

WEBVTT

NOTE duration:"01:28:31"

NOTE recognizability:0.876

NOTE language:en-us

NOTE Confidence: 0.47442765

00:00:45.540 --> 00:00:45.948 So let me

NOTE Confidence: 0.905630738181818

00:00:45.960 --> 00:00:47.514 go ahead and get started as

NOTE Confidence: 0.905630738181818

00:00:47.514 --> 00:00:49.120 folks are joining good afternoon.

NOTE Confidence: 0.905630738181818

00:00:49.120 --> 00:00:50.305 I'm David Fiellin,

NOTE Confidence: 0.905630738181818

00:00:50.305 --> 00:00:52.675 I'm director of the Yale Program

NOTE Confidence: 0.905630738181818

00:00:52.675 --> 00:00:55.303 in addiction medicine and I want

NOTE Confidence: 0.905630738181818

00:00:55.303 --> 00:00:57.270 to welcome you to today's talk in

NOTE Confidence: 0.905630738181818

00:00:57.339 --> 00:00:59.637 our finding solutions to the opioid

NOTE Confidence: 0.905630738181818

00:00:59.637 --> 00:01:01.720 crisis speaker series in collaboration

NOTE Confidence: 0.905630738181818

00:01:01.720 --> 00:01:04.115 with the Sandgaard Foundation.

NOTE Confidence: 0.905630738181818

00:01:04.120 --> 00:01:06.460 We're joined today by Dr. Travis Rieder,

NOTE Confidence: 0.905630738181818

00:01:06.460 --> 00:01:08.038 who will speak on the topic,

NOTE Confidence: 0.905630738181818

00:01:08.040 --> 00:01:10.110 but becoming a patient taught me

NOTE Confidence: 0.905630738181818

00:01:10.110 --> 00:01:12.040 about America's problem with opioids.
NOTE Confidence: 0.905630738181818

00:01:12.040 --> 00:01:13.620 Before we get started,
NOTE Confidence: 0.905630738181818

00:01:13.620 --> 00:01:14.710 we just want to review.
NOTE Confidence: 0.905630738181818

00:01:14.710 --> 00:01:16.725 A few housekeeping items on
NOTE Confidence: 0.905630738181818

00:01:16.725 --> 00:01:17.934 the following slides.
NOTE Confidence: 0.91756225

00:01:20.250 --> 00:01:22.718 So as a reminder, you can learn
NOTE Confidence: 0.91756225

00:01:22.718 --> 00:01:25.044 more about the program in addiction
NOTE Confidence: 0.91756225

00:01:25.044 --> 00:01:27.576 medicine and the finding solutions to
NOTE Confidence: 0.91756225

00:01:27.576 --> 00:01:30.477 the opioid crisis speaker series by
NOTE Confidence: 0.91756225

00:01:30.477 --> 00:01:32.010 visiting addiction medicine.yale.edu.
NOTE Confidence: 0.91756225

00:01:32.010 --> 00:01:35.250 Following our program in the Sandgaard
NOTE Confidence: 0.91756225

00:01:35.250 --> 00:01:37.719 Foundation on Twitter at
NOTE Confidence: 0.91756225

00:01:37.719 --> 00:01:40.023 @YaleADM and at @SandgaardFnd.
NOTE Confidence: 0.91756225

00:01:40.030 --> 00:01:42.790 And by joining our program listserv,
NOTE Confidence: 0.91756225

00:01:42.790 --> 00:01:45.455 please just email emma.biegacki@yale.edu
NOTE Confidence: 0.91756225

00:01:45.455 --> 00:01:48.458 to be added.

NOTE Confidence: 0.91756225
00:01:48.460 --> 00:01:50.010 If you'll be live tweeting
NOTE Confidence: 0.91756225
00:01:50.010 --> 00:01:50.940 about today's talk,
NOTE Confidence: 0.91756225
00:01:50.940 --> 00:01:53.362 be sure to tag us and include
NOTE Confidence: 0.91756225
00:01:53.362 --> 00:01:55.433 event hashtags at finding solutions
NOTE Confidence: 0.91756225
00:01:55.433 --> 00:01:57.345 and at band together.
NOTE Confidence: 0.884956516363636
00:01:59.970 --> 00:02:01.306 Second, as a reminder,
NOTE Confidence: 0.884956516363636
00:02:01.306 --> 00:02:04.201 coming up in this series on December 7th
NOTE Confidence: 0.884956516363636
00:02:04.201 --> 00:02:06.649 will be welcoming Doctor Edward Coupet
NOTE Confidence: 0.884956516363636
00:02:06.649 --> 00:02:09.034 and Doctor Don Stader, 2 emergency
NOTE Confidence: 0.884956516363636
00:02:09.034 --> 00:02:10.769 Medicine Physicians who will be
NOTE Confidence: 0.884956516363636
00:02:10.769 --> 00:02:12.695 speaking on emergency department based
NOTE Confidence: 0.884956516363636
00:02:12.695 --> 00:02:14.755 treatment and harm reduction efforts.
NOTE Confidence: 0.884956516363636
00:02:14.760 --> 00:02:17.088 For opioid use disorder this talk
NOTE Confidence: 0.884956516363636
00:02:17.088 --> 00:02:19.183 will provide information on national
NOTE Confidence: 0.884956516363636
00:02:19.183 --> 00:02:21.091 efforts supporting Ed initiated
NOTE Confidence: 0.884956516363636

00:02:21.091 --> 00:02:23.476 buprenorphine and the Colorado not
NOTE Confidence: 0.884956516363636

00:02:23.544 --> 00:02:25.704 naloxone project with which the
NOTE Confidence: 0.884956516363636

00:02:25.704 --> 00:02:28.323 Sandgaard founded is involved to
NOTE Confidence: 0.884956516363636

00:02:28.323 --> 00:02:31.000 participate in today's session.
NOTE Confidence: 0.884956516363636

00:02:31.000 --> 00:02:33.712 Use the chat box to share comments and
NOTE Confidence: 0.884956516363636

00:02:33.712 --> 00:02:35.498 observations with your fellow attendees
NOTE Confidence: 0.884956516363636

00:02:35.498 --> 00:02:38.440 and post your questions in the Q&A box.
NOTE Confidence: 0.815570892285714

00:02:41.100 --> 00:02:44.180 Finally, CME is available for today's event.
NOTE Confidence: 0.815570892285714

00:02:44.180 --> 00:02:46.298 To receive credit, please text the
NOTE Confidence: 0.815570892285714

00:02:46.298 --> 00:02:49.099 code and read to the number in read.
NOTE Confidence: 0.815570892285714

00:02:49.100 --> 00:02:50.710 This information will be provided in the
NOTE Confidence: 0.815570892285714

00:02:50.710 --> 00:02:52.640 chat at the beginning of the session.
NOTE Confidence: 0.89106103

00:02:54.700 --> 00:02:56.919 Now I'd like to introduce Kyle Henderson,
NOTE Confidence: 0.89106103

00:02:56.920 --> 00:02:58.549 executive director of
NOTE Confidence: 0.89106103

00:02:58.549 --> 00:03:00.178 the Sandgaard Foundation,
NOTE Confidence: 0.89106103

00:03:00.180 --> 00:03:02.708 to say a few words and cheer about

NOTE Confidence: 0.89106103

00:03:02.708 --> 00:03:05.000 the mission work of the foundation.

NOTE Confidence: 0.89106103

00:03:05.000 --> 00:03:06.800 Thank you David and thank you

NOTE Confidence: 0.89106103

00:03:06.800 --> 00:03:08.400 everyone for joining us today,

NOTE Confidence: 0.89106103

00:03:08.400 --> 00:03:09.324 especially Travis.

NOTE Confidence: 0.89106103

00:03:09.324 --> 00:03:12.096 Very excited to hear from you.

NOTE Confidence: 0.89106103

00:03:12.100 --> 00:03:13.288 The Sandgaard Foundation was

NOTE Confidence: 0.89106103

00:03:13.288 --> 00:03:14.773 founded just three years ago,

NOTE Confidence: 0.89106103

00:03:14.780 --> 00:03:18.140 but its story starts about 25 years ago.

NOTE Confidence: 0.89106103

00:03:18.140 --> 00:03:21.338 So Thomas Sandgaard founded Zynex Medical,

NOTE Confidence: 0.89106103

00:03:21.340 --> 00:03:23.764 which is a publicly traded medical device

NOTE Confidence: 0.89106103

00:03:23.764 --> 00:03:25.996 company that helps with pain management.

NOTE Confidence: 0.89106103

00:03:26.000 --> 00:03:29.520 So it actually gets people off of.

NOTE Confidence: 0.89106103

00:03:29.520 --> 00:03:31.125 So addictive painkilling

NOTE Confidence: 0.89106103

00:03:31.125 --> 00:03:32.730 drugs like Oxycontin.

NOTE Confidence: 0.89106103

00:03:32.730 --> 00:03:35.894 So through that mission and the

NOTE Confidence: 0.89106103

00:03:35.894 --> 00:03:38.050 share loss of life that we both
NOTE Confidence: 0.89106103

00:03:38.050 --> 00:03:40.030 seen through the opioid epidemic,
NOTE Confidence: 0.89106103

00:03:40.030 --> 00:03:41.808 he was inspired to start the foundation.
NOTE Confidence: 0.89106103

00:03:41.810 --> 00:03:43.274 The Sandgaard foundation,
NOTE Confidence: 0.89106103

00:03:43.274 --> 00:03:46.202 so our exclusive mission is fighting
NOTE Confidence: 0.89106103

00:03:46.202 --> 00:03:48.818 the opioid epidemic and we're honored
NOTE Confidence: 0.89106103

00:03:48.818 --> 00:03:50.890 to work with groups like the Yale
NOTE Confidence: 0.89106103

00:03:50.890 --> 00:03:54.470 University Program in Addiction Medicine.
NOTE Confidence: 0.89106103

00:03:54.470 --> 00:03:56.540 And some other wonderful groups like
NOTE Confidence: 0.89106103

00:03:56.540 --> 00:03:58.632 the Voices Project where we've helped
NOTE Confidence: 0.89106103

00:03:58.632 --> 00:04:00.392 to distribute over 500,000 units
NOTE Confidence: 0.89106103

00:04:00.392 --> 00:04:03.050 of malone since January 1st.
NOTE Confidence: 0.89106103

00:04:03.050 --> 00:04:06.190 We're also involved in films and concerts,
NOTE Confidence: 0.89106103

00:04:06.190 --> 00:04:08.668 but all aligned with this mission,
NOTE Confidence: 0.89106103

00:04:08.670 --> 00:04:11.030 so again, it's been a wonderful hosting.
NOTE Confidence: 0.89106103

00:04:11.030 --> 00:04:12.488 These events with Yale and we

NOTE Confidence: 0.89106103

00:04:12.488 --> 00:04:13.750 couldn't do it without them.

NOTE Confidence: 0.89106103

00:04:13.750 --> 00:04:15.710 We've had some wonderful speakers

NOTE Confidence: 0.89106103

00:04:15.710 --> 00:04:17.962 and you can watch some of our

NOTE Confidence: 0.89106103

00:04:17.962 --> 00:04:19.258 previous videos by reaching out.

NOTE Confidence: 0.89106103

00:04:19.260 --> 00:04:20.490 We can get you those details,

NOTE Confidence: 0.89106103

00:04:20.490 --> 00:04:21.780 but we're we're honored to

NOTE Confidence: 0.89106103

00:04:21.780 --> 00:04:23.070 have Travis with us today,

NOTE Confidence: 0.89106103

00:04:23.070 --> 00:04:25.849 and we can all dive into this.

NOTE Confidence: 0.89106103

00:04:25.850 --> 00:04:26.488 This narrative.

NOTE Confidence: 0.89106103

00:04:26.488 --> 00:04:28.402 Further and hopefully we can all

NOTE Confidence: 0.89106103

00:04:28.402 --> 00:04:29.890 learn something from each other.

NOTE Confidence: 0.89106103

00:04:29.890 --> 00:04:30.284 Then again,

NOTE Confidence: 0.89106103

00:04:30.284 --> 00:04:31.466 thank you Travis and thank you

NOTE Confidence: 0.89106103

00:04:31.466 --> 00:04:32.299 all for having us.

NOTE Confidence: 0.928495395

00:04:34.330 --> 00:04:35.005 Thank you Kyle.

NOTE Confidence: 0.928495395

00:04:35.005 --> 00:04:36.580 So now I'd like to introduce our
NOTE Confidence: 0.928495395

00:04:36.632 --> 00:04:38.355 speaker today, Doctor Travis Rieder,
NOTE Confidence: 0.928495395

00:04:38.355 --> 00:04:40.485 who is an assistant professor and
NOTE Confidence: 0.928495395

00:04:40.485 --> 00:04:42.509 director of the Masters of Bioethics
NOTE Confidence: 0.928495395

00:04:42.509 --> 00:04:44.114 degree program and a research
NOTE Confidence: 0.928495395

00:04:44.179 --> 00:04:46.279 scholar at the Berman Institute for
NOTE Confidence: 0.928495395

00:04:46.279 --> 00:04:48.076 Bioethics at Johns Hopkins University.
NOTE Confidence: 0.928495395

00:04:48.076 --> 00:04:50.452 He's also a faculty affiliate affiliate
NOTE Confidence: 0.928495395

00:04:50.452 --> 00:04:53.314 at the Center for Public Health Advocacy
NOTE Confidence: 0.928495395

00:04:53.314 --> 00:04:54.922 and holds secondary appointments
NOTE Confidence: 0.928495395

00:04:54.922 --> 00:04:57.118 in the Department of Philosophy
NOTE Confidence: 0.928495395

00:04:57.118 --> 00:04:59.328 and Health Policy and Management.
NOTE Confidence: 0.928495395

00:04:59.330 --> 00:05:01.640 Doctor writers work falls into
NOTE Confidence: 0.928495395

00:05:01.640 --> 00:05:03.488 two distinct research programs,
NOTE Confidence: 0.928495395

00:05:03.490 --> 00:05:04.988 only one of which I think he's
NOTE Confidence: 0.928495395

00:05:04.988 --> 00:05:06.259 going to speak about today.

NOTE Confidence: 0.928495395
00:05:06.260 --> 00:05:08.900 The first concerns ethics and policy
NOTE Confidence: 0.928495395
00:05:08.900 --> 00:05:10.220 questions about sustainability,
NOTE Confidence: 0.928495395
00:05:10.220 --> 00:05:13.960 planetary limitations, and climate change.
NOTE Confidence: 0.928495395
00:05:13.960 --> 00:05:16.940 A second concerns Americas overdose
NOTE Confidence: 0.928495395
00:05:16.940 --> 00:05:19.620 epidemic and policy issues surrounding
NOTE Confidence: 0.928495395
00:05:19.620 --> 00:05:21.700 prescription and illicit opioids.
NOTE Confidence: 0.928495395
00:05:21.700 --> 00:05:23.555 Dr Writer has written on
NOTE Confidence: 0.928495395
00:05:23.555 --> 00:05:25.039 physician responsibility for safe,
NOTE Confidence: 0.928495395
00:05:25.040 --> 00:05:27.700 safely prescribing and tapering opioids,
NOTE Confidence: 0.928495395
00:05:27.700 --> 00:05:29.810 as well as ethical considerations
NOTE Confidence: 0.928495395
00:05:29.810 --> 00:05:32.022 in pain management is author of
NOTE Confidence: 0.928495395
00:05:32.022 --> 00:05:33.278 the book in Pain,
NOTE Confidence: 0.928495395
00:05:33.280 --> 00:05:36.268 a bioethicist personal struggle with opioids.
NOTE Confidence: 0.928495395
00:05:36.270 --> 00:05:38.770 That was published in 2019.
NOTE Confidence: 0.928495395
00:05:38.770 --> 00:05:41.297 Doctor writer also sits on the National
NOTE Confidence: 0.928495395

00:05:41.297 --> 00:05:43.285 Institute on Drug Abuse National

NOTE Confidence: 0.928495395

00:05:43.285 --> 00:05:45.370 Advisory Council on drug abuse.

NOTE Confidence: 0.928495395

00:05:45.370 --> 00:05:46.954 And so it's with pleasure that

NOTE Confidence: 0.928495395

00:05:46.954 --> 00:05:48.589 we introduce Kyle to you today.

NOTE Confidence: 0.928495395

00:05:48.590 --> 00:05:51.400 I'm sorry Travis to you today, Travis.

NOTE Confidence: 0.928495395

00:05:51.400 --> 00:05:52.020 Go ahead.

NOTE Confidence: 0.94448361125

00:05:52.780 --> 00:05:54.010 Thank you, David.

NOTE Confidence: 0.94448361125

00:05:54.010 --> 00:05:56.060 Thank you for that introduction.

NOTE Confidence: 0.94448361125

00:05:56.060 --> 00:05:57.938 Thanks Kyle for you and your

NOTE Confidence: 0.94448361125

00:05:57.938 --> 00:05:59.558 institute support and the whole

NOTE Confidence: 0.94448361125

00:05:59.558 --> 00:06:01.394 team who brought me here today.

NOTE Confidence: 0.94448361125

00:06:01.400 --> 00:06:03.780 Go ahead and share my screen here.

NOTE Confidence: 0.94448361125

00:06:03.780 --> 00:06:06.390 There we are.

NOTE Confidence: 0.94448361125

00:06:06.390 --> 00:06:08.820 So here's plan for today.

NOTE Confidence: 0.94448361125

00:06:08.820 --> 00:06:11.560 I'm a bioethicist by profession,

NOTE Confidence: 0.94448361125

00:06:11.560 --> 00:06:13.918 so my my day job is when you think

NOTE Confidence: 0.94448361125
00:06:13.918 --> 00:06:16.413 of as doing medical ethics and
NOTE Confidence: 0.94448361125
00:06:16.413 --> 00:06:18.573 public health ethics working with
NOTE Confidence: 0.94448361125
00:06:18.648 --> 00:06:21.402 science and health policy and by
NOTE Confidence: 0.94448361125
00:06:21.402 --> 00:06:24.348 what this is love case studies,
NOTE Confidence: 0.94448361125
00:06:24.350 --> 00:06:26.840 we need something to hang onto
NOTE Confidence: 0.94448361125
00:06:26.840 --> 00:06:29.609 to try to help figure out.
NOTE Confidence: 0.94448361125
00:06:29.610 --> 00:06:31.020 How to reason?
NOTE Confidence: 0.94448361125
00:06:31.020 --> 00:06:32.430 Through difficult ethical
NOTE Confidence: 0.94448361125
00:06:32.430 --> 00:06:33.840 and policy dilemmas?
NOTE Confidence: 0.94448361125
00:06:33.840 --> 00:06:35.681 But I always tell my students there
NOTE Confidence: 0.94448361125
00:06:35.681 --> 00:06:37.478 is a challenge with case studies.
NOTE Confidence: 0.94448361125
00:06:37.480 --> 00:06:38.304 They can be cartoons,
NOTE Confidence: 0.94448361125
00:06:38.304 --> 00:06:40.003 they can be very shallow and then they
NOTE Confidence: 0.94448361125
00:06:40.003 --> 00:06:41.651 actually don't tell us very much at all.
NOTE Confidence: 0.94448361125
00:06:41.660 --> 00:06:43.748 And in the worst case they can backfire.
NOTE Confidence: 0.94448361125

00:06:43.750 --> 00:06:46.536 So we want really rich case studies.
NOTE Confidence: 0.94448361125

00:06:46.540 --> 00:06:48.444 What that means is part of my
NOTE Confidence: 0.94448361125

00:06:48.444 --> 00:06:49.795 job is storytelling and I'm
NOTE Confidence: 0.94448361125

00:06:49.795 --> 00:06:51.475 going to do some of that today.
NOTE Confidence: 0.94448361125

00:06:51.480 --> 00:06:52.980 Fortunately slash unfortunately,
NOTE Confidence: 0.94448361125

00:06:52.980 --> 00:06:54.480 as you'll hear,
NOTE Confidence: 0.94448361125

00:06:54.480 --> 00:06:56.840 I have a really good case study where
NOTE Confidence: 0.94448361125

00:06:56.840 --> 00:06:59.391 I have a lot of rich detail because
NOTE Confidence: 0.94448361125

00:06:59.391 --> 00:07:02.198 that case study is mine and so the first,
NOTE Confidence: 0.94448361125

00:07:02.200 --> 00:07:03.439 third or so at the talk is
NOTE Confidence: 0.94448361125

00:07:03.439 --> 00:07:04.529 going to be giving you.
NOTE Confidence: 0.94448361125

00:07:04.530 --> 00:07:05.118 This rich,
NOTE Confidence: 0.94448361125

00:07:05.118 --> 00:07:06.882 detailed case study and then we're
NOTE Confidence: 0.94448361125

00:07:06.882 --> 00:07:08.730 going to spiral out from there,
NOTE Confidence: 0.94448361125

00:07:08.730 --> 00:07:10.942 and so we're going to start with
NOTE Confidence: 0.94448361125

00:07:10.942 --> 00:07:13.180 this case study and Part 2 of the

NOTE Confidence: 0.94448361125
00:07:13.180 --> 00:07:15.948 talk is going to be trying to draw
NOTE Confidence: 0.94448361125
00:07:15.948 --> 00:07:18.418 some generalizable lessons from my
NOTE Confidence: 0.94448361125
00:07:18.418 --> 00:07:19.683 potentially idiosyncratic experience.
NOTE Confidence: 0.94448361125
00:07:19.683 --> 00:07:20.229 You know,
NOTE Confidence: 0.94448361125
00:07:20.229 --> 00:07:22.140 wouldn't want to try to draw a
NOTE Confidence: 0.94448361125
00:07:22.202 --> 00:07:23.937 generalizable lessons from an F1,
NOTE Confidence: 0.94448361125
00:07:23.940 --> 00:07:25.610 and so provide some data,
NOTE Confidence: 0.94448361125
00:07:25.610 --> 00:07:26.402 provide some background,
NOTE Confidence: 0.94448361125
00:07:26.402 --> 00:07:27.986 and figure out where I might
NOTE Confidence: 0.94448361125
00:07:27.986 --> 00:07:29.273 have actually discovered some
NOTE Confidence: 0.94448361125
00:07:29.273 --> 00:07:30.893 cracks in the healthcare system.
NOTE Confidence: 0.94448361125
00:07:30.900 --> 00:07:34.430 So that's Part 2 and then Part 3 as well.
NOTE Confidence: 0.94448361125
00:07:34.430 --> 00:07:35.513 I mean, ethicist.
NOTE Confidence: 0.94448361125
00:07:35.513 --> 00:07:37.318 So if you're a hammer,
NOTE Confidence: 0.94448361125
00:07:37.320 --> 00:07:39.240 you see everything as a nail,
NOTE Confidence: 0.94448361125

00:07:39.240 --> 00:07:41.228 so I want to think about an
NOTE Confidence: 0.94448361125

00:07:41.228 --> 00:07:42.422 actual moral framework that
NOTE Confidence: 0.94448361125

00:07:42.422 --> 00:07:44.126 could help people doing some of
NOTE Confidence: 0.94448361125

00:07:44.126 --> 00:07:46.060 the work that I'm talking about.
NOTE Confidence: 0.94448361125

00:07:46.060 --> 00:07:47.662 And so there are a lot of ways that
NOTE Confidence: 0.94448361125

00:07:47.662 --> 00:07:49.392 we can think about the work that needs
NOTE Confidence: 0.94448361125

00:07:49.392 --> 00:07:51.259 to be done when it comes to opioids,
NOTE Confidence: 0.94448361125

00:07:51.260 --> 00:07:52.508 and I'm only going to have
NOTE Confidence: 0.94448361125

00:07:52.508 --> 00:07:53.710 time here to focus on one,
NOTE Confidence: 0.94448361125

00:07:53.710 --> 00:07:55.990 so I will talk about prescribers
NOTE Confidence: 0.94448361125

00:07:55.990 --> 00:07:57.102 in that third section.
NOTE Confidence: 0.94448361125

00:07:57.102 --> 00:07:58.770 Of course you can extrapolate from
NOTE Confidence: 0.94448361125

00:07:58.824 --> 00:08:00.579 that if you are a patient or if you're
NOTE Confidence: 0.94448361125

00:08:00.579 --> 00:08:02.513 a pharmacist or if you're another
NOTE Confidence: 0.94448361125

00:08:02.513 --> 00:08:04.198 clinician who works with prescribers.
NOTE Confidence: 0.94448361125

00:08:04.200 --> 00:08:05.800 But I'm going to try to think about

NOTE Confidence: 0.94448361125
00:08:05.800 --> 00:08:07.470 what it means to be a responsible.
NOTE Confidence: 0.94448361125
00:08:07.470 --> 00:08:11.070 Prescriber of drugs like opioids,
NOTE Confidence: 0.94448361125
00:08:11.070 --> 00:08:13.360 so that is the preview.
NOTE Confidence: 0.94448361125
00:08:13.360 --> 00:08:13.720 Importantly,
NOTE Confidence: 0.94448361125
00:08:13.720 --> 00:08:16.600 I have nothing to disclose in terms of
NOTE Confidence: 0.94448361125
00:08:16.600 --> 00:08:18.966 financial interests that would conflict me.
NOTE Confidence: 0.94448361125
00:08:18.970 --> 00:08:20.394 So let us begin.
NOTE Confidence: 0.94448361125
00:08:20.394 --> 00:08:22.530 So here's part one part one
NOTE Confidence: 0.94448361125
00:08:22.614 --> 00:08:24.799 is the personal case study,
NOTE Confidence: 0.94448361125
00:08:24.800 --> 00:08:26.440 and as you might gather from the picture,
NOTE Confidence: 0.94448361125
00:08:26.440 --> 00:08:28.988 it has to do with the motorcycle.
NOTE Confidence: 0.94448361125
00:08:28.990 --> 00:08:30.880 And the story is feeling older and
NOTE Confidence: 0.94448361125
00:08:30.880 --> 00:08:33.370 older as I give versions of this talk.
NOTE Confidence: 0.94448361125
00:08:33.370 --> 00:08:34.410 May 23rd,
NOTE Confidence: 0.94448361125
00:08:34.410 --> 00:08:34.930 2015.
NOTE Confidence: 0.94448361125

00:08:34.930 --> 00:08:38.570 This was the Saturday of Memorial Day
NOTE Confidence: 0.940062229090909

00:08:38.674 --> 00:08:40.720 weekend. And it was going
NOTE Confidence: 0.940062229090909

00:08:40.720 --> 00:08:42.295 to be a gorgeous day.
NOTE Confidence: 0.940062229090909

00:08:42.300 --> 00:08:44.640 And so the goal was to take my motorcycle
NOTE Confidence: 0.940062229090909

00:08:44.640 --> 00:08:46.878 out and meet up with my buddy Nathan.
NOTE Confidence: 0.940062229090909

00:08:46.880 --> 00:08:48.910 And we were going to go down
NOTE Confidence: 0.940062229090909

00:08:48.910 --> 00:08:50.619 into the beautiful hills of
NOTE Confidence: 0.940062229090909

00:08:50.619 --> 00:08:52.559 Shenandoah Valley to Skyline Drive.
NOTE Confidence: 0.940062229090909

00:08:52.560 --> 00:08:53.960 So this was the goal.
NOTE Confidence: 0.940062229090909

00:08:53.960 --> 00:08:56.296 This was from an earlier trip of the
NOTE Confidence: 0.940062229090909

00:08:56.296 --> 00:08:58.816 same route and Skyline Drive is gorgeous.
NOTE Confidence: 0.940062229090909

00:08:58.820 --> 00:08:59.760 If you've never done it,
NOTE Confidence: 0.940062229090909

00:08:59.760 --> 00:09:01.878 it's really fun on a motorcycle.
NOTE Confidence: 0.940062229090909

00:09:01.880 --> 00:09:05.258 So this repeat was the goal.
NOTE Confidence: 0.940062229090909

00:09:05.260 --> 00:09:07.400 It's not what happened, however.
NOTE Confidence: 0.940062229090909

00:09:07.400 --> 00:09:09.168 On May 23rd, 2015.

NOTE Confidence: 0.940062229090909
00:09:09.168 --> 00:09:11.378 I made it about three
NOTE Confidence: 0.940062229090909
00:09:11.378 --> 00:09:13.709 blocks away from my house.
NOTE Confidence: 0.940062229090909
00:09:13.710 --> 00:09:15.370 Still in my neighborhood
NOTE Confidence: 0.940062229090909
00:09:15.370 --> 00:09:17.445 and early in the morning,
NOTE Confidence: 0.940062229090909
00:09:17.450 --> 00:09:19.766 young kid hadn't had his coffee
NOTE Confidence: 0.940062229090909
00:09:19.766 --> 00:09:22.360 yet blew a stop sign and pulled
NOTE Confidence: 0.940062229090909
00:09:22.360 --> 00:09:25.478 out as I drove by and T boned me
NOTE Confidence: 0.940062229090909
00:09:25.478 --> 00:09:28.229 on the left side of my motorcycle.
NOTE Confidence: 0.940062229090909
00:09:28.230 --> 00:09:30.345 So with the orthopedic trauma
NOTE Confidence: 0.940062229090909
00:09:30.345 --> 00:09:32.037 surgeon would hypothesize later
NOTE Confidence: 0.940062229090909
00:09:32.037 --> 00:09:34.070 kind of given my description.
NOTE Confidence: 0.940062229090909
00:09:34.070 --> 00:09:36.110 Not everything happened very fast,
NOTE Confidence: 0.940062229090909
00:09:36.110 --> 00:09:39.305 but it looked like my left foot got just,
NOTE Confidence: 0.940062229090909
00:09:39.310 --> 00:09:40.166 you know.
NOTE Confidence: 0.940062229090909
00:09:40.166 --> 00:09:40.594 Momentarily,
NOTE Confidence: 0.940062229090909

00:09:40.594 --> 00:09:43.162 just for a split second crushed
NOTE Confidence: 0.940062229090909

00:09:43.162 --> 00:09:45.491 between the bumper of the van and
NOTE Confidence: 0.940062229090909

00:09:45.491 --> 00:09:47.540 the fairing of the motorcycle.
NOTE Confidence: 0.940062229090909

00:09:47.540 --> 00:09:50.858 And so this was the result.
NOTE Confidence: 0.940062229090909

00:09:50.860 --> 00:09:51.188 Now,
NOTE Confidence: 0.940062229090909

00:09:51.188 --> 00:09:53.484 just in case not everyone in the
NOTE Confidence: 0.940062229090909

00:09:53.484 --> 00:09:55.760 audience is a you know radiologist.
NOTE Confidence: 0.940062229090909

00:09:55.760 --> 00:09:57.956 I will say that's not what an X ray
NOTE Confidence: 0.940062229090909

00:09:57.956 --> 00:10:00.316 of a foot is supposed to look like.
NOTE Confidence: 0.940062229090909

00:10:00.320 --> 00:10:02.658 If you look at the second and
NOTE Confidence: 0.940062229090909

00:10:02.658 --> 00:10:04.832 third metatarsals here you can see
NOTE Confidence: 0.940062229090909

00:10:04.832 --> 00:10:06.677 they broke pretty cleanly through.
NOTE Confidence: 0.940062229090909

00:10:06.680 --> 00:10:08.015 They actually started to come
NOTE Confidence: 0.940062229090909

00:10:08.015 --> 00:10:09.820 out through the top of my foot,
NOTE Confidence: 0.940062229090909

00:10:09.820 --> 00:10:13.012 but the real damage was the great toe
NOTE Confidence: 0.940062229090909

00:10:13.012 --> 00:10:15.214 first metatarsal just shattered and

NOTE Confidence: 0.940062229090909
00:10:15.214 --> 00:10:18.315 all of these bone shards became shrapnel.
NOTE Confidence: 0.940062229090909
00:10:18.320 --> 00:10:21.130 Just blew a hole out the inside of my foot.
NOTE Confidence: 0.940062229090909
00:10:21.130 --> 00:10:23.342 And so by the time I stop
NOTE Confidence: 0.940062229090909
00:10:23.342 --> 00:10:24.930 sliding on the ground,
NOTE Confidence: 0.940062229090909
00:10:24.930 --> 00:10:26.430 I was in blinding pain
NOTE Confidence: 0.940062229090909
00:10:26.430 --> 00:10:28.350 trying to rip off my boot,
NOTE Confidence: 0.940062229090909
00:10:28.350 --> 00:10:30.798 get the boot off my sock had torn
NOTE Confidence: 0.940062229090909
00:10:30.798 --> 00:10:33.448 and I could see inside my foot.
NOTE Confidence: 0.940062229090909
00:10:33.450 --> 00:10:35.487 It kind of folded in half and
NOTE Confidence: 0.940062229090909
00:10:35.487 --> 00:10:37.847 I could see tendon and bone and
NOTE Confidence: 0.940062229090909
00:10:37.847 --> 00:10:40.020 bone Shard and that was when I
NOTE Confidence: 0.940062229090909
00:10:40.020 --> 00:10:42.818 knew I was in a bit of trouble.
NOTE Confidence: 0.940062229090909
00:10:42.820 --> 00:10:45.868 So that's how May 23rd started.
NOTE Confidence: 0.926131868
00:10:48.490 --> 00:10:49.980 What was going to unfold
NOTE Confidence: 0.926131868
00:10:49.980 --> 00:10:51.470 over the next several weeks?
NOTE Confidence: 0.926131868

00:10:51.470 --> 00:10:54.308 Was my initial trauma team had
NOTE Confidence: 0.926131868

00:10:54.308 --> 00:10:56.721 to decide discover whether or
NOTE Confidence: 0.926131868

00:10:56.721 --> 00:10:58.866 not my foot was salvageable.
NOTE Confidence: 0.926131868

00:10:58.870 --> 00:11:00.830 So I was in a limb salvage situation.
NOTE Confidence: 0.926131868

00:11:00.830 --> 00:11:02.950 The immediate threat was amputation.
NOTE Confidence: 0.926131868

00:11:02.950 --> 00:11:05.062 My surgeon hoped that they could
NOTE Confidence: 0.926131868

00:11:05.062 --> 00:11:07.262 get away with a transmetatarsal
NOTE Confidence: 0.926131868

00:11:07.262 --> 00:11:09.407 amputation or transmit,
NOTE Confidence: 0.926131868

00:11:09.410 --> 00:11:11.840 which means I get to keep the bottom of
NOTE Confidence: 0.926131868

00:11:11.840 --> 00:11:14.558 the the back half of my foot and the heel.
NOTE Confidence: 0.926131868

00:11:14.560 --> 00:11:15.970 But there was some threat with
NOTE Confidence: 0.926131868

00:11:15.970 --> 00:11:17.290 all the soft tissue damage.
NOTE Confidence: 0.926131868

00:11:17.290 --> 00:11:18.345 If it couldn't vascular eyes
NOTE Confidence: 0.926131868

00:11:18.345 --> 00:11:19.400 if it started to die.
NOTE Confidence: 0.926131868

00:11:19.400 --> 00:11:20.522 So I would I would actually
NOTE Confidence: 0.926131868

00:11:20.522 --> 00:11:21.540 lose all of my foot.

