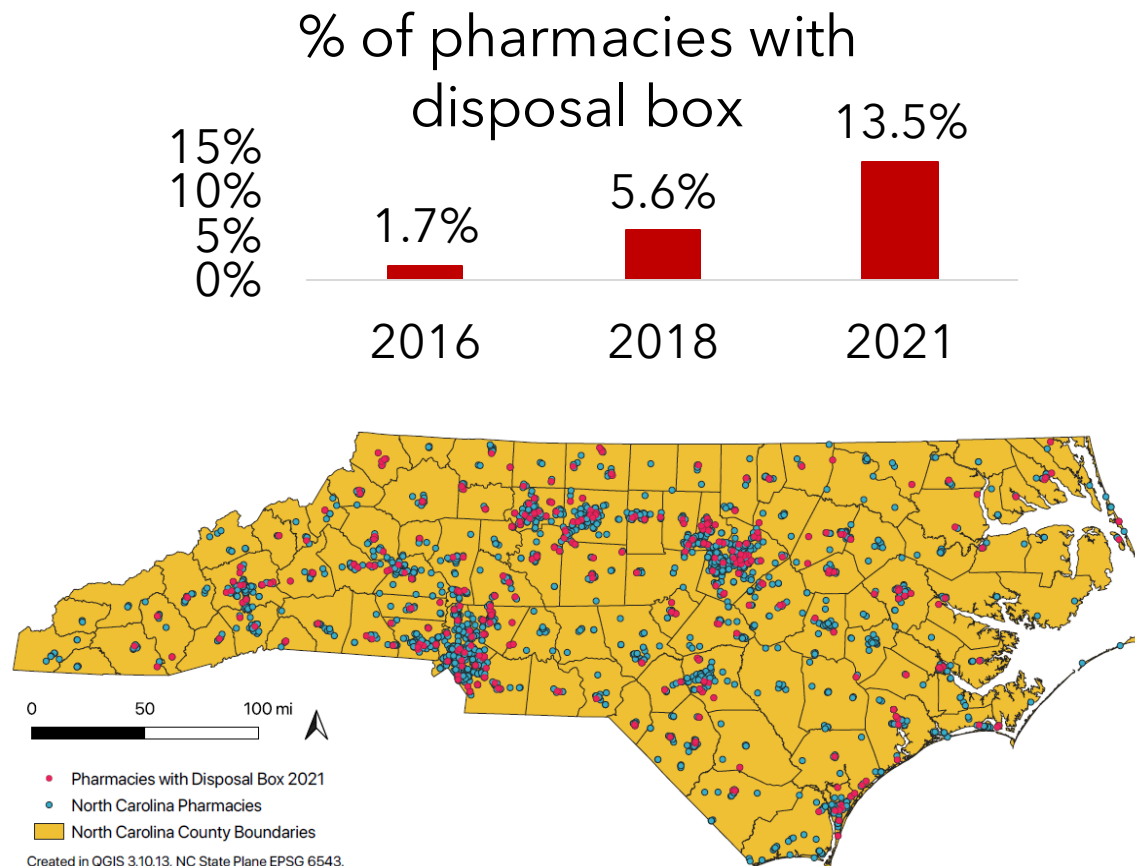
Text to prompt storage and disposal of medication



Considerations for implementation of in-home disposal interventions

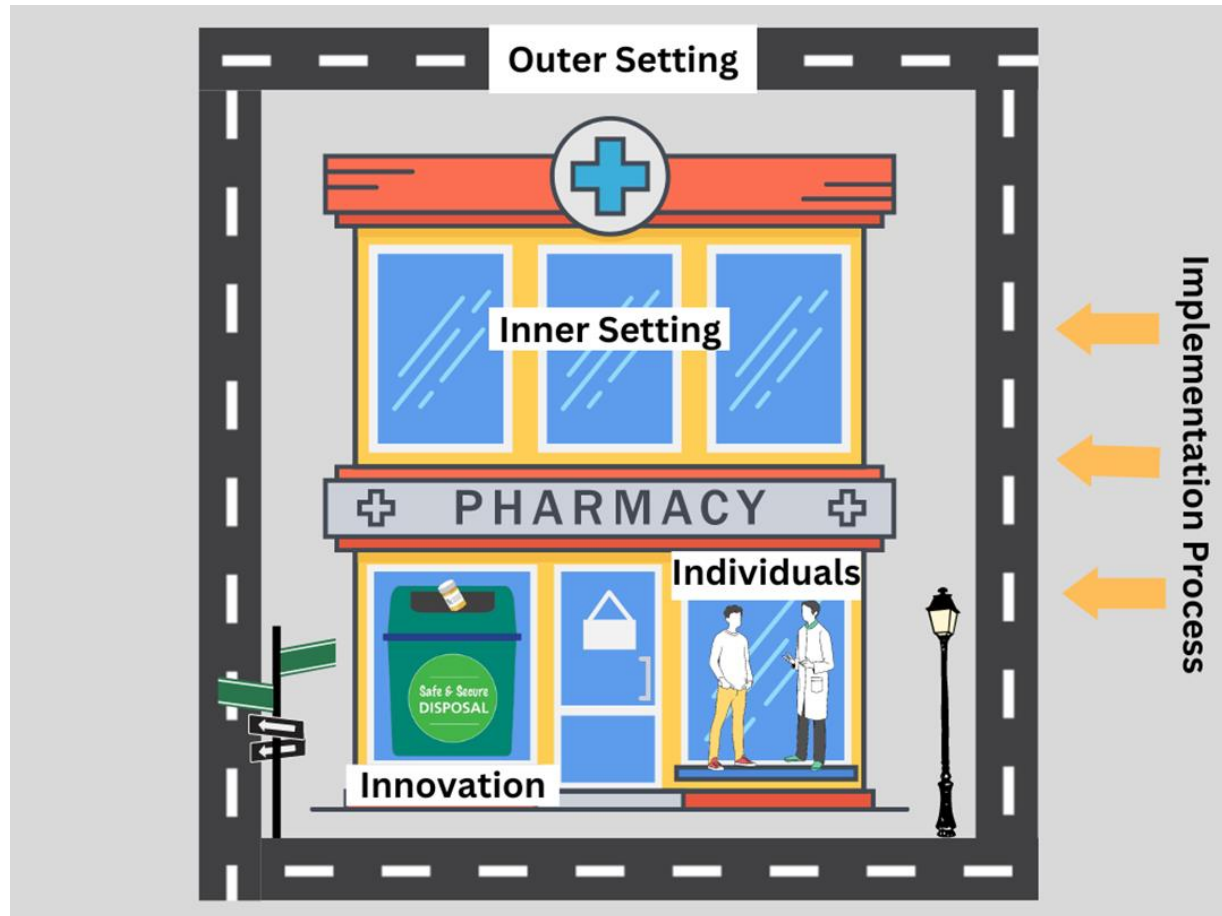


Considerations for implementation: *Lesson from disposal boxes at pharmacies*



Considerations for implementation:

Lesson from disposal boxes at pharmacies



Pharmacist Interviews (n= 15; 48%)

- Patients' needs
- Patients' benefit
- Pharmacists' benefits
- Cost
- Policies and procedures
- Opinion leaders
- Implementation leaders
- Disposal campaigns & education

Summary

- Identified potential targets to facilitate behavior change
- Interventions have been developed to increase awareness, deliver education, and decrease barriers of accessibility and cost of disposal options
- Pharmacists perceive that promotion of medication disposal is beneficial to patients, concerns about costs and implementation are more prominent for small chains and independent pharmacies
- Need a comprehensive approach – education, disposal product, promotion of secure storage

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Thank you!