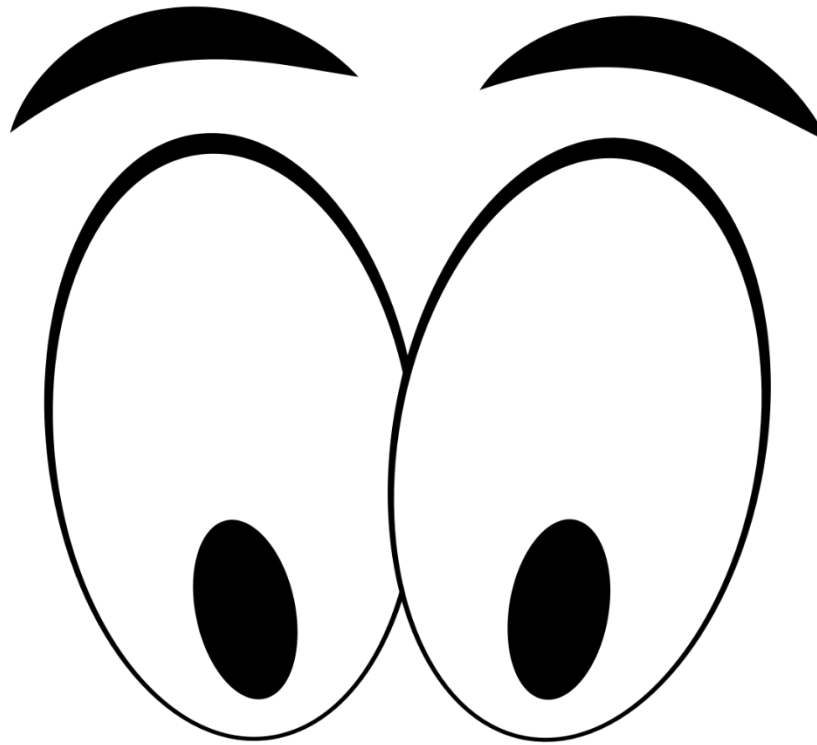




High School Athletes and the Risks Associated with Opioid Use

Be Aware!



Ronnie's Story



Source: The Medicine Abuse Project

Learning Outcomes

Understand the prescription opioid epidemic and its impact on adolescent athletes.

Understand how to work with schools, coaches, and doctors if your child needs prescription opioids.

Recognize the physical and behavioral changes associated with prescription opioid use and misuse.

Know how to properly store and dispose of prescription medications.

What are prescription opioids?

Narcotic pain medications that are prescribed for people with moderate to severe pain.



What are some commonly prescribed opioid medications?

- oxycodone – Oxycontin, Percodan, Percocet
- hydrocodone – Vicodin, Lortab, Lorcet
- diphenoxylate – Kadian, Avinza, MS Contin
- Codeine
- Fentanyl - Duragesic
- propoxyphene – Darvon
- hydromorphone – Dilaudid
- meperidine – Demerol
- methadone

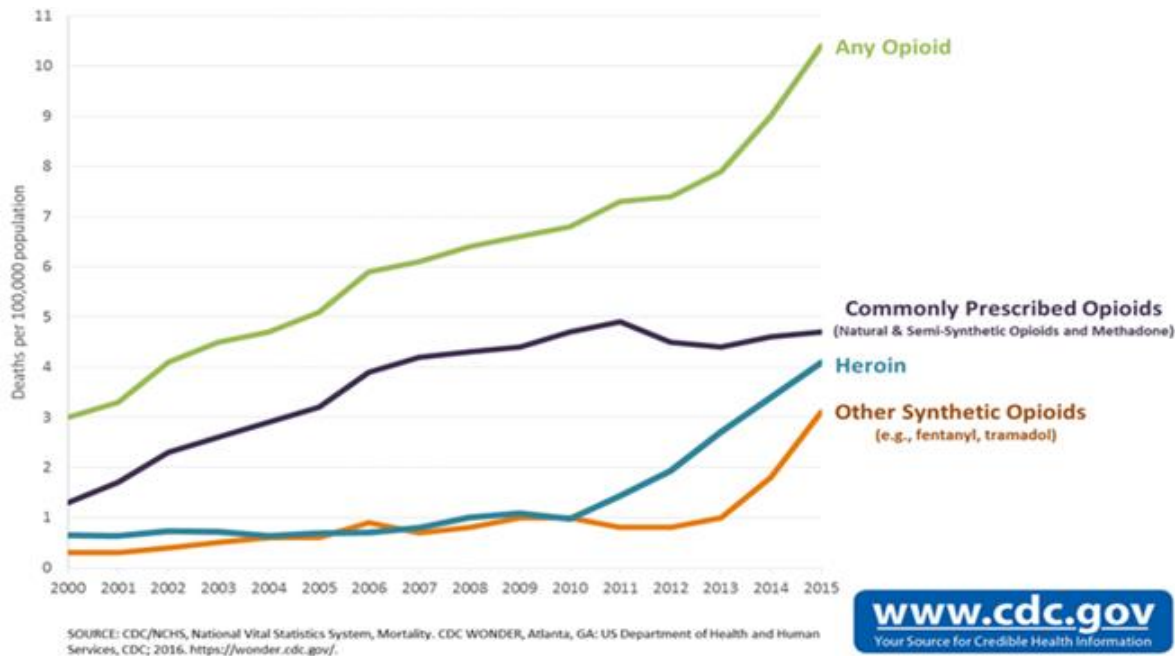
How is this harmful?