NOTE Confidence: 0.926131868

00:11:21.540 --> 00:11:22.460 So that was the threat.

NOTE Confidence: 0.926131868

00:11:22.460 --> 00:11:23.040 Of course,

NOTE Confidence: 0.926131868

00:11:23.040 --> 00:11:25.360 that was a very scary thing to hear

NOTE Confidence: 0.926131868

00:11:25.360 --> 00:11:28.324 for someone who who powers before

NOTE Confidence: 0.926131868

00:11:28.324 --> 00:11:31.060 days before was perfectly healthy.

NOTE Confidence: 0.926131868

00:11:31.060 --> 00:11:34.042 So we tried our best to look

NOTE Confidence: 0.926131868

00:11:34.042 --> 00:11:37.260 down the road at Reconstruction.

NOTE Confidence: 0.926131868

00:11:37.260 --> 00:11:39.540 Now I've started to actually start

NOTE Confidence: 0.926131868

00:11:39.540 --> 00:11:40.980 doing talks in person again,

NOTE Confidence: 0.926131868

00:11:40.980 --> 00:11:42.870 so after a year and a half of zoom I

NOTE Confidence: 0.926131868

00:11:42.923 --> 00:11:44.495 got really accustomed to this where

NOTE Confidence: 0.926131868

00:11:44.495 --> 00:11:46.598 I can keep you in suspense longer,

NOTE Confidence: 0.926131868

00:11:46.600 --> 00:11:48.600 but it seems unfair.

NOTE Confidence: 0.926131868

00:11:48.600 --> 00:11:48.890 But yeah,

NOTE Confidence: 0.926131868

00:11:48.890 --> 00:11:50.261 when I'm up on stage you can see me

NOTE Confidence: 0.926131868

00:11:50.261 --> 00:11:51.493 strutting around like I own the place.
NOTE Confidence: 0.926131868

00:11:51.500 --> 00:11:54.348 And then you know.
NOTE Confidence: 0.926131868

00:11:54.348 --> 00:11:58.079 That spoiler alerts I I got to keep my foot.
NOTE Confidence: 0.926131868

00:11:58.080 --> 00:12:00.696 It's not a it's not a fancy prosthetic,
NOTE Confidence: 0.926131868

00:12:00.700 --> 00:12:02.086 it's a very,
NOTE Confidence: 0.926131868

00:12:02.086 --> 00:12:04.858 very incredible series of surgeries that.
NOTE Confidence: 0.868382514666667

00:12:06.880 --> 00:12:08.651 Proved to me that my medical teams
NOTE Confidence: 0.868382514666667

00:12:08.651 --> 00:12:11.338 I would end up having teams of three
NOTE Confidence: 0.868382514666667

00:12:11.338 --> 00:12:12.834 different hospitals were sophisticatedly
NOTE Confidence: 0.868382514666667

00:12:12.834 --> 00:12:15.313 very sophisticated in terms of their their
NOTE Confidence: 0.868382514666667

00:12:15.313 --> 00:12:17.536 the practice of medicine were incredibly
NOTE Confidence: 0.868382514666667

00:12:17.536 --> 00:12:20.960 good and so the initial 5 surgeries that
NOTE Confidence: 0.868382514666667

00:12:21.046 --> 00:12:23.874 I had were the LEM salvage surgeries.
NOTE Confidence: 0.868382514666667

00:12:23.880 --> 00:12:27.057 I would have another six months or so later.
NOTE Confidence: 0.868382514666667

00:12:27.060 --> 00:12:28.780 After all of the swelling had gone down,
NOTE Confidence: 0.868382514666667

00:12:28.780 --> 00:12:30.355 and it could reshape the foot so

NOTE Confidence: 0.868382514666667
00:12:30.355 --> 00:12:32.056 that I could get into regular shoes
NOTE Confidence: 0.868382514666667
00:12:32.056 --> 00:12:33.597 and work on my gates, etc.
NOTE Confidence: 0.868382514666667
00:12:33.597 --> 00:12:35.816 But the first five were am I
NOTE Confidence: 0.868382514666667
00:12:35.816 --> 00:12:38.117 going to get to keep my foots?
NOTE Confidence: 0.868382514666667
00:12:38.120 --> 00:12:40.490 And what's most important about this
NOTE Confidence: 0.868382514666667
00:12:40.490 --> 00:12:43.819 is I had been afraid of amputation.
NOTE Confidence: 0.868382514666667
00:12:43.820 --> 00:12:46.564 Because I felt like such a scary loss
NOTE Confidence: 0.868382514666667
00:12:46.564 --> 00:12:49.286 for someone who had never considered it.
NOTE Confidence: 0.868382514666667
00:12:49.290 --> 00:12:51.354 But what I hadn't known and and what
NOTE Confidence: 0.868382514666667
00:12:51.354 --> 00:12:53.497 I wouldn't really have the kind of
NOTE Confidence: 0.868382514666667
00:12:53.497 --> 00:12:55.729 wherewithal to even think through or realize,
NOTE Confidence: 0.868382514666667
00:12:55.730 --> 00:12:57.830 is that reconstruction carries its own risks,
NOTE Confidence: 0.868382514666667
00:12:57.830 --> 00:13:00.662 because instead of having one or
NOTE Confidence: 0.868382514666667
00:13:00.662 --> 00:13:03.430 maybe two initial big surgeries
NOTE Confidence: 0.868382514666667
00:13:03.430 --> 00:13:04.775 and then immediately work through
NOTE Confidence: 0.868382514666667

00:13:04.775 --> 00:13:06.610 a starting the work of recovery,
NOTE Confidence: 0.868382514666667

00:13:06.610 --> 00:13:09.130 I was going to go down this long road
NOTE Confidence: 0.868382514666667

00:13:09.130 --> 00:13:11.730 of multiple surgeries spread out over
NOTE Confidence: 0.868382514666667

00:13:11.730 --> 00:13:13.775 many weeks until they figured out what
NOTE Confidence: 0.868382514666667

00:13:13.775 --> 00:13:15.769 to do with this major wound in my foot,
NOTE Confidence: 0.868382514666667

00:13:15.770 --> 00:13:17.486 which kept getting bigger as tissue
NOTE Confidence: 0.868382514666667

00:13:17.486 --> 00:13:19.226 died and surgery surgeons would cut
NOTE Confidence: 0.868382514666667

00:13:19.226 --> 00:13:20.846 away the necrotic tissue every time.
NOTE Confidence: 0.868382514666667

00:13:20.850 --> 00:13:22.698 They went in.
NOTE Confidence: 0.868382514666667

00:13:22.700 --> 00:13:24.492 I would either be in the hospital or
NOTE Confidence: 0.868382514666667

00:13:24.492 --> 00:13:26.479 or take home a affordable wound vacs.
NOTE Confidence: 0.868382514666667

00:13:26.480 --> 00:13:28.160 This negative pressure device to
NOTE Confidence: 0.868382514666667

00:13:28.160 --> 00:13:30.574 fill the wound and so every few
NOTE Confidence: 0.868382514666667

00:13:30.574 --> 00:13:32.590 days I'm having surgery and having
NOTE Confidence: 0.868382514666667

00:13:32.590 --> 00:13:34.880 new newly acute post surgical pain.
NOTE Confidence: 0.868382514666667

00:13:34.880 --> 00:13:36.938 But even between that I have nurses

NOTE Confidence: 0.868382514666667
00:13:36.938 --> 00:13:38.693 coming every day or every other
NOTE Confidence: 0.868382514666667
00:13:38.693 --> 00:13:40.313 day to change the wound VAC.
NOTE Confidence: 0.868382514666667
00:13:40.320 --> 00:13:42.285 So basically pulling sponge out
NOTE Confidence: 0.868382514666667
00:13:42.285 --> 00:13:44.760 of a hole in my body.
NOTE Confidence: 0.868382514666667
00:13:44.760 --> 00:13:47.016 It's it's the stuff of nightmares.
NOTE Confidence: 0.868382514666667
00:13:47.020 --> 00:13:49.180 Every once in awhile I would start bleeding
NOTE Confidence: 0.868382514666667
00:13:49.180 --> 00:13:51.175 and they'd have to go in and cauterize.
NOTE Confidence: 0.868382514666667
00:13:51.180 --> 00:13:53.170 Try to find what what's
NOTE Confidence: 0.868382514666667
00:13:53.170 --> 00:13:54.762 bleeding and fix that.
NOTE Confidence: 0.868382514666667
00:13:54.770 --> 00:13:55.970 All of that is to say,
NOTE Confidence: 0.868382514666667
00:13:55.970 --> 00:13:57.520 not just to horrify you.
NOTE Confidence: 0.859705382857143
00:13:59.820 --> 00:14:02.326 It's to say that the process became
NOTE Confidence: 0.859705382857143
00:14:02.326 --> 00:14:04.729 one very stretched out of very severe,
NOTE Confidence: 0.859705382857143
00:14:04.730 --> 00:14:06.066 ongoing, newly acute pain.
NOTE Confidence: 0.859705382857143
00:14:06.066 --> 00:14:08.755 The sort of pain that does tend to
NOTE Confidence: 0.859705382857143

00:14:08.755 --> 00:14:10.609 respond well to opioids and feels
NOTE Confidence: 0.859705382857143

00:14:10.609 --> 00:14:12.870 like it constantly needs opioids.
NOTE Confidence: 0.859705382857143

00:14:12.870 --> 00:14:14.949 Always flirting with six out of 10.
NOTE Confidence: 0.859705382857143

00:14:14.950 --> 00:14:17.182 Seven out of 10 one night in the hospital,
NOTE Confidence: 0.859705382857143

00:14:17.190 --> 00:14:18.963 a 10 out of 10 on the pain scale.
NOTE Confidence: 0.859705382857143

00:14:18.970 --> 00:14:20.530 When I got behind the pain,
NOTE Confidence: 0.859705382857143

00:14:20.530 --> 00:14:22.980 that's the sort of life that I
NOTE Confidence: 0.859705382857143

00:14:22.980 --> 00:14:25.418 had over the course of weeks.
NOTE Confidence: 0.859705382857143

00:14:25.420 --> 00:14:30.380 And so. I go through this period
NOTE Confidence: 0.859705382857143

00:14:30.380 --> 00:14:32.600 of continued surgeries surgery.
NOTE Confidence: 0.859705382857143

00:14:32.600 --> 00:14:36.172 #5 is the big one if you've never thought.
NOTE Confidence: 0.859705382857143

00:14:36.172 --> 00:14:38.139 I know this is a largely clinical audience,
NOTE Confidence: 0.859705382857143

00:14:38.140 --> 00:14:39.550 but if you've never thought about
NOTE Confidence: 0.859705382857143

00:14:39.550 --> 00:14:40.949 the fact that sometimes you have
NOTE Confidence: 0.859705382857143

00:14:40.949 --> 00:14:42.391 large holes in your body after trauma
NOTE Confidence: 0.859705382857143

00:14:42.391 --> 00:14:43.760 and you figure out to close it,

NOTE Confidence: 0.859705382857143
00:14:43.760 --> 00:14:44.704 that's a problem, right?
NOTE Confidence: 0.859705382857143
00:14:44.704 --> 00:14:46.841 So I didn't know how they were going to
NOTE Confidence: 0.859705382857143
00:14:46.841 --> 00:14:48.780 close this wound where you can no longer,
NOTE Confidence: 0.859705382857143
00:14:48.780 --> 00:14:49.290 you know,
NOTE Confidence: 0.859705382857143
00:14:49.290 --> 00:14:51.075 pull the skin and and suture it
NOTE Confidence: 0.859705382857143
00:14:51.075 --> 00:14:52.635 and it turns out the solution
NOTE Confidence: 0.859705382857143
00:14:52.635 --> 00:14:54.680 to that was a free flap surgery.
NOTE Confidence: 0.859705382857143
00:14:54.680 --> 00:14:56.318 So I had a surgical team.
NOTE Confidence: 0.859705382857143
00:14:56.320 --> 00:14:57.816 Several surgical teams rotate
NOTE Confidence: 0.859705382857143
00:14:57.816 --> 00:14:59.686 through for a long surgery.
NOTE Confidence: 0.859705382857143
00:14:59.690 --> 00:15:00.719 And take muscle,
NOTE Confidence: 0.859705382857143
00:15:00.719 --> 00:15:01.062 fat,
NOTE Confidence: 0.859705382857143
00:15:01.062 --> 00:15:03.120 skin and artery for blood supply
NOTE Confidence: 0.859705382857143
00:15:03.186 --> 00:15:05.720 and a nerve so that I could
NOTE Confidence: 0.859705382857143
00:15:05.720 --> 00:15:06.806 eventually develop sensation.
NOTE Confidence: 0.859705382857143

00:15:06.810 --> 00:15:10.580 Take all of that from my thigh and use it to.
NOTE Confidence: 0.859705382857143

00:15:10.580 --> 00:15:12.510 I'm pretty sure this is the medical jargon.
NOTE Confidence: 0.859705382857143

00:15:12.510 --> 00:15:15.510 Plug the hole in my foot and make
NOTE Confidence: 0.859705382857143

00:15:15.510 --> 00:15:18.455 my foot out of part of my thigh
NOTE Confidence: 0.859705382857143

00:15:18.460 --> 00:15:21.240 which was pretty incredible.
NOTE Confidence: 0.859705382857143

00:15:21.240 --> 00:15:24.008 After surgery number 55 days in the ICU
NOTE Confidence: 0.859705382857143

00:15:24.008 --> 00:15:27.377 with yet another new trauma site on my thigh,
NOTE Confidence: 0.859705382857143

00:15:27.380 --> 00:15:29.508 the new surgical site.
NOTE Confidence: 0.859705382857143

00:15:29.508 --> 00:15:31.636 More post surgical pain.
NOTE Confidence: 0.859705382857143

00:15:31.640 --> 00:15:35.525 A big escalation in constantly
NOTE Confidence: 0.859705382857143

00:15:35.525 --> 00:15:37.079 escalating painkillers.
NOTE Confidence: 0.859705382857143

00:15:37.080 --> 00:15:37.419 Now,
NOTE Confidence: 0.859705382857143

00:15:37.419 --> 00:15:40.131 in addition to the Ivy and oral opioid
NOTE Confidence: 0.859705382857143

00:15:40.131 --> 00:15:42.289 medication that I've been on and
NOTE Confidence: 0.859705382857143

00:15:42.289 --> 00:15:44.044 been escalating for several weeks,
NOTE Confidence: 0.859705382857143

00:15:44.050 --> 00:15:45.294 they now had gabapentin.

NOTE Confidence: 0.859705382857143
00:15:45.294 --> 00:15:46.849 I've got some some unresolved
NOTE Confidence: 0.859705382857143
00:15:46.849 --> 00:15:47.789 nerve nerve pain,
NOTE Confidence: 0.859705382857143
00:15:47.790 --> 00:15:48.895 probably where they clip that
NOTE Confidence: 0.859705382857143
00:15:48.895 --> 00:15:50.000 nerve out of my thigh.
NOTE Confidence: 0.859705382857143
00:15:50.000 --> 00:15:52.835 The gabapentin seemed to do the job,
NOTE Confidence: 0.859705382857143
00:15:52.840 --> 00:15:55.190 so that was an addition.
NOTE Confidence: 0.859705382857143
00:15:55.190 --> 00:15:57.490 And ten days after surgery,
NOTE Confidence: 0.859705382857143
00:15:57.490 --> 00:16:00.316 #5I finally get to go home.
NOTE Confidence: 0.859705382857143
00:16:00.320 --> 00:16:02.315 And when I get to go home,
NOTE Confidence: 0.859705382857143
00:16:02.320 --> 00:16:05.291 I'm given exactly 1 instruction and
NOTE Confidence: 0.859705382857143
00:16:05.291 --> 00:16:07.517 that is instruction regarding my pain,
NOTE Confidence: 0.859705382857143
00:16:07.520 --> 00:16:09.290 and that instruction is don't
NOTE Confidence: 0.859705382857143
00:16:09.290 --> 00:16:10.706 get behind the pain.
NOTE Confidence: 0.859705382857143
00:16:10.710 --> 00:16:15.220 So I am a very good patient and I go
NOTE Confidence: 0.859705382857143
00:16:15.347 --> 00:16:18.230 home and every 12 hours I take my oxy contin.
NOTE Confidence: 0.859705382857143

00:16:18.230 --> 00:16:20.170 The extended release oxycodone.
NOTE Confidence: 0.859705382857143

00:16:20.170 --> 00:16:21.625 Every four hours.
NOTE Confidence: 0.859705382857143

00:16:21.630 --> 00:16:23.850 I take my oxycodone IR.
NOTE Confidence: 0.859705382857143

00:16:23.850 --> 00:16:24.741 Every six hours,
NOTE Confidence: 0.859705382857143

00:16:24.741 --> 00:16:27.690 I think it was I take my gabapentin.
NOTE Confidence: 0.859705382857143

00:16:27.690 --> 00:16:29.990 And I watched the clock.
NOTE Confidence: 0.859705382857143

00:16:29.990 --> 00:16:31.758 Beautifully take my pills.
NOTE Confidence: 0.859705382857143

00:16:31.758 --> 00:16:34.410 They do Peter out pretty regularly.
NOTE Confidence: 0.859705382857143

00:16:34.410 --> 00:16:37.350 I start to have more pain sooner,
NOTE Confidence: 0.859705382857143

00:16:37.350 --> 00:16:38.800 especially in those early days.
NOTE Confidence: 0.859705382857143

00:16:38.800 --> 00:16:39.415 After getting home,
NOTE Confidence: 0.859705382857143

00:16:39.415 --> 00:16:40.850 I call the prescriber and he'd say,
NOTE Confidence: 0.859705382857143

00:16:40.850 --> 00:16:42.378 yeah, you're developing tolerance.
NOTE Confidence: 0.859705382857143

00:16:42.378 --> 00:16:46.690 Fill up the dose IR oxycodone 1015 to 20.
NOTE Confidence: 0.859705382857143

00:16:46.690 --> 00:16:50.360 Oxycontin 15 to 20 etc.
NOTE Confidence: 0.859705382857143

00:16:50.360 --> 00:16:52.313 And that's how we live for another

NOTE Confidence: 0.859705382857143
00:16:52.313 --> 00:16:53.835 month after these weeks and
NOTE Confidence: 0.859705382857143
00:16:53.835 --> 00:16:55.405 five surgeries in the hospital.
NOTE Confidence: 0.93427575
00:16:58.110 --> 00:16:58.480 So.
NOTE Confidence: 0.11080277
00:17:00.550 --> 00:17:04.300 I. Go back to my orthopedic trauma
NOTE Confidence: 0.11080277
00:17:04.300 --> 00:17:06.260 surgeon two months after the accident.
NOTE Confidence: 0.11080277
00:17:06.260 --> 00:17:07.140 I haven't seen him in a long time.
NOTE Confidence: 0.11080277
00:17:07.140 --> 00:17:09.020 His job was to pull all these bone
NOTE Confidence: 0.11080277
00:17:09.020 --> 00:17:10.718 charts together right as he put it to me,
NOTE Confidence: 0.11080277
00:17:10.720 --> 00:17:13.296 rebuild the the pole of the tent
NOTE Confidence: 0.11080277
00:17:13.296 --> 00:17:15.859 to hold up everything else.
NOTE Confidence: 0.11080277
00:17:15.860 --> 00:17:16.838 Hadn't seen him in a while.
NOTE Confidence: 0.11080277
00:17:16.840 --> 00:17:18.358 This is my first check in.
NOTE Confidence: 0.11080277
00:17:18.360 --> 00:17:19.774 He's going to take new X rays,
NOTE Confidence: 0.11080277
00:17:19.780 --> 00:17:21.076 see how the bones are healing,
NOTE Confidence: 0.11080277
00:17:21.080 --> 00:17:22.012 maybe talk about with
NOTE Confidence: 0.11080277

00:17:22.012 --> 00:17:23.177 our going to walk again.
NOTE Confidence: 0.11080277

00:17:23.180 --> 00:17:24.468 He's super impressed with
NOTE Confidence: 0.11080277

00:17:24.468 --> 00:17:26.400 how the free flap is ceiling.
NOTE Confidence: 0.11080277

00:17:26.400 --> 00:17:27.588 Asking me about my pain when
NOTE Confidence: 0.11080277

00:17:27.588 --> 00:17:28.380 I'm doing for it.
NOTE Confidence: 0.11080277

00:17:28.380 --> 00:17:31.904 My partner Saudi and I kind of doing
NOTE Confidence: 0.11080277

00:17:31.904 --> 00:17:33.544 the math on Oxycontin oxycodone.
NOTE Confidence: 0.11080277

00:17:33.550 --> 00:17:37.696 Go pentin and we give him the plan.
NOTE Confidence: 0.11080277

00:17:37.700 --> 00:17:39.400 What we've been doing very
NOTE Confidence: 0.11080277

00:17:39.400 --> 00:17:40.856 dutifully and he stops.
NOTE Confidence: 0.11080277

00:17:40.856 --> 00:17:43.460 All of a sudden very distressed and
NOTE Confidence: 0.11080277

00:17:43.542 --> 00:17:46.279 says Travis it's it's been too long.
NOTE Confidence: 0.11080277

00:17:46.280 --> 00:17:48.120 It's that's way too much.
NOTE Confidence: 0.11080277

00:17:48.120 --> 00:17:52.989 You need to be off the medication by now.
NOTE Confidence: 0.11080277

00:17:52.990 --> 00:17:57.008 And that was the 1st that anyone
NOTE Confidence: 0.11080277

00:17:57.010 --> 00:17:59.848 said anything to me about problematic

NOTE Confidence: 0.11080277

00:17:59.848 --> 00:18:03.580 long term use of opioids about risks,

NOTE Confidence: 0.11080277

00:18:03.580 --> 00:18:05.412 about a need to get off of them

NOTE Confidence: 0.11080277

00:18:05.412 --> 00:18:06.490 sooner rather than later.

NOTE Confidence: 0.11080277

00:18:06.490 --> 00:18:07.850 Two months after the accident,

NOTE Confidence: 0.11080277

00:18:07.850 --> 00:18:09.537 he was the first person to make

NOTE Confidence: 0.11080277

00:18:09.537 --> 00:18:10.810 any of those comments.

NOTE Confidence: 0.11080277

00:18:10.810 --> 00:18:11.466 So given the audience,

NOTE Confidence: 0.11080277

00:18:11.466 --> 00:18:12.615 some of you might want to know

NOTE Confidence: 0.11080277

00:18:12.615 --> 00:18:13.270 how much I was on.

NOTE Confidence: 0.11080277

00:18:13.270 --> 00:18:14.824 I would not do this math until

NOTE Confidence: 0.11080277

00:18:14.824 --> 00:18:16.378 much much later when I learned

NOTE Confidence: 0.11080277

00:18:16.378 --> 00:18:17.768 about Emmys and me conversions.

NOTE Confidence: 0.11080277

00:18:17.770 --> 00:18:21.350 So it turns out I was on about 170 to

NOTE Confidence: 0.11080277

00:18:21.350 --> 00:18:24.275 200 Emmys morphine milligram equivalents.

NOTE Confidence: 0.11080277

00:18:24.280 --> 00:18:27.450 Of oxycodone, plus the gabapentin.

NOTE Confidence: 0.11080277

00:18:27.450 --> 00:18:29.170 That was my daily use.
NOTE Confidence: 0.11080277

00:18:29.170 --> 00:18:30.675 Depending on how bad the pain was,
NOTE Confidence: 0.11080277

00:18:30.680 --> 00:18:33.104 if I had PT and took an extra
NOTE Confidence: 0.11080277

00:18:33.104 --> 00:18:34.450 dose of oxy etc.
NOTE Confidence: 0.11080277

00:18:34.450 --> 00:18:37.294 And I had been opioid naive 2 months prior.
NOTE Confidence: 0.11080277

00:18:37.300 --> 00:18:40.520 So my trauma surgeon was very concerned.
NOTE Confidence: 0.11080277

00:18:40.520 --> 00:18:42.120 He said I need to get off the
NOTE Confidence: 0.11080277

00:18:42.120 --> 00:18:43.895 opioids and I said, OK, I'm ready.
NOTE Confidence: 0.11080277

00:18:43.895 --> 00:18:45.520 How do I do it?
NOTE Confidence: 0.11080277

00:18:45.520 --> 00:18:46.380 And he said, well, look,
NOTE Confidence: 0.11080277

00:18:46.380 --> 00:18:47.706 you can't just stop cold Turkey.
NOTE Confidence: 0.11080277

00:18:47.710 --> 00:18:48.850 You go into withdrawal.
NOTE Confidence: 0.11080277

00:18:48.850 --> 00:18:51.210 You've been on this stuff for two months.
NOTE Confidence: 0.11080277

00:18:51.210 --> 00:18:53.400 But also in here. I'm paraphrasing.
NOTE Confidence: 0.11080277

00:18:53.400 --> 00:18:56.055 Also not my job like I didn't do this.
NOTE Confidence: 0.11080277

00:18:56.060 --> 00:18:57.938 I didn't prescribe all these pills,

NOTE Confidence: 0.11080277

00:18:57.940 --> 00:19:00.160 so who's who's your prescriber?

NOTE Confidence: 0.11080277

00:19:00.160 --> 00:19:02.575 And the answer was the plastic surgeon.

NOTE Confidence: 0.11080277

00:19:02.580 --> 00:19:05.415 So the next day we went to

NOTE Confidence: 0.11080277

00:19:05.415 --> 00:19:06.630 the plastic surgeon.

NOTE Confidence: 0.11080277

00:19:06.630 --> 00:19:08.550 The plastic surgeon had been

NOTE Confidence: 0.11080277

00:19:08.550 --> 00:19:09.702 really comfortable prescribing

NOTE Confidence: 0.11080277

00:19:09.702 --> 00:19:11.579 all of these pills right?

NOTE Confidence: 0.11080277

00:19:11.580 --> 00:19:14.170 He's the one who had had been

NOTE Confidence: 0.11080277

00:19:14.170 --> 00:19:16.330 constantly updating the prescriptions,

NOTE Confidence: 0.11080277

00:19:16.330 --> 00:19:19.666 so I've been taking home ever more bottles.

NOTE Confidence: 0.11080277

00:19:19.670 --> 00:19:21.785 And we go to him and tell him how

NOTE Confidence: 0.11080277

00:19:21.785 --> 00:19:23.547 concerned the orthopedic surgeon was,

NOTE Confidence: 0.11080277

00:19:23.550 --> 00:19:25.230 and he's just not that concerned.

NOTE Confidence: 0.11080277

00:19:25.230 --> 00:19:26.094 To be honest.

NOTE Confidence: 0.11080277

00:19:26.094 --> 00:19:26.855 He's like, well,

NOTE Confidence: 0.11080277

00:19:26.855 --> 00:19:28.150 look great if you think you're ready
NOTE Confidence: 0.11080277

00:19:28.150 --> 00:19:30.888 to get off. I mean always a good idea.
NOTE Confidence: 0.11080277

00:19:30.890 --> 00:19:33.551 So we ask how to do it and we should
NOTE Confidence: 0.11080277

00:19:33.551 --> 00:19:35.430 have known we were in a little bit
NOTE Confidence: 0.11080277

00:19:35.430 --> 00:19:37.054 of trouble when he did the thing
NOTE Confidence: 0.11080277

00:19:37.054 --> 00:19:38.867 where he he looked for the answer.
NOTE Confidence: 0.11080277

00:19:38.870 --> 00:19:40.310 In his eyelids you know the thing was
NOTE Confidence: 0.9825641

00:19:40.310 --> 00:19:40.440 like.
NOTE Confidence: 0.950034562857143

00:19:42.600 --> 00:19:45.916 And then he gave us a plan and the plan was
NOTE Confidence: 0.950034562857143

00:19:45.916 --> 00:19:48.579 we're going to take all of these pills,
NOTE Confidence: 0.950034562857143

00:19:48.580 --> 00:19:51.348 Oxycontin, IR, oxycodone and
NOTE Confidence: 0.950034562857143

00:19:51.348 --> 00:19:54.120 gabapentin and divide them into four.
NOTE Confidence: 0.950034562857143

00:19:54.120 --> 00:19:54.924 And starting tomorrow,
NOTE Confidence: 0.950034562857143

00:19:54.924 --> 00:19:56.800 starting the day after we see him,
NOTE Confidence: 0.950034562857143

00:19:56.800 --> 00:19:59.229 we're going to drop 1/4 of everything
NOTE Confidence: 0.950034562857143

00:19:59.229 --> 00:20:01.773 once a week to drop 25% that week.

NOTE Confidence: 0.950034562857143
00:20:01.773 --> 00:20:03.639 Week later dropped the next quarter,
NOTE Confidence: 0.950034562857143
00:20:03.640 --> 00:20:05.784 and so on, and we'd be off the
NOTE Confidence: 0.950034562857143
00:20:05.784 --> 00:20:08.744 meds in four weeks and I know that
NOTE Confidence: 0.950034562857143
00:20:08.744 --> 00:20:10.799 these talks sometimes wrong run
NOTE Confidence: 0.950034562857143
00:20:10.799 --> 00:20:13.199 longer than folks have time for,
NOTE Confidence: 0.950034562857143
00:20:13.200 --> 00:20:14.976 and so in case anyone is going to
NOTE Confidence: 0.950034562857143
00:20:14.976 --> 00:20:16.585 step out in the next few minutes
NOTE Confidence: 0.950034562857143
00:20:16.585 --> 00:20:18.280 and not get to the punchline,
NOTE Confidence: 0.950034562857143
00:20:18.280 --> 00:20:21.121 let me just say this part early.
NOTE Confidence: 0.950034562857143
00:20:21.121 --> 00:20:25.426 That was really bad advice.
NOTE Confidence: 0.950034562857143
00:20:25.430 --> 00:20:29.477 The the tapering regimen of 25% per week,
NOTE Confidence: 0.950034562857143
00:20:29.477 --> 00:20:31.931 especially without trialing it on the
NOTE Confidence: 0.950034562857143
00:20:31.931 --> 00:20:34.256 patient first to see how sensitive
NOTE Confidence: 0.950034562857143
00:20:34.256 --> 00:20:36.930 they are to dependence and withdrawal,
NOTE Confidence: 0.950034562857143
00:20:36.930 --> 00:20:39.802 is very aggressive and.
NOTE Confidence: 0.950034562857143

00:20:39.802 --> 00:20:42.540 Yeah, I sometimes tell Med students
NOTE Confidence: 0.950034562857143

00:20:42.540 --> 00:20:44.997 like if you want to torture somebody.
NOTE Confidence: 0.950034562857143

00:20:45.000 --> 00:20:46.440 This is like a really good plan actually.
NOTE Confidence: 0.950034562857143

00:20:46.440 --> 00:20:48.380 Get them dependent on opioids
NOTE Confidence: 0.950034562857143

00:20:48.380 --> 00:20:51.060 and then give them this regiment.
NOTE Confidence: 0.950034562857143

00:20:51.060 --> 00:20:53.124 And why do I say that this sounds
NOTE Confidence: 0.950034562857143

00:20:53.124 --> 00:20:54.971 very dramatic and it's because, well,
NOTE Confidence: 0.950034562857143

00:20:54.971 --> 00:20:56.957 sure like you could hurt somebody,
NOTE Confidence: 0.950034562857143

00:20:56.960 --> 00:20:58.328 maybe even worse by just taking
NOTE Confidence: 0.950034562857143

00:20:58.328 --> 00:20:59.012 their meds away.
NOTE Confidence: 0.950034562857143

00:20:59.020 --> 00:21:01.162 So you send them into really
NOTE Confidence: 0.950034562857143

00:21:01.162 --> 00:21:02.233 severe acute withdrawal.
NOTE Confidence: 0.950034562857143

00:21:02.240 --> 00:21:04.228 But the thing about a 25% every
NOTE Confidence: 0.950034562857143

00:21:04.228 --> 00:21:07.140 week for four weeks plan is that the
NOTE Confidence: 0.950034562857143

00:21:07.140 --> 00:21:09.500 25% in many patients is going to be
NOTE Confidence: 0.950034562857143

00:21:09.500 --> 00:21:11.937 enough to immediately send them into.

NOTE Confidence: 0.950034562857143
00:21:11.940 --> 00:21:15.260 Acute, moderate or severe withdrawal.
NOTE Confidence: 0.950034562857143
00:21:15.260 --> 00:21:17.990 But it's also gonna take four
NOTE Confidence: 0.950034562857143
00:21:17.990 --> 00:21:20.180 weeks to get through it.
NOTE Confidence: 0.950034562857143
00:21:20.180 --> 00:21:23.169 And so that's what happened to me.
NOTE Confidence: 0.950034562857143
00:21:23.170 --> 00:21:24.549 This this is not a like button.
NOTE Confidence: 0.950034562857143
00:21:24.550 --> 00:21:24.890 Don't worry,
NOTE Confidence: 0.950034562857143
00:21:24.890 --> 00:21:26.080 I'm not going to press this and
NOTE Confidence: 0.950034562857143
00:21:26.080 --> 00:21:27.187 make you listen to my Ted talk.
NOTE Confidence: 0.950034562857143
00:21:27.190 --> 00:21:28.396 That would be a very awkward
NOTE Confidence: 0.950034562857143
00:21:28.396 --> 00:21:29.490 way to give a talk.
NOTE Confidence: 0.950034562857143
00:21:29.490 --> 00:21:34.233 Instead I put this up to to signal that.
NOTE Confidence: 0.950034562857143
00:21:34.240 --> 00:21:37.678 Some years ago when I first told my story,
NOTE Confidence: 0.950034562857143
00:21:37.680 --> 00:21:39.366 I would regularly get invitations to
NOTE Confidence: 0.950034562857143
00:21:39.366 --> 00:21:41.619 come and like tell the withdrawal story.
NOTE Confidence: 0.950034562857143
00:21:41.620 --> 00:21:43.650 Can you just come and tell our
NOTE Confidence: 0.950034562857143

00:21:43.650 --> 00:21:44.979 clinicians what withdrawal is like?

NOTE Confidence: 0.950034562857143

00:21:44.980 --> 00:21:48.924 And I did. I did that a lot.

NOTE Confidence: 0.950034562857143

00:21:48.930 --> 00:21:50.868 It's hard, it's hard every time,

NOTE Confidence: 0.950034562857143

00:21:50.870 --> 00:21:53.145 and so I eventually decided I need.