From 1999 to 2015,
over 183,000
people died from
overdosing on
prescription opioids.

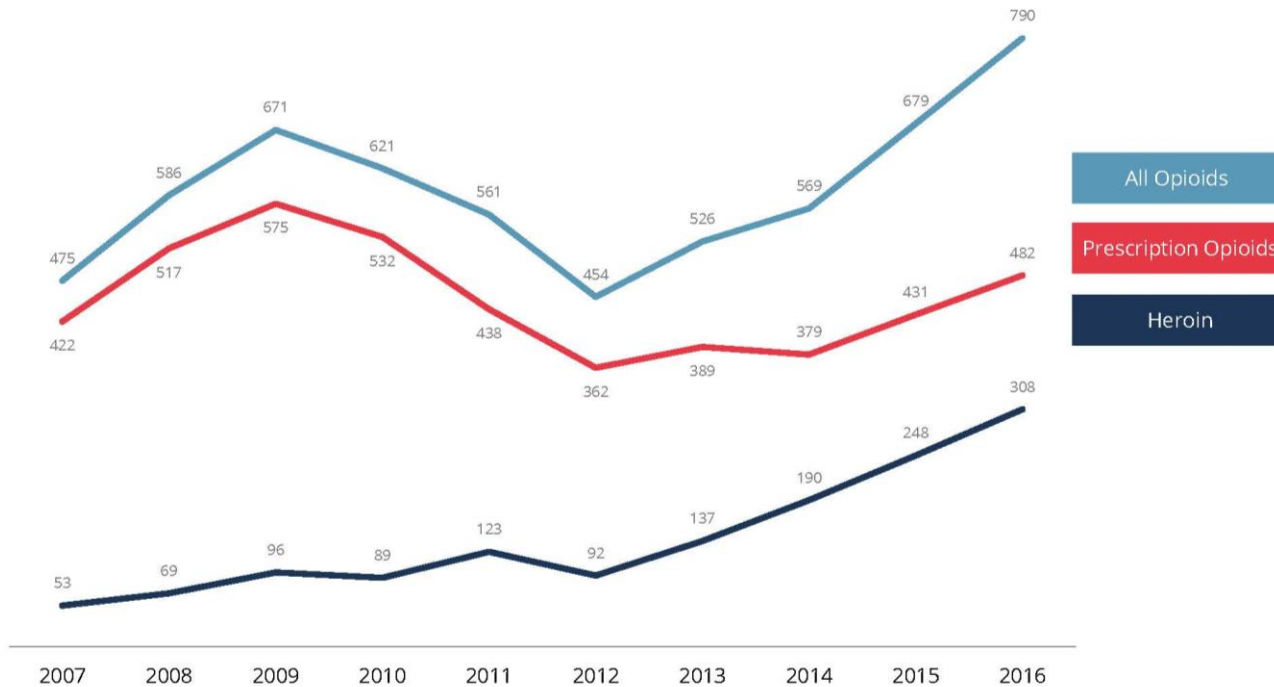


How many people does this affect?

In the US, overdose deaths from **any opioid** have markedly **increased** since 2000.



Opioid Deaths are Increasing in Arizona.



Opioid death counts in AZ - 2007 to 2016

*Reproduced from Christ, Cara. Goal Council 3 Reducing Opioid Deaths Breakthrough Project Presentation. ADHS; 8/23/17

How common are prescription opioids?

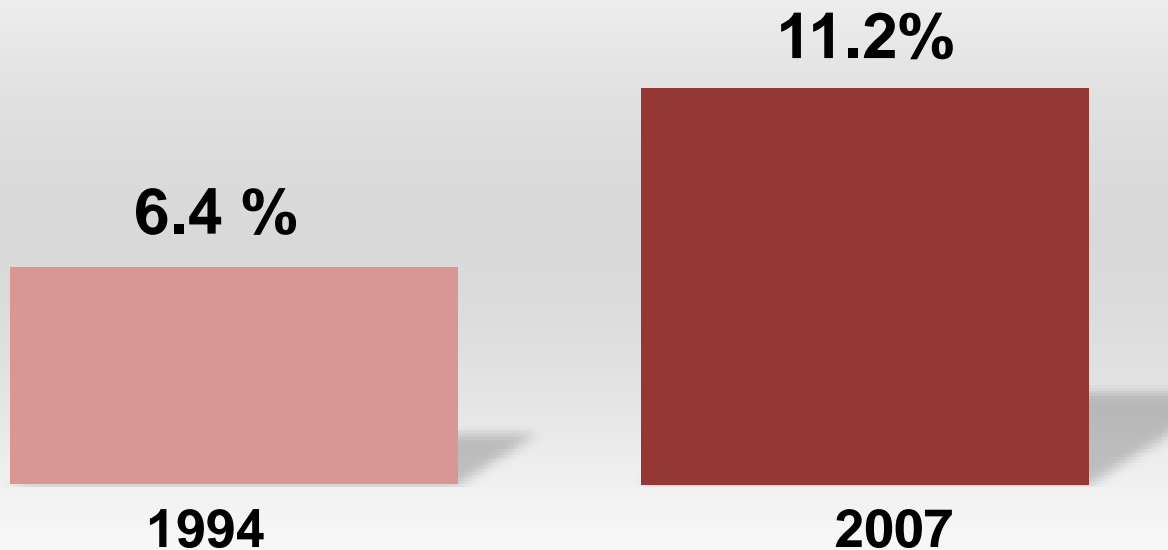


In 2017, there were enough prescription opiate pain relievers dispensed to medicate every AZ adult around the clock for 1 week.*

*Christ, Cara. Goal Council 3 Reducing Opioid Deaths Breakthrough Project Presentation. ADHS; 8/23/17

How common are opioid prescriptions for adolescents?

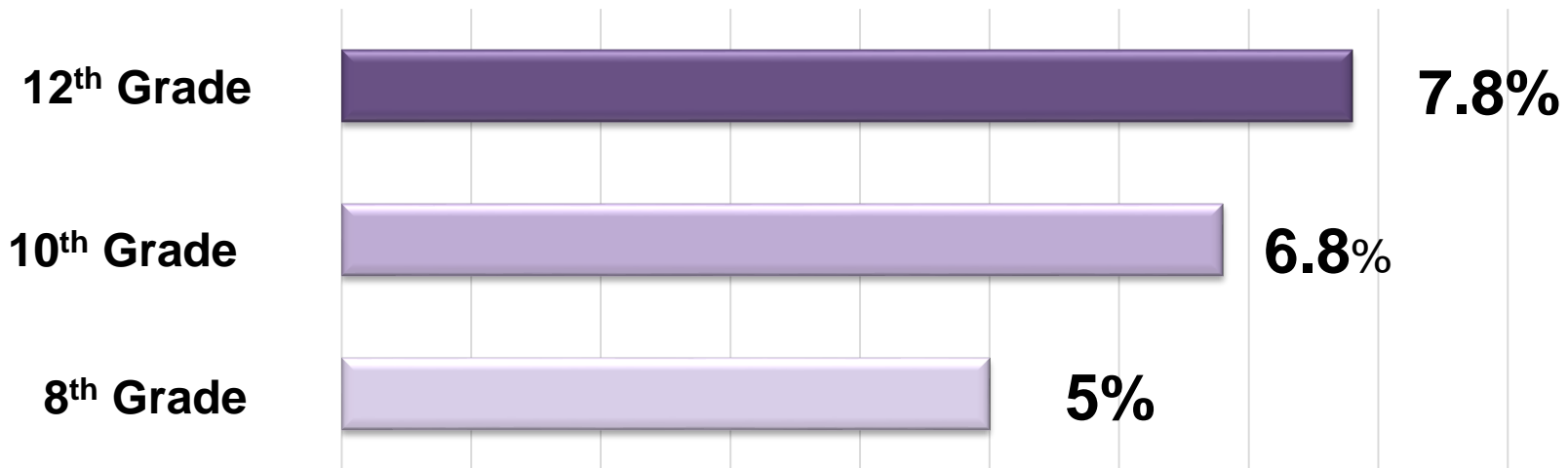
Opioid medication prescriptions for adolescents nearly **doubled** from 1994 to 2007.*



*Fortuna et al. Prescribing of controlled medications to adolescents and young adults in the United States. Pediatrics. 2010;126(6):1108-1116.

How common is adolescent prescription misuse in AZ?