NOTE Confidence: 0.950034562857143

00:21:53.150 --> 00:21:55.283 I need to have a way that this is

NOTE Confidence: 0.950034562857143

00:21:55.283 --> 00:21:57.163 accessible and I can feel like I'm

NOTE Confidence: 0.950034562857143

00:21:57.163 --> 00:21:58.525 doing meaningful work for trainees

NOTE Confidence: 0.950034562857143

00:21:58.525 --> 00:22:00.757 and not have to do this all the time.

NOTE Confidence: 0.950034562857143

00:22:00.760 --> 00:22:03.466 And so when Ted approached me,

NOTE Confidence: 0.950034562857143

00:22:03.470 --> 00:22:04.102 the Institute,

NOTE Confidence: 0.950034562857143

00:22:04.102 --> 00:22:06.630 not the person and asked if I would

NOTE Confidence: 0.950034562857143

00:22:06.695 --> 00:22:09.129 do this Ted talk. I said yes.

NOTE Confidence: 0.950034562857143

00:22:09.129 --> 00:22:10.488 Great high def.

NOTE Confidence: 0.950034562857143

00:22:10.490 --> 00:22:12.510 High quality audio, Open Access,

NOTE Confidence: 0.950034562857143

00:22:12.510 --> 00:22:13.311 free to everyone,

NOTE Confidence: 0.950034562857143

00:22:13.311 --> 00:22:15.180 and then I can stop doing this

NOTE Confidence: 0.950034562857143
00:22:15.238 --> 00:22:16.238 talk all the time.
NOTE Confidence: 0.950034562857143
00:22:16.240 --> 00:22:17.633 So 14 minutes if you want to
NOTE Confidence: 0.950034562857143
00:22:17.633 --> 00:22:18.849 hear the kind of dramatic.
NOTE Confidence: 0.950034562857143
00:22:18.850 --> 00:22:21.874 Version of of my story and where
NOTE Confidence: 0.950034562857143
00:22:21.874 --> 00:22:24.108 it goes from here you're welcome
NOTE Confidence: 0.950034562857143
00:22:24.108 --> 00:22:25.940 to use that and use it in training
NOTE Confidence: 0.950034562857143
00:22:25.988 --> 00:22:26.968 what I'm going to do,
NOTE Confidence: 0.950034562857143
00:22:26.970 --> 00:22:28.573 kind of protectively is give you a
NOTE Confidence: 0.950034562857143
00:22:28.573 --> 00:22:30.547 little bit more like the objective version.
NOTE Confidence: 0.950034562857143
00:22:30.550 --> 00:22:31.960 What I've learned as a researcher
NOTE Confidence: 0.950034562857143
00:22:31.960 --> 00:22:32.900 about my experience and
NOTE Confidence: 0.859793040833333
00:22:32.947 --> 00:22:34.333 what withdrawals like that's what you're
NOTE Confidence: 0.859793040833333
00:22:34.333 --> 00:22:36.170 going to do for the next few minutes,
NOTE Confidence: 0.859793040833333
00:22:36.170 --> 00:22:38.810 and then we will move on.
NOTE Confidence: 0.859793040833333
00:22:38.810 --> 00:22:41.438 So in in 2017 I finally got around to
NOTE Confidence: 0.859793040833333

00:22:41.438 --> 00:22:44.394 and and decided to publish a little bit
NOTE Confidence: 0.859793040833333

00:22:44.394 --> 00:22:47.148 of my experience with opioid withdrawal
NOTE Confidence: 0.859793040833333

00:22:47.150 --> 00:22:49.070 and the journal Health Affairs,
NOTE Confidence: 0.859793040833333

00:22:49.070 --> 00:22:50.960 so I did a little bit of narrative and
NOTE Confidence: 0.859793040833333

00:22:50.960 --> 00:22:52.838 then did some kind of policy analysis.
NOTE Confidence: 0.859793040833333

00:22:52.840 --> 00:22:56.697 You know, here's a problem for prescribers.
NOTE Confidence: 0.859793040833333

00:22:56.700 --> 00:22:59.532 The graphic artists that put put the full
NOTE Confidence: 0.859793040833333

00:22:59.532 --> 00:23:02.191 page image together to go with my story
NOTE Confidence: 0.859793040833333

00:23:02.191 --> 00:23:04.877 came up with this image and I thought,
NOTE Confidence: 0.859793040833333

00:23:04.880 --> 00:23:06.434 oh oh man.
NOTE Confidence: 0.859793040833333

00:23:06.434 --> 00:23:09.463 Somebody really understood it like, yeah,
NOTE Confidence: 0.859793040833333

00:23:09.463 --> 00:23:11.628 that's that's what withdrawals like.
NOTE Confidence: 0.859793040833333

00:23:11.630 --> 00:23:14.222 And So what I thought was so accurate
NOTE Confidence: 0.859793040833333

00:23:14.222 --> 00:23:16.614 about this is that especially especially
NOTE Confidence: 0.859793040833333

00:23:16.614 --> 00:23:20.226 extended withdrawal is like a vice
NOTE Confidence: 0.859793040833333

00:23:20.230 --> 00:23:23.026 that you know can close forever

NOTE Confidence: 0.859793040833333

00:23:23.030 --> 00:23:24.494 and never goes backwards.

NOTE Confidence: 0.859793040833333

00:23:24.494 --> 00:23:27.091 And you just assume that at some

NOTE Confidence: 0.859793040833333

00:23:27.091 --> 00:23:29.387 point it crushes you and you die.

NOTE Confidence: 0.859793040833333

00:23:29.390 --> 00:23:31.878 You don't really know how long it's going

NOTE Confidence: 0.859793040833333

00:23:31.878 --> 00:23:34.345 to take or how it's going to happen.

NOTE Confidence: 0.859793040833333

00:23:34.350 --> 00:23:36.588 Felt like a pretty impressive graphic,

NOTE Confidence: 0.859793040833333

00:23:36.590 --> 00:23:39.875 so here's here's a quick

NOTE Confidence: 0.859793040833333

00:23:39.875 --> 00:23:42.503 overview of opioid withdrawal.

NOTE Confidence: 0.859793040833333

00:23:42.510 --> 00:23:43.700 In general,

NOTE Confidence: 0.859793040833333

00:23:43.700 --> 00:23:47.865 withdrawal from a drug is very often.

NOTE Confidence: 0.859793040833333

00:23:47.870 --> 00:23:49.856 Accompanied by symptoms that are something

NOTE Confidence: 0.859793040833333

00:23:49.856 --> 00:23:52.179 like the opposite of the drugs effects.

NOTE Confidence: 0.859793040833333

00:23:52.180 --> 00:23:54.392 So what's happening in withdrawal is your

NOTE Confidence: 0.859793040833333

00:23:54.392 --> 00:23:56.898 brain is trying to reestablish homeostasis.

NOTE Confidence: 0.859793040833333

00:23:56.900 --> 00:23:58.982 Your brains are really good learning

NOTE Confidence: 0.859793040833333

00:23:58.982 --> 00:24:01.240 machine and so with with opioids,
NOTE Confidence: 0.859793040833333

00:24:01.240 --> 00:24:03.202 your opioid system has become accustomed
NOTE Confidence: 0.859793040833333

00:24:03.202 --> 00:24:04.998 to these exogenous opioids like so
NOTE Confidence: 0.859793040833333

00:24:04.998 --> 00:24:06.517 why do we have an opioid system?
NOTE Confidence: 0.859793040833333

00:24:06.520 --> 00:24:08.080 Well, we have endogenous opioids,
NOTE Confidence: 0.859793040833333

00:24:08.080 --> 00:24:08.504 right?
NOTE Confidence: 0.859793040833333

00:24:08.504 --> 00:24:10.624 Endorphins are so named because
NOTE Confidence: 0.859793040833333

00:24:10.624 --> 00:24:12.320 they are endogenous morphine,
NOTE Confidence: 0.859793040833333

00:24:12.320 --> 00:24:14.630 so we have an opioid system because
NOTE Confidence: 0.859793040833333

00:24:14.630 --> 00:24:16.652 our body makes some and then
NOTE Confidence: 0.859793040833333

00:24:16.652 --> 00:24:18.584 you pump it full of exogenous.
NOTE Confidence: 0.859793040833333

00:24:18.590 --> 00:24:21.075 Opioids and it tries to not freak
NOTE Confidence: 0.859793040833333

00:24:21.075 --> 00:24:23.840 out every time you you flood it with
NOTE Confidence: 0.859793040833333

00:24:23.840 --> 00:24:27.190 opioids and so that is the mechanism for
NOTE Confidence: 0.859793040833333

00:24:27.190 --> 00:24:29.651 tolerance and dependence formation your
NOTE Confidence: 0.859793040833333

00:24:29.651 --> 00:24:31.478 brain is trying to learn and stabilize.

NOTE Confidence: 0.859793040833333

00:24:31.480 --> 00:24:33.416 So now it's stabilized on a higher dose.

NOTE Confidence: 0.859793040833333

00:24:33.420 --> 00:24:34.338 Look tolerances protective.

NOTE Confidence: 0.859793040833333

00:24:34.338 --> 00:24:35.868 It's protecting you in the

NOTE Confidence: 0.859793040833333

00:24:35.868 --> 00:24:36.960 best case scenario,

NOTE Confidence: 0.859793040833333

00:24:36.960 --> 00:24:40.638 from overdosing so I would not want

NOTE Confidence: 0.859793040833333

00:24:40.638 --> 00:24:41.880 to take anything like the doses.

NOTE Confidence: 0.859793040833333

00:24:41.880 --> 00:24:44.980 I was on two months in now as an opioid

NOTE Confidence: 0.859793040833333

00:24:45.065 --> 00:24:47.690 naive person because my respiratory

NOTE Confidence: 0.859793040833333

00:24:47.690 --> 00:24:50.315 system I'm no longer tolerant.

NOTE Confidence: 0.859793040833333

00:24:50.320 --> 00:24:51.900 To the respiratory depression,

NOTE Confidence: 0.859793040833333

00:24:51.900 --> 00:24:56.610 right that I was at the time and so.

NOTE Confidence: 0.859793040833333

00:24:56.610 --> 00:24:59.704 What's happening in this is as you

NOTE Confidence: 0.859793040833333

00:24:59.704 --> 00:25:02.120 try to reestablish homeostasis.

NOTE Confidence: 0.859793040833333

00:25:02.120 --> 00:25:03.456 You are missing out on the good things

NOTE Confidence: 0.859793040833333

00:25:03.456 --> 00:25:04.821 that the drug was providing and sometimes

NOTE Confidence: 0.859793040833333

00:25:04.821 --> 00:25:06.350 being harmed in sort of opposite ways.
NOTE Confidence: 0.859793040833333

00:25:06.350 --> 00:25:07.958 And So what do opioids do?
NOTE Confidence: 0.859793040833333

00:25:07.960 --> 00:25:08.396 Well?
NOTE Confidence: 0.859793040833333

00:25:08.396 --> 00:25:10.436 Obviously their annual cheese, right?
NOTE Confidence: 0.859793040833333

00:25:10.436 --> 00:25:11.916 So the opposite of analgesics.
NOTE Confidence: 0.859793040833333

00:25:11.920 --> 00:25:12.525 Hyperalgesia.
NOTE Confidence: 0.859793040833333

00:25:12.525 --> 00:25:15.550 The first thing that happens?
NOTE Confidence: 0.859793040833333

00:25:15.550 --> 00:25:15.840 Well,
NOTE Confidence: 0.859793040833333

00:25:15.840 --> 00:25:17.580 that happened for me in withdrawal,
NOTE Confidence: 0.859793040833333

00:25:17.580 --> 00:25:19.520 was everything hurt immediately,
NOTE Confidence: 0.859793040833333

00:25:19.520 --> 00:25:22.430 so not only whatever you were
NOTE Confidence: 0.859793040833333

00:25:22.514 --> 00:25:25.019 medicating just catches on fire,
NOTE Confidence: 0.859793040833333

00:25:25.020 --> 00:25:27.575 but everything hurts your skin and your
NOTE Confidence: 0.859793040833333

00:25:27.575 --> 00:25:30.179 muscles and your bones and your joints,
NOTE Confidence: 0.859793040833333

00:25:30.180 --> 00:25:32.126 and it is the most miserable deep.
NOTE Confidence: 0.859793040833333

00:25:32.130 --> 00:25:36.519 And thorough pain that I've ever experienced.

NOTE Confidence: 0.859793040833333
00:25:36.520 --> 00:25:37.122 You know,
NOTE Confidence: 0.859793040833333
00:25:37.122 --> 00:25:39.530 some people say that withdrawal is like the
NOTE Confidence: 0.867250738823529
00:25:39.588 --> 00:25:41.688 flu because it has like the sniffles,
NOTE Confidence: 0.867250738823529
00:25:41.690 --> 00:25:43.250 and and obviously nausea. 2 right?
NOTE Confidence: 0.867250738823529
00:25:43.250 --> 00:25:45.448 So one of the things opioids do
NOTE Confidence: 0.867250738823529
00:25:45.448 --> 00:25:47.383 is they constipate you so you
NOTE Confidence: 0.867250738823529
00:25:47.383 --> 00:25:48.923 take away the Constipation and
NOTE Confidence: 0.867250738823529
00:25:48.923 --> 00:25:50.989 you get diarrhea and vomiting.
NOTE Confidence: 0.867250738823529
00:25:50.990 --> 00:25:53.806 You tend to get sweats and your internal
NOTE Confidence: 0.867250738823529
00:25:53.806 --> 00:25:55.733 thermostat kind of goes haywire side
NOTE Confidence: 0.867250738823529
00:25:55.733 --> 00:25:58.476 lay out in the summer sun and get chills
NOTE Confidence: 0.867250738823529
00:25:58.476 --> 00:26:00.674 but also sweat a few seconds later.
NOTE Confidence: 0.867250738823529
00:26:00.680 --> 00:26:02.186 So it's a really miserable experience.
NOTE Confidence: 0.867250738823529
00:26:02.190 --> 00:26:02.650 But the.
NOTE Confidence: 0.867250738823529
00:26:02.650 --> 00:26:05.510 The flu thing is weird, right? Because?
NOTE Confidence: 0.867250738823529

00:26:05.510 --> 00:26:07.435 It's like the worst case of flu
NOTE Confidence: 0.867250738823529

00:26:07.435 --> 00:26:09.748 you can imagine times 1000 and then
NOTE Confidence: 0.867250738823529

00:26:09.748 --> 00:26:11.533 these other symptoms keep stacking,
NOTE Confidence: 0.867250738823529

00:26:11.540 --> 00:26:14.458 so I've never felt pain the way
NOTE Confidence: 0.867250738823529

00:26:14.458 --> 00:26:16.428 that I did in withdrawal.
NOTE Confidence: 0.867250738823529

00:26:16.430 --> 00:26:18.512 What are some of the other
NOTE Confidence: 0.867250738823529

00:26:18.512 --> 00:26:20.381 experiences that you get from
NOTE Confidence: 0.867250738823529

00:26:20.381 --> 00:26:21.885 opioids while they're depressants?
NOTE Confidence: 0.867250738823529

00:26:21.885 --> 00:26:23.710 Right there said it is,
NOTE Confidence: 0.867250738823529

00:26:23.710 --> 00:26:26.727 and so one weird thing that happens
NOTE Confidence: 0.867250738823529

00:26:26.727 --> 00:26:30.000 is you get sort of hyperactive,
NOTE Confidence: 0.867250738823529

00:26:30.000 --> 00:26:32.170 not in any kind of productive sense,
NOTE Confidence: 0.867250738823529

00:26:32.170 --> 00:26:36.027 but you get like your muscles feel.
NOTE Confidence: 0.867250738823529

00:26:36.030 --> 00:26:37.258 Energize like there's electricity
NOTE Confidence: 0.867250738823529

00:26:37.258 --> 00:26:38.179 coursing through them,
NOTE Confidence: 0.867250738823529

00:26:38.180 --> 00:26:40.151 and you get restless in your arms and legs

NOTE Confidence: 0.867250738823529
00:26:40.151 --> 00:26:41.965 wanna kick and so that like jitteriness,
NOTE Confidence: 0.867250738823529
00:26:41.970 --> 00:26:44.049 that you see in movies sometimes about
NOTE Confidence: 0.867250738823529
00:26:44.049 --> 00:26:45.605 someone going through heroin withdrawal
NOTE Confidence: 0.867250738823529
00:26:45.605 --> 00:26:47.726 or whatever they like kick the bucket
NOTE Confidence: 0.867250738823529
00:26:47.730 --> 00:26:52.383 the the the story is that kick the bucket.
NOTE Confidence: 0.867250738823529
00:26:52.390 --> 00:26:53.406 Or kick the habit.
NOTE Confidence: 0.867250738823529
00:26:53.406 --> 00:26:53.660 Sorry,
NOTE Confidence: 0.867250738823529
00:26:53.660 --> 00:26:55.930 so it's wrong euphemism kick.
NOTE Confidence: 0.867250738823529
00:26:55.930 --> 00:26:58.378 The habit is like you have to kick through,
NOTE Confidence: 0.867250738823529
00:26:58.380 --> 00:26:58.608 right?
NOTE Confidence: 0.867250738823529
00:26:58.608 --> 00:26:59.748 'cause your legs are restless.
NOTE Confidence: 0.867250738823529
00:26:59.750 --> 00:27:01.155 It's the old story about
NOTE Confidence: 0.867250738823529
00:27:01.155 --> 00:27:02.279 that work that language.
NOTE Confidence: 0.87920199625
00:27:04.900 --> 00:27:06.728 So that jitteriness also
NOTE Confidence: 0.87920199625
00:27:06.728 --> 00:27:08.957 means you can't rest right,
NOTE Confidence: 0.87920199625

00:27:08.957 --> 00:27:11.736 because every time you try to relax,
NOTE Confidence: 0.87920199625

00:27:11.740 --> 00:27:13.500 you're you're wide awake and
NOTE Confidence: 0.87920199625

00:27:13.500 --> 00:27:14.908 your muscles are kicking.
NOTE Confidence: 0.87920199625

00:27:14.910 --> 00:27:16.902 So then you become insomniac and all that
NOTE Confidence: 0.87920199625

00:27:16.902 --> 00:27:18.477 misery you're experiencing the pain and
NOTE Confidence: 0.87920199625

00:27:18.477 --> 00:27:20.659 the flu like symptoms of nausea and vomiting.
NOTE Confidence: 0.87920199625

00:27:20.660 --> 00:27:22.406 Diarrhea, like all of this happening,
NOTE Confidence: 0.87920199625

00:27:22.410 --> 00:27:25.498 20 or 22 or 24 hours a day.
NOTE Confidence: 0.87920199625

00:27:25.500 --> 00:27:28.780 But opioids also do another thing, right?
NOTE Confidence: 0.87920199625

00:27:28.780 --> 00:27:31.050 They're euphoric, which is why
NOTE Confidence: 0.87920199625

00:27:31.050 --> 00:27:33.880 they're the so called drug abuse.
NOTE Confidence: 0.87920199625

00:27:33.880 --> 00:27:35.973 Not great language, but the idea meaning
NOTE Confidence: 0.87920199625

00:27:35.973 --> 00:27:38.019 that they have addiction liability,
NOTE Confidence: 0.87920199625

00:27:38.020 --> 00:27:42.640 'cause they give you a reward and so.
NOTE Confidence: 0.87920199625

00:27:42.640 --> 00:27:45.510 The opposite of euphoria is what it's
NOTE Confidence: 0.87920199625

00:27:45.510 --> 00:27:47.598 it's dysphoria described in some way,

NOTE Confidence: 0.87920199625

00:27:47.600 --> 00:27:49.259 and so for me that was just

NOTE Confidence: 0.87920199625

00:27:49.260 --> 00:27:52.530 crushing depression.

NOTE Confidence: 0.87920199625

00:27:52.530 --> 00:27:53.772 The other.

NOTE Confidence: 0.87920199625

00:27:53.772 --> 00:27:58.119 Really awful feature of opioids is that.

NOTE Confidence: 0.87920199625

00:27:58.120 --> 00:28:00.448 The withdrawal from opioids

NOTE Confidence: 0.87920199625

00:28:00.448 --> 00:28:03.940 gets worse with the increase in

NOTE Confidence: 0.87920199625

00:28:04.040 --> 00:28:07.000 the percentage dose reduction.

NOTE Confidence: 0.87920199625

00:28:07.000 --> 00:28:08.480 So what I mean by this is it's not a.

NOTE Confidence: 0.87920199625

00:28:08.480 --> 00:28:10.520 It's not a raw volume decrease

NOTE Confidence: 0.87920199625

00:28:10.520 --> 00:28:12.447 so that very sensible sounding

NOTE Confidence: 0.87920199625

00:28:12.447 --> 00:28:14.498 like decreased 25% per week that

NOTE Confidence: 0.87920199625

00:28:14.498 --> 00:28:16.719 you know even if it was too much.

NOTE Confidence: 0.87920199625

00:28:16.720 --> 00:28:18.020 You maybe say like well,

NOTE Confidence: 0.87920199625

00:28:18.020 --> 00:28:19.791 10% per week you know and you

NOTE Confidence: 0.87920199625

00:28:19.791 --> 00:28:21.658 do it the same every week.

NOTE Confidence: 0.87920199625

00:28:21.660 --> 00:28:25.284 The problem is that's 10% or 25% of the
NOTE Confidence: 0.87920199625

00:28:25.284 --> 00:28:27.168 starting dose continued throughout,
NOTE Confidence: 0.87920199625

00:28:27.170 --> 00:28:28.759 so let's just think about some math.
NOTE Confidence: 0.87920199625

00:28:28.760 --> 00:28:29.892 So make it easy.
NOTE Confidence: 0.87920199625

00:28:29.892 --> 00:28:31.590 Let's say you're on 100 milligrams
NOTE Confidence: 0.87920199625

00:28:31.652 --> 00:28:32.320 of morphine.
NOTE Confidence: 0.87920199625

00:28:32.320 --> 00:28:34.477 If you do that, 25% / 4 weeks,
NOTE Confidence: 0.87920199625

00:28:34.477 --> 00:28:36.331 what happens is the first week
NOTE Confidence: 0.87920199625

00:28:36.331 --> 00:28:37.458 is a 25% dose reduction.
NOTE Confidence: 0.87920199625

00:28:37.458 --> 00:28:38.136 It's a lot.
NOTE Confidence: 0.87920199625

00:28:38.140 --> 00:28:39.180 You'll probably go into
NOTE Confidence: 0.87920199625

00:28:39.180 --> 00:28:40.220 withdrawal and it sucks,
NOTE Confidence: 0.87920199625

00:28:40.220 --> 00:28:41.860 but the second week is,
NOTE Confidence: 0.87920199625

00:28:41.860 --> 00:28:43.690 your brain has started to become
NOTE Confidence: 0.87920199625

00:28:43.690 --> 00:28:45.324 accustomed to the new reality
NOTE Confidence: 0.87920199625

00:28:45.324 --> 00:28:47.069 of 75 milligrams of morphine.

NOTE Confidence: 0.87920199625

00:28:47.070 --> 00:28:50.158 So if I had known about withdrawal timelines,

NOTE Confidence: 0.87920199625

00:28:50.160 --> 00:28:51.581 what I might have guessed is that

NOTE Confidence: 0.87920199625

00:28:51.581 --> 00:28:53.273 at the end of week one I was

NOTE Confidence: 0.87920199625

00:28:53.273 --> 00:28:54.639 getting close to coming out of it.

NOTE Confidence: 0.87920199625

00:28:54.640 --> 00:28:57.082 The severity was going to start

NOTE Confidence: 0.87920199625

00:28:57.082 --> 00:28:58.710 tampering down just reestablishing

NOTE Confidence: 0.87920199625

00:28:58.779 --> 00:28:59.520 homeostasis.

NOTE Confidence: 0.87920199625

00:28:59.520 --> 00:29:00.906 But then you drop the next dose,

NOTE Confidence: 0.87920199625

00:29:00.910 --> 00:29:03.310 and so if you were back at the

NOTE Confidence: 0.87920199625

00:29:03.310 --> 00:29:05.381 point where 75 is now the new

NOTE Confidence: 0.87920199625

00:29:05.381 --> 00:29:07.802 normal we now 25 from 75 is at 33%

NOTE Confidence: 0.87920199625

00:29:07.802 --> 00:29:10.476 dose reduction and a week later 25

NOTE Confidence: 0.87920199625

00:29:10.476 --> 00:29:12.494 from 50 is a 50% dose reduction.

NOTE Confidence: 0.87920199625

00:29:12.494 --> 00:29:14.788 And of course at some point you have

NOTE Confidence: 0.87920199625

00:29:14.788 --> 00:29:16.516 to go from something to nothing.

NOTE Confidence: 0.87920199625

00:29:16.520 --> 00:29:19.495 So the cruel joke of tapering is
NOTE Confidence: 0.87920199625

00:29:19.495 --> 00:29:22.368 that it gets worse as you go on.
NOTE Confidence: 0.87920199625

00:29:22.368 --> 00:29:24.378 And so I imagine folks in the
NOTE Confidence: 0.87920199625

00:29:24.378 --> 00:29:26.388 audience some have worked in
NOTE Confidence: 0.87920199625

00:29:26.388 --> 00:29:27.996 addiction medicine have have
NOTE Confidence: 0.87920199625

00:29:28.063 --> 00:29:30.368 watched patients go through tapers.
NOTE Confidence: 0.87920199625

00:29:30.370 --> 00:29:31.906 And find it harder and harder.
NOTE Confidence: 0.87920199625

00:29:31.910 --> 00:29:33.540 It's not just the exhaustion,
NOTE Confidence: 0.87920199625

00:29:33.540 --> 00:29:35.374 it's not just that it's been going
NOTE Confidence: 0.87920199625

00:29:35.374 --> 00:29:37.362 on is that it gets harder and
NOTE Confidence: 0.87920199625

00:29:37.362 --> 00:29:39.072 eventually you have to go from
NOTE Confidence: 0.87920199625

00:29:39.137 --> 00:29:40.919 something to nothing and so that
NOTE Confidence: 0.87920199625

00:29:40.919 --> 00:29:42.743 relapse at the end or they going
NOTE Confidence: 0.87920199625

00:29:42.743 --> 00:29:44.816 back on a higher dose at the end is
NOTE Confidence: 0.87920199625

00:29:44.816 --> 00:29:46.442 the most predictable thing in the
NOTE Confidence: 0.87920199625

00:29:46.442 --> 00:29:48.446 world because it gets ever more miserable.

NOTE Confidence: 0.88510546

00:29:50.480 --> 00:29:52.390 The end of my story I'm going to come back

NOTE Confidence: 0.88510546

00:29:52.435 --> 00:29:54.299 to details later to try to learn lessons,

NOTE Confidence: 0.88510546

00:29:54.300 --> 00:29:56.172 but the end of my story is it

NOTE Confidence: 0.88510546

00:29:56.172 --> 00:29:57.580 gets worse for four weeks,

NOTE Confidence: 0.88510546

00:29:57.580 --> 00:30:01.340 and in that four week, 4th week.

NOTE Confidence: 0.88510546

00:30:01.340 --> 00:30:02.960 I've been calling everyone Saudi

NOTE Confidence: 0.88510546

00:30:02.960 --> 00:30:04.256 has been calling everyone.

NOTE Confidence: 0.88510546

00:30:04.260 --> 00:30:05.596 Nobody would help us.

NOTE Confidence: 0.88510546

00:30:05.596 --> 00:30:07.266 None of our prescribers very

NOTE Confidence: 0.88510546

00:30:07.266 --> 00:30:08.920 early on in the first week.

NOTE Confidence: 0.88510546

00:30:08.920 --> 00:30:10.796 As soon as the withdrawal got severe

NOTE Confidence: 0.88510546

00:30:10.796 --> 00:30:12.919 everyone kind of washed their hands at me.

NOTE Confidence: 0.88510546

00:30:12.920 --> 00:30:14.090 Nobody would take me on.

NOTE Confidence: 0.88510546

00:30:14.090 --> 00:30:16.088 Very common refrain was I don't

NOTE Confidence: 0.88510546

00:30:16.088 --> 00:30:17.420 deal with withdrawal maintenance.

NOTE Confidence: 0.88510546

00:30:17.420 --> 00:30:20.180 I don't deal with tapering.
NOTE Confidence: 0.88510546

00:30:20.180 --> 00:30:22.539 And so we just stuck it out.
NOTE Confidence: 0.88510546

00:30:22.540 --> 00:30:24.493 Because I had this belief that I
NOTE Confidence: 0.88510546

00:30:24.493 --> 00:30:26.142 I had endured so much suffering
NOTE Confidence: 0.88510546

00:30:26.142 --> 00:30:28.504 by the time I was a few days in
NOTE Confidence: 0.88510546

00:30:28.504 --> 00:30:30.457 that if I ever rescued myself by
NOTE Confidence: 0.88510546

00:30:30.457 --> 00:30:31.780 going back on the medication,
NOTE Confidence: 0.88510546

00:30:31.780 --> 00:30:33.080 I just never come off.
NOTE Confidence: 0.88510546

00:30:33.080 --> 00:30:34.940 That was, I knew this.
NOTE Confidence: 0.88510546

00:30:34.940 --> 00:30:36.116 I eventually said this out loud.
NOTE Confidence: 0.88510546

00:30:36.120 --> 00:30:38.052 This audio so that she knew
NOTE Confidence: 0.88510546

00:30:38.052 --> 00:30:39.340 that I believed this.
NOTE Confidence: 0.88510546

00:30:39.340 --> 00:30:42.550 But in the 4th week I was on my third
NOTE Confidence: 0.88510546

00:30:42.550 --> 00:30:44.340 night without any sleep at all.
NOTE Confidence: 0.88510546

00:30:44.340 --> 00:30:48.547 I was very very sick I I spent
NOTE Confidence: 0.88510546

00:30:48.547 --> 00:30:50.281 the whole night and on the

NOTE Confidence: 0.88510546

00:30:50.281 --> 00:30:52.059 bathroom floor trying to vomit.

NOTE Confidence: 0.88510546

00:30:52.060 --> 00:30:53.440 I hadn't eaten in days,

NOTE Confidence: 0.88510546

00:30:53.440 --> 00:30:54.812 so nothing was happening.

NOTE Confidence: 0.88510546

00:30:54.812 --> 00:30:56.184 It was just painful.

NOTE Confidence: 0.88510546

00:30:56.190 --> 00:30:58.248 It was just tearing my muscles on

NOTE Confidence: 0.88510546

00:30:58.248 --> 00:31:00.480 the inside and I spent the whole

NOTE Confidence: 0.88510546

00:31:00.480 --> 00:31:02.540 night that way not having slept

NOTE Confidence: 0.88510546

00:31:02.540 --> 00:31:05.015 and I was incredibly depressed

NOTE Confidence: 0.88510546

00:31:05.015 --> 00:31:08.060 and I believed about myself that

NOTE Confidence: 0.88510546

00:31:08.060 --> 00:31:10.475 I was just hopelessly broken.

NOTE Confidence: 0.88510546

00:31:10.480 --> 00:31:12.178 And so I started thinking about

NOTE Confidence: 0.88510546

00:31:12.178 --> 00:31:14.218 like 1 1/2 year old baby girl.

NOTE Confidence: 0.88510546

00:31:14.220 --> 00:31:15.375 How terrifying this will be

NOTE Confidence: 0.88510546

00:31:15.375 --> 00:31:16.299 if she remembers it.

NOTE Confidence: 0.88510546

00:31:16.300 --> 00:31:18.442 If if she has to live with me long

NOTE Confidence: 0.88510546

00:31:18.442 --> 00:31:20.474 enough to watch this as she grows up.
NOTE Confidence: 0.88510546

00:31:20.480 --> 00:31:22.000 Start thinking about my partner
NOTE Confidence: 0.88510546

00:31:22.000 --> 00:31:24.386 having to do all the work of raising
NOTE Confidence: 0.88510546

00:31:24.386 --> 00:31:26.269 a kid and caring for a husband
NOTE Confidence: 0.88510546

00:31:26.328 --> 00:31:29.860 while working full time and I said,
NOTE Confidence: 0.88510546

00:31:29.860 --> 00:31:30.100 yeah,
NOTE Confidence: 0.88510546

00:31:30.100 --> 00:31:31.540 I think it's probably time for
NOTE Confidence: 0.88510546

00:31:31.540 --> 00:31:32.520 me to check out.
NOTE Confidence: 0.88510546

00:31:32.520 --> 00:31:34.356 I'm not doing anyone any good,
NOTE Confidence: 0.88510546

00:31:34.360 --> 00:31:35.578 so I started thinking about with
NOTE Confidence: 0.88510546

00:31:35.578 --> 00:31:36.699 the withdrawal doesn't kill me soon.
NOTE Confidence: 0.88510546

00:31:36.700 --> 00:31:37.798 How do I?
NOTE Confidence: 0.88510546

00:31:37.798 --> 00:31:40.360 How do I do the job myself?
NOTE Confidence: 0.88510546

00:31:40.360 --> 00:31:41.860 And that was the moment
NOTE Confidence: 0.88510546

00:31:41.860 --> 00:31:43.060 that was scary enough.
NOTE Confidence: 0.88510546

00:31:43.060 --> 00:31:45.564 That I told Saddi when she woke up

NOTE Confidence: 0.88510546

00:31:45.564 --> 00:31:48.702 and we were both afraid and so we

NOTE Confidence: 0.88510546

00:31:48.702 --> 00:31:51.530 decided to go back on the medication.

NOTE Confidence: 0.88510546

00:31:51.530 --> 00:31:53.648 So deep into the 4th week,

NOTE Confidence: 0.88510546

00:31:53.650 --> 00:31:55.746 she got her new refill from the prescriber.

NOTE Confidence: 0.88510546

00:31:55.750 --> 00:31:58.216 He was very happy to give it to us

NOTE Confidence: 0.88510546

00:31:58.216 --> 00:32:00.159 because he would been worried about

NOTE Confidence: 0.88510546

00:32:00.159 --> 00:32:02.869 me and and and didn't know what to do.

NOTE Confidence: 0.88510546

00:32:02.870 --> 00:32:04.694 And so I sat my shiny new bottle

NOTE Confidence: 0.88510546

00:32:04.694 --> 00:32:06.788 of oxy code on on the night stand,

NOTE Confidence: 0.88510546

00:32:06.790 --> 00:32:09.990 and my plan was to take a pill

NOTE Confidence: 0.88510546

00:32:09.990 --> 00:32:11.598 every hour until it was enough

NOTE Confidence: 0.88510546

00:32:11.598 --> 00:32:13.301 to knock me out and I got some

NOTE Confidence: 0.88510546

00:32:13.301 --> 00:32:14.820 real sleep and that would be my

NOTE Confidence: 0.88510546

00:32:14.820 --> 00:32:16.229 new starting dose that was.