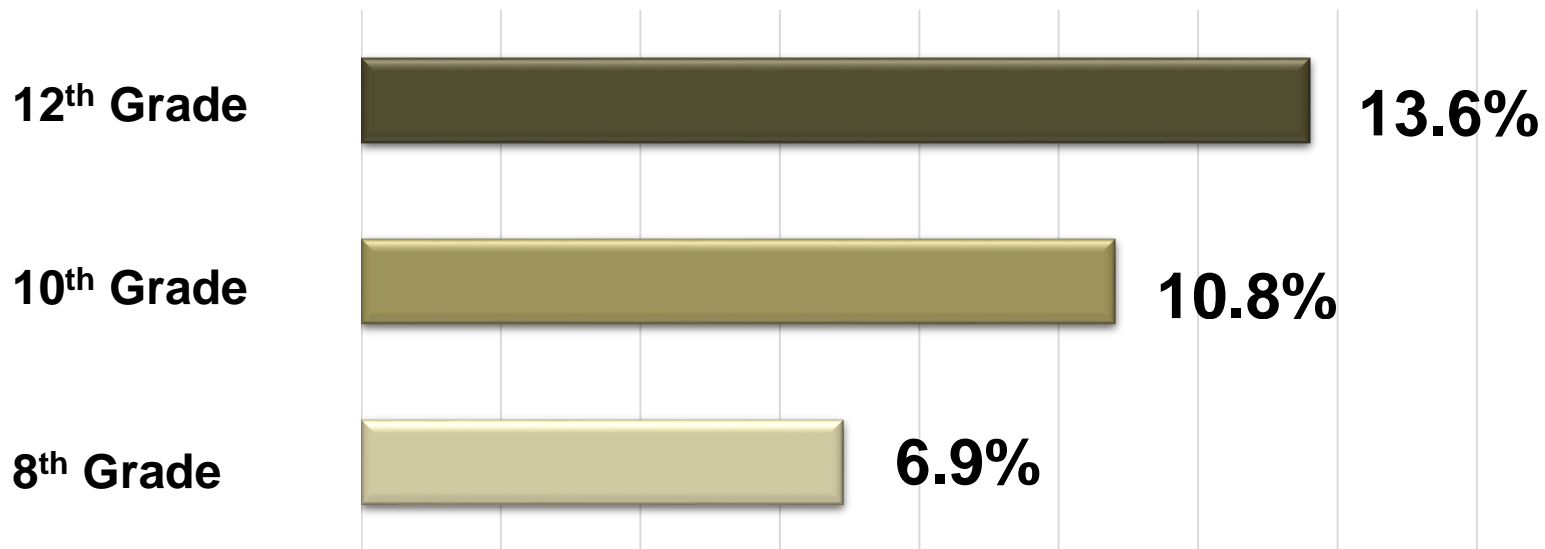
In 2016, almost **8%** of 12th graders admitted to past year recreational use of opioids.



* Arizona Criminal Justice Youth Survey, 2016

How common is adolescent prescription misuse in AZ?

In 2016, almost **14%** of 12th graders admitted to having ever misused prescription opioids.



*Arizona Criminal Justice Youth Use Survey, 2016

I think it's definitely a little more of an issue for athletes, especially athletes in contact sports where they are at a greater risk for injury, so I think there is definitely more prescribing happening and more prescribing and dispensing happening, but the risk is greater.

Former high school athlete

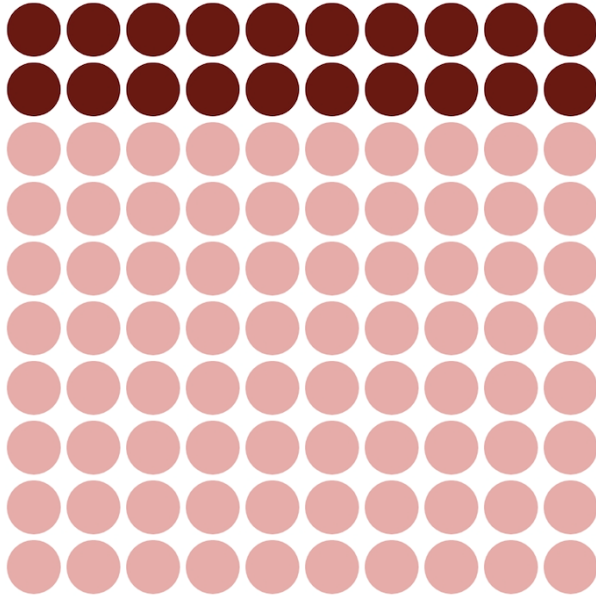
High School Sports Participation in the US

7,700,000

students participated in high school athletics in the 2012-2013 school year.*

*National Federation of State High School Association

How common are severe athletic injuries nationally?



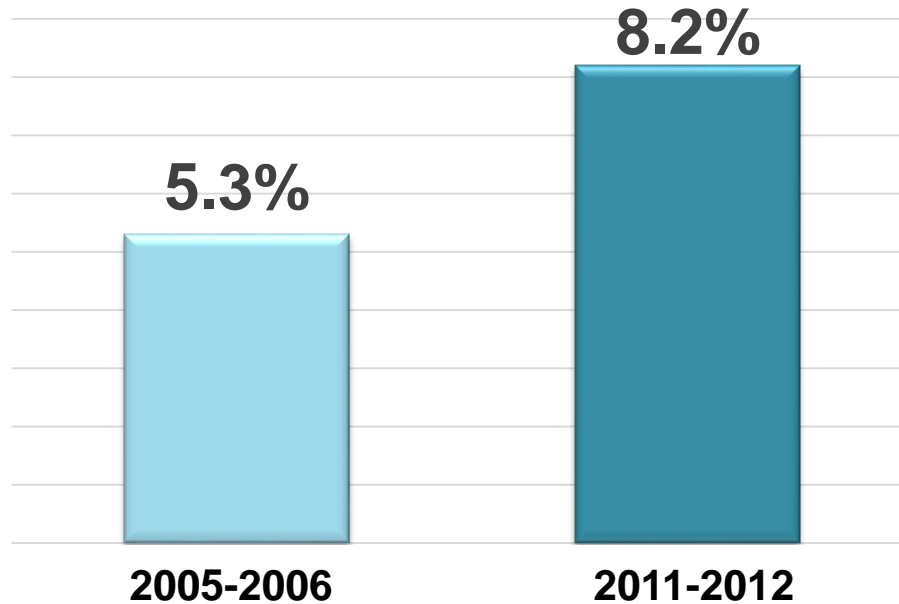
20%

of high school athletes who had an injury required a doctor's attention in 2013*

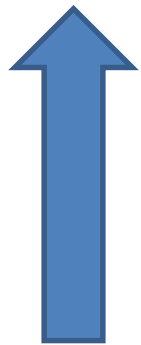
*National Federation of State High School Association

How frequently do injuries need surgery?

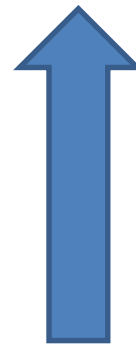
Sports-related injuries needing surgery increased **55%** from 2006 to 2013.³



Why does an increase in surgeries matter?




Surgeries



Need for Rx
pain medication

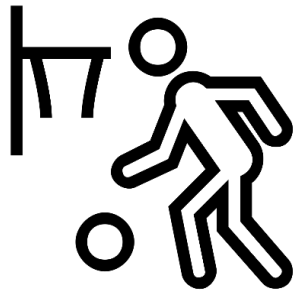
Risk Factors

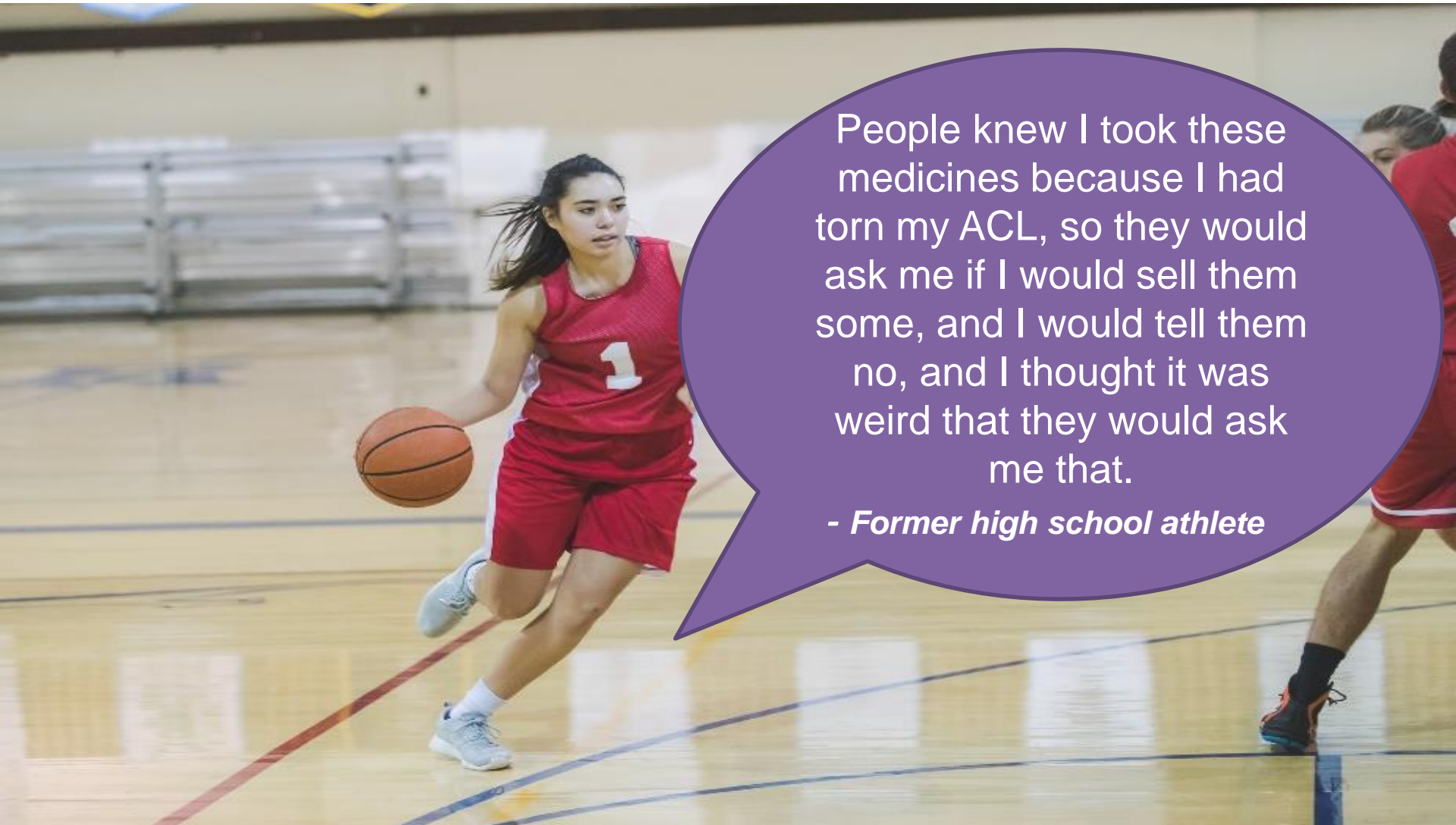
Participants in high injury sports like **football** and **wrestling** have  risk of using opioids recreationally.⁴