NOTE Confidence: 0.88510546

00:32:16.230 --> 00:32:17.578 That was the plan.

NOTE Confidence: 0.88510546

00:32:17.578 --> 00:32:18.926 But it's really stubborn,
NOTE Confidence: 0.88510546

00:32:18.930 --> 00:32:20.316 so I was going to make myself suffer just
NOTE Confidence: 0.88510546

00:32:20.316 --> 00:32:21.935 a little bit more before I rescued myself,
NOTE Confidence: 0.88510546

00:32:21.940 --> 00:32:22.237 because,
NOTE Confidence: 0.88510546

00:32:22.237 --> 00:32:24.019 like I have to try to
NOTE Confidence: 0.88510546

00:32:24.019 --> 00:32:24.910 fall asleep unmedicated
NOTE Confidence: 0.898957829333333

00:32:24.968 --> 00:32:26.288 for at least four hours.
NOTE Confidence: 0.898957829333333

00:32:26.290 --> 00:32:28.733 So I laid down to to just
NOTE Confidence: 0.898957829333333

00:32:28.733 --> 00:32:30.810 suffer for four more hours.
NOTE Confidence: 0.898957829333333

00:32:30.810 --> 00:32:35.208 And then I fell asleep. It was day 29.
NOTE Confidence: 0.898957829333333

00:32:35.208 --> 00:32:38.960 And the clock was running out on
NOTE Confidence: 0.898957829333333

00:32:38.960 --> 00:32:41.728 the withdrawal timeline and so.
NOTE Confidence: 0.898957829333333

00:32:41.728 --> 00:32:43.912 I woke up the next morning
NOTE Confidence: 0.898957829333333

00:32:43.912 --> 00:32:46.067 after about 6 hours of sleep,
NOTE Confidence: 0.898957829333333

00:32:46.070 --> 00:32:47.564 which is more than I had
NOTE Confidence: 0.898957829333333

00:32:47.564 --> 00:32:48.560 gotten in four weeks.

NOTE Confidence: 0.898957829333333
00:32:48.560 --> 00:32:50.120 And I certainly still felt very
NOTE Confidence: 0.898957829333333
00:32:50.120 --> 00:32:51.879 sick still in a lot of pain,
NOTE Confidence: 0.898957829333333
00:32:51.880 --> 00:32:54.076 but I everything had dialed back.
NOTE Confidence: 0.898957829333333
00:32:54.080 --> 00:32:55.928 I had rested and I knew that
NOTE Confidence: 0.898957829333333
00:32:55.928 --> 00:32:57.888 I could make it at that point.
NOTE Confidence: 0.93304014
00:33:02.810 --> 00:33:03.300 OK.
NOTE Confidence: 0.873469761666667
00:33:05.780 --> 00:33:09.038 First days after all this happened,
NOTE Confidence: 0.873469761666667
00:33:09.040 --> 00:33:10.706 I didn't want to think about it.
NOTE Confidence: 0.873469761666667
00:33:10.710 --> 00:33:13.174 I didn't want to talk about it,
NOTE Confidence: 0.873469761666667
00:33:13.180 --> 00:33:15.973 I just wanted to eat and like
NOTE Confidence: 0.873469761666667
00:33:15.973 --> 00:33:17.730 actually enjoy being alive.
NOTE Confidence: 0.873469761666667
00:33:17.730 --> 00:33:19.546 But I'm a researcher.
NOTE Confidence: 0.873469761666667
00:33:19.546 --> 00:33:20.908 I'm a professor.
NOTE Confidence: 0.873469761666667
00:33:20.910 --> 00:33:22.750 And it really bugged me.
NOTE Confidence: 0.905041684615385
00:33:25.000 --> 00:33:28.591 At first we started telling our closest
NOTE Confidence: 0.905041684615385

00:33:28.591 --> 00:33:31.808 family and friends what had happened.

NOTE Confidence: 0.905041684615385

00:33:31.810 --> 00:33:33.090 And people would say, well,

NOTE Confidence: 0.905041684615385

00:33:33.090 --> 00:33:35.070 Gee Travis, you're a bioethicist.

NOTE Confidence: 0.905041684615385

00:33:35.070 --> 00:33:36.683 Do you think you might have

NOTE Confidence: 0.905041684615385

00:33:36.683 --> 00:33:38.948 something to say about this?

NOTE Confidence: 0.905041684615385

00:33:38.950 --> 00:33:41.026 And my first instinct was no,

NOTE Confidence: 0.905041684615385

00:33:41.030 --> 00:33:43.483 because I was an in of 1, right?

NOTE Confidence: 0.905041684615385

00:33:43.483 --> 00:33:46.663 This was a case study, not a study,

NOTE Confidence: 0.905041684615385

00:33:46.663 --> 00:33:49.061 and I just thought, well,

NOTE Confidence: 0.905041684615385

00:33:49.061 --> 00:33:52.127 look, I must have just gotten

NOTE Confidence: 0.905041684615385

00:33:52.127 --> 00:33:53.620 incredibly unlucky, right?

NOTE Confidence: 0.879985225

00:33:56.730 --> 00:33:59.775 But I just kept being bothered by

NOTE Confidence: 0.879985225

00:33:59.775 --> 00:34:01.818 that because nobody should get

NOTE Confidence: 0.879985225

00:34:01.818 --> 00:34:06.060 as unlucky as I did, right like.

NOTE Confidence: 0.879985225

00:34:06.060 --> 00:34:07.326 I'm sorry, just click the screen.

NOTE Confidence: 0.888347014347826

00:34:09.590 --> 00:34:12.646 I was worked on at three world class

NOTE Confidence: 0.888347014347826
00:34:12.646 --> 00:34:15.558 hospitals in the DC Baltimore area where
NOTE Confidence: 0.888347014347826
00:34:15.558 --> 00:34:18.799 they put my foot together with my thigh.
NOTE Confidence: 0.888347014347826
00:34:18.800 --> 00:34:23.294 And nobody could or would help me.
NOTE Confidence: 0.888347014347826
00:34:23.300 --> 00:34:25.680 And then I think about well I'm
NOTE Confidence: 0.888347014347826
00:34:25.680 --> 00:34:27.360 I'm well educated. I have a PhD.
NOTE Confidence: 0.888347014347826
00:34:27.360 --> 00:34:28.656 I'm a professor at Johns Hopkins.
NOTE Confidence: 0.888347014347826
00:34:28.660 --> 00:34:29.880 My partner has a PhD.
NOTE Confidence: 0.888347014347826
00:34:29.880 --> 00:34:31.017 She's a scientist.
NOTE Confidence: 0.888347014347826
00:34:31.017 --> 00:34:34.400 She has spent her lunch every day Googling,
NOTE Confidence: 0.888347014347826
00:34:34.400 --> 00:34:36.338 searching, pub Med trying to think,
NOTE Confidence: 0.888347014347826
00:34:36.340 --> 00:34:39.280 figure out withdrawal mitigation by herself.
NOTE Confidence: 0.888347014347826
00:34:39.280 --> 00:34:40.564 She would lob ideas at doctors
NOTE Confidence: 0.888347014347826
00:34:40.564 --> 00:34:42.436 and they would say no, no, no,
NOTE Confidence: 0.888347014347826
00:34:42.436 --> 00:34:45.362 you don't know what you're talking about.
NOTE Confidence: 0.888347014347826
00:34:45.370 --> 00:34:47.842 How is it that we couldn't find help
NOTE Confidence: 0.888347014347826

00:34:47.842 --> 00:34:50.660 with all of our privilege and resources?

NOTE Confidence: 0.888347014347826

00:34:50.660 --> 00:34:52.200 And so the thing I kept thinking

NOTE Confidence: 0.888347014347826

00:34:52.200 --> 00:34:53.958 about is if I couldn't find help,

NOTE Confidence: 0.888347014347826

00:34:53.960 --> 00:34:57.490 what's happening to everyone else.

NOTE Confidence: 0.888347014347826

00:34:57.490 --> 00:34:59.660 So this was the initial hypothesis that

NOTE Confidence: 0.888347014347826

00:34:59.660 --> 00:35:02.369 I came up with in those early months.

NOTE Confidence: 0.888347014347826

00:35:02.370 --> 00:35:06.010 Nobody owns routine withdrawal care,

NOTE Confidence: 0.888347014347826

00:35:06.010 --> 00:35:09.670 so when I first started withdrawing,

NOTE Confidence: 0.888347014347826

00:35:09.670 --> 00:35:11.626 my first step was the prescriber.

NOTE Confidence: 0.888347014347826

00:35:11.630 --> 00:35:13.400 We called the plastic surgeon

NOTE Confidence: 0.888347014347826

00:35:13.400 --> 00:35:15.420 and we're like what's going on?

NOTE Confidence: 0.888347014347826

00:35:15.420 --> 00:35:16.827 Usually Sodhi was making all the calls.

NOTE Confidence: 0.888347014347826

00:35:16.830 --> 00:35:18.545 I was busy throwing up or something

NOTE Confidence: 0.888347014347826

00:35:18.545 --> 00:35:20.209 and she said he's really sick.

NOTE Confidence: 0.888347014347826

00:35:20.210 --> 00:35:20.780 He's miserable,

NOTE Confidence: 0.888347014347826

00:35:20.780 --> 00:35:23.628 and then the days would go on and it would

NOTE Confidence: 0.888347014347826
00:35:23.628 --> 00:35:25.910 get kind of scary and so very early on.
NOTE Confidence: 0.888347014347826
00:35:25.910 --> 00:35:27.350 We assumed our prescriber
NOTE Confidence: 0.888347014347826
00:35:27.350 --> 00:35:29.784 was going to fix this and he,
NOTE Confidence: 0.888347014347826
00:35:29.784 --> 00:35:32.320 to his credit very early on said look.
NOTE Confidence: 0.888347014347826
00:35:32.320 --> 00:35:34.040 I'm out of my depth.
NOTE Confidence: 0.888347014347826
00:35:34.040 --> 00:35:35.100 I'm sorry.
NOTE Confidence: 0.953239873333333
00:35:37.360 --> 00:35:39.673 I give him a lot of credit for that,
NOTE Confidence: 0.953239873333333
00:35:39.680 --> 00:35:41.488 but when when he was out of his
NOTE Confidence: 0.953239873333333
00:35:41.488 --> 00:35:43.135 depth he didn't know how to fix
NOTE Confidence: 0.953239873333333
00:35:43.135 --> 00:35:45.173 it and So what he said was, well,
NOTE Confidence: 0.953239873333333
00:35:45.173 --> 00:35:47.504 look, Travis should go back on the
NOTE Confidence: 0.953239873333333
00:35:47.504 --> 00:35:50.139 meds until he can find someone who's
NOTE Confidence: 0.953239873333333
00:35:50.139 --> 00:35:52.034 qualified to actually taper him.
NOTE Confidence: 0.953239873333333
00:35:52.040 --> 00:35:54.218 Say who's that and he said I don't know.
NOTE Confidence: 0.953239873333333
00:35:54.220 --> 00:35:55.764 Probably pain management, OK?
NOTE Confidence: 0.953239873333333

00:35:55.764 --> 00:35:59.239 So then we start looking to pain management.

NOTE Confidence: 0.953239873333333

00:35:59.240 --> 00:36:02.016 And the craziest part of this whole story.

NOTE Confidence: 0.953239873333333

00:36:02.020 --> 00:36:05.295 And a lot of it's wild is we called

NOTE Confidence: 0.953239873333333

00:36:05.295 --> 00:36:07.360 the inpatient pain service at the 3rd

NOTE Confidence: 0.953239873333333

00:36:07.420 --> 00:36:09.779 hospital that did the free flap surgery.

NOTE Confidence: 0.953239873333333

00:36:09.780 --> 00:36:11.120 They're the ones who really

NOTE Confidence: 0.953239873333333

00:36:11.120 --> 00:36:12.460 escalated all my pain care.

NOTE Confidence: 0.953239873333333

00:36:12.460 --> 00:36:13.628 And to be fair,

NOTE Confidence: 0.953239873333333

00:36:13.628 --> 00:36:15.886 I felt like they saved my life

NOTE Confidence: 0.953239873333333

00:36:15.886 --> 00:36:17.598 after that fifth surgery.

NOTE Confidence: 0.953239873333333

00:36:17.600 --> 00:36:20.008 I thought the pain was gonna kill me

NOTE Confidence: 0.953239873333333

00:36:20.008 --> 00:36:22.279 outright and they got it under control.

NOTE Confidence: 0.953239873333333

00:36:22.280 --> 00:36:25.740 Absolutely adored them for that.

NOTE Confidence: 0.953239873333333

00:36:25.740 --> 00:36:27.660 But we tried to get ahold of them

NOTE Confidence: 0.953239873333333

00:36:27.660 --> 00:36:29.399 and they would not talk to us.

NOTE Confidence: 0.953239873333333

00:36:29.400 --> 00:36:31.493 So eventually after two days maybe of

NOTE Confidence: 0.9532398733333333
00:36:31.493 --> 00:36:33.286 calling the hospital trying to find
NOTE Confidence: 0.9532398733333333
00:36:33.286 --> 00:36:35.239 someone who would connect us with them,
NOTE Confidence: 0.9532398733333333
00:36:35.240 --> 00:36:38.440 we got ahold of a nurse and the nurse said,
NOTE Confidence: 0.9532398733333333
00:36:38.440 --> 00:36:39.646 look, if you're willing to hold,
NOTE Confidence: 0.9532398733333333
00:36:39.650 --> 00:36:40.336 I'm going to put you on hold.
NOTE Confidence: 0.9532398733333333
00:36:40.340 --> 00:36:43.076 I'm going to find the attending.
NOTE Confidence: 0.9532398733333333
00:36:43.080 --> 00:36:45.964 And ask him to come to the
NOTE Confidence: 0.9532398733333333
00:36:45.964 --> 00:36:47.700 phone to advise you.
NOTE Confidence: 0.9532398733333333
00:36:47.700 --> 00:36:50.988 She came back after a while and said.
NOTE Confidence: 0.9532398733333333
00:36:50.990 --> 00:36:53.918 The attending asked me to tell you that
NOTE Confidence: 0.9532398733333333
00:36:53.918 --> 00:36:56.718 they are an inpatient pain service.
NOTE Confidence: 0.9532398733333333
00:36:56.720 --> 00:36:57.926 They prescribe opioids.
NOTE Confidence: 0.9532398733333333
00:36:57.926 --> 00:36:59.936 They do not handle tapering.
NOTE Confidence: 0.9532398733333333
00:36:59.940 --> 00:37:03.240 They do not manage withdrawal.
NOTE Confidence: 0.9532398733333333
00:37:03.240 --> 00:37:06.268 Which made my head explode and
NOTE Confidence: 0.9532398733333333

00:37:06.268 --> 00:37:07.808 so we started thinking about.
NOTE Confidence: 0.9532398733333333

00:37:07.810 --> 00:37:09.160 Well there must be pain management
NOTE Confidence: 0.9532398733333333

00:37:09.160 --> 00:37:10.060 teams that aren't inpatient,
NOTE Confidence: 0.9532398733333333

00:37:10.060 --> 00:37:12.028 and so we found an independent
NOTE Confidence: 0.9532398733333333

00:37:12.028 --> 00:37:14.466 pain management team in the DMV
NOTE Confidence: 0.9532398733333333

00:37:14.466 --> 00:37:16.394 area and called them.
NOTE Confidence: 0.9532398733333333

00:37:16.400 --> 00:37:19.074 And despite not being inpatient any hospital,
NOTE Confidence: 0.9532398733333333

00:37:19.080 --> 00:37:20.480 they said something remarkably similar.
NOTE Confidence: 0.9532398733333333

00:37:20.480 --> 00:37:21.520 They said, look, you know,
NOTE Confidence: 0.9532398733333333

00:37:21.520 --> 00:37:24.104 if he is in need of more opioids,
NOTE Confidence: 0.9532398733333333

00:37:24.110 --> 00:37:25.406 if he is run out and he needs
NOTE Confidence: 0.9532398733333333

00:37:25.406 --> 00:37:27.142 to be evaluated to see whether
NOTE Confidence: 0.9532398733333333

00:37:27.142 --> 00:37:28.159 there's still appropriate,
NOTE Confidence: 0.9532398733333333

00:37:28.160 --> 00:37:30.680 he can come in and we can start therapy,
NOTE Confidence: 0.9532398733333333

00:37:30.680 --> 00:37:34.390 but we don't handle tapering and withdrawal.
NOTE Confidence: 0.9532398733333333

00:37:34.390 --> 00:37:35.685 And I was actually on the phone,

NOTE Confidence: 0.953239873333333

00:37:35.690 --> 00:37:36.654 which was pretty rare.

NOTE Confidence: 0.953239873333333

00:37:36.654 --> 00:37:38.345 I was actually on the phone for

NOTE Confidence: 0.953239873333333

00:37:38.345 --> 00:37:40.650 this call and I said so who's job?

NOTE Confidence: 0.953239873333333

00:37:40.650 --> 00:37:41.446 Am I?

NOTE Confidence: 0.953239873333333

00:37:41.446 --> 00:37:43.974 And it was a receptionist that we were

NOTE Confidence: 0.953239873333333

00:37:43.974 --> 00:37:46.190 speaking to and she said I don't know.

NOTE Confidence: 0.953239873333333

00:37:46.190 --> 00:37:47.290 Addiction medicine.

NOTE Confidence: 0.940167978571429

00:37:49.990 --> 00:37:52.012 So this was a really interesting

NOTE Confidence: 0.940167978571429

00:37:52.012 --> 00:37:54.207 moment because all the way up until

NOTE Confidence: 0.940167978571429

00:37:54.207 --> 00:37:57.170 here a couple weeks into withdrawing.

NOTE Confidence: 0.940167978571429

00:37:57.170 --> 00:37:59.258 It never occurred to me that when I

NOTE Confidence: 0.940167978571429

00:37:59.258 --> 00:38:00.997 was struggling with had anything to

NOTE Confidence: 0.940167978571429

00:38:00.997 --> 00:38:03.198 do with addiction, I was just sick.

NOTE Confidence: 0.940167978571429

00:38:03.198 --> 00:38:05.190 I had not yet learned it,

NOTE Confidence: 0.940167978571429

00:38:05.190 --> 00:38:07.458 but I had internalized this idea

NOTE Confidence: 0.940167978571429

00:38:07.458 --> 00:38:09.418 that addiction comes with cravings
NOTE Confidence: 0.940167978571429

00:38:09.418 --> 00:38:11.318 and a sense of compulsion,
NOTE Confidence: 0.940167978571429

00:38:11.320 --> 00:38:13.400 and you continue to use
NOTE Confidence: 0.940167978571429

00:38:13.400 --> 00:38:14.648 despite negative consequences.
NOTE Confidence: 0.940167978571429

00:38:14.650 --> 00:38:16.043 I had a house full of pills
NOTE Confidence: 0.940167978571429

00:38:16.043 --> 00:38:17.747 that I was choosing not to use,
NOTE Confidence: 0.940167978571429

00:38:17.750 --> 00:38:19.606 like addiction did not seem like my problem,
NOTE Confidence: 0.940167978571429

00:38:19.610 --> 00:38:21.812 but also I would talk with
NOTE Confidence: 0.940167978571429

00:38:21.812 --> 00:38:23.590 anyone who would help me.
NOTE Confidence: 0.940167978571429

00:38:23.590 --> 00:38:25.375 And so we started calling addiction clinics
NOTE Confidence: 0.940167978571429

00:38:25.375 --> 00:38:27.369 and we had no idea what we're doing,
NOTE Confidence: 0.940167978571429

00:38:27.370 --> 00:38:28.894 so we're just.
NOTE Confidence: 0.940167978571429

00:38:28.894 --> 00:38:29.910 On Google.
NOTE Confidence: 0.940167978571429

00:38:29.910 --> 00:38:31.688 Found different places that were kind of
NOTE Confidence: 0.940167978571429

00:38:31.688 --> 00:38:33.896 labeled as a rehab clinic in various ways,
NOTE Confidence: 0.940167978571429

00:38:33.900 --> 00:38:36.720 and so I had one conversation

NOTE Confidence: 0.940167978571429
00:38:36.720 --> 00:38:39.300 with a very sweet woman.
NOTE Confidence: 0.940167978571429
00:38:39.300 --> 00:38:41.344 And I I didn't know anything about
NOTE Confidence: 0.940167978571429
00:38:41.344 --> 00:38:43.364 this world yet, but it turns out
NOTE Confidence: 0.940167978571429
00:38:43.364 --> 00:38:45.080 I had called a methadone clinic,
NOTE Confidence: 0.940167978571429
00:38:45.080 --> 00:38:46.526 and that was not going to
NOTE Confidence: 0.940167978571429
00:38:46.526 --> 00:38:47.959 be the best Ave for me.
NOTE Confidence: 0.940167978571429
00:38:47.960 --> 00:38:49.994 But I just didn't know anything
NOTE Confidence: 0.940167978571429
00:38:49.994 --> 00:38:51.720 and I I called her.
NOTE Confidence: 0.940167978571429
00:38:51.720 --> 00:38:52.960 And she said she listened
NOTE Confidence: 0.940167978571429
00:38:52.960 --> 00:38:53.952 my story very patiently.
NOTE Confidence: 0.940167978571429
00:38:53.960 --> 00:38:55.604 And then she said.
NOTE Confidence: 0.940167978571429
00:38:55.604 --> 00:38:59.098 Oh honey, you're not our problem.
NOTE Confidence: 0.940167978571429
00:38:59.100 --> 00:39:02.010 She said it very gently.
NOTE Confidence: 0.940167978571429
00:39:02.010 --> 00:39:04.818 But I was just crying at this point
NOTE Confidence: 0.940167978571429
00:39:04.818 --> 00:39:07.667 and I said who's problem am I?
NOTE Confidence: 0.940167978571429

00:39:07.670 --> 00:39:08.444 She said,
NOTE Confidence: 0.940167978571429
00:39:08.444 --> 00:39:08.831 look.
NOTE Confidence: 0.940167978571429
00:39:08.831 --> 00:39:10.766 We're dealing with people who
NOTE Confidence: 0.940167978571429
00:39:10.766 --> 00:39:12.485 might overdose tomorrow from
NOTE Confidence: 0.940167978571429
00:39:12.485 --> 00:39:14.245 a contaminated drug supply.
NOTE Confidence: 0.940167978571429
00:39:14.250 --> 00:39:15.915 You're just sick because you're
NOTE Confidence: 0.940167978571429
00:39:15.915 --> 00:39:18.462 choosing not to take your pills like.
NOTE Confidence: 0.940167978571429
00:39:18.462 --> 00:39:20.058 Surely you're pretty.
NOTE Confidence: 0.940167978571429
00:39:20.058 --> 00:39:22.186 You're prescribers problem like
NOTE Confidence: 0.940167978571429
00:39:22.186 --> 00:39:24.561 they prescribe the drugs isn't it
NOTE Confidence: 0.940167978571429
00:39:24.561 --> 00:39:26.850 their job to get you off them?
NOTE Confidence: 0.940167978571429
00:39:26.850 --> 00:39:28.488 I thought yeah sure seemed that way.
NOTE Confidence: 0.88594127
00:39:31.010 --> 00:39:34.220 OK. So that bothered me for a long time.
NOTE Confidence: 0.88594127
00:39:34.220 --> 00:39:34.670 As a matter of fact,
NOTE Confidence: 0.88594127
00:39:34.670 --> 00:39:36.839 that was a big part of my initial research.
NOTE Confidence: 0.88594127
00:39:36.840 --> 00:39:39.224 In this space was kind of going through

NOTE Confidence: 0.88594127

00:39:39.224 --> 00:39:41.020 and discovering that a lot of people,

NOTE Confidence: 0.88594127

00:39:41.020 --> 00:39:42.424 when hearing my story and hearing

NOTE Confidence: 0.88594127

00:39:42.424 --> 00:39:44.304 about my kind of analysis of the

NOTE Confidence: 0.88594127

00:39:44.304 --> 00:39:45.794 health care system intuitively saw.

NOTE Confidence: 0.88594127

00:39:45.800 --> 00:39:49.056 Like, yeah, I know that's a big problem.

NOTE Confidence: 0.88594127

00:39:49.060 --> 00:39:50.472 Withdrawal management just isn't

NOTE Confidence: 0.88594127

00:39:50.472 --> 00:39:52.137 part of anyone's primary job.

NOTE Confidence: 0.88594127

00:39:52.137 --> 00:39:55.009 And so then I started to try to analyze

NOTE Confidence: 0.88594127

00:39:55.009 --> 00:39:57.690 this further and it took me a long time.

NOTE Confidence: 0.88594127

00:39:57.690 --> 00:39:59.445 Like some of you might have come to this

NOTE Confidence: 0.88594127

00:39:59.445 --> 00:40:00.804 very quickly, giving your background.

NOTE Confidence: 0.88594127

00:40:00.804 --> 00:40:02.610 But I was you heard my introduction.

NOTE Confidence: 0.88594127

00:40:02.610 --> 00:40:04.330 I was working on like climate change ethics,

NOTE Confidence: 0.88594127

00:40:04.330 --> 00:40:05.674 right? I had no background in this stuff

NOTE Confidence: 0.88594127

00:40:05.674 --> 00:40:07.206 so I had to learn some neuroscience.

NOTE Confidence: 0.88594127

00:40:07.210 --> 00:40:08.270 Learn some addiction medicine,
NOTE Confidence: 0.88594127

00:40:08.270 --> 00:40:09.595 learn some pain medicine and
NOTE Confidence: 0.88594127

00:40:09.595 --> 00:40:10.878 see what people were doing.
NOTE Confidence: 0.88594127

00:40:10.880 --> 00:40:13.604 Learn some public health and here's
NOTE Confidence: 0.88594127

00:40:13.604 --> 00:40:16.750 the next thing that I hypothesized.
NOTE Confidence: 0.88594127

00:40:16.750 --> 00:40:18.586 Is that what a lot of people are missing?
NOTE Confidence: 0.88594127

00:40:18.590 --> 00:40:20.746 Is that dependence does not equal addiction,
NOTE Confidence: 0.88594127

00:40:20.750 --> 00:40:22.830 and that conflation of dependence
NOTE Confidence: 0.88594127

00:40:22.830 --> 00:40:25.919 with addiction is causing a lot of the
NOTE Confidence: 0.88594127

00:40:25.919 --> 00:40:28.460 problem with who sees what as whose job,
NOTE Confidence: 0.88594127

00:40:28.460 --> 00:40:30.259 but also is influencing a lot of
NOTE Confidence: 0.88594127

00:40:30.259 --> 00:40:31.529 stigma because addiction is deeply,
NOTE Confidence: 0.88594127

00:40:31.530 --> 00:40:34.386 deeply stigmatized a problem on its own.
NOTE Confidence: 0.88594127

00:40:34.390 --> 00:40:35.930 But then that stigma bleeds
NOTE Confidence: 0.88594127

00:40:35.930 --> 00:40:37.470 into dependence and pain care,
NOTE Confidence: 0.88594127

00:40:37.470 --> 00:40:39.452 which is a big part of what's of

NOTE Confidence: 0.88594127

00:40:39.452 --> 00:40:41.384 the problem in pain medicine now,

NOTE Confidence: 0.88594127

00:40:41.390 --> 00:40:42.860 so.

NOTE Confidence: 0.88594127

00:40:42.860 --> 00:40:44.631 I am guessing that more people in

NOTE Confidence: 0.88594127

00:40:44.631 --> 00:40:46.450 this audience than in most already

NOTE Confidence: 0.88594127

00:40:46.450 --> 00:40:47.794 understand the the distinction

NOTE Confidence: 0.88594127

00:40:47.794 --> 00:40:49.340 between dependence and addiction,

NOTE Confidence: 0.88594127

00:40:49.340 --> 00:40:51.140 and and so for the next few minutes.

NOTE Confidence: 0.88594127

00:40:51.140 --> 00:40:52.564 If this is pedantic,

NOTE Confidence: 0.88594127

00:40:52.564 --> 00:40:53.276 I apologize,

NOTE Confidence: 0.88594127

00:40:53.280 --> 00:40:55.219 but I've been very surprised at the

NOTE Confidence: 0.88594127

00:40:55.219 --> 00:40:57.233 number of people I speak to who don't

NOTE Confidence: 0.88594127

00:40:57.233 --> 00:40:59.194 know this and so just indulge me and

NOTE Confidence: 0.88594127

00:40:59.194 --> 00:41:01.021 then and then we'll be through it.

NOTE Confidence: 0.88594127

00:41:01.030 --> 00:41:01.423 Alright,

NOTE Confidence: 0.88594127

00:41:01.423 --> 00:41:03.781 so we got to distinguish dependence

NOTE Confidence: 0.88594127

00:41:03.781 --> 00:41:04.567 and addiction,
NOTE Confidence: 0.88594127

00:41:04.570 --> 00:41:06.579 and so we can think about dependence
NOTE Confidence: 0.88594127

00:41:06.579 --> 00:41:08.010 as physical dependence to make
NOTE Confidence: 0.88594127

00:41:08.010 --> 00:41:09.295 it super clear and addiction.
NOTE Confidence: 0.88594127

00:41:09.300 --> 00:41:11.110 And here are the properties
NOTE Confidence: 0.88594127

00:41:11.110 --> 00:41:12.558 that accompany both right?
NOTE Confidence: 0.88594127

00:41:12.560 --> 00:41:14.912 So physical dependence is what happens
NOTE Confidence: 0.88594127

00:41:14.912 --> 00:41:17.211 when you have withdrawal following
NOTE Confidence: 0.88594127

00:41:17.211 --> 00:41:19.282 abrupt discontinuation or tapering.
NOTE Confidence: 0.88594127

00:41:19.282 --> 00:41:21.640 Tapering this too fast, right?
NOTE Confidence: 0.88594127

00:41:21.640 --> 00:41:25.078 So this is just how brains work.
NOTE Confidence: 0.88594127

00:41:25.080 --> 00:41:26.816 I remember we talked about the exogenous
NOTE Confidence: 0.88594127

00:41:26.816 --> 00:41:28.540 opioids flooding the central nervous system,
NOTE Confidence: 0.88594127

00:41:28.540 --> 00:41:29.610 your brains, a learning machine.
NOTE Confidence: 0.88594127

00:41:29.610 --> 00:41:31.620 It tries to to rebalance.
NOTE Confidence: 0.88594127

00:41:31.620 --> 00:41:33.152 You take it away.

NOTE Confidence: 0.88594127
00:41:33.152 --> 00:41:34.684 It doesn't rebalance again
NOTE Confidence: 0.88594127
00:41:34.684 --> 00:41:36.488 quickly enough and you suffer.
NOTE Confidence: 0.88594127
00:41:36.490 --> 00:41:37.722 Really importantly.
NOTE Confidence: 0.88594127
00:41:37.722 --> 00:41:41.582 This occurs in 100% of individuals on
NOTE Confidence: 0.88594127
00:41:41.582 --> 00:41:44.600 high doses long-term around the clock.
NOTE Confidence: 0.88594127
00:41:44.600 --> 00:41:47.138 This is just how brains work.
NOTE Confidence: 0.88594127
00:41:47.140 --> 00:41:49.820 Having this not happen would be the anomaly,
NOTE Confidence: 0.88594127
00:41:49.820 --> 00:41:50.248 right?
NOTE Confidence: 0.88594127
00:41:50.248 --> 00:41:52.388 Your brain isn't appropriately learning
NOTE Confidence: 0.88594127
00:41:52.388 --> 00:41:55.778 when you run when you're destabilizing it.
NOTE Confidence: 0.88594127
00:41:55.780 --> 00:41:57.048 With addiction,
NOTE Confidence: 0.88594127
00:41:57.048 --> 00:42:00.821 we're talking about a behavioral problem.
NOTE Confidence: 0.88594127
00:42:00.821 --> 00:42:03.826 And the behavioral problem is
NOTE Confidence: 0.88594127
00:42:03.826 --> 00:42:07.120 identified very often through cravings.
NOTE Confidence: 0.88594127
00:42:07.120 --> 00:42:07.902 Really importantly.
NOTE Confidence: 0.88594127

00:42:07.902 --> 00:42:10.248 Some models of addiction say this
NOTE Confidence: 0.88594127

00:42:10.248 --> 00:42:12.355 is actually the most essential
NOTE Confidence: 0.88594127

00:42:12.355 --> 00:42:13.618 component of addiction.
NOTE Confidence: 0.88594127

00:42:13.620 --> 00:42:15.660 It's characterized by continued use,
NOTE Confidence: 0.88594127

00:42:15.660 --> 00:42:18.909 despite negative consequences.
NOTE Confidence: 0.88594127

00:42:18.910 --> 00:42:20.688 And one thing that we really have
NOTE Confidence: 0.88594127

00:42:20.688 --> 00:42:22.593 to come to grips with is that
NOTE Confidence: 0.88594127

00:42:22.593 --> 00:42:24.219 it occurs in a vast minority
NOTE Confidence: 0.925334602307692

00:42:24.281 --> 00:42:25.835 of those exposed to a drug.
NOTE Confidence: 0.925334602307692

00:42:25.840 --> 00:42:27.850 We don't know exactly how many.
NOTE Confidence: 0.925334602307692

00:42:27.850 --> 00:42:29.050 If you look at meta reviews,
NOTE Confidence: 0.925334602307692

00:42:29.050 --> 00:42:30.478 they're kind of all over the place,
NOTE Confidence: 0.925334602307692

00:42:30.480 --> 00:42:33.642 but somewhere between 1% like 11% in
NOTE Confidence: 0.925334602307692

00:42:33.642 --> 00:42:36.308 several studies identify 6% in particular,
NOTE Confidence: 0.925334602307692

00:42:36.308 --> 00:42:39.569 so that seems like as good in numbers in it,
NOTE Confidence: 0.925334602307692

00:42:39.570 --> 00:42:42.030 but small compared to 100, right?

NOTE Confidence: 0.925334602307692

00:42:42.030 --> 00:42:44.430 The number of people who exposed to a

NOTE Confidence: 0.925334602307692

00:42:44.430 --> 00:42:46.516 drug that has addiction liability that

NOTE Confidence: 0.925334602307692

00:42:46.516 --> 00:42:49.100 would go on to develop an addiction.

NOTE Confidence: 0.925334602307692

00:42:49.100 --> 00:42:50.864 Is not nothing, so I'm not minimizing

NOTE Confidence: 0.925334602307692

00:42:50.864 --> 00:42:53.080 it from a public health perspective.

NOTE Confidence: 0.925334602307692

00:42:53.080 --> 00:42:55.394 6% or even 1% percent is super

NOTE Confidence: 0.925334602307692

00:42:55.394 --> 00:42:57.079 problematic in a country with

NOTE Confidence: 0.925334602307692

00:42:57.079 --> 00:42:58.719 hundreds of millions of people,

NOTE Confidence: 0.925334602307692

00:42:58.720 --> 00:43:00.300 but for an individual patient,

NOTE Confidence: 0.925334602307692

00:43:00.300 --> 00:43:01.564 this is very unlikely.

NOTE Confidence: 0.925334602307692

00:43:01.564 --> 00:43:05.308 In in, in the general case.

NOTE Confidence: 0.925334602307692

00:43:05.310 --> 00:43:05.531 Alright,

NOTE Confidence: 0.925334602307692

00:43:05.531 --> 00:43:07.299 so if you still are a little bit

NOTE Confidence: 0.925334602307692

00:43:07.299 --> 00:43:08.370 suspicious of the distinction,

NOTE Confidence: 0.925334602307692

00:43:08.370 --> 00:43:09.889 let's show that they can come completely

NOTE Confidence: 0.925334602307692

00:43:09.889 --> 00:43:11.359 apart in all the different ways.
NOTE Confidence: 0.882685765

00:43:13.550 --> 00:43:14.965 A bunch of medications cause
NOTE Confidence: 0.882685765

00:43:14.965 --> 00:43:15.886 dependence, but no addiction.
NOTE Confidence: 0.882685765

00:43:15.886 --> 00:43:17.158 So in particular a bunch of
NOTE Confidence: 0.882685765

00:43:17.158 --> 00:43:18.419 psych meds have this property.
NOTE Confidence: 0.882685765

00:43:18.420 --> 00:43:20.190 They're also others like some heart
NOTE Confidence: 0.882685765

00:43:20.190 --> 00:43:21.870 medication, but ones that are really
NOTE Confidence: 0.882685765

00:43:21.870 --> 00:43:24.064 easy to get your mind around are
NOTE Confidence: 0.882685765

00:43:24.064 --> 00:43:25.949 some depression and anxiety meds.
NOTE Confidence: 0.882685765

00:43:25.950 --> 00:43:26.607 SSRI's for instance.
NOTE Confidence: 0.882685765

00:43:26.607 --> 00:43:28.492 So if you've ever been on or prescribed
NOTE Confidence: 0.882685765

00:43:28.492 --> 00:43:30.270 SSR eyes, you know this very well.
NOTE Confidence: 0.882685765

00:43:30.270 --> 00:43:32.850 They are physical dependence forming,
NOTE Confidence: 0.882685765

00:43:32.850 --> 00:43:34.369 which is to say if you abruptly
NOTE Confidence: 0.882685765

00:43:34.369 --> 00:43:36.690 discontinued them, taper them too fast,
NOTE Confidence: 0.882685765

00:43:36.690 --> 00:43:39.510 they will cause pretty miserable withdraw.

NOTE Confidence: 0.882685765
00:43:39.510 --> 00:43:41.178 But they are not addictive drugs,
NOTE Confidence: 0.882685765
00:43:41.180 --> 00:43:44.020 which is why they are.
NOTE Confidence: 0.882685765
00:43:44.020 --> 00:43:45.791 They have no street value, right?
NOTE Confidence: 0.882685765
00:43:45.791 --> 00:43:48.197 Nobody is like there's no black
NOTE Confidence: 0.882685765
00:43:48.197 --> 00:43:50.110 market for SSR eyes because
NOTE Confidence: 0.882685765
00:43:50.110 --> 00:43:51.760 they're not only non euphoric,
NOTE Confidence: 0.882685765
00:43:51.760 --> 00:43:53.836 they're kind of anti euphoric right?
NOTE Confidence: 0.882685765
00:43:53.840 --> 00:43:55.758 This is not feeding your reward system.
NOTE Confidence: 0.882685765
00:43:55.760 --> 00:43:58.476 The side effects of SSR eyes are
NOTE Confidence: 0.882685765
00:43:58.476 --> 00:44:00.504 front loaded and the good effects
NOTE Confidence: 0.882685765
00:44:00.504 --> 00:44:02.370 happen when you hit the level
NOTE Confidence: 0.882685765
00:44:02.435 --> 00:44:04.240 of kind of stable dependence.
NOTE Confidence: 0.882685765
00:44:04.240 --> 00:44:05.902 So the way SSRI's work actually
NOTE Confidence: 0.882685765
00:44:05.902 --> 00:44:07.808 make it hard to initiate patients
NOTE Confidence: 0.882685765
00:44:07.808 --> 00:44:10.370 on them and you'll hear doctors or
NOTE Confidence: 0.882685765

00:44:10.370 --> 00:44:12.162 sometimes hear the doctor perhaps
NOTE Confidence: 0.882685765

00:44:12.162 --> 00:44:13.867 saying to your patient like.
NOTE Confidence: 0.882685765

00:44:13.870 --> 00:44:15.196 You've got to give this three
NOTE Confidence: 0.882685765

00:44:15.196 --> 00:44:16.911 weeks or four weeks or six weeks
NOTE Confidence: 0.882685765

00:44:16.911 --> 00:44:18.216 or whatever to really understand
NOTE Confidence: 0.882685765

00:44:18.216 --> 00:44:19.648 whether it's gonna work for you.
NOTE Confidence: 0.882685765

00:44:19.650 --> 00:44:20.986 That's because they are
NOTE Confidence: 0.882685765

00:44:20.986 --> 00:44:21.988 precisely not addictive.
NOTE Confidence: 0.882685765

00:44:21.990 --> 00:44:25.510 They are not rewarding in the way that
NOTE Confidence: 0.882685765

00:44:25.510 --> 00:44:28.630 instant euphoria or quick onset euphoria is.
NOTE Confidence: 0.882685765

00:44:28.630 --> 00:44:30.185 We also have behaviors that
NOTE Confidence: 0.882685765

00:44:30.185 --> 00:44:31.429 can lead to addiction,
NOTE Confidence: 0.882685765

00:44:31.430 --> 00:44:33.464 but do not cause physical dependence
NOTE Confidence: 0.882685765

00:44:33.464 --> 00:44:35.350 because there's no substance involved,
NOTE Confidence: 0.882685765

00:44:35.350 --> 00:44:37.142 and so I think gambling is the most
NOTE Confidence: 0.882685765

00:44:37.142 --> 00:44:38.717 obvious case because it's really hard

NOTE Confidence: 0.882685765

00:44:38.717 --> 00:44:40.337 to find people who actually don't

NOTE Confidence: 0.882685765

00:44:40.390 --> 00:44:41.930 think gambling addiction is real.

NOTE Confidence: 0.882685765

00:44:41.930 --> 00:44:43.586 But for people who have more

NOTE Confidence: 0.882685765

00:44:43.586 --> 00:44:44.690 promiscuous definitions of addiction,

NOTE Confidence: 0.882685765

00:44:44.690 --> 00:44:45.686 this is all over the place.

NOTE Confidence: 0.882685765

00:44:45.690 --> 00:44:48.246 It's food and sugar, it's sex.

NOTE Confidence: 0.882685765

00:44:48.250 --> 00:44:49.438 It's smart, smart screens.

NOTE Confidence: 0.882685765

00:44:49.438 --> 00:44:51.805 You know we can be addicted to a

NOTE Confidence: 0.882685765

00:44:51.805 --> 00:44:53.653 lot of behaviors that do not cause

NOTE Confidence: 0.882685765

00:44:53.653 --> 00:44:55.428 physical dependence if you don't have

NOTE Confidence: 0.882685765

00:44:55.428 --> 00:44:57.505 an exogenous source of a substance,

NOTE Confidence: 0.882685765

00:44:57.505 --> 00:45:00.580 destabilizing the central nervous system.

NOTE Confidence: 0.882685765

00:45:00.580 --> 00:45:02.059 But of course,

NOTE Confidence: 0.882685765

00:45:02.059 --> 00:45:05.017 there's some substances that will cause

NOTE Confidence: 0.882685765

00:45:05.017 --> 00:45:07.557 dependence and can lead to addiction,

NOTE Confidence: 0.882685765

00:45:07.560 --> 00:45:09.331 and it turns out that opioids are
NOTE Confidence: 0.882685765

00:45:09.331 --> 00:45:10.800 pretty brutal in this respect,
NOTE Confidence: 0.882685765

00:45:10.800 --> 00:45:12.732 so other drugs fall into this category
NOTE Confidence: 0.882685765

00:45:12.732 --> 00:45:15.158 but aren't as bad in in one way or another,
NOTE Confidence: 0.882685765

00:45:15.160 --> 00:45:17.340 and so cocaine, for instance,
NOTE Confidence: 0.882685765

00:45:17.340 --> 00:45:20.970 has much more mild dependence
NOTE Confidence: 0.882685765

00:45:20.970 --> 00:45:22.714 than than opioids,
NOTE Confidence: 0.882685765

00:45:22.714 --> 00:45:23.728 for instance.
NOTE Confidence: 0.882685765

00:45:23.728 --> 00:45:26.770 So most reports of cocaine withdrawal
NOTE Confidence: 0.882685765

00:45:26.850 --> 00:45:29.524 are not nearly as severe or desperate
NOTE Confidence: 0.882685765

00:45:29.524 --> 00:45:32.389 in terms of physical symptomology
NOTE Confidence: 0.882685765

00:45:32.390 --> 00:45:33.938 but it's incredibly euphoric,
NOTE Confidence: 0.882685765

00:45:33.938 --> 00:45:36.260 so cocaine is an incredibly addictive
NOTE Confidence: 0.882685765

00:45:36.321 --> 00:45:38.305 drug in terms of the the speed of
NOTE Confidence: 0.882685765

00:45:38.305 --> 00:45:40.310 onset and the high of the euphoria.
NOTE Confidence: 0.882685765

00:45:40.310 --> 00:45:42.548 Opioids are this real 1/2 punch.

NOTE Confidence: 0.882685765
00:45:42.550 --> 00:45:44.026 They're incredibly intense,
NOTE Confidence: 0.882685765
00:45:44.026 --> 00:45:45.010 euphoric experiences,
NOTE Confidence: 0.882685765
00:45:45.010 --> 00:45:47.806 especially when snorted, smoked, or injected.
NOTE Confidence: 0.882685765
00:45:47.810 --> 00:45:50.024 When you get around first pass
NOTE Confidence: 0.882685765
00:45:50.024 --> 00:45:52.200 metabolism from from taking the pills.
NOTE Confidence: 0.882685765
00:45:52.200 --> 00:45:52.920 But also,
NOTE Confidence: 0.882685765
00:45:52.920 --> 00:45:54.360 the withdrawal is miserable,
NOTE Confidence: 0.882685765
00:45:54.360 --> 00:45:56.312 and so in these drugs you have a
NOTE Confidence: 0.882685765
00:45:56.312 --> 00:45:58.404 real 1/2 punch of the euphoria
NOTE Confidence: 0.882685765
00:45:58.404 --> 00:46:00.334 gives that gives you positive
NOTE Confidence: 0.882685765
00:46:00.334 --> 00:46:02.604 reinforcement and then the escape from
NOTE Confidence: 0.882685765
00:46:02.604 --> 00:46:04.419 withdrawal is a negative reinforcer,
NOTE Confidence: 0.912924068461539
00:46:04.420 --> 00:46:07.689 and so escaping withdrawal is a very
NOTE Confidence: 0.912924068461539
00:46:07.689 --> 00:46:10.508 reasonable explanation for taking more drugs.
NOTE Confidence: 0.912924068461539
00:46:10.510 --> 00:46:13.177 And it can continue to feed habitual
NOTE Confidence: 0.912924068461539

00:46:13.177 --> 00:46:15.448 use that will then contribute to
NOTE Confidence: 0.912924068461539

00:46:15.448 --> 00:46:17.293 the development of cravings for
NOTE Confidence: 0.912924068461539

00:46:17.293 --> 00:46:19.575 the euphoric aspects like these two
NOTE Confidence: 0.912924068461539

00:46:19.575 --> 00:46:21.430 components can definitely go together.
NOTE Confidence: 0.912924068461539

00:46:21.430 --> 00:46:23.350 That does not mean the physical
NOTE Confidence: 0.912924068461539

00:46:23.350 --> 00:46:25.470 dependence is the same as addiction.
NOTE Confidence: 0.912924068461539

00:46:25.470 --> 00:46:27.234 There are two components that helping
NOTE Confidence: 0.912924068461539

00:46:27.234 --> 00:46:29.480 to both live in some drugs OK,
NOTE Confidence: 0.912924068461539

00:46:29.480 --> 00:46:31.280 Unfortunately this this problem
NOTE Confidence: 0.912924068461539

00:46:31.280 --> 00:46:33.080 with dependence and addiction
NOTE Confidence: 0.912924068461539

00:46:33.080 --> 00:46:35.230 and the potential conflation.
NOTE Confidence: 0.912924068461539

00:46:35.230 --> 00:46:38.278 It actually gets harder.
NOTE Confidence: 0.912924068461539

00:46:38.280 --> 00:46:41.400 Because what I discovered in my one case
NOTE Confidence: 0.912924068461539

00:46:41.400 --> 00:46:44.192 was an oversight in what I now think
NOTE Confidence: 0.912924068461539

00:46:44.192 --> 00:46:47.468 of as routine withdrawal management.
NOTE Confidence: 0.912924068461539

00:46:47.470 --> 00:46:49.114 Everyone who's prescribed opioids in the

NOTE Confidence: 0.912924068461539
00:46:49.114 --> 00:46:51.267 case of post trauma that where it's gonna,
NOTE Confidence: 0.912924068461539
00:46:51.270 --> 00:46:52.398 you know, reconstructive surgeries
NOTE Confidence: 0.912924068461539
00:46:52.398 --> 00:46:53.808 at over on for weeks.
NOTE Confidence: 0.912924068461539
00:46:53.810 --> 00:46:55.358 Big painful surgeries.
NOTE Confidence: 0.912924068461539
00:46:55.358 --> 00:46:56.906 They're not reconstructive,
NOTE Confidence: 0.912924068461539
00:46:56.910 --> 00:46:58.282 but are, you know,
NOTE Confidence: 0.912924068461539
00:46:58.282 --> 00:47:00.340 hard to recover from knee replacements
NOTE Confidence: 0.912924068461539
00:47:00.409 --> 00:47:02.460 are the ones I always think about.
NOTE Confidence: 0.912924068461539
00:47:02.460 --> 00:47:04.488 After watching my mom go through
NOTE Confidence: 0.912924068461539
00:47:04.488 --> 00:47:05.840 them incredibly painful surgeries
NOTE Confidence: 0.912924068461539
00:47:05.891 --> 00:47:07.835 and really important to do physical
NOTE Confidence: 0.912924068461539
00:47:07.835 --> 00:47:08.807 therapy and recovery,
NOTE Confidence: 0.912924068461539
00:47:08.810 --> 00:47:10.370 which is of course painful.
NOTE Confidence: 0.912924068461539
00:47:10.370 --> 00:47:11.912 And so knee replacements get rated
NOTE Confidence: 0.912924068461539
00:47:11.912 --> 00:47:13.687 pretty highly in terms of the amount
NOTE Confidence: 0.912924068461539

00:47:13.687 --> 00:47:15.325 of opioids that it's reasonable to use
NOTE Confidence: 0.912924068461539

00:47:15.330 --> 00:47:17.808 these sorts of surgeries mean taking opioids.
NOTE Confidence: 0.912924068461539

00:47:17.810 --> 00:47:19.508 Pretty regularly for a pretty extended
NOTE Confidence: 0.912924068461539

00:47:19.508 --> 00:47:21.212 period of time here extended period
NOTE Confidence: 0.912924068461539

00:47:21.212 --> 00:47:23.284 of time only requires more than a few
NOTE Confidence: 0.912924068461539

00:47:23.333 --> 00:47:25.244 days to for them to start developing
NOTE Confidence: 0.912924068461539

00:47:25.244 --> 00:47:26.616 some dependence and potentially
NOTE Confidence: 0.912924068461539

00:47:26.616 --> 00:47:29.346 face the challenge of withdrawal,
NOTE Confidence: 0.912924068461539

00:47:29.350 --> 00:47:32.110 but it's all still routine.
NOTE Confidence: 0.912924068461539

00:47:32.110 --> 00:47:34.170 Uhm?
NOTE Confidence: 0.912924068461539

00:47:34.170 --> 00:47:36.636 My view is that when we're
NOTE Confidence: 0.912924068461539

00:47:36.636 --> 00:47:38.280 prescribing opioids pretty regularly
NOTE Confidence: 0.912924068461539

00:47:38.348 --> 00:47:40.109 for trauma reconstructions,
NOTE Confidence: 0.912924068461539

00:47:40.110 --> 00:47:40.918 major surgeries,
NOTE Confidence: 0.912924068461539

00:47:40.918 --> 00:47:43.746 there just has to be a structural
NOTE Confidence: 0.912924068461539

00:47:43.746 --> 00:47:45.212 solution to routine management

NOTE Confidence: 0.912924068461539
00:47:45.212 --> 00:47:46.982 of withdrawal from people who've
NOTE Confidence: 0.912924068461539
00:47:46.982 --> 00:47:48.490 been opioids for two weeks.
NOTE Confidence: 0.912924068461539
00:47:48.490 --> 00:47:51.346 Four weeks, 8 weeks, 12 weeks.
NOTE Confidence: 0.912924068461539
00:47:51.350 --> 00:47:52.862 But some patients are on for
NOTE Confidence: 0.912924068461539
00:47:52.862 --> 00:47:54.200 a lot longer than that.
NOTE Confidence: 0.912924068461539
00:47:54.200 --> 00:47:57.476 So this is from the from stat
NOTE Confidence: 0.912924068461539
00:47:57.476 --> 00:48:00.351 online magazine and this is a
NOTE Confidence: 0.912924068461539
00:48:00.351 --> 00:48:02.641 profile of Stephen Cortez who's
NOTE Confidence: 0.912924068461539
00:48:02.641 --> 00:48:05.066 just a real incredible guy.
NOTE Confidence: 0.912924068461539
00:48:05.066 --> 00:48:08.144 Good doc and has become very
NOTE Confidence: 0.912924068461539
00:48:08.144 --> 00:48:10.372 compelled to investigate what have
NOTE Confidence: 0.912924068461539
00:48:10.372 --> 00:48:12.512 now become called legacy patients.
NOTE Confidence: 0.912924068461539
00:48:12.520 --> 00:48:13.904 And so here's this,
NOTE Confidence: 0.912924068461539
00:48:13.904 --> 00:48:16.470 might be hard for me to read,
NOTE Confidence: 0.912924068461539
00:48:16.470 --> 00:48:17.466 so I'll read it to you.
NOTE Confidence: 0.912924068461539

00:48:17.470 --> 00:48:19.454 So here's a relevant piece of a paragraph.
NOTE Confidence: 0.912924068461539

00:48:19.460 --> 00:48:22.974 So Cartaz Kertes grew concerned by the
NOTE Confidence: 0.912924068461539

00:48:22.974 --> 00:48:25.040 medical community's efforts to regain
NOTE Confidence: 0.912924068461539

00:48:25.040 --> 00:48:27.116 control. Over prescribing patterns.
NOTE Confidence: 0.912924068461539

00:48:27.116 --> 00:48:29.926 After years of LAX distribution.
NOTE Confidence: 0.912924068461539

00:48:29.930 --> 00:48:31.130 Limiting prescriptions for new
NOTE Confidence: 0.912924068461539

00:48:31.130 --> 00:48:32.330 patients at clear benefits,
NOTE Confidence: 0.912924068461539

00:48:32.330 --> 00:48:33.026 he thought,
NOTE Confidence: 0.912924068461539

00:48:33.026 --> 00:48:35.462 but he wondered about the results of
NOTE Confidence: 0.912924068461539

00:48:35.462 --> 00:48:37.588 reductions among quotes legacy patients.
NOTE Confidence: 0.912924068461539

00:48:37.590 --> 00:48:39.710 Their outcomes weren't being tracked.
NOTE Confidence: 0.912924068461539

00:48:39.710 --> 00:48:41.467 So what this is getting at is,
NOTE Confidence: 0.912924068461539

00:48:41.470 --> 00:48:41.735 well,
NOTE Confidence: 0.912924068461539

00:48:41.735 --> 00:48:43.590 we started to worry about our use
NOTE Confidence: 0.912924068461539

00:48:43.590 --> 00:48:45.109 of opioids being very profligate
NOTE Confidence: 0.912924068461539

00:48:45.109 --> 00:48:46.664 and late 90s early 2000s.

NOTE Confidence: 0.912924068461539
00:48:46.670 --> 00:48:48.427 So we started cracking down on it.
NOTE Confidence: 0.912924068461539
00:48:48.430 --> 00:48:49.406 Makes really good sense,
NOTE Confidence: 0.912924068461539
00:48:49.406 --> 00:48:50.870 not some people home with whole
NOTE Confidence: 0.912924068461539
00:48:50.914 --> 00:48:52.570 bottles of Vicodin for routine wisdom,
NOTE Confidence: 0.912924068461539
00:48:52.570 --> 00:48:53.162 tooth extraction,
NOTE Confidence: 0.912924068461539
00:48:53.162 --> 00:48:55.234 and to collect data on all sorts
NOTE Confidence: 0.912924068461539
00:48:55.234 --> 00:48:57.318 of minor surgeries and reduce use.
NOTE Confidence: 0.912924068461539
00:48:57.320 --> 00:49:00.236 When possible, we'll get to that.
NOTE Confidence: 0.912924068461539
00:49:00.240 --> 00:49:02.305 But some of the response to the
NOTE Confidence: 0.912924068461539
00:49:02.305 --> 00:49:04.110 policies of trying to crack down
NOTE Confidence: 0.912924068461539
00:49:04.110 --> 00:49:05.254 on opioids was well.
NOTE Confidence: 0.912924068461539
00:49:05.260 --> 00:49:07.125 Now we have this generation
NOTE Confidence: 0.912924068461539
00:49:07.125 --> 00:49:08.990 of patients who have been
NOTE Confidence: 0.925841257894737
00:49:09.065 --> 00:49:11.215 on opioids for years or
NOTE Confidence: 0.925841257894737
00:49:11.215 --> 00:49:12.935 decades and remember tolerance.
NOTE Confidence: 0.925841257894737

00:49:12.940 --> 00:49:15.410 They sometimes chased the analgesia
NOTE Confidence: 0.925841257894737

00:49:15.410 --> 00:49:17.880 up to really incredible numbers.
NOTE Confidence: 0.925841257894737

00:49:17.880 --> 00:49:19.475 So tolerances protective so they
NOTE Confidence: 0.925841257894737

00:49:19.475 --> 00:49:21.950 could be on doses like 1000 morphine,
NOTE Confidence: 0.925841257894737

00:49:21.950 --> 00:49:23.678 milligram equivalents or I had met
NOTE Confidence: 0.925841257894737

00:49:23.678 --> 00:49:26.054 a patient on more than 2000 morphine
NOTE Confidence: 0.925841257894737

00:49:26.054 --> 00:49:27.606 milligram equivalents numbers that
NOTE Confidence: 0.925841257894737

00:49:27.606 --> 00:49:29.659 most folks don't see outside of,
NOTE Confidence: 0.925841257894737

00:49:29.660 --> 00:49:32.004 say end of life.
NOTE Confidence: 0.925841257894737

00:49:32.004 --> 00:49:35.130 Palliative care so these folks are now
NOTE Confidence: 0.925841257894737

00:49:35.130 --> 00:49:37.571 long term patients on really massive
NOTE Confidence: 0.925841257894737

00:49:37.571 --> 00:49:40.835 doses have been on for years or decades,
NOTE Confidence: 0.925841257894737

00:49:40.840 --> 00:49:42.870 and the dependence for them is something
NOTE Confidence: 0.925841257894737

00:49:42.870 --> 00:49:45.280 that we just don't know very much about.
NOTE Confidence: 0.925841257894737

00:49:45.280 --> 00:49:47.744 But we've done some studies and Steven is
NOTE Confidence: 0.925841257894737

00:49:47.744 --> 00:49:50.439 working on this now trying to track outcomes.

NOTE Confidence: 0.925841257894737
00:49:50.440 --> 00:49:51.865 Stanford Pain psychologist Beth Darnall
NOTE Confidence: 0.925841257894737
00:49:51.865 --> 00:49:53.996 has been trying to figure out what it
NOTE Confidence: 0.925841257894737
00:49:53.996 --> 00:49:55.529 looks like when you give people really
NOTE Confidence: 0.925841257894737
00:49:55.579 --> 00:49:57.159 patient centered withdrawal support.
NOTE Confidence: 0.925841257894737
00:49:57.160 --> 00:49:58.450 If they're able to taper,
NOTE Confidence: 0.925841257894737
00:49:58.450 --> 00:50:00.380 the results are super heterogeneous.
NOTE Confidence: 0.925841257894737
00:50:00.380 --> 00:50:01.310 Some people can,
NOTE Confidence: 0.925841257894737
00:50:01.310 --> 00:50:02.240 some people can't.
NOTE Confidence: 0.925841257894737
00:50:02.240 --> 00:50:04.410 Very few get very low at all,
NOTE Confidence: 0.925841257894737
00:50:04.410 --> 00:50:07.386 so these patients are really confusing
NOTE Confidence: 0.925841257894737
00:50:07.386 --> 00:50:10.470 for trying to reduce prescribing.
NOTE Confidence: 0.925841257894737
00:50:10.470 --> 00:50:11.928 So now we have this piece.
NOTE Confidence: 0.925841257894737
00:50:11.930 --> 00:50:14.716 Lead author Debbie Dell who is the
NOTE Confidence: 0.925841257894737
00:50:14.716 --> 00:50:17.619 lead author of the 2016 CDC guidelines
NOTE Confidence: 0.925841257894737
00:50:17.619 --> 00:50:20.463 and so they say explicitly look
NOTE Confidence: 0.925841257894737

00:50:20.463 --> 00:50:22.627 efforts to implement prescribing
NOTE Confidence: 0.925841257894737

00:50:22.627 --> 00:50:24.792 recommendations to reduce opioid
NOTE Confidence: 0.925841257894737

00:50:24.792 --> 00:50:26.676 related harms are laudable.
NOTE Confidence: 0.925841257894737

00:50:26.680 --> 00:50:28.268 But unfortunately some policies
NOTE Confidence: 0.925841257894737

00:50:28.268 --> 00:50:29.856 and practices purportedly derived
NOTE Confidence: 0.925841257894737

00:50:29.856 --> 00:50:31.972 from the guidelines have in fact
NOTE Confidence: 0.925841257894737

00:50:31.972 --> 00:50:33.552 been inconsistent with and often
NOTE Confidence: 0.925841257894737

00:50:33.552 --> 00:50:35.379 go beyond its recommendations.
NOTE Confidence: 0.925841257894737

00:50:35.380 --> 00:50:37.455 A consensus panel has highlighted
NOTE Confidence: 0.925841257894737

00:50:37.455 --> 00:50:38.285 these inconsistencies,
NOTE Confidence: 0.925841257894737

00:50:38.290 --> 00:50:40.362 which include inflexible application
NOTE Confidence: 0.925841257894737

00:50:40.362 --> 00:50:42.952 of recommended dosage and duration
NOTE Confidence: 0.925841257894737

00:50:42.952 --> 00:50:45.098 thresholds and policies that encourage
NOTE Confidence: 0.925841257894737

00:50:45.098 --> 00:50:47.444 hard limits and abrupt tapering of
NOTE Confidence: 0.925841257894737

00:50:47.514 --> 00:50:49.754 drug dosages resulting in sudden
NOTE Confidence: 0.925841257894737

00:50:49.754 --> 00:50:51.994 opioid discontinuation or dismissal of

NOTE Confidence: 0.925841257894737

00:50:52.000 --> 00:50:54.930 patients from a physicians practice.

NOTE Confidence: 0.925841257894737

00:50:54.930 --> 00:50:56.862 What are some of the outcomes

NOTE Confidence: 0.925841257894737

00:50:56.862 --> 00:50:57.828 that folks like?

NOTE Confidence: 0.925841257894737

00:50:57.830 --> 00:51:00.490 Doctor Curt Cortez are following.

NOTE Confidence: 0.925841257894737

00:51:00.490 --> 00:51:02.665 We have reports of patient

NOTE Confidence: 0.925841257894737

00:51:02.665 --> 00:51:04.405 suicides as they're experiencing

NOTE Confidence: 0.925841257894737

00:51:04.405 --> 00:51:06.209 withdrawal and unmitigated pain.

NOTE Confidence: 0.925841257894737

00:51:06.210 --> 00:51:08.148 We have reports of patients going

NOTE Confidence: 0.925841257894737

00:51:08.148 --> 00:51:10.675 to the black market even if they

NOTE Confidence: 0.925841257894737

00:51:10.675 --> 00:51:12.625 were previously stable on their

NOTE Confidence: 0.925841257894737

00:51:12.625 --> 00:51:13.405 prescription doses.

NOTE Confidence: 0.925841257894737

00:51:13.410 --> 00:51:15.048 So this is a very serious problem.

NOTE Confidence: 0.925841257894737

00:51:15.050 --> 00:51:16.352 I'm not going to spend a ton

NOTE Confidence: 0.925841257894737

00:51:16.352 --> 00:51:17.588 of time talking about this now.

NOTE Confidence: 0.925841257894737

00:51:17.590 --> 00:51:19.550 Happy to talk about it during Q&A.

NOTE Confidence: 0.925841257894737

00:51:19.550 --> 00:51:22.014 This is a paper I published last summer.
NOTE Confidence: 0.925841257894737

00:51:22.020 --> 00:51:25.132 Where I I made an argument that is
NOTE Confidence: 0.925841257894737

00:51:25.132 --> 00:51:28.220 not super popular among physicians,
NOTE Confidence: 0.925841257894737

00:51:28.220 --> 00:51:29.949 but I'm a year into getting feedback
NOTE Confidence: 0.925841257894737

00:51:29.949 --> 00:51:31.459 and re thinking and rethinking.
NOTE Confidence: 0.925841257894737

00:51:31.460 --> 00:51:33.240 And I stand by it.
NOTE Confidence: 0.925841257894737

00:51:33.240 --> 00:51:37.042 And what I argue in this paper is
NOTE Confidence: 0.925841257894737

00:51:37.042 --> 00:51:39.290 that is ethically impermissible.
NOTE Confidence: 0.925841257894737

00:51:39.290 --> 00:51:41.570 Two non consensually taper stable
NOTE Confidence: 0.925841257894737

00:51:41.570 --> 00:51:43.850 high dose chronic opioid therapy
NOTE Confidence: 0.925841257894737

00:51:43.924 --> 00:51:46.248 patients and stable is doing a lot
NOTE Confidence: 0.925841257894737

00:51:46.248 --> 00:51:48.390 of work there because there are
NOTE Confidence: 0.925841257894737

00:51:48.390 --> 00:51:50.903 times when I think a physician has
NOTE Confidence: 0.925841257894737

00:51:50.910 --> 00:51:52.950 to take control of prescribing,
NOTE Confidence: 0.925841257894737

00:51:52.950 --> 00:51:55.463 but we have this patient population that
NOTE Confidence: 0.925841257894737

00:51:55.463 --> 00:51:58.469 can be severely harmed by destabilizing them,

NOTE Confidence: 0.925841257894737
00:51:58.470 --> 00:51:59.922 putting them into withdrawal,
NOTE Confidence: 0.925841257894737
00:51:59.922 --> 00:52:02.495 and so I go through very carefully
NOTE Confidence: 0.925841257894737
00:52:02.495 --> 00:52:04.784 a case in this paper and say,
NOTE Confidence: 0.925841257894737
00:52:04.790 --> 00:52:06.998 I think these are harm expanding
NOTE Confidence: 0.925841257894737
00:52:06.998 --> 00:52:09.340 policies if we try to require.
NOTE Confidence: 0.925841257894737
00:52:09.340 --> 00:52:11.236 All patients to get to a lower dose,
NOTE Confidence: 0.925841257894737
00:52:11.240 --> 00:52:13.514 even if they are safe and
NOTE Confidence: 0.925841257894737
00:52:13.514 --> 00:52:15.500 stable on their current dose,
NOTE Confidence: 0.925841257894737
00:52:15.500 --> 00:52:18.410 and they might not be if we push them into
NOTE Confidence: 0.9432798775
00:52:18.479 --> 00:52:21.990 withdrawal or under medicated pain.
NOTE Confidence: 0.9432798775
00:52:21.990 --> 00:52:25.194 OK, so here's the general lesson from
NOTE Confidence: 0.9432798775
00:52:25.194 --> 00:52:26.608 this second part, and don't worry,
NOTE Confidence: 0.9432798775
00:52:26.608 --> 00:52:28.760 the third part is going to go faster.
NOTE Confidence: 0.9432798775
00:52:28.760 --> 00:52:31.100 The lesson is that dependence happens,
NOTE Confidence: 0.9432798775
00:52:31.100 --> 00:52:32.570 and so it has to be
NOTE Confidence: 0.9432798775

00:52:32.570 --> 00:52:33.780 somebody's job to treat it.

NOTE Confidence: 0.9432798775

00:52:33.780 --> 00:52:34.998 And it turns out there are different

NOTE Confidence: 0.9432798775

00:52:34.998 --> 00:52:36.218 ways in which dependent shows up.

NOTE Confidence: 0.9432798775

00:52:36.220 --> 00:52:38.250 There's routine dependence that happen

NOTE Confidence: 0.9432798775

00:52:38.250 --> 00:52:40.280 under trauma patients and reconstruction

NOTE Confidence: 0.9432798775

00:52:40.337 --> 00:52:42.187 patients and major surgery patients.

NOTE Confidence: 0.9432798775

00:52:42.190 --> 00:52:44.056 This also happens in cancer patients,

NOTE Confidence: 0.9432798775

00:52:44.060 --> 00:52:44.693 sickle cell patients,

NOTE Confidence: 0.9432798775

00:52:44.693 --> 00:52:46.799 and it's going to be a little bit different.

NOTE Confidence: 0.9432798775

00:52:46.800 --> 00:52:48.176 So with cancer patients,

NOTE Confidence: 0.9432798775

00:52:48.176 --> 00:52:49.896 when the cancer is survivable,

NOTE Confidence: 0.9432798775

00:52:49.900 --> 00:52:51.832 we want to treat their pain

NOTE Confidence: 0.9432798775

00:52:51.832 --> 00:52:52.476 very empathetically.

NOTE Confidence: 0.9432798775

00:52:52.480 --> 00:52:54.304 But we also need to remember

NOTE Confidence: 0.9432798775

00:52:54.304 --> 00:52:55.816 that hopefully they're going to

NOTE Confidence: 0.9432798775

00:52:55.816 --> 00:52:57.274 survive and live a long life.

NOTE Confidence: 0.9432798775

00:52:57.280 --> 00:53:00.280 And if we don't take care with prescribing.