Risk Factors

If you play **3 or more** sports, you are **3x** more likely to be approached to illegally give or sell your opioid medications.⁵





People knew I took these medicines because I had torn my ACL, so they would ask me if I would sell them some, and I would tell them no, and I thought it was weird that they would ask me that.

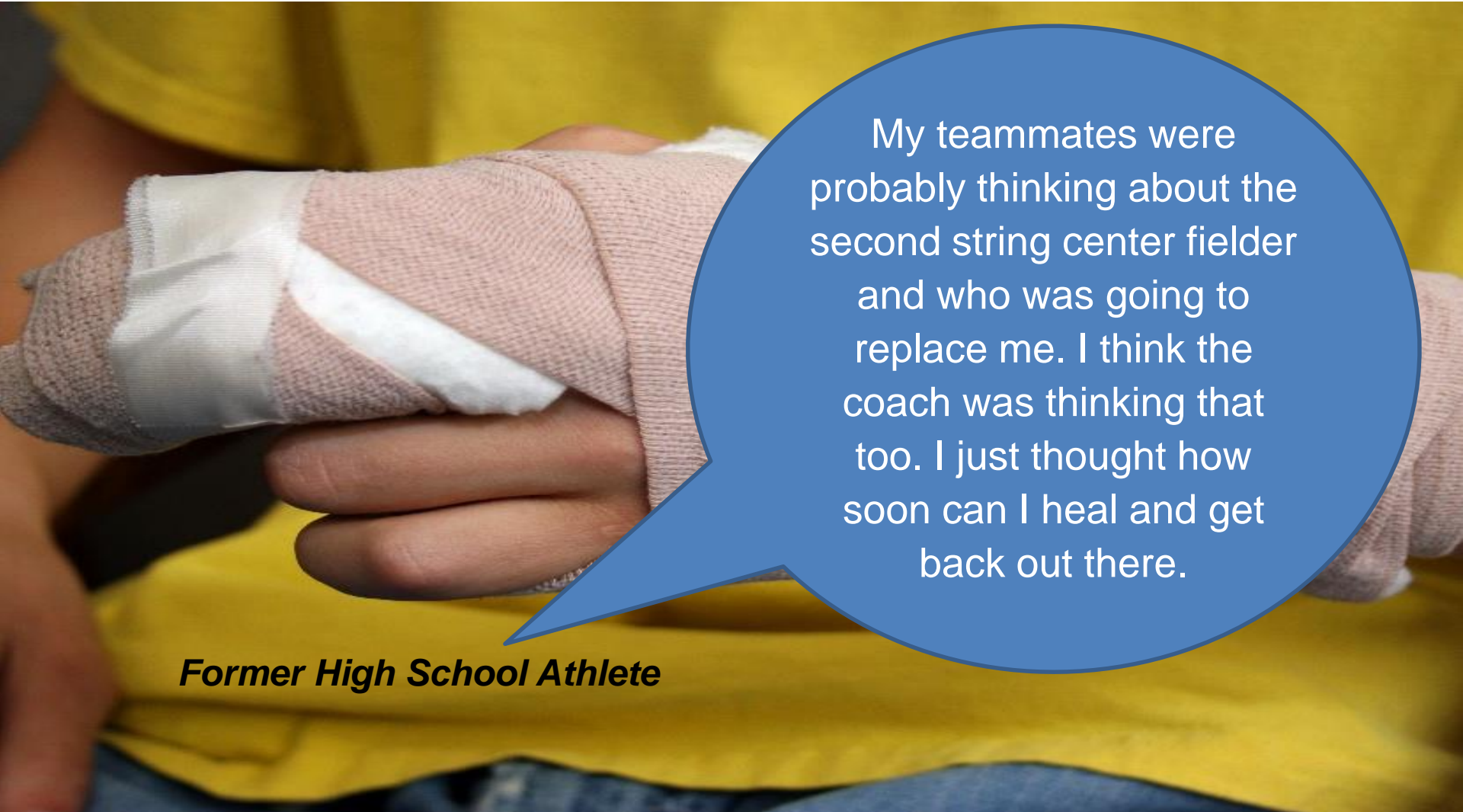
- Former high school athlete

Risk Factors

Male athletes may be at greater risk than **female athletes** for both medical and recreational use of prescription opioids.⁸

For me, soccer is my passion, so when you're not playing, it sucks, and it's hard to just sit on the bench while you're injured.

Former high school athlete



My teammates were probably thinking about the second string center fielder and who was going to replace me. I think the coach was thinking that too. I just thought how soon can I heal and get back out there.

Former High School Athlete

....I wanted to get back in playing not only for my team, but I know how much the down payment is for sports that your parents have to put on the table for uniforms and for the coach and stuff.

Former high school athlete

Take Home #1

Because high school athletes can experience injuries, they are more likely to be prescribed opioids.

Take Home #2

Pressure to get back in the game can lead to increased use of prescription opioids to manage pain.

Take Home #3

Athletes are at greater risk to engage in recreational use of opioids because of the physical and emotional stresses of high-level competition and the injuries associated with it.

What can you do?

Recognize
Signs of Rx
Misuse

Education &
Support

Properly Store
and Dispose
Unused Opioid
Medications

Other
Services

Learning Outcomes