NOTE Confidence: 0.9432798775

00:53:00.280 --> 00:53:02.079 We can turn them into these legacy

NOTE Confidence: 0.9432798775

00:53:02.079 --> 00:53:04.097 patients who find it very hard to ever

NOTE Confidence: 0.9432798775

00:53:04.097 --> 00:53:05.545 get off medication and that might

NOTE Confidence: 0.9432798775

00:53:05.545 --> 00:53:07.217 not be doing them a lot of good.

NOTE Confidence: 0.9432798775

00:53:07.220 --> 00:53:10.188 So there are a lot of these patients

NOTE Confidence: 0.9432798775

00:53:10.188 --> 00:53:12.154 populations that can develop

NOTE Confidence: 0.9432798775

00:53:12.154 --> 00:53:13.876 pretty profound dependencies,

NOTE Confidence: 0.9432798775

00:53:13.880 --> 00:53:16.454 and they all need somebody whose

NOTE Confidence: 0.9432798775

00:53:16.454 --> 00:53:18.458 job it is to treat them.

NOTE Confidence: 0.9432798775

00:53:18.460 --> 00:53:21.178 And it's not always addiction medicine.

NOTE Confidence: 0.9432798775

00:53:21.180 --> 00:53:24.320 OK. So I'm an ethicist.

NOTE Confidence: 0.9432798775

00:53:24.320 --> 00:53:26.102 I want to think in terms of some kind

NOTE Confidence: 0.9432798775

00:53:26.102 --> 00:53:28.038 of concrete methodology or framework,

NOTE Confidence: 0.9432798775

00:53:28.040 --> 00:53:28.628 so here goes.

NOTE Confidence: 0.89786153

00:53:31.410 --> 00:53:33.054 I think most of you have
NOTE Confidence: 0.89786153

00:53:33.054 --> 00:53:34.150 probably seen this graph.
NOTE Confidence: 0.89786153

00:53:34.150 --> 00:53:35.585 Oh shoot, I forgot to update again.
NOTE Confidence: 0.89786153

00:53:35.590 --> 00:53:37.048 We now have this CDC graph.
NOTE Confidence: 0.89786153

00:53:37.050 --> 00:53:39.605 We now have it up through 2019.
NOTE Confidence: 0.89786153

00:53:39.610 --> 00:53:41.444 We have the data through 2020 now,
NOTE Confidence: 0.89786153

00:53:41.450 --> 00:53:42.930 but I haven't seen it
NOTE Confidence: 0.89786153

00:53:42.930 --> 00:53:44.410 broken down by opioid type,
NOTE Confidence: 0.89786153

00:53:44.410 --> 00:53:45.950 but you'll get the relevant
NOTE Confidence: 0.89786153

00:53:45.950 --> 00:53:48.000 part of this graph, which is.
NOTE Confidence: 0.89786153

00:53:48.000 --> 00:53:50.025 So this is the overdose.
NOTE Confidence: 0.89786153

00:53:50.030 --> 00:53:52.526 Death rates involving opioids
NOTE Confidence: 0.89786153

00:53:52.526 --> 00:53:54.092 between 1999 and 2018.
NOTE Confidence: 0.89786153

00:53:54.092 --> 00:53:55.976 The general trends here continue for
NOTE Confidence: 0.89786153

00:53:55.976 --> 00:53:58.398 the next few years, but get worse.
NOTE Confidence: 0.89786153

00:53:58.398 --> 00:54:01.639 But the most relevant part is this top

NOTE Confidence: 0.89786153

00:54:01.639 --> 00:54:04.327 line that is kind of lavender ish.

NOTE Confidence: 0.89786153

00:54:04.330 --> 00:54:06.425 That is the overdose death

NOTE Confidence: 0.89786153

00:54:06.425 --> 00:54:08.101 rate from prescription opioids

NOTE Confidence: 0.89786153

00:54:08.101 --> 00:54:09.790 commonly prescribed opioids,

NOTE Confidence: 0.89786153

00:54:09.790 --> 00:54:14.599 and that number seems to kick off.

NOTE Confidence: 0.89786153

00:54:14.600 --> 00:54:16.496 What we now think of as

NOTE Confidence: 0.89786153

00:54:16.496 --> 00:54:17.760 the drug overdose crisis.

NOTE Confidence: 0.89786153

00:54:17.760 --> 00:54:19.320 So over the course of a

NOTE Confidence: 0.89786153

00:54:19.320 --> 00:54:20.860 little more than a decade,

NOTE Confidence: 0.89786153

00:54:20.860 --> 00:54:23.590 you have this huge increase and

NOTE Confidence: 0.89786153

00:54:23.590 --> 00:54:26.692 this looks like about a 400%

NOTE Confidence: 0.89786153

00:54:26.692 --> 00:54:29.274 increase between 1999 and 2010.

NOTE Confidence: 0.89786153

00:54:29.274 --> 00:54:31.144 What's really important to recognize

NOTE Confidence: 0.89786153

00:54:31.144 --> 00:54:33.429 is that during that same period,

NOTE Confidence: 0.89786153

00:54:33.430 --> 00:54:35.990 the volume of prescription opioids

NOTE Confidence: 0.89786153

00:54:35.990 --> 00:54:40.478 prescribed was about 400% what it was before,

NOTE Confidence: 0.89786153

00:54:40.480 --> 00:54:43.421 so that the increase rather was 400% so.

NOTE Confidence: 0.89786153

00:54:43.421 --> 00:54:46.487 The overdose death rate from commonly

NOTE Confidence: 0.89786153

00:54:46.487 --> 00:54:48.587 prescribed opioids increases lockstep

NOTE Confidence: 0.89786153

00:54:48.587 --> 00:54:51.527 with the volume of opioids prescribed.

NOTE Confidence: 0.89786153

00:54:51.530 --> 00:54:53.050 As we start to understand

NOTE Confidence: 0.89786153

00:54:53.050 --> 00:54:54.570 this in the late 2000s,

NOTE Confidence: 0.89786153

00:54:54.570 --> 00:54:57.570 there is the totally predictable backlash,

NOTE Confidence: 0.89786153

00:54:57.570 --> 00:54:59.010 and so we first get the

NOTE Confidence: 0.89786153

00:54:59.010 --> 00:55:00.390 language of the opioid crisis,

NOTE Confidence: 0.89786153

00:55:00.390 --> 00:55:01.510 then director of the CDC,

NOTE Confidence: 0.89786153

00:55:01.510 --> 00:55:02.962 Tom Frieden says look,

NOTE Confidence: 0.89786153

00:55:02.962 --> 00:55:04.051 the prescription opioid

NOTE Confidence: 0.89786153

00:55:04.051 --> 00:55:05.590 epidemic is doctor driven.

NOTE Confidence: 0.89786153

00:55:05.590 --> 00:55:08.956 It can be solved in part by doctors actions,

NOTE Confidence: 0.89786153

00:55:08.960 --> 00:55:11.472 and So what we get is we slowly

NOTE Confidence: 0.89786153
00:55:11.472 --> 00:55:14.230 get a decrease in the volume
NOTE Confidence: 0.89786153
00:55:14.230 --> 00:55:16.270 of opioids prescribed starting
NOTE Confidence: 0.89786153
00:55:16.270 --> 00:55:18.214 in the 2010 to 2012 range,
NOTE Confidence: 0.89786153
00:55:18.214 --> 00:55:20.196 and what you can see on this graph
NOTE Confidence: 0.89786153
00:55:20.196 --> 00:55:22.079 is it actually does start to work.
NOTE Confidence: 0.89786153
00:55:22.080 --> 00:55:24.090 In that narrow sense that I'm
NOTE Confidence: 0.89786153
00:55:24.090 --> 00:55:26.000 talking about of overdose deaths
NOTE Confidence: 0.89786153
00:55:26.000 --> 00:55:27.509 from prescription opioids,
NOTE Confidence: 0.89786153
00:55:27.510 --> 00:55:29.442 they do actually start to tick
NOTE Confidence: 0.89786153
00:55:29.442 --> 00:55:31.929 down as we tick down the volume.
NOTE Confidence: 0.89786153
00:55:31.930 --> 00:55:33.934 But does this all the overdose
NOTE Confidence: 0.89786153
00:55:33.934 --> 00:55:35.270 epidemic not even close?
NOTE Confidence: 0.89786153
00:55:35.270 --> 00:55:36.086 What happens instead,
NOTE Confidence: 0.89786153
00:55:36.086 --> 00:55:37.990 is there has started to be a
NOTE Confidence: 0.89786153
00:55:38.050 --> 00:55:39.630 transition to heroin already,
NOTE Confidence: 0.89786153

00:55:39.630 --> 00:55:41.135 and there's a really interesting
NOTE Confidence: 0.89786153

00:55:41.135 --> 00:55:42.640 story about heroin became really
NOTE Confidence: 0.89786153

00:55:42.696 --> 00:55:43.948 endemic across the country,
NOTE Confidence: 0.89786153

00:55:43.950 --> 00:55:47.324 and so as people are cut off
NOTE Confidence: 0.89786153

00:55:47.324 --> 00:55:48.770 from their opioids,
NOTE Confidence: 0.89786153

00:55:48.770 --> 00:55:50.830 and as the black market
NOTE Confidence: 0.89786153

00:55:50.830 --> 00:55:52.890 prescription opioid supply dries up,
NOTE Confidence: 0.89786153

00:55:52.890 --> 00:55:55.272 there is an incentivized transition to
NOTE Confidence: 0.89786153

00:55:55.272 --> 00:55:57.162 even cheaper, more accessible heroin,
NOTE Confidence: 0.89786153

00:55:57.162 --> 00:56:00.164 and so phase two with the CDC equals
NOTE Confidence: 0.89786153

00:56:00.164 --> 00:56:03.220 phase two of the opioid epidemic is heroin.
NOTE Confidence: 0.89786153

00:56:03.220 --> 00:56:05.246 And totally,
NOTE Confidence: 0.89786153

00:56:05.246 --> 00:56:06.259 predictably,
NOTE Confidence: 0.89786153

00:56:06.259 --> 00:56:10.476 once heroin is the real kind of
NOTE Confidence: 0.89786153

00:56:10.476 --> 00:56:12.240 driver of the drug overdose crisis,
NOTE Confidence: 0.89786153

00:56:12.240 --> 00:56:13.650 law enforcement cracks down on

NOTE Confidence: 0.89786153

00:56:13.650 --> 00:56:15.060 heroin and we have something

NOTE Confidence: 0.89786153

00:56:15.110 --> 00:56:16.640 called the iron law prohibition,

NOTE Confidence: 0.89786153

00:56:16.640 --> 00:56:18.150 which says when law enforcement

NOTE Confidence: 0.89786153

00:56:18.150 --> 00:56:19.660 cracks down on a substance,

NOTE Confidence: 0.89786153

00:56:19.660 --> 00:56:21.455 that substance is predictably going

NOTE Confidence: 0.89786153

00:56:21.455 --> 00:56:23.720 to become smaller and more potent,

NOTE Confidence: 0.89786153

00:56:23.720 --> 00:56:25.660 IE more easy to transmit,

NOTE Confidence: 0.89786153

00:56:25.660 --> 00:56:27.088 easier to transmit,

NOTE Confidence: 0.89786153

00:56:27.088 --> 00:56:28.040 and so,

NOTE Confidence: 0.89786153

00:56:28.040 --> 00:56:29.670 heroin starts getting cut with

NOTE Confidence: 0.89786153

00:56:29.670 --> 00:56:31.300 fentanyl and its chemical analogs,

NOTE Confidence: 0.89786153

00:56:31.300 --> 00:56:33.078 which is about 50 times more potent

NOTE Confidence: 0.89786153

00:56:33.078 --> 00:56:33.586 than heroin.

NOTE Confidence: 0.89786153

00:56:33.590 --> 00:56:36.310 Some of its analogs are way more potent,

NOTE Confidence: 0.89786153

00:56:36.310 --> 00:56:37.466 so we have carfentanyl's,

NOTE Confidence: 0.89786153

00:56:37.466 --> 00:56:39.200 the most potent one that I
NOTE Confidence: 0.924202945833333

00:56:39.264 --> 00:56:42.176 know of, which is about 10,000 times more
NOTE Confidence: 0.924202945833333

00:56:42.176 --> 00:56:45.238 potent than morphine commonly used as a
NOTE Confidence: 0.924202945833333

00:56:45.238 --> 00:56:47.980 sedative for large mammals like elephants.
NOTE Confidence: 0.924202945833333

00:56:47.980 --> 00:56:50.528 So fentanyl gets into the drug supply
NOTE Confidence: 0.924202945833333

00:56:50.528 --> 00:56:52.536 and overdoses from synthetic opioids
NOTE Confidence: 0.924202945833333

00:56:52.536 --> 00:56:55.074 like fentanyl and its analogs start
NOTE Confidence: 0.924202945833333

00:56:55.074 --> 00:56:57.721 shooting up and become the main driver
NOTE Confidence: 0.924202945833333

00:56:57.721 --> 00:56:59.664 of the opioid crisis, all right.
NOTE Confidence: 0.924202945833333

00:56:59.664 --> 00:57:01.049 Why is this walkthrough important?
NOTE Confidence: 0.924202945833333

00:57:01.050 --> 00:57:02.394 It's gonna be important for a couple reasons.
NOTE Confidence: 0.924202945833333

00:57:02.400 --> 00:57:04.720 The most important one is.
NOTE Confidence: 0.924202945833333

00:57:04.720 --> 00:57:07.505 Historically, we have this kind
NOTE Confidence: 0.924202945833333

00:57:07.505 --> 00:57:09.667 of cartoon view about opioids.
NOTE Confidence: 0.924202945833333

00:57:09.667 --> 00:57:12.110 Where if you think about her attitude
NOTE Confidence: 0.924202945833333

00:57:12.173 --> 00:57:14.435 about opioids arranged on a spectrum,

NOTE Confidence: 0.924202945833333

00:57:14.440 --> 00:57:17.888 we just bounce back and forth between one

NOTE Confidence: 0.924202945833333

00:57:17.888 --> 00:57:19.900 pole, which is just absolute restriction.

NOTE Confidence: 0.924202945833333

00:57:19.900 --> 00:57:21.814 ISM or prohibition even and so

NOTE Confidence: 0.924202945833333

00:57:21.814 --> 00:57:23.660 right now across the country,

NOTE Confidence: 0.924202945833333

00:57:23.660 --> 00:57:26.243 there are clinics you know hanging up

NOTE Confidence: 0.924202945833333

00:57:26.243 --> 00:57:29.100 signs saying we don't prescribe opioids.

NOTE Confidence: 0.924202945833333

00:57:29.100 --> 00:57:31.180 And when that happens, well,

NOTE Confidence: 0.924202945833333

00:57:31.180 --> 00:57:33.716 predictably, pain patients suffer,

NOTE Confidence: 0.924202945833333

00:57:33.716 --> 00:57:35.618 it becomes hard.

NOTE Confidence: 0.924202945833333

00:57:35.620 --> 00:57:37.580 We sometimes start taking opioids

NOTE Confidence: 0.924202945833333

00:57:37.580 --> 00:57:39.148 away from reasonable uses.

NOTE Confidence: 0.924202945833333

00:57:39.150 --> 00:57:40.836 When this happened the last time,

NOTE Confidence: 0.924202945833333

00:57:40.840 --> 00:57:43.577 so history lessons happened before in the

NOTE Confidence: 0.924202945833333

00:57:43.577 --> 00:57:45.920 20th century cancer patients end of life.

NOTE Confidence: 0.924202945833333

00:57:45.920 --> 00:57:47.152 Life patients started suffering

NOTE Confidence: 0.924202945833333

00:57:47.152 --> 00:57:49.560 and so then there was a backlash,
NOTE Confidence: 0.924202945833333
00:57:49.560 --> 00:57:50.865 a pain advocacy movement that
NOTE Confidence: 0.924202945833333
00:57:50.865 --> 00:57:52.739 made all the sense in the world.
NOTE Confidence: 0.924202945833333
00:57:52.740 --> 00:57:54.655 It ended up getting intertwined
NOTE Confidence: 0.924202945833333
00:57:54.655 --> 00:57:56.187 with pharmaceutical company money
NOTE Confidence: 0.924202945833333
00:57:56.187 --> 00:57:58.300 and we get two drugs for everyone.
NOTE Confidence: 0.924202945833333
00:57:58.300 --> 00:58:00.236 This is what started happening in the 1990s.
NOTE Confidence: 0.924202945833333
00:58:00.240 --> 00:58:01.970 Early 2000s opioids are the
NOTE Confidence: 0.924202945833333
00:58:01.970 --> 00:58:03.354 pill for every pain.
NOTE Confidence: 0.924202945833333
00:58:03.360 --> 00:58:05.352 The one to start with the
NOTE Confidence: 0.924202945833333
00:58:05.352 --> 00:58:07.240 one to stay with right?
NOTE Confidence: 0.924202945833333
00:58:07.240 --> 00:58:09.440 Both of these polls are,
NOTE Confidence: 0.924202945833333
00:58:09.440 --> 00:58:11.888 I think, indefensible.
NOTE Confidence: 0.924202945833333
00:58:11.890 --> 00:58:12.310 Also,
NOTE Confidence: 0.924202945833333
00:58:12.310 --> 00:58:13.990 restriction ISM says that
NOTE Confidence: 0.924202945833333
00:58:13.990 --> 00:58:15.250 opioids aren't helpful,

NOTE Confidence: 0.924202945833333

00:58:15.250 --> 00:58:16.930 ever, but we know they are.

NOTE Confidence: 0.924202945833333

00:58:16.930 --> 00:58:19.010 They're really good analgesics for

NOTE Confidence: 0.924202945833333

00:58:19.010 --> 00:58:21.563 some forms of severe acute pain

NOTE Confidence: 0.924202945833333

00:58:21.563 --> 00:58:23.939 and probably good tools for some

NOTE Confidence: 0.924202945833333

00:58:23.939 --> 00:58:26.290 forms of intractable chronic pain

NOTE Confidence: 0.924202945833333

00:58:26.290 --> 00:58:29.860 that has proven intractable even

NOTE Confidence: 0.924202945833333

00:58:29.860 --> 00:58:31.390 in the face of other modalities.

NOTE Confidence: 0.924202945833333

00:58:31.390 --> 00:58:32.282 Sorry, that was methyl,

NOTE Confidence: 0.924202945833333

00:58:32.282 --> 00:58:34.390 but I'm not going to weigh in here on that,

NOTE Confidence: 0.924202945833333

00:58:34.390 --> 00:58:36.046 but there are probably chronic pain

NOTE Confidence: 0.924202945833333

00:58:36.046 --> 00:58:37.937 patients who need a very carefully

NOTE Confidence: 0.924202945833333

00:58:37.937 --> 00:58:39.409 monitored opioid therapy too,

NOTE Confidence: 0.924202945833333

00:58:39.410 --> 00:58:40.766 but what we know is generally

NOTE Confidence: 0.924202945833333

00:58:40.766 --> 00:58:42.080 that there's uses for opioids.

NOTE Confidence: 0.924202945833333

00:58:42.080 --> 00:58:43.056 Trism doesn't make sense,

NOTE Confidence: 0.924202945833333

00:58:43.056 --> 00:58:44.276 but that doesn't mean the
NOTE Confidence: 0.924202945833333

00:58:44.276 --> 00:58:45.640 drugs for everyone makes sense,
NOTE Confidence: 0.924202945833333

00:58:45.640 --> 00:58:47.305 so here's the most unhelpful
NOTE Confidence: 0.924202945833333

00:58:47.305 --> 00:58:48.637 graphic you've ever seen.
NOTE Confidence: 0.924202945833333

00:58:48.640 --> 00:58:50.568 We need to be somewhere in the middle, right?
NOTE Confidence: 0.924202945833333

00:58:50.568 --> 00:58:52.416 And I know that's really unhelpful,
NOTE Confidence: 0.924202945833333

00:58:52.420 --> 00:58:53.080 said in that way,
NOTE Confidence: 0.924202945833333

00:58:53.080 --> 00:58:54.380 so I'm going to try to give
NOTE Confidence: 0.924202945833333

00:58:54.380 --> 00:58:55.436 you some concrete guidance.
NOTE Confidence: 0.924202945833333

00:58:55.440 --> 00:58:58.320 What does it look like to have a
NOTE Confidence: 0.924202945833333

00:58:58.320 --> 00:59:00.992 more nuanced view on responsible
NOTE Confidence: 0.924202945833333

00:59:00.992 --> 00:59:02.240 opioid prescribing?
NOTE Confidence: 0.924202945833333

00:59:02.240 --> 00:59:03.717 I think we have to break it
NOTE Confidence: 0.924202945833333

00:59:03.717 --> 00:59:04.960 out into three components,
NOTE Confidence: 0.924202945833333

00:59:04.960 --> 00:59:07.004 so I'm going to spend just a
NOTE Confidence: 0.924202945833333

00:59:07.004 --> 00:59:08.570 couple minutes talking about each.

NOTE Confidence: 0.924202945833333
00:59:08.570 --> 00:59:10.832 We do need to talk about
NOTE Confidence: 0.924202945833333
00:59:10.832 --> 00:59:11.586 appropriate initiation.
NOTE Confidence: 0.924202945833333
00:59:11.590 --> 00:59:15.358 When do you use opioids responsibly?
NOTE Confidence: 0.924202945833333
00:59:15.360 --> 00:59:17.236 But we also need to talk about
NOTE Confidence: 0.924202945833333
00:59:17.236 --> 00:59:18.859 managing them over the long term.
NOTE Confidence: 0.924202945833333
00:59:18.860 --> 00:59:21.359 And discontinuing them.
NOTE Confidence: 0.924202945833333
00:59:21.360 --> 00:59:23.408 And one of my main points by breaking
NOTE Confidence: 0.924202945833333
00:59:23.408 --> 00:59:25.535 it out at these three is how we
NOTE Confidence: 0.924202945833333
00:59:25.535 --> 00:59:27.250 always talk about the first one and
NOTE Confidence: 0.924202945833333
00:59:27.310 --> 00:59:29.214 act like the other two don't exist.
NOTE Confidence: 0.924202945833333
00:59:29.220 --> 00:59:31.236 So let's do talk about the first one.
NOTE Confidence: 0.924202945833333
00:59:31.240 --> 00:59:33.535 Show that it's pretty hard in and of itself,
NOTE Confidence: 0.960213232142857
00:59:33.540 --> 00:59:35.080 right? But then make sure that we
NOTE Confidence: 0.960213232142857
00:59:35.080 --> 00:59:36.639 get the other ones in there too.
NOTE Confidence: 0.960213232142857
00:59:36.640 --> 00:59:37.939 So appropriate initiation.
NOTE Confidence: 0.960213232142857

00:59:37.939 --> 00:59:40.970 The thing that makes us really hard
NOTE Confidence: 0.960213232142857

00:59:41.040 --> 00:59:42.398 is I just said opioids are good,
NOTE Confidence: 0.960213232142857

00:59:42.400 --> 00:59:44.956 sometimes right? They're not evil drugs.
NOTE Confidence: 0.960213232142857

00:59:44.960 --> 00:59:45.746 They have value.
NOTE Confidence: 0.960213232142857

00:59:45.746 --> 00:59:47.580 Which is to say they provide a
NOTE Confidence: 0.960213232142857

00:59:47.637 --> 00:59:49.307 benefit of severe pain relief.
NOTE Confidence: 0.960213232142857

00:59:49.310 --> 00:59:51.334 But of course, there's a risk of opioid
NOTE Confidence: 0.960213232142857

00:59:51.334 --> 00:59:53.327 exposure at risk of tolerance dependence.
NOTE Confidence: 0.960213232142857

00:59:53.330 --> 00:59:54.410 Other things that we haven't
NOTE Confidence: 0.960213232142857

00:59:54.410 --> 00:59:55.490 talked about like increased falls,
NOTE Confidence: 0.960213232142857

00:59:55.490 --> 00:59:56.674 especially in the elderly.
NOTE Confidence: 0.960213232142857

00:59:56.674 --> 00:59:58.450 But of course the prominent one.
NOTE Confidence: 0.960213232142857

00:59:58.450 --> 00:59:59.836 Addiction and overdose.
NOTE Confidence: 0.960213232142857

00:59:59.836 --> 01:00:03.686 OK, when we're in the face of a
NOTE Confidence: 0.960213232142857

01:00:03.686 --> 01:00:05.886 heightened sense of those risks.
NOTE Confidence: 0.960213232142857

01:00:05.886 --> 01:00:07.981 We sometimes act like that's

NOTE Confidence: 0.960213232142857
01:00:07.981 --> 01:00:10.350 the only component and overlook
NOTE Confidence: 0.960213232142857
01:00:10.350 --> 01:00:13.146 that there's any benefit at all,
NOTE Confidence: 0.960213232142857
01:00:13.150 --> 01:00:15.534 and so I think in a moment where
NOTE Confidence: 0.960213232142857
01:00:15.534 --> 01:00:17.646 the majority of the talk about
NOTE Confidence: 0.960213232142857
01:00:17.646 --> 01:00:18.726 opioids is negative,
NOTE Confidence: 0.960213232142857
01:00:18.730 --> 01:00:20.816 we're already going to have a harder
NOTE Confidence: 0.960213232142857
01:00:20.816 --> 01:00:23.428 time doing this balancing job than we should,
NOTE Confidence: 0.960213232142857
01:00:23.430 --> 01:00:25.230 because we're not going to
NOTE Confidence: 0.960213232142857
01:00:25.230 --> 01:00:26.670 remember all the time.
NOTE Confidence: 0.960213232142857
01:00:26.670 --> 01:00:28.536 I had a really dear friend
NOTE Confidence: 0.960213232142857
01:00:28.536 --> 01:00:30.050 and colleague say to me.
NOTE Confidence: 0.960213232142857
01:00:30.050 --> 01:00:32.262 On two different occasions,
NOTE Confidence: 0.960213232142857
01:00:32.262 --> 01:00:35.250 a clinician that I would rather my
NOTE Confidence: 0.960213232142857
01:00:35.250 --> 01:00:38.100 patients be in pain than to ever be.
NOTE Confidence: 0.960213232142857
01:00:38.100 --> 01:00:41.169 The person who is part of the causal chain
NOTE Confidence: 0.960213232142857

01:00:41.169 --> 01:00:44.125 that led them to addiction and overdose.
NOTE Confidence: 0.960213232142857

01:00:44.130 --> 01:00:46.410 And I get it.
NOTE Confidence: 0.960213232142857

01:00:46.410 --> 01:00:48.970 But it's also untenable.
NOTE Confidence: 0.960213232142857

01:00:48.970 --> 01:00:50.890 Because clinicians cause
NOTE Confidence: 0.960213232142857

01:00:50.890 --> 01:00:53.983 risk of harm all the time,
NOTE Confidence: 0.960213232142857

01:00:53.983 --> 01:00:55.547 that's what surgery is.
NOTE Confidence: 0.960213232142857

01:00:55.550 --> 01:00:56.810 We risk infection every
NOTE Confidence: 0.960213232142857

01:00:56.810 --> 01:00:58.385 time we cut somebody open.
NOTE Confidence: 0.960213232142857

01:00:58.390 --> 01:01:00.100 There's a chance of a devastating
NOTE Confidence: 0.960213232142857

01:01:00.100 --> 01:01:02.190 outcome with most of medicine and all.
NOTE Confidence: 0.960213232142857

01:01:02.190 --> 01:01:04.190 Pharmacology has side effects,
NOTE Confidence: 0.960213232142857

01:01:04.190 --> 01:01:07.190 so acting like no benefit could
NOTE Confidence: 0.960213232142857

01:01:07.272 --> 01:01:09.978 outweigh even a tiny risk is
NOTE Confidence: 0.960213232142857

01:01:09.978 --> 01:01:11.782 not good moral mathematics.
NOTE Confidence: 0.960213232142857

01:01:11.790 --> 01:01:13.075 It's made harder because we
NOTE Confidence: 0.960213232142857

01:01:13.075 --> 01:01:14.600 can't just do the balancing act.

NOTE Confidence: 0.960213232142857
01:01:14.600 --> 01:01:15.926 We have to do it fairly.
NOTE Confidence: 0.960213232142857
01:01:15.930 --> 01:01:18.072 We have to do it in a just way,
NOTE Confidence: 0.960213232142857
01:01:18.080 --> 01:01:19.658 and so I think most people
NOTE Confidence: 0.960213232142857
01:01:19.658 --> 01:01:20.447 here probably know.
NOTE Confidence: 0.960213232142857
01:01:20.450 --> 01:01:22.170 That's really hard to do with pain medicine,
NOTE Confidence: 0.960213232142857
01:01:22.170 --> 01:01:23.510 'cause it's a backdrop.
NOTE Confidence: 0.960213232142857
01:01:23.510 --> 01:01:26.229 It's against a backdrop of racism and sexism,
NOTE Confidence: 0.960213232142857
01:01:26.230 --> 01:01:28.254 and we have lots of good data that
NOTE Confidence: 0.960213232142857
01:01:28.254 --> 01:01:30.299 say that clinicians are more likely
NOTE Confidence: 0.960213232142857
01:01:30.299 --> 01:01:32.519 to prescribe opioids to white people
NOTE Confidence: 0.960213232142857
01:01:32.586 --> 01:01:34.938 than to black people or Hispanic people.
NOTE Confidence: 0.960213232142857
01:01:34.940 --> 01:01:36.806 They are more likely to prescribe
NOTE Confidence: 0.960213232142857
01:01:36.806 --> 01:01:38.709 opioids than men rather than women,
NOTE Confidence: 0.960213232142857
01:01:38.710 --> 01:01:41.258 and this is unsurprising because it goes
NOTE Confidence: 0.960213232142857
01:01:41.258 --> 01:01:43.878 against long racist and misogynistic tropes.
NOTE Confidence: 0.960213232142857

01:01:43.880 --> 01:01:45.206 It goes along with these tropes,
NOTE Confidence: 0.960213232142857

01:01:45.210 --> 01:01:45.582 right?
NOTE Confidence: 0.960213232142857

01:01:45.582 --> 01:01:48.186 So the language of hysteria is applied
NOTE Confidence: 0.960213232142857

01:01:48.186 --> 01:01:50.660 to women who complain too loudly.
NOTE Confidence: 0.960213232142857

01:01:50.660 --> 01:01:51.611 Of pain, right?
NOTE Confidence: 0.960213232142857

01:01:51.611 --> 01:01:52.879 They're just being hysterical,
NOTE Confidence: 0.960213232142857

01:01:52.880 --> 01:01:55.547 so they don't need it as badly,
NOTE Confidence: 0.960213232142857

01:01:55.550 --> 01:01:57.806 and the language of drug seeker
NOTE Confidence: 0.960213232142857

01:01:57.806 --> 01:01:59.728 gets applied to minorities more
NOTE Confidence: 0.960213232142857

01:01:59.728 --> 01:02:01.458 often than to white people.
NOTE Confidence: 0.960213232142857

01:02:01.460 --> 01:02:03.798 So doing the balancing is hard enough
NOTE Confidence: 0.960213232142857

01:02:03.798 --> 01:02:06.439 and we have to do it in a just way,
NOTE Confidence: 0.960213232142857

01:02:06.440 --> 01:02:08.876 which means keeping in mind a
NOTE Confidence: 0.960213232142857

01:02:08.876 --> 01:02:11.411 background of biases and stereotypes
NOTE Confidence: 0.960213232142857

01:02:11.411 --> 01:02:12.948 constantly so appropriate.
NOTE Confidence: 0.960213232142857

01:02:12.948 --> 01:02:14.718 Initiation is already hard enough.

NOTE Confidence: 0.960213232142857
01:02:14.720 --> 01:02:17.132 When do you use opioids and in what amount?
NOTE Confidence: 0.960213232142857
01:02:17.140 --> 01:02:18.239 We just need a ton of data.
NOTE Confidence: 0.960213232142857
01:02:18.240 --> 01:02:19.716 Also, we're getting better at that,
NOTE Confidence: 0.960213232142857
01:02:19.720 --> 01:02:21.733 but the ethics?
NOTE Confidence: 0.960213232142857
01:02:21.733 --> 01:02:23.746 Doesn't get easier.
NOTE Confidence: 0.960213232142857
01:02:23.750 --> 01:02:25.472 We also have to do more
NOTE Confidence: 0.960213232142857
01:02:25.472 --> 01:02:26.046 appropriate initiation,
NOTE Confidence: 0.960213232142857
01:02:26.050 --> 01:02:27.054 gets all the play,
NOTE Confidence: 0.960213232142857
01:02:27.054 --> 01:02:28.560 all the studies come out showing
NOTE Confidence: 0.899005642916667
01:02:28.615 --> 01:02:30.739 look it turns out you can do most routine
NOTE Confidence: 0.899005642916667
01:02:30.739 --> 01:02:32.608 wisdom teeth extraction with ibuprofen.
NOTE Confidence: 0.899005642916667
01:02:32.610 --> 01:02:34.278 Acetaminophen with no clinical
NOTE Confidence: 0.899005642916667
01:02:34.278 --> 01:02:36.590 difference in pain reports. That's great.
NOTE Confidence: 0.899005642916667
01:02:36.590 --> 01:02:38.830 Keep collecting the data we need it
NOTE Confidence: 0.899005642916667
01:02:38.830 --> 01:02:40.859 for all the surgeries Hopkins does
NOTE Confidence: 0.899005642916667

01:02:40.859 --> 01:02:43.080 some of some of this data collecting
NOTE Confidence: 0.899005642916667

01:02:43.080 --> 01:02:44.328 and recommending Michigan open
NOTE Confidence: 0.899005642916667

01:02:44.328 --> 01:02:45.703 the opioid prescribing engagement
NOTE Confidence: 0.899005642916667

01:02:45.703 --> 01:02:47.388 network does a really fantastic
NOTE Confidence: 0.899005642916667

01:02:47.388 --> 01:02:49.350 job of disseminating this stuff.
NOTE Confidence: 0.899005642916667

01:02:49.350 --> 01:02:50.085 Keep doing it.
NOTE Confidence: 0.899005642916667

01:02:50.085 --> 01:02:52.173 We need more as long as we're prescribing
NOTE Confidence: 0.899005642916667

01:02:52.173 --> 01:02:54.364 opioids for more than a few days.
NOTE Confidence: 0.899005642916667

01:02:54.370 --> 01:02:56.090 Some of the time.
NOTE Confidence: 0.899005642916667

01:02:56.090 --> 01:02:57.810 Gotta manage it right,
NOTE Confidence: 0.899005642916667

01:02:57.810 --> 01:02:59.530 and so I think a big part of
NOTE Confidence: 0.899005642916667

01:02:59.530 --> 01:03:00.449 the problem is that.
NOTE Confidence: 0.899005642916667

01:03:00.450 --> 01:03:03.024 When we decided we decided as
NOTE Confidence: 0.899005642916667

01:03:03.024 --> 01:03:05.209 generous right when medicine and
NOTE Confidence: 0.899005642916667

01:03:05.209 --> 01:03:07.554 medical education made the decision
NOTE Confidence: 0.899005642916667

01:03:07.554 --> 01:03:10.650 that pain didn't require a ton of

NOTE Confidence: 0.899005642916667
01:03:10.650 --> 01:03:12.174 expertise and medical students
NOTE Confidence: 0.899005642916667
01:03:12.174 --> 01:03:15.077 didn't get a lot of formal training.
NOTE Confidence: 0.899005642916667
01:03:15.080 --> 01:03:17.964 They sent the message that opioids or
NOTE Confidence: 0.899005642916667
01:03:17.964 --> 01:03:20.430 something like antibiotics like you use them,
NOTE Confidence: 0.899005642916667
01:03:20.430 --> 01:03:20.928 you know,
NOTE Confidence: 0.899005642916667
01:03:20.928 --> 01:03:22.173 use antibiotics for bacterial and
NOTE Confidence: 0.899005642916667
01:03:22.173 --> 01:03:23.427 viral infections and everyone who
NOTE Confidence: 0.899005642916667
01:03:23.427 --> 01:03:24.347 practices medicine really should
NOTE Confidence: 0.899005642916667
01:03:24.347 --> 01:03:26.105 be able to do this and write the
NOTE Confidence: 0.899005642916667
01:03:26.105 --> 01:03:27.299 prescription in your job is done
NOTE Confidence: 0.899005642916667
01:03:27.300 --> 01:03:29.211 and make sure that they take you
NOTE Confidence: 0.899005642916667
01:03:29.211 --> 01:03:31.020 know the right number of pills.
NOTE Confidence: 0.899005642916667
01:03:31.020 --> 01:03:32.556 But opioids are not like antibiotics.
NOTE Confidence: 0.899005642916667
01:03:32.560 --> 01:03:34.070 In a lot of ways,
NOTE Confidence: 0.899005642916667
01:03:34.070 --> 01:03:36.166 but one of them is that the risk
NOTE Confidence: 0.899005642916667

01:03:36.166 --> 01:03:37.491 profile changes over the time
NOTE Confidence: 0.899005642916667

01:03:37.491 --> 01:03:39.213 and so you have to be regularly
NOTE Confidence: 0.899005642916667

01:03:39.272 --> 01:03:40.857 checking in with patients in.
NOTE Confidence: 0.899005642916667

01:03:40.860 --> 01:03:42.570 This can involve things like
NOTE Confidence: 0.899005642916667

01:03:42.570 --> 01:03:43.596 behavioral health assessments
NOTE Confidence: 0.899005642916667

01:03:43.600 --> 01:03:45.000 if they're still on opioids,
NOTE Confidence: 0.899005642916667

01:03:45.000 --> 01:03:47.247 do they need a pain specialist or
NOTE Confidence: 0.899005642916667

01:03:47.247 --> 01:03:49.568 do they need to potentially have
NOTE Confidence: 0.899005642916667

01:03:49.568 --> 01:03:51.416 an in some form of intervention?
NOTE Confidence: 0.899005642916667

01:03:51.420 --> 01:03:53.724 Since the addiction medicine
NOTE Confidence: 0.899005642916667

01:03:53.724 --> 01:03:56.028 to prevent problematic use,
NOTE Confidence: 0.899005642916667

01:03:56.030 --> 01:03:57.356 so we need these screening tools
NOTE Confidence: 0.899005642916667

01:03:57.356 --> 01:03:58.772 not only for science and misuse
NOTE Confidence: 0.899005642916667

01:03:58.772 --> 01:03:59.498 in developing use,
NOTE Confidence: 0.899005642916667

01:03:59.500 --> 01:04:01.789 sort of but also for physical dependence.
NOTE Confidence: 0.899005642916667

01:04:01.790 --> 01:04:04.286 Because that's not cost less right?

NOTE Confidence: 0.899005642916667
01:04:04.290 --> 01:04:07.946 And a big part of this management job
NOTE Confidence: 0.899005642916667
01:04:07.950 --> 01:04:10.206 is treating opioid prescribing as if
NOTE Confidence: 0.899005642916667
01:04:10.206 --> 01:04:12.130 it requires actual informed consent
NOTE Confidence: 0.899005642916667
01:04:12.130 --> 01:04:14.650 and not just handing over a prescription.
NOTE Confidence: 0.899005642916667
01:04:14.650 --> 01:04:15.758 These are pretty complicated
NOTE Confidence: 0.899005642916667
01:04:15.758 --> 01:04:17.143 drugs to take and use,
NOTE Confidence: 0.899005642916667
01:04:17.150 --> 01:04:18.170 and to understand the risk,
NOTE Confidence: 0.899005642916667
01:04:18.170 --> 01:04:19.760 benefit profile of and if
NOTE Confidence: 0.899005642916667
01:04:19.760 --> 01:04:21.750 you want an example of that,
NOTE Confidence: 0.899005642916667
01:04:21.750 --> 01:04:22.968 I'm a professor and my wife,
NOTE Confidence: 0.899005642916667
01:04:22.970 --> 01:04:24.840 the scientist.
NOTE Confidence: 0.899005642916667
01:04:24.840 --> 01:04:28.008 And it never dawned on us to think carefully
NOTE Confidence: 0.899005642916667
01:04:28.008 --> 01:04:30.975 about the pain regiment that I was put on.
NOTE Confidence: 0.899005642916667
01:04:30.980 --> 01:04:32.068 Shame on us maybe,
NOTE Confidence: 0.899005642916667
01:04:32.068 --> 01:04:33.428 but I don't think so.
NOTE Confidence: 0.899005642916667

01:04:33.430 --> 01:04:35.722 I think by and large patients
NOTE Confidence: 0.899005642916667

01:04:35.722 --> 01:04:37.785 trust their doctors to help
NOTE Confidence: 0.899005642916667

01:04:37.785 --> 01:04:39.609 them make those decisions.
NOTE Confidence: 0.899005642916667

01:04:39.610 --> 01:04:39.915 Obviously,
NOTE Confidence: 0.899005642916667

01:04:39.915 --> 01:04:40.830 appropriate discontinuation is
NOTE Confidence: 0.899005642916667

01:04:40.830 --> 01:04:42.980 pretty near and dear to my heart.
NOTE Confidence: 0.855968746923077

01:04:45.810 --> 01:04:47.034 This is David Juurlink.
NOTE Confidence: 0.855968746923077

01:04:47.034 --> 01:04:50.228 He's he's kind of a a social media buddy.
NOTE Confidence: 0.855968746923077

01:04:50.230 --> 01:04:53.488 Over recent years when I gave my Ted talk,
NOTE Confidence: 0.855968746923077

01:04:53.490 --> 01:04:54.942 he started using it.
NOTE Confidence: 0.855968746923077

01:04:54.942 --> 01:04:56.394 When he educates residents
NOTE Confidence: 0.855968746923077

01:04:56.394 --> 01:04:58.228 and fellows and Med students,
NOTE Confidence: 0.855968746923077

01:04:58.230 --> 01:04:59.868 and so we got to know each other a
NOTE Confidence: 0.855968746923077

01:04:59.868 --> 01:05:01.515 bit and and so now I've shamelessly
NOTE Confidence: 0.855968746923077

01:05:01.515 --> 01:05:03.260 stolen from him a really great line
NOTE Confidence: 0.855968746923077

01:05:03.260 --> 01:05:05.010 and maybe I should have just given

NOTE Confidence: 0.855968746923077
01:05:05.010 --> 01:05:06.984 this line instead of the whole talk.
NOTE Confidence: 0.855968746923077
01:05:06.990 --> 01:05:09.027 But he says don't fly a plane
NOTE Confidence: 0.855968746923077
01:05:09.027 --> 01:05:11.159 if you don't know how to land.
NOTE Confidence: 0.855968746923077
01:05:11.160 --> 01:05:13.920 And that's the encapsulation of the
NOTE Confidence: 0.855968746923077
01:05:13.920 --> 01:05:15.272 discontinuation requirement, right?
NOTE Confidence: 0.855968746923077
01:05:15.272 --> 01:05:17.502 If opioids are prescribed for
NOTE Confidence: 0.855968746923077
01:05:17.502 --> 01:05:20.019 more than a couple of days,
NOTE Confidence: 0.855968746923077
01:05:20.020 --> 01:05:21.672 somebody who's going to be involved in
NOTE Confidence: 0.855968746923077
01:05:21.672 --> 01:05:23.585 the care of that patient needs to know
NOTE Confidence: 0.855968746923077
01:05:23.585 --> 01:05:25.360 how to get the patient off of them.
NOTE Confidence: 0.855968746923077
01:05:25.360 --> 01:05:28.015 Three weeks in five weeks in eight weeks in,
NOTE Confidence: 0.855968746923077
01:05:28.020 --> 01:05:29.819 or that there's going to have to
NOTE Confidence: 0.855968746923077
01:05:29.819 --> 01:05:31.760 be some transition at some point if
NOTE Confidence: 0.855968746923077
01:05:31.760 --> 01:05:33.160 it develops into problematic use,
NOTE Confidence: 0.855968746923077
01:05:33.160 --> 01:05:36.632 there has to be a plan and a
NOTE Confidence: 0.855968746923077

01:05:36.632 --> 01:05:38.852 structural mechanism in place to make

NOTE Confidence: 0.855968746923077

01:05:38.852 --> 01:05:40.508 sure that people who are prescribed

NOTE Confidence: 0.855968746923077

01:05:40.508 --> 01:05:41.460 opioids have a path.

NOTE Confidence: 0.855968746923077

01:05:41.460 --> 01:05:42.825 Off now notice that one part of

NOTE Confidence: 0.855968746923077

01:05:42.825 --> 01:05:44.177 this is just routine tapering and

NOTE Confidence: 0.855968746923077

01:05:44.177 --> 01:05:45.850 I'm not going to walk you through

NOTE Confidence: 0.855968746923077

01:05:45.904 --> 01:05:47.486 this 'cause today it's not my job

NOTE Confidence: 0.855968746923077

01:05:47.486 --> 01:05:49.614 to actually teach you how to taper.

NOTE Confidence: 0.855968746923077

01:05:49.614 --> 01:05:51.058 Although relevantly I could,

NOTE Confidence: 0.855968746923077

01:05:51.060 --> 01:05:52.800 even if not as an MD,

NOTE Confidence: 0.855968746923077

01:05:52.800 --> 01:05:54.340 I could teach you how to taper

NOTE Confidence: 0.855968746923077

01:05:54.340 --> 01:05:55.759 because it's not rocket science.

NOTE Confidence: 0.855968746923077

01:05:55.760 --> 01:05:57.840 And so here is the front and back

NOTE Confidence: 0.855968746923077

01:05:57.840 --> 01:06:00.117 of a bookmark that I consulted

NOTE Confidence: 0.855968746923077

01:06:00.117 --> 01:06:01.797 with the Atom alliance,

NOTE Confidence: 0.855968746923077

01:06:01.800 --> 01:06:04.150 who were contractors for CMSA

NOTE Confidence: 0.855968746923077
01:06:04.150 --> 01:06:06.589 few years ago and I've worked
NOTE Confidence: 0.855968746923077
01:06:06.589 --> 01:06:08.647 on a couple more since then.
NOTE Confidence: 0.855968746923077
01:06:08.650 --> 01:06:10.778 They all have similar sorts of parts,
NOTE Confidence: 0.855968746923077
01:06:10.780 --> 01:06:12.874 but for routine.
NOTE Confidence: 0.855968746923077
01:06:12.874 --> 01:06:14.868 Opioid withdrawal management.
NOTE Confidence: 0.855968746923077
01:06:14.868 --> 01:06:19.652 You you don't need a ton of education,
NOTE Confidence: 0.855968746923077
01:06:19.660 --> 01:06:20.916 you need some time.
NOTE Confidence: 0.855968746923077
01:06:20.916 --> 01:06:23.642 You need to think through several of the
NOTE Confidence: 0.855968746923077
01:06:23.642 --> 01:06:25.597 steps here about slow individualized
NOTE Confidence: 0.855968746923077
01:06:25.597 --> 01:06:27.600 rates about counseling your patient,
NOTE Confidence: 0.855968746923077
01:06:27.600 --> 01:06:30.088 and you need to commit to walk with
NOTE Confidence: 0.855968746923077
01:06:30.088 --> 01:06:32.807 them and then in some complicated cases
NOTE Confidence: 0.855968746923077
01:06:32.807 --> 01:06:34.820 there are pharma pharmaceutical options
NOTE Confidence: 0.855968746923077
01:06:34.820 --> 01:06:37.220 that can help manage withdrawal symptoms.
NOTE Confidence: 0.855968746923077
01:06:37.220 --> 01:06:38.100 And then of course,
NOTE Confidence: 0.855968746923077

01:06:38.100 --> 01:06:39.200 those come with all sorts
NOTE Confidence: 0.855968746923077

01:06:39.200 --> 01:06:40.440 of cautions and caveats,
NOTE Confidence: 0.855968746923077

01:06:40.440 --> 01:06:42.816 just not my job to teach you that today,
NOTE Confidence: 0.855968746923077

01:06:42.820 --> 01:06:44.815 but these tools now exist and they're
NOTE Confidence: 0.855968746923077

01:06:44.815 --> 01:06:47.257 pretty easy to use for routine maintenance.
NOTE Confidence: 0.855968746923077

01:06:47.260 --> 01:06:49.588 Have routine withdrawal management.
NOTE Confidence: 0.855968746923077

01:06:49.588 --> 01:06:53.380 We could have a workforce of people who
NOTE Confidence: 0.855968746923077

01:06:53.380 --> 01:06:56.384 know how to get patients off of three
NOTE Confidence: 0.855968746923077

01:06:56.384 --> 01:06:59.456 weeks of opioids or five weeks of opioids.
NOTE Confidence: 0.855968746923077

01:06:59.460 --> 01:07:00.117 OK,
NOTE Confidence: 0.855968746923077

01:07:00.117 --> 01:07:03.402 so there is my tripartite
NOTE Confidence: 0.855968746923077

01:07:03.402 --> 01:07:05.373 responsible prescribing principle.
NOTE Confidence: 0.855968746923077

01:07:05.380 --> 01:07:07.603 Here is what I want to leave you with.
NOTE Confidence: 0.96913945

01:07:10.680 --> 01:07:13.200 Remember that it doesn't solve the
NOTE Confidence: 0.96913945

01:07:13.200 --> 01:07:15.464 drug overdose crisis I just gave you
NOTE Confidence: 0.96913945

01:07:15.464 --> 01:07:18.000 what I think are a ton of reasons for

NOTE Confidence: 0.96913945
01:07:18.000 --> 01:07:20.100 making sure that the health care system,
NOTE Confidence: 0.96913945
01:07:20.100 --> 01:07:21.840 medicine individual clinicians do
NOTE Confidence: 0.96913945
01:07:21.840 --> 01:07:24.450 better by patients who are prescribed
NOTE Confidence: 0.96913945
01:07:24.515 --> 01:07:26.695 opioids that they are responsibly
NOTE Confidence: 0.96913945
01:07:26.695 --> 01:07:28.439 prescribed in particular ways.
NOTE Confidence: 0.96913945
01:07:28.440 --> 01:07:30.996 But look again at this graph and
NOTE Confidence: 0.96913945
01:07:30.996 --> 01:07:34.550 realize that of the 100,000 plus people
NOTE Confidence: 0.96913945
01:07:34.550 --> 01:07:37.280 who died from drug overdose in 2020,
NOTE Confidence: 0.96913945
01:07:37.280 --> 01:07:39.268 the majority of them are now from.
NOTE Confidence: 0.96913945
01:07:39.270 --> 01:07:42.048 Fentanyl miss analogues from illicit drugs.
NOTE Confidence: 0.96913945
01:07:42.050 --> 01:07:43.730 The minority now involve
NOTE Confidence: 0.96913945
01:07:43.730 --> 01:07:44.570 pharmaceutical opioids,
NOTE Confidence: 0.96913945
01:07:44.570 --> 01:07:47.220 and those are very often
NOTE Confidence: 0.96913945
01:07:47.220 --> 01:07:50.005 polypharmacy We have to do better
NOTE Confidence: 0.96913945
01:07:50.005 --> 01:07:51.809 at responsibly prescribing opioids,
NOTE Confidence: 0.96913945

01:07:51.810 --> 01:07:55.080 but we also have to not pretend that that is

NOTE Confidence: 0.96913945

01:07:55.162 --> 01:07:58.284 going to solve the drug overdose epidemic.

NOTE Confidence: 0.96913945

01:07:58.290 --> 01:07:59.907 That is the message I'm going to

NOTE Confidence: 0.96913945

01:07:59.907 --> 01:08:00.950 leave you with today.

NOTE Confidence: 0.96913945

01:08:00.950 --> 01:08:03.870 Thank you very much for sticking with me.

NOTE Confidence: 0.96913945

01:08:03.870 --> 01:08:05.466 I believe we have a pretty good

NOTE Confidence: 0.96913945

01:08:05.466 --> 01:08:07.367 chunk of time for Q&A and discussion,

NOTE Confidence: 0.96913945

01:08:07.370 --> 01:08:09.258 so David Emma turn over to you and

NOTE Confidence: 0.96913945

01:08:09.258 --> 01:08:11.117 I will stop sharing my screen.

NOTE Confidence: 0.874780648

01:08:12.370 --> 01:08:16.200 Travis, thank you so much. Just a wonderful.

NOTE Confidence: 0.917159136666667

01:08:18.750 --> 01:08:20.190 Dissection of the many

NOTE Confidence: 0.917159136666667

01:08:20.190 --> 01:08:21.990 problems that that we face,

NOTE Confidence: 0.917159136666667

01:08:21.990 --> 01:08:23.369 and we've covered a lot of ground,

NOTE Confidence: 0.917159136666667

01:08:23.370 --> 01:08:24.612 really appreciate it.

NOTE Confidence: 0.917159136666667

01:08:24.612 --> 01:08:27.510 There are some questions and comments in

NOTE Confidence: 0.917159136666667

01:08:27.586 --> 01:08:32.106 the chat that I I'll try to curate for you.

NOTE Confidence: 0.917159136666667
01:08:32.110 --> 01:08:33.474 One attendee, indicated asked
NOTE Confidence: 0.917159136666667
01:08:33.474 --> 01:08:36.032 you to speak to the issue of
NOTE Confidence: 0.917159136666667
01:08:36.032 --> 01:08:38.262 abandonment and pain management and
NOTE Confidence: 0.917159136666667
01:08:38.262 --> 01:08:40.046 the consequences of involuntarily
NOTE Confidence: 0.917159136666667
01:08:40.117 --> 01:08:42.287 tapering long term stable patients.
NOTE Confidence: 0.917159136666667
01:08:42.290 --> 01:08:44.513 This was sort of early on in your talk
NOTE Confidence: 0.917159136666667
01:08:44.513 --> 01:08:46.827 and I think you you covered that that,
NOTE Confidence: 0.917159136666667
01:08:46.830 --> 01:08:47.958 but I didn't know if there
NOTE Confidence: 0.917159136666667
01:08:47.958 --> 01:08:49.371 was any more you wanted to add
NOTE Confidence: 0.917159136666667
01:08:49.371 --> 01:08:50.595 to to what you already said.
NOTE Confidence: 0.8510641525
01:08:52.240 --> 01:08:53.536 Sure, I can add a few things now,
NOTE Confidence: 0.8510641525
01:08:53.540 --> 01:08:55.316 so just have abandonment.
NOTE Confidence: 0.8510641525
01:08:55.316 --> 01:08:57.175 Yeah, yeah. I also just realized
NOTE Confidence: 0.8510641525
01:08:57.175 --> 01:08:59.038 by opening the Q&A that we have
NOTE Confidence: 0.8510641525
01:08:59.038 --> 01:09:00.697 at least one expert in the room,
NOTE Confidence: 0.8510641525

01:09:00.700 --> 01:09:02.842 so not to make myself too
NOTE Confidence: 0.8510641525

01:09:02.842 --> 01:09:03.870 self-conscious here, but.
NOTE Confidence: 0.889027445454546

01:09:05.340 --> 01:09:06.888 Steven joined just at the right
NOTE Confidence: 0.889027445454546

01:09:06.888 --> 01:09:09.690 time to see his slide 20 good.
NOTE Confidence: 0.899543779666667

01:09:12.300 --> 01:09:14.436 So here is. Here is the most important
NOTE Confidence: 0.899543779666667

01:09:14.436 --> 01:09:17.069 thing I want to say and then we could be
NOTE Confidence: 0.899543779666667

01:09:17.069 --> 01:09:19.177 steered and other people could weigh in
NOTE Confidence: 0.899543779666667

01:09:19.177 --> 01:09:22.520 and and make the question more precise.
NOTE Confidence: 0.899543779666667

01:09:22.520 --> 01:09:26.768 It is incredibly hard for me to think.
NOTE Confidence: 0.899543779666667

01:09:26.770 --> 01:09:30.688 That uhm. Patient abandonments?
NOTE Confidence: 0.899543779666667

01:09:30.688 --> 01:09:33.518 Is ever gonna make things
NOTE Confidence: 0.899543779666667

01:09:33.518 --> 01:09:35.679 better rather than worse?
NOTE Confidence: 0.899543779666667

01:09:35.680 --> 01:09:38.456 Right, and so I wanted to be very
NOTE Confidence: 0.899543779666667

01:09:38.456 --> 01:09:40.823 careful when I said that because
NOTE Confidence: 0.899543779666667

01:09:40.823 --> 01:09:42.830 I recognized that very often,
NOTE Confidence: 0.899543779666667

01:09:42.830 --> 01:09:45.260 firing a patient from a practice

NOTE Confidence: 0.899543779666667
01:09:45.260 --> 01:09:47.100 or clinic or saying I no longer
NOTE Confidence: 0.899543779666667
01:09:47.100 --> 01:09:48.100 take this sort of patient.
NOTE Confidence: 0.899543779666667
01:09:48.100 --> 01:09:50.280 So you have 30 days to find a new prescriber,
NOTE Confidence: 0.899543779666667
01:09:50.280 --> 01:09:52.014 I recognize that that's actually not
NOTE Confidence: 0.899543779666667
01:09:52.014 --> 01:09:53.600 usually for the patients benefit.
NOTE Confidence: 0.899543779666667
01:09:53.600 --> 01:09:55.490 It's usually for the prescribers benefit.
NOTE Confidence: 0.899543779666667
01:09:55.490 --> 01:09:57.174 It's because that practice
NOTE Confidence: 0.899543779666667
01:09:57.174 --> 01:09:58.858 makes them very uncomfortable,
NOTE Confidence: 0.899543779666667
01:09:58.860 --> 01:10:00.280 and they're worried about the
NOTE Confidence: 0.899543779666667
01:10:00.280 --> 01:10:01.700 DEA knocking on their door.
NOTE Confidence: 0.899543779666667
01:10:01.700 --> 01:10:02.780 They're worrying about getting
NOTE Confidence: 0.899543779666667
01:10:02.780 --> 01:10:04.400 a letter from the Department of
NOTE Confidence: 0.899543779666667
01:10:04.446 --> 01:10:05.706 Justice and I and I get that.
NOTE Confidence: 0.899543779666667
01:10:05.710 --> 01:10:07.929 So what I want to say is,
NOTE Confidence: 0.899543779666667
01:10:07.930 --> 01:10:09.730 if we're thinking about it
NOTE Confidence: 0.899543779666667

01:10:09.730 --> 01:10:11.530 in terms of ethical medicine,
NOTE Confidence: 0.899543779666667

01:10:11.530 --> 01:10:13.888 like how do we actually do
NOTE Confidence: 0.899543779666667

01:10:13.888 --> 01:10:15.460 right by our patients?
NOTE Confidence: 0.899543779666667

01:10:15.460 --> 01:10:18.232 I'm very hard pressed to think of a place,
NOTE Confidence: 0.899543779666667

01:10:18.240 --> 01:10:20.832 think of a time where a patient who's
NOTE Confidence: 0.899543779666667

01:10:20.832 --> 01:10:24.048 actually on opioids is best served by being
NOTE Confidence: 0.899543779666667

01:10:24.048 --> 01:10:28.120 fired or by being dropped from the practice.
NOTE Confidence: 0.899543779666667

01:10:28.120 --> 01:10:29.362 Now note I say when they're
NOTE Confidence: 0.899543779666667

01:10:29.362 --> 01:10:29.983 actually on opioids,
NOTE Confidence: 0.899543779666667

01:10:29.990 --> 01:10:31.195 so if you have definitive
NOTE Confidence: 0.899543779666667

01:10:31.195 --> 01:10:32.159 evidence that they're diverting,
NOTE Confidence: 0.899543779666667

01:10:32.160 --> 01:10:32.696 that's different,
NOTE Confidence: 0.899543779666667

01:10:32.696 --> 01:10:32.964 right?
NOTE Confidence: 0.899543779666667

01:10:32.964 --> 01:10:35.162 So if their urine comes back with no
NOTE Confidence: 0.899543779666667

01:10:35.162 --> 01:10:36.800 opioids present when you're not worried
NOTE Confidence: 0.899543779666667

01:10:36.800 --> 01:10:38.958 about them going into unmitigated withdrawal,

NOTE Confidence: 0.899543779666667
01:10:38.960 --> 01:10:41.067 but what we do when we fire
NOTE Confidence: 0.899543779666667
01:10:41.067 --> 01:10:42.750 people from the practices?
NOTE Confidence: 0.899543779666667
01:10:42.750 --> 01:10:45.478 We make sure that they now no longer
NOTE Confidence: 0.899543779666667
01:10:45.478 --> 01:10:47.596 have access to healthcare, right?
NOTE Confidence: 0.899543779666667
01:10:47.596 --> 01:10:48.328 Like we,
NOTE Confidence: 0.899543779666667
01:10:48.328 --> 01:10:50.524 we don't say well like oh,
NOTE Confidence: 0.899543779666667
01:10:50.530 --> 01:10:51.640 you need a different sort
NOTE Confidence: 0.899543779666667
01:10:51.640 --> 01:10:52.750 of service that I provide.
NOTE Confidence: 0.899543779666667
01:10:52.750 --> 01:10:54.745 So let's get you into addiction medicine.
NOTE Confidence: 0.899543779666667
01:10:54.750 --> 01:10:56.619 The act of just abandonment only says
NOTE Confidence: 0.899543779666667
01:10:56.619 --> 01:10:58.662 I was your health care provider and
NOTE Confidence: 0.899543779666667
01:10:58.662 --> 01:11:01.050 now you don't have access to even that.
NOTE Confidence: 0.899543779666667
01:11:01.050 --> 01:11:02.870 Now we think about how stigmatized so
NOTE Confidence: 0.899543779666667
01:11:02.870 --> 01:11:04.763 much of this population is and how
NOTE Confidence: 0.899543779666667
01:11:04.763 --> 01:11:06.643 hard it is to prescribe these high
NOTE Confidence: 0.899543779666667

01:11:06.643 --> 01:11:08.515 doses hard in the kind of sense of
NOTE Confidence: 0.899543779666667

01:11:08.515 --> 01:11:10.706 legal fears and that sort of thing.
NOTE Confidence: 0.899543779666667

01:11:10.710 --> 01:11:12.355 The idea that they're going to easily
NOTE Confidence: 0.899543779666667

01:11:12.355 --> 01:11:14.287 find somebody to take them on if they're on.
NOTE Confidence: 0.899543779666667

01:11:14.290 --> 01:11:16.492 800 or something like that is
NOTE Confidence: 0.899543779666667

01:11:16.492 --> 01:11:17.593 just is foolish.
NOTE Confidence: 0.899543779666667

01:11:17.600 --> 01:11:18.890 Nobody actually believes that if they
NOTE Confidence: 0.899543779666667

01:11:18.890 --> 01:11:20.508 dump a bunch of their patients that
NOTE Confidence: 0.899543779666667

01:11:20.508 --> 01:11:21.942 they're all going to find somebody
NOTE Confidence: 0.899543779666667

01:11:21.942 --> 01:11:23.196 else willing to take them on.
NOTE Confidence: 0.899543779666667

01:11:23.200 --> 01:11:24.880 Everyone else has the same fears
NOTE Confidence: 0.899543779666667

01:11:24.880 --> 01:11:27.020 that they do, right?
NOTE Confidence: 0.899543779666667

01:11:27.020 --> 01:11:28.320 So?
NOTE Confidence: 0.899543779666667

01:11:28.320 --> 01:11:30.687 The strongest way to put this that
NOTE Confidence: 0.899543779666667

01:11:30.687 --> 01:11:32.322 still recognizes that that I'm
NOTE Confidence: 0.899543779666667

01:11:32.322 --> 01:11:34.160 talking about what patients are owed,

NOTE Confidence: 0.899543779666667

01:11:34.160 --> 01:11:35.600 and not the reasons of physicians,

NOTE Confidence: 0.899543779666667

01:11:35.600 --> 01:11:37.598 are actually acting is, I think,

NOTE Confidence: 0.899543779666667

01:11:37.600 --> 01:11:40.750 the vast majority of the time

NOTE Confidence: 0.899543779666667

01:11:40.750 --> 01:11:42.325 firing patients for.

NOTE Confidence: 0.899543779666667

01:11:42.330 --> 01:11:44.570 Not wanting to prescribe for them if they

NOTE Confidence: 0.899543779666667

01:11:44.570 --> 01:11:46.090 threaten violence to you or whatever,

NOTE Confidence: 0.899543779666667

01:11:46.090 --> 01:11:47.182 that's a different category.

NOTE Confidence: 0.899543779666667

01:11:47.182 --> 01:11:49.294 Just 'cause I don't want to prescribe

NOTE Confidence: 0.899543779666667

01:11:49.294 --> 01:11:50.964 anymore is moral malpractice.

NOTE Confidence: 0.899543779666667

01:11:50.964 --> 01:11:54.459 It's not a thing we should get to do.

NOTE Confidence: 0.85310326

01:11:57.020 --> 01:11:58.550 Thank you, the next question

NOTE Confidence: 0.85310326

01:11:58.550 --> 01:11:59.774 comes from Sandra Fall,

NOTE Confidence: 0.85310326

01:11:59.780 --> 01:12:01.480 who tells a poignant story.

NOTE Confidence: 0.85310326

01:12:01.480 --> 01:12:02.748 Unfortunately, of her son,

NOTE Confidence: 0.85310326

01:12:02.748 --> 01:12:04.528 who passed away in 2016,

NOTE Confidence: 0.85310326

01:12:04.528 --> 01:12:08.592 but highlights what I think you alluded to,

NOTE Confidence: 0.85310326

01:12:08.600 --> 01:12:11.200 which is that the health

NOTE Confidence: 0.85310326

01:12:11.200 --> 01:12:13.280 care system is broken.

NOTE Confidence: 0.85310326

01:12:13.280 --> 01:12:17.141 There's likely a need for some

NOTE Confidence: 0.85310326

01:12:17.141 --> 01:12:19.307 place in that health care system

NOTE Confidence: 0.85310326

01:12:19.307 --> 01:12:21.444 that has the sophistication to

NOTE Confidence: 0.85310326

01:12:21.444 --> 01:12:24.118 deal with both dependence and

NOTE Confidence: 0.85310326

01:12:24.118 --> 01:12:26.948 addiction at the same time.

NOTE Confidence: 0.85310326

01:12:26.950 --> 01:12:28.550 Because what happens is.

NOTE Confidence: 0.85310326

01:12:28.550 --> 01:12:31.460 Side A says we don't do that.

NOTE Confidence: 0.85310326

01:12:31.460 --> 01:12:32.755 You have to go to side B.

NOTE Confidence: 0.85310326

01:12:32.760 --> 01:12:34.237 Side B says we don't do that.

NOTE Confidence: 0.85310326

01:12:34.240 --> 01:12:36.535 You have to go to side and so I

NOTE Confidence: 0.85310326

01:12:36.535 --> 01:12:38.707 guess I'm asking for a visioning

NOTE Confidence: 0.85310326

01:12:38.707 --> 01:12:41.120 thing and you know there are such

NOTE Confidence: 0.85310326

01:12:41.120 --> 01:12:42.480 interdisciplinary clinics and if

NOTE Confidence: 0.85310326

01:12:42.543 --> 01:12:44.685 you could describe what you think

NOTE Confidence: 0.85310326

01:12:44.685 --> 01:12:46.492 the appropriate response from the

NOTE Confidence: 0.85310326

01:12:46.492 --> 01:12:48.388 health care system might look like.

NOTE Confidence: 0.87722118

01:12:50.030 --> 01:12:53.400 Yeah great great hard question.

NOTE Confidence: 0.87722118

01:12:53.400 --> 01:12:55.843 So at different levels of complexity we

NOTE Confidence: 0.87722118

01:12:55.843 --> 01:12:57.694 probably need different things, right?

NOTE Confidence: 0.87722118

01:12:57.694 --> 01:12:59.818 So the lowest hanging fruit that

NOTE Confidence: 0.87722118

01:12:59.818 --> 01:13:01.920 is probably the biggest reason.

NOTE Confidence: 0.87722118

01:13:01.920 --> 01:13:03.360 I still do these talks right?

NOTE Confidence: 0.87722118

01:13:03.360 --> 01:13:04.336 'cause 'cause know when

NOTE Confidence: 0.87722118

01:13:04.336 --> 01:13:05.556 I'm talking to you all?

NOTE Confidence: 0.87722118

01:13:05.560 --> 01:13:07.700 I'm not very often getting

NOTE Confidence: 0.87722118

01:13:07.700 --> 01:13:09.412 institutions to change right?