Understand the prescription opioid epidemic and its impact on adolescent athletes.

Understand how to work with schools, coaches, and doctors if your child needs prescription opioids.

Recognize the physical and behavioral changes associated with prescription opioid use and misuse.

Know how to properly store and dispose of prescription medications.

What can you do?

Look for clues!

Recognize
Signs of
Rx Misuse

Signs and Symptoms of Opioid Use

1. Most common physical sign is “pinpoint pupils”
2. Flushing (redness) of the face and neck
3. Fatigue, red, or glazed eyes
4. Slurred speech
5. Constipation

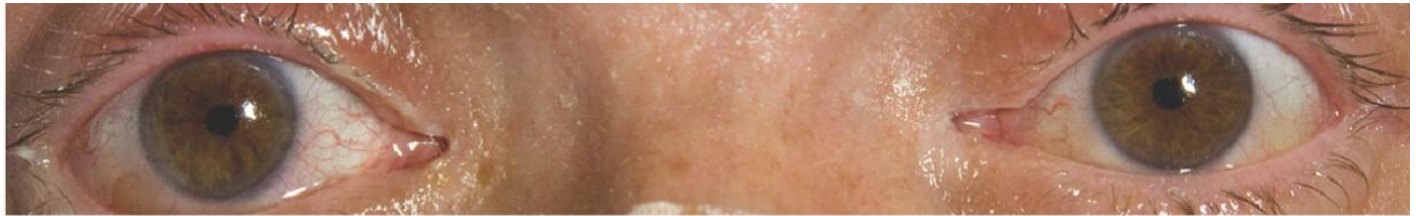
Signs and Symptoms of Opioid Withdrawal

1. Frequent yawning
2. Runny nose
3. Dilated pupils
4. Sudden trips to bathroom
5. Joint pain
6. Severe insomnia

What can you do?

Look for clues!

Pinpoint Pupils



Recognize
Signs of
Rx Misuse



Dilated Pupils

What can you do?

Look for clues!

Facial Flushing (Redness)

Recognize
Signs of
Rx Misuse



What can you do?

Look for clues!

Behavioral or Social Changes

Recognize
Signs of
Rx Misuse

↑ Drowsiness, lack of energy

↑ Isolation

↑ Problems at work

↑ **Secrecy**

↑ irritability, mood swings

↑ Agitation/restlessness in morning

↑ Problems with Self Control

What can you do?

Look for clues!

Behavioral or Social Changes

Recognize
Signs of
Rx Misuse



Self-esteem



Concentration/motivation



Interest in personal
hygiene



Dependability

What can you do?

Look for clues!

The 3 C's of Substance Use

Recognize
Signs of
Rx Misuse

Loss of Control

Craving or preoccupation with use

Use despite negative
Consequences

What can you do?

Recognize
Signs of
Rx Misuse

It's up to **YOU** to talk openly
with your kids!