NOTE Confidence: 0.87722118

01:13:09.420 --> 01:13:10.854 So I'm largely talking to clinicians

NOTE Confidence: 0.87722118

01:13:10.854 --> 01:13:12.263 and sometimes they can change their

NOTE Confidence: 0.87722118

01:13:12.263 --> 01:13:13.887 practice and so one thing that we can
NOTE Confidence: 0.87722118

01:13:13.929 --> 01:13:15.756 do is a whole bunch of people that have
NOTE Confidence: 0.87722118

01:13:15.756 --> 01:13:18.130 individual patients can take on this,
NOTE Confidence: 0.87722118

01:13:18.130 --> 01:13:19.338 like pretty significant moral
NOTE Confidence: 0.87722118

01:13:19.338 --> 01:13:20.848 burden that I realize is.
NOTE Confidence: 0.87722118

01:13:20.850 --> 01:13:22.866 Is significant given the way things
NOTE Confidence: 0.87722118

01:13:22.866 --> 01:13:24.985 are structured in our health care
NOTE Confidence: 0.87722118

01:13:24.985 --> 01:13:26.595 system and they can make sure
NOTE Confidence: 0.87722118

01:13:26.595 --> 01:13:28.156 that they are better prepared to
NOTE Confidence: 0.87722118

01:13:28.156 --> 01:13:29.650 treat patients of a certain type,
NOTE Confidence: 0.87722118

01:13:29.650 --> 01:13:30.222 and so,
NOTE Confidence: 0.87722118

01:13:30.222 --> 01:13:31.652 especially for folks who are
NOTE Confidence: 0.87722118

01:13:31.652 --> 01:13:33.135 family medicine docs or general
NOTE Confidence: 0.87722118

01:13:33.135 --> 01:13:35.137 practitioners who see folks in a pretty
NOTE Confidence: 0.87722118

01:13:35.137 --> 01:13:37.261 stable way have a relationship and
NOTE Confidence: 0.87722118

01:13:37.261 --> 01:13:38.689 existing relationship with patients.

NOTE Confidence: 0.87722118

01:13:38.690 --> 01:13:41.322 I just want all of them to understand

NOTE Confidence: 0.87722118

01:13:41.322 --> 01:13:43.429 physical dependence and be able to treat it.

NOTE Confidence: 0.87722118

01:13:43.430 --> 01:13:45.350 Like I think that should just

NOTE Confidence: 0.87722118

01:13:45.350 --> 01:13:46.630 be a new standard.

NOTE Confidence: 0.87722118

01:13:46.630 --> 01:13:48.196 Now to be fair to them,

NOTE Confidence: 0.87722118

01:13:48.200 --> 01:13:49.728 we also need to make sure it's reimbursed,

NOTE Confidence: 0.87722118

01:13:49.730 --> 01:13:49.943 right?

NOTE Confidence: 0.87722118

01:13:49.943 --> 01:13:51.647 Like what is the ICD 10 code that

NOTE Confidence: 0.87722118

01:13:51.647 --> 01:13:53.285 they're going to put in when they're

NOTE Confidence: 0.87722118

01:13:53.285 --> 01:13:54.880 spending all these time with patients?

NOTE Confidence: 0.87722118

01:13:54.880 --> 01:13:55.832 So that's the structural

NOTE Confidence: 0.87722118

01:13:55.832 --> 01:13:57.450 stuff we have to get back to,

NOTE Confidence: 0.87722118

01:13:57.450 --> 01:13:58.950 but I want everyone when

NOTE Confidence: 0.87722118

01:13:58.950 --> 01:14:00.150 I teach medical students,

NOTE Confidence: 0.87722118

01:14:00.150 --> 01:14:02.640 I say I want you to know how to do

NOTE Confidence: 0.87722118

01:14:02.715 --> 01:14:05.115 this and be willing to do this as
NOTE Confidence: 0.87722118

01:14:05.115 --> 01:14:08.207 part of your mission to be a good doctor.
NOTE Confidence: 0.87722118

01:14:08.210 --> 01:14:09.652 But now we're gonna have a lot
NOTE Confidence: 0.87722118

01:14:09.652 --> 01:14:10.539 more complicated cases, right?
NOTE Confidence: 0.87722118

01:14:10.539 --> 01:14:12.153 We probably don't actually want a
NOTE Confidence: 0.87722118

01:14:12.153 --> 01:14:13.945 lot of general practitioners to be
NOTE Confidence: 0.87722118

01:14:13.945 --> 01:14:15.805 taking on the most complicated cases,
NOTE Confidence: 0.87722118

01:14:15.810 --> 01:14:17.394 unless they're willing to train up
NOTE Confidence: 0.87722118

01:14:17.394 --> 01:14:19.410 and spend a lot of time doing it,
NOTE Confidence: 0.87722118

01:14:19.410 --> 01:14:23.514 and so one sort of model that I've seen.
NOTE Confidence: 0.87722118

01:14:23.520 --> 01:14:25.264 So at Hopkins just a few years ago,
NOTE Confidence: 0.87722118

01:14:25.270 --> 01:14:27.850 we opened up hurry up.
NOTE Confidence: 0.87722118

01:14:27.850 --> 01:14:29.950 Clinic so it's a parriott prescribing
NOTE Confidence: 0.87722118

01:14:29.950 --> 01:14:32.621 clinic and so they do a lot of
NOTE Confidence: 0.87722118

01:14:32.621 --> 01:14:34.421 tapering for surgery patients and so
NOTE Confidence: 0.87722118

01:14:34.492 --> 01:14:36.808 they get different sorts of patients.

NOTE Confidence: 0.87722118

01:14:36.810 --> 01:14:37.800 And I've had folks you know,

NOTE Confidence: 0.87722118

01:14:37.800 --> 01:14:40.284 I have colleagues who who work

NOTE Confidence: 0.87722118

01:14:40.284 --> 01:14:42.509 there who help stand it up.

NOTE Confidence: 0.87722118

01:14:42.510 --> 01:14:43.798 You know, they said to me like,

NOTE Confidence: 0.87722118

01:14:43.800 --> 01:14:45.599 well, look if you'd come to us,

NOTE Confidence: 0.87722118

01:14:45.600 --> 01:14:46.832 you know and we had had this

NOTE Confidence: 0.87722118

01:14:46.832 --> 01:14:47.600 existing at the time.

NOTE Confidence: 0.87722118

01:14:47.600 --> 01:14:48.638 Like we certainly could help you.

NOTE Confidence: 0.87722118

01:14:48.640 --> 01:14:49.792 'cause these are people who are

NOTE Confidence: 0.87722118

01:14:49.792 --> 01:14:50.780 very well educated on this,

NOTE Confidence: 0.87722118

01:14:50.780 --> 01:14:51.816 but I also would have been like

NOTE Confidence: 0.87722118

01:14:51.816 --> 01:14:52.989 a bad use of their resources.

NOTE Confidence: 0.87722118

01:14:52.990 --> 01:14:55.638 'cause remember, I was a pretty routine case,

NOTE Confidence: 0.87722118

01:14:55.640 --> 01:14:57.663 but I really needed was someone who

NOTE Confidence: 0.87722118

01:14:57.663 --> 01:14:59.622 knew some basic pharmacology and you

NOTE Confidence: 0.87722118

01:14:59.622 --> 01:15:01.692 could do a slow individualized taper
NOTE Confidence: 0.87722118

01:15:01.692 --> 01:15:04.960 and hold my hand through it, right?
NOTE Confidence: 0.87722118

01:15:04.960 --> 01:15:07.130 But some of these much more complex
NOTE Confidence: 0.87722118

01:15:07.130 --> 01:15:08.829 patients patients are coming in on,
NOTE Confidence: 0.87722118

01:15:08.830 --> 01:15:09.324 you know,
NOTE Confidence: 0.87722118

01:15:09.324 --> 01:15:10.559 120 milligrams of methadone and
NOTE Confidence: 0.87722118

01:15:10.559 --> 01:15:12.329 who need a major surgery like they
NOTE Confidence: 0.87722118

01:15:12.329 --> 01:15:14.074 need a plan for how they're going
NOTE Confidence: 0.87722118

01:15:14.074 --> 01:15:15.502 to get the pain management that
NOTE Confidence: 0.87722118

01:15:15.502 --> 01:15:16.216 they need in
NOTE Confidence: 0.9368837611111111

01:15:16.220 --> 01:15:18.040 surgery and staying on methadone
NOTE Confidence: 0.9368837611111111

01:15:18.040 --> 01:15:19.496 and not risking relapse.
NOTE Confidence: 0.9368837611111111

01:15:19.500 --> 01:15:21.360 And that's a complicated case that
NOTE Confidence: 0.9368837611111111

01:15:21.360 --> 01:15:23.460 just needs a ton of attention.
NOTE Confidence: 0.9368837611111111

01:15:23.460 --> 01:15:24.792 And then so that's a methadone
NOTE Confidence: 0.9368837611111111

01:15:24.792 --> 01:15:26.459 case that could be pain management.

NOTE Confidence: 0.9368837611111111
01:15:26.460 --> 01:15:28.800 Or it could be addiction medicine,
NOTE Confidence: 0.9368837611111111
01:15:28.800 --> 01:15:30.656 but we also just have a bunch of
NOTE Confidence: 0.9368837611111111
01:15:30.656 --> 01:15:32.350 patients who are much more like
NOTE Confidence: 0.9368837611111111
01:15:32.350 --> 01:15:33.526 the legacy patient population
NOTE Confidence: 0.9368837611111111
01:15:33.526 --> 01:15:35.200 who come on at 600 or 800M S.
NOTE Confidence: 0.9368837611111111
01:15:35.200 --> 01:15:35.872 They need surgery.
NOTE Confidence: 0.9368837611111111
01:15:35.872 --> 01:15:37.216 They need to make sure that
NOTE Confidence: 0.9368837611111111
01:15:37.216 --> 01:15:38.179 their pain is managed.
NOTE Confidence: 0.9368837611111111
01:15:38.180 --> 01:15:39.528 Post surgical post surgically,
NOTE Confidence: 0.9368837611111111
01:15:39.528 --> 01:15:41.550 and so sometimes they'll want to
NOTE Confidence: 0.9368837611111111
01:15:41.608 --> 01:15:43.554 actually try to go through a taper
NOTE Confidence: 0.9368837611111111
01:15:43.554 --> 01:15:45.590 before surgery to make their pain
NOTE Confidence: 0.9368837611111111
01:15:45.590 --> 01:15:47.495 management after surgery more successful,
NOTE Confidence: 0.9368837611111111
01:15:47.500 --> 01:15:49.504 and so these are really complicated
NOTE Confidence: 0.9368837611111111
01:15:49.504 --> 01:15:51.845 cases when you have a kind of front
NOTE Confidence: 0.9368837611111111

01:15:51.845 --> 01:15:53.745 end view of some of the challenges
NOTE Confidence: 0.9368837611111111

01:15:53.745 --> 01:15:55.820 that they're going to require.
NOTE Confidence: 0.9368837611111111

01:15:55.820 --> 01:15:57.759 So that's two models I don't want
NOTE Confidence: 0.9368837611111111

01:15:57.759 --> 01:16:00.038 to talk for 20 minutes every with
NOTE Confidence: 0.9368837611111111

01:16:00.038 --> 01:16:02.108 every question but one other thing
NOTE Confidence: 0.9368837611111111

01:16:02.174 --> 01:16:04.208 that we should just recognize is.
NOTE Confidence: 0.9368837611111111

01:16:04.210 --> 01:16:06.535 I've I've consulted for some
NOTE Confidence: 0.9368837611111111

01:16:06.535 --> 01:16:07.930 surgical centers before,
NOTE Confidence: 0.9368837611111111

01:16:07.930 --> 01:16:10.132 and one of the immediate things
NOTE Confidence: 0.9368837611111111

01:16:10.132 --> 01:16:11.900 I heard from them is.
NOTE Confidence: 0.9368837611111111

01:16:11.900 --> 01:16:14.924 You're not gonna get a sports surgery
NOTE Confidence: 0.9368837611111111

01:16:14.924 --> 01:16:16.545 center to have all the clinicians
NOTE Confidence: 0.9368837611111111

01:16:16.545 --> 01:16:18.560 ready to like do in depth tapering.
NOTE Confidence: 0.9368837611111111

01:16:18.560 --> 01:16:19.816 After all their reconstructions.
NOTE Confidence: 0.9368837611111111

01:16:19.816 --> 01:16:21.472 And you know, joint replacements.
NOTE Confidence: 0.9368837611111111

01:16:21.472 --> 01:16:24.320 What I hear when I hear this is,

NOTE Confidence: 0.9368837611111111

01:16:24.320 --> 01:16:25.450 like, you know, the docs.

NOTE Confidence: 0.9368837611111111

01:16:25.450 --> 01:16:27.016 We pay 400 grand a year are not going

NOTE Confidence: 0.9368837611111111

01:16:27.016 --> 01:16:28.730 to be on the phone with you all

NOTE Confidence: 0.9368837611111111

01:16:28.730 --> 01:16:29.887 their patients every week, right?

NOTE Confidence: 0.9368837611111111

01:16:29.887 --> 01:16:31.369 And I actually think that's fine

NOTE Confidence: 0.9368837611111111

01:16:31.369 --> 01:16:32.919 as long as there's an alternative

NOTE Confidence: 0.9368837611111111

01:16:32.919 --> 01:16:34.967 plan in place and it took me awhile

NOTE Confidence: 0.9368837611111111

01:16:34.967 --> 01:16:36.591 to come to this 'cause part of

NOTE Confidence: 0.9368837611111111

01:16:36.591 --> 01:16:37.807 me wanted to say like.

NOTE Confidence: 0.9368837611111111

01:16:37.807 --> 01:16:39.550 If you're in charge of the patient

NOTE Confidence: 0.9368837611111111

01:16:39.611 --> 01:16:41.333 under some description and then it

NOTE Confidence: 0.9368837611111111

01:16:41.333 --> 01:16:43.170 really falls on you like you have

NOTE Confidence: 0.9368837611111111

01:16:43.170 --> 01:16:44.916 to at least know how to do this.

NOTE Confidence: 0.9368837611111111

01:16:44.916 --> 01:16:46.196 If it comes to that,

NOTE Confidence: 0.9368837611111111

01:16:46.200 --> 01:16:47.334 and I've given up on that said,

NOTE Confidence: 0.9368837611111111

01:16:47.340 --> 01:16:48.625 you know what structural solutions
NOTE Confidence: 0.9368837611111111

01:16:48.625 --> 01:16:50.040 are totally fine if you're a.
NOTE Confidence: 0.9368837611111111

01:16:50.040 --> 01:16:52.070 If you're a surgery center and you
NOTE Confidence: 0.9368837611111111

01:16:52.070 --> 01:16:54.420 want to train up a team of NPS or PA's,
NOTE Confidence: 0.9368837611111111

01:16:54.420 --> 01:16:56.500 whose job it is to follow patients may
NOTE Confidence: 0.9368837611111111

01:16:56.500 --> 01:16:58.748 after major surgery and and do all of this,
NOTE Confidence: 0.9368837611111111

01:16:58.750 --> 01:17:00.565 I actually think there's a
NOTE Confidence: 0.9368837611111111

01:17:00.565 --> 01:17:01.654 totally reasonable solution,
NOTE Confidence: 0.9368837611111111

01:17:01.660 --> 01:17:03.746 but it has to be an intentional
NOTE Confidence: 0.9368837611111111

01:17:03.746 --> 01:17:04.342 structural commitment.
NOTE Confidence: 0.8487351325

01:17:05.870 --> 01:17:07.361 I agree, I think one of the
NOTE Confidence: 0.8487351325

01:17:07.361 --> 01:17:08.522 things you highlight there is
NOTE Confidence: 0.8487351325

01:17:08.522 --> 01:17:09.806 the issue of workforce, right?
NOTE Confidence: 0.8487351325

01:17:09.806 --> 01:17:12.158 So this assumes that that we don't
NOTE Confidence: 0.8487351325

01:17:12.158 --> 01:17:14.492 have to do remedial education for
NOTE Confidence: 0.8487351325

01:17:14.492 --> 01:17:16.009 the 300,000 practicing primary

NOTE Confidence: 0.8487351325

01:17:16.009 --> 01:17:18.247 care physicians and others who on

NOTE Confidence: 0.8487351325

01:17:18.247 --> 01:17:20.129 whom this this might fall and so

NOTE Confidence: 0.8487351325

01:17:20.129 --> 01:17:22.562 not not all of them have the same

NOTE Confidence: 0.8487351325

01:17:22.562 --> 01:17:23.970 understanding of these issues.

NOTE Confidence: 0.8487351325

01:17:23.970 --> 01:17:25.326 I think unfortunately,

NOTE Confidence: 0.8487351325

01:17:25.326 --> 01:17:28.038 that as you as you do.

NOTE Confidence: 0.8487351325

01:17:28.040 --> 01:17:30.205 John Kimberly says one another

NOTE Confidence: 0.8487351325

01:17:30.205 --> 01:17:32.370 issue is that different patients

NOTE Confidence: 0.8487351325

01:17:32.445 --> 01:17:34.850 respond differently to opioids and

NOTE Confidence: 0.8487351325

01:17:34.850 --> 01:17:36.774 current policies and practices

NOTE Confidence: 0.8487351325

01:17:36.774 --> 01:17:38.759 seem to assume that everyone

NOTE Confidence: 0.8487351325

01:17:38.759 --> 01:17:41.132 responds in the same way and I

NOTE Confidence: 0.8487351325

01:17:41.132 --> 01:17:42.464 think you highlighted some of this,

NOTE Confidence: 0.8487351325

01:17:42.470 --> 01:17:45.102 but you know there are so many

NOTE Confidence: 0.8487351325

01:17:45.102 --> 01:17:47.830 nuances and and different situations.

NOTE Confidence: 0.8487351325

01:17:47.830 --> 01:17:50.940 And do we run the risk of making
NOTE Confidence: 0.8487351325

01:17:50.940 --> 01:17:51.930 this two algorithmic?
NOTE Confidence: 0.92641616

01:17:53.180 --> 01:17:55.690 Absolutely, so I'm.
NOTE Confidence: 0.8655202625

01:17:58.190 --> 01:18:00.158 I'm a broken record for the most part.
NOTE Confidence: 0.8655202625

01:18:00.160 --> 01:18:01.624 I really often think that my
NOTE Confidence: 0.8655202625

01:18:01.624 --> 01:18:03.224 major value add is just being
NOTE Confidence: 0.8655202625

01:18:03.224 --> 01:18:04.934 able to communicate like a human,
NOTE Confidence: 0.8655202625

01:18:04.940 --> 01:18:07.341 but the the like one word summary
NOTE Confidence: 0.8655202625

01:18:07.341 --> 01:18:10.670 of all of my work in this area
NOTE Confidence: 0.8655202625

01:18:10.670 --> 01:18:12.442 is nuanced exclamation point,
NOTE Confidence: 0.8655202625

01:18:12.450 --> 01:18:14.088 and so the problem with algorithms
NOTE Confidence: 0.8655202625

01:18:14.088 --> 01:18:15.769 is that they are by design,
NOTE Confidence: 0.8655202625

01:18:15.770 --> 01:18:16.586 not nuanced, right?
NOTE Confidence: 0.8655202625

01:18:16.586 --> 01:18:19.203 So if you if you have a set of
NOTE Confidence: 0.8655202625

01:18:19.203 --> 01:18:21.147 rules that you apply to everybody,
NOTE Confidence: 0.8655202625

01:18:21.150 --> 01:18:22.325 well then you lose this

NOTE Confidence: 0.8655202625

01:18:22.325 --> 01:18:23.030 really important value.

NOTE Confidence: 0.8655202625

01:18:23.030 --> 01:18:24.526 So you think about my chart about attitudes,

NOTE Confidence: 0.8655202625

01:18:24.530 --> 01:18:26.450 right? Restriction ISM drugs for everybody.

NOTE Confidence: 0.8655202625

01:18:26.450 --> 01:18:27.618 You have to be somewhere in the middle.

NOTE Confidence: 0.8655202625

01:18:27.620 --> 01:18:29.620 Like we can do this with a lot

NOTE Confidence: 0.8655202625

01:18:29.620 --> 01:18:31.490 of what's going on with pain

NOTE Confidence: 0.8655202625

01:18:31.490 --> 01:18:33.440 care and opioid management in the

NOTE Confidence: 0.8655202625

01:18:33.511 --> 01:18:35.720 country that we just actually need.

NOTE Confidence: 0.8655202625

01:18:35.720 --> 01:18:38.000 Physicians who are competent,

NOTE Confidence: 0.8655202625

01:18:38.000 --> 01:18:41.140 you know, educated in the relevant way,

NOTE Confidence: 0.8655202625

01:18:41.140 --> 01:18:42.410 incentivized in the right direction

NOTE Confidence: 0.8655202625

01:18:42.410 --> 01:18:44.130 so that we're not asking everyone to

NOTE Confidence: 0.8655202625

01:18:44.130 --> 01:18:45.620 do a bunch of unpaid work, right?

NOTE Confidence: 0.8655202625

01:18:45.620 --> 01:18:47.300 So the structure has to reward

NOTE Confidence: 0.8655202625

01:18:47.300 --> 01:18:49.484 them in the right ways and then

NOTE Confidence: 0.8655202625

01:18:49.484 --> 01:18:52.300 willing to take this on and do good,
NOTE Confidence: 0.8655202625

01:18:52.300 --> 01:18:54.328 responsible, individualized pain care.
NOTE Confidence: 0.8655202625

01:18:54.328 --> 01:18:56.863 And that individualized is just
NOTE Confidence: 0.8655202625

01:18:56.863 --> 01:18:59.038 built into the need for nuans.
NOTE Confidence: 0.8655202625

01:18:59.040 --> 01:19:02.437 Everybody is different and everybody
NOTE Confidence: 0.8655202625

01:19:02.437 --> 01:19:04.516 is different in the kind of brute
NOTE Confidence: 0.8655202625

01:19:04.516 --> 01:19:06.390 biological way that I think the
NOTE Confidence: 0.8655202625

01:19:06.390 --> 01:19:08.216 question questioner was asking, right?
NOTE Confidence: 0.8655202625

01:19:08.216 --> 01:19:10.600 But also everybody, just.
NOTE Confidence: 0.8655202625

01:19:10.600 --> 01:19:12.740 It evolves in different ways
NOTE Confidence: 0.8655202625

01:19:12.740 --> 01:19:14.024 with opioid medication,
NOTE Confidence: 0.8655202625

01:19:14.030 --> 01:19:15.678 so one of the things a lot of
NOTE Confidence: 0.8655202625

01:19:15.678 --> 01:19:16.610 scientists and clinicians have
NOTE Confidence: 0.8655202625

01:19:16.610 --> 01:19:18.248 told me when they heard or read
NOTE Confidence: 0.8655202625

01:19:18.248 --> 01:19:19.977 my story is that on their view I
NOTE Confidence: 0.8655202625

01:19:19.977 --> 01:19:22.058 must have been very sensitive to

NOTE Confidence: 0.8655202625

01:19:22.058 --> 01:19:23.516 dependence and withdrawal,

NOTE Confidence: 0.8655202625

01:19:23.520 --> 01:19:25.572 and so if there's a bell curve in nature,

NOTE Confidence: 0.8655202625

01:19:25.580 --> 01:19:27.628 you know kind of out here and that

NOTE Confidence: 0.8655202625

01:19:27.628 --> 01:19:29.519 I have no other data points.

NOTE Confidence: 0.8655202625

01:19:29.520 --> 01:19:30.690 So I take their word for it that I

NOTE Confidence: 0.8655202625

01:19:30.690 --> 01:19:31.908 was probably out here and most people

NOTE Confidence: 0.8655202625

01:19:31.908 --> 01:19:33.258 are in the fatter part of the curve,

NOTE Confidence: 0.8655202625

01:19:33.260 --> 01:19:34.736 which means there are other people

NOTE Confidence: 0.8655202625

01:19:34.736 --> 01:19:36.636 on the other end of the bell curve

NOTE Confidence: 0.8655202625

01:19:36.636 --> 01:19:38.207 who would have just not had nearly

NOTE Confidence: 0.8655202625

01:19:38.207 --> 01:19:39.527 as much of a problem and.

NOTE Confidence: 0.8655202625

01:19:39.530 --> 01:19:41.091 Hard to hard to manage all of

NOTE Confidence: 0.8655202625

01:19:41.091 --> 01:19:42.577 that with an algorithm, right?

NOTE Confidence: 0.8655202625

01:19:42.577 --> 01:19:44.166 Because I know that if I'd been

NOTE Confidence: 0.8655202625

01:19:44.166 --> 01:19:45.169 on this other end,

NOTE Confidence: 0.8655202625

01:19:45.170 --> 01:19:46.520 sorry I'm still using my
NOTE Confidence: 0.8655202625

01:19:46.520 --> 01:19:47.330 imaginary bell curve.
NOTE Confidence: 0.8655202625

01:19:47.330 --> 01:19:48.680 If I had been one of those people who
NOTE Confidence: 0.8655202625

01:19:48.680 --> 01:19:50.054 didn't have any problems, here's the thing.
NOTE Confidence: 0.8655202625

01:19:50.054 --> 01:19:51.182 I can tell you for sure.
NOTE Confidence: 0.8655202625

01:19:51.190 --> 01:19:52.821 I would have wanted to get off
NOTE Confidence: 0.8655202625

01:19:52.821 --> 01:19:54.810 opioids as fast as possible, like no.
NOTE Confidence: 0.8655202625

01:19:54.810 --> 01:19:56.670 No need to stretch it out.
NOTE Confidence: 0.8655202625

01:19:56.670 --> 01:19:58.130 If I'm not, you know,
NOTE Confidence: 0.8655202625

01:19:58.130 --> 01:20:00.890 just in absolute agony when you go faster.
NOTE Confidence: 0.8655202625

01:20:00.890 --> 01:20:03.206 And so yeah, that takes individualization.
NOTE Confidence: 0.8655202625

01:20:03.210 --> 01:20:04.788 It takes somebody who's actually paying
NOTE Confidence: 0.8655202625

01:20:04.788 --> 01:20:06.401 attention to the way the individual
NOTE Confidence: 0.8655202625

01:20:06.401 --> 01:20:08.179 patient in front of them is changing.
NOTE Confidence: 0.627230525

01:20:08.990 --> 01:20:12.274 Yeah, so we can you know hop onto
NOTE Confidence: 0.627230525

01:20:12.274 --> 01:20:14.559 the bandwagon of precision medicine

NOTE Confidence: 0.627230525

01:20:14.559 --> 01:20:16.980 and phenotyping and all of those

NOTE Confidence: 0.627230525

01:20:16.980 --> 01:20:19.080 presumably are in the future from

NOTE Confidence: 0.627230525

01:20:19.080 --> 01:20:21.746 our from our research and elsewhere,

NOTE Confidence: 0.627230525

01:20:21.750 --> 01:20:24.270 Dr Cortez says I've recently read

NOTE Confidence: 0.627230525

01:20:24.270 --> 01:20:26.427 several guidances and doctor guidance

NOTE Confidence: 0.627230525

01:20:26.427 --> 01:20:28.863 documents on an opioid taper that

NOTE Confidence: 0.627230525

01:20:28.863 --> 01:20:30.970 emphasized try to get patient,

NOTE Confidence: 0.627230525

01:20:30.970 --> 01:20:33.483 buy in in quotes, but they definitely

NOTE Confidence: 0.627230525

01:20:33.483 --> 01:20:35.809 avoid the concept of quote UN quote,

NOTE Confidence: 0.627230525

01:20:35.810 --> 01:20:37.650 informed consent for taper.

NOTE Confidence: 0.627230525

01:20:37.650 --> 01:20:39.490 If we have mixed.

NOTE Confidence: 0.627230525

01:20:39.490 --> 01:20:41.302 Evidence on the harms and benefits

NOTE Confidence: 0.627230525

01:20:41.302 --> 01:20:43.467 of taper in the otherwise stable

NOTE Confidence: 0.627230525

01:20:43.467 --> 01:20:44.808 long term recipient.

NOTE Confidence: 0.627230525

01:20:44.810 --> 01:20:46.635 Should we call for informed

NOTE Confidence: 0.627230525

01:20:46.635 --> 01:20:48.460 consent in such a situation?
NOTE Confidence: 0.83926494

01:20:49.550 --> 01:20:51.820 Such a characteristically good question.
NOTE Confidence: 0.9242034925

01:20:53.260 --> 01:20:55.244 I'm glad we have a bioethicist on board.
NOTE Confidence: 0.903738444285714

01:20:57.970 --> 01:21:00.707 I mean, I'm gain to run this
NOTE Confidence: 0.903738444285714

01:21:00.707 --> 01:21:03.470 like I'm game to try this out.
NOTE Confidence: 0.903738444285714

01:21:03.470 --> 01:21:04.910 I haven't thought about it long
NOTE Confidence: 0.903738444285714

01:21:04.910 --> 01:21:06.488 enough to have firm views on it,
NOTE Confidence: 0.903738444285714

01:21:06.490 --> 01:21:07.890 but you know my the paper in which
NOTE Confidence: 0.903738444285714

01:21:07.890 --> 01:21:09.479 I make the kind of strong argument.
NOTE Confidence: 0.903738444285714

01:21:09.480 --> 01:21:11.671 I should note this Steven was providing
NOTE Confidence: 0.903738444285714

01:21:11.671 --> 01:21:13.270 great feedback on that paper,
NOTE Confidence: 0.903738444285714

01:21:13.270 --> 01:21:15.216 and he's got one with some colleagues
NOTE Confidence: 0.903738444285714

01:21:15.216 --> 01:21:17.360 that argues a very friendly position.
NOTE Confidence: 0.9445788365

01:21:19.990 --> 01:21:22.342 In that paper I say specifically
NOTE Confidence: 0.9445788365

01:21:22.342 --> 01:21:24.254 non consensual dose reduction is
NOTE Confidence: 0.9445788365

01:21:24.254 --> 01:21:26.200 the problem and so it does sound

NOTE Confidence: 0.9445788365

01:21:26.200 --> 01:21:28.172 like I'm basically smuggling in a

NOTE Confidence: 0.9445788365

01:21:28.172 --> 01:21:29.933 need for informed consent, right?

NOTE Confidence: 0.9445788365

01:21:29.933 --> 01:21:31.648 What bothers me about that?

NOTE Confidence: 0.9445788365

01:21:31.650 --> 01:21:32.794 Try to get patient.

NOTE Confidence: 0.9445788365

01:21:32.794 --> 01:21:35.094 Buying in is it sounds like if you

NOTE Confidence: 0.9445788365

01:21:35.094 --> 01:21:37.182 try and fail then you're good to go.

NOTE Confidence: 0.9445788365

01:21:37.190 --> 01:21:38.750 So it sounds like the the

NOTE Confidence: 0.9445788365

01:21:38.750 --> 01:21:40.549 algorithm is try to get patient,

NOTE Confidence: 0.9445788365

01:21:40.550 --> 01:21:41.680 buy in if that unreasonable

NOTE Confidence: 0.9445788365

01:21:41.680 --> 01:21:43.110 patient is not willing to budge.

NOTE Confidence: 0.9445788365

01:21:43.110 --> 01:21:44.530 OK, now you do it,

NOTE Confidence: 0.9445788365

01:21:44.530 --> 01:21:45.886 but you checked off the box.

NOTE Confidence: 0.9445788365

01:21:45.890 --> 01:21:47.661 Try to get patient by end and

NOTE Confidence: 0.9445788365

01:21:47.661 --> 01:21:49.120 that seems really problematic.

NOTE Confidence: 0.9445788365

01:21:49.120 --> 01:21:52.888 And so I have not spoken with Doctor,

NOTE Confidence: 0.9445788365

01:21:52.890 --> 01:21:55.354 Dell or any of the other coauthors
NOTE Confidence: 0.9445788365

01:21:55.354 --> 01:21:57.290 about this in particular,
NOTE Confidence: 0.9445788365

01:21:57.290 --> 01:21:58.604 but you know she lead authored
NOTE Confidence: 0.9445788365

01:21:58.604 --> 01:22:00.122 that piece in the New England
NOTE Confidence: 0.9445788365

01:22:00.122 --> 01:22:01.310 Journal that I highlighted,
NOTE Confidence: 0.9445788365

01:22:01.310 --> 01:22:04.278 and then she also was part of the
NOTE Confidence: 0.9445788365

01:22:04.278 --> 01:22:06.660 team that either advised or or.
NOTE Confidence: 0.9445788365

01:22:06.660 --> 01:22:09.220 Reviewed the HHS tapering document
NOTE Confidence: 0.9445788365

01:22:09.220 --> 01:22:12.424 so there's official HHS guidance on
NOTE Confidence: 0.9445788365

01:22:12.424 --> 01:22:15.229 tapering chronic opioid therapy patients.
NOTE Confidence: 0.9445788365

01:22:15.230 --> 01:22:18.098 In my reading of those documents.
NOTE Confidence: 0.9445788365

01:22:18.100 --> 01:22:20.275 Is that it leaves completely
NOTE Confidence: 0.9445788365

01:22:20.275 --> 01:22:21.580 open my conclusion,
NOTE Confidence: 0.9445788365

01:22:21.580 --> 01:22:22.840 which is that if you
NOTE Confidence: 0.9445788365

01:22:22.840 --> 01:22:24.100 don't get patient buy in,
NOTE Confidence: 0.9445788365

01:22:24.100 --> 01:22:27.020 you stop not continue right?

NOTE Confidence: 0.9445788365
01:22:27.020 --> 01:22:28.376 So if the instruction is try
NOTE Confidence: 0.9445788365
01:22:28.376 --> 01:22:29.480 to get patient buy in,
NOTE Confidence: 0.9445788365
01:22:29.480 --> 01:22:30.817 you can have two versions of that.
NOTE Confidence: 0.9445788365
01:22:30.820 --> 01:22:31.588 Try to get patient.
NOTE Confidence: 0.9445788365
01:22:31.588 --> 01:22:32.740 Buy in if you don't well
NOTE Confidence: 0.9445788365
01:22:32.787 --> 01:22:33.879 then move forward anyway,
NOTE Confidence: 0.9445788365
01:22:33.880 --> 01:22:35.890 'cause you're the doctor or try
NOTE Confidence: 0.9445788365
01:22:35.890 --> 01:22:37.739 to get patient buying buy in.
NOTE Confidence: 0.9445788365
01:22:37.740 --> 01:22:39.372 And if you don't well then
NOTE Confidence: 0.9445788365
01:22:39.372 --> 01:22:41.160 you're stuck for the time being.
NOTE Confidence: 0.9445788365
01:22:41.160 --> 01:22:42.640 Continue with motivational interviewing,
NOTE Confidence: 0.9445788365
01:22:42.640 --> 01:22:44.860 continuing letting them know that you're
NOTE Confidence: 0.9445788365
01:22:44.907 --> 01:22:48.280 there for them when they're ready, right?
NOTE Confidence: 0.9445788365
01:22:48.280 --> 01:22:51.178 And that's the path that I think is correct.
NOTE Confidence: 0.9445788365
01:22:51.180 --> 01:22:52.800 So the specific question was well
NOTE Confidence: 0.9445788365

01:22:52.800 --> 01:22:54.820 then should we use informed consent?

NOTE Confidence: 0.9445788365

01:22:54.820 --> 01:22:56.255 I mean, maybe that's what we try.

NOTE Confidence: 0.9445788365

01:22:56.260 --> 01:22:57.485 Maybe that's what we should try next,

NOTE Confidence: 0.9445788365

01:22:57.490 --> 01:22:58.732 say, like look.

NOTE Confidence: 0.9445788365

01:22:58