What can you do?

Recognize
Signs of
Rx Misuse



Source: Prevention Action Alliance; www.Starttalking.Ohio.gov.

What can you do?

Teach your kids the 4 R's

RESPECT the power of medicine and use it properly.

Recognize
Signs of
Rx Misuse

RECOGNIZE that all medicines, especially prescription medications, have **RISKS** along with benefits.

Take **RESPONSIBILITY** for learning how to take prescription medicines safely and appropriately.

Source: Substance Abuse and Mental Health Services Administration

Learning Outcomes

Understand the prescription opioid epidemic and its impact on adolescent athletes.

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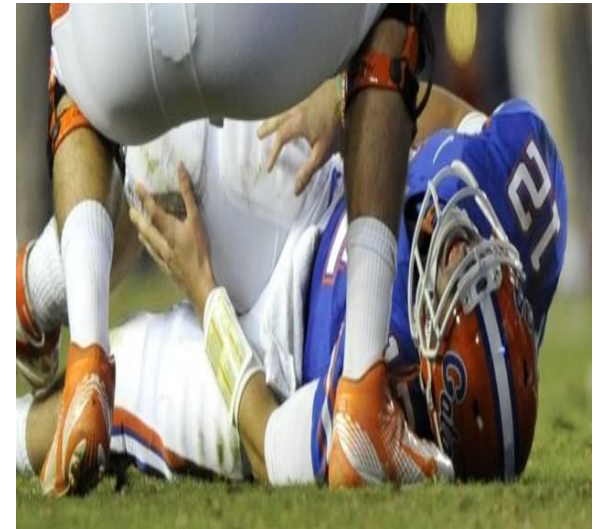
Know how to properly store and dispose of prescription medications.

What can you do?

Education
& Support

Parents, Coaches, and Athletes Must:

- Discuss how an injury will impact the student's ability to play
- Create a [Return to Play Plan](#)



What can you do?

If your athlete is prescribed an opioid for pain, talk with his/her doctor about:



Education
& Support

- whether you need prescription pain medicine
- **an outline for a specific treatment plan**
- the risks, side effects, and proper use of the medication
- when to end pain treatment

What can you do?



Education
& Support

If your athlete is prescribed opioids for pain, talk with his/her doctor **if** he/she:

- has trouble weaning off medications
- has a history of substance misuse
- may need treatment

Learning Outcomes

Understand the prescription opioid epidemic and its impact on adolescent athletes.

Understand how to work with schools, coaches, and doctors if your child needs prescription opioids.

Recognize the physical and behavioral changes associated with prescription opioid use and misuse.


Know how to properly store and dispose of prescription medications.

It was filled, and honestly, it is probably still in my cabinet somewhere.

Parent of former H.S. athlete

I have them in the house because I'm still recovering from my shoulder injury. I've had Percocet for over two years, but I have weaned myself off of it about 10 months ago, but I do have it under lock and key.

Parent of former H.S. athlete



I might need them or somebody else might need them and they're there, and the expiration date is still good on them, so I might as well keep them in case anything happens. Or, for somebody who doesn't have insurance, they're going to be paying \$400 for a few pills or whatever, so if you have yours you can help them out.

Former high school athlete

What can you do?

Properly Store
and Dispose
Unused Opioid
Medications

1. Parent or Guardian **should administer** their child's medications at all times.
2. Keep medication in a Secure Location.
3. School Nurse, health aid, or appropriate school staff should administer if medications needed at school.

What can you do?

Properly Store
and Dispose
Unused Opioid
Medications

- **DO NOT** sell or distribute medications!
- **DO NOT** throw prescribed medications in the trash
- **DO NOT** flush them down the toilet or pour down the drain



What can you do?

Properly Store
and Dispose
Unused Opioid
Medications

- Look for local **Take Back Events**
- Look for **Drop Boxes**
www.dumpthedrugsaz.org
- Walgreens Safe Medication Disposal Program



Where else can you get help?

Other
Services

Arizona Governor's
Office of Youth, Faith,
and Family Treatment
Locator

<http://substanceabuse.az.gov/>

SAMHSA's Behavioral
Health Treatment
Services Locator

<http://findtreatment.samhsa.gov>



Where else can you get help?

Governor's Office of Youth, Faith, and Family

www.RethinkRxAbuse.org

The Surgeon's General's Call to End The Opioid Crisis

<http://turnthetidex.org/>

Partnership for Drug-Free Kids

<http://drugfree.org/>

ADHS Opioid Epidemic webpage

www.azdhs.gov/opioids



Questions?

Raju Thiagarajan MD, MPH

Rajuthiagarajan@mail.maricopa.gov

602-315-2919

Tracy Cruickshank MBA, MSW

TracyCruickshank@mail.maricopa.gov

602-506-6858

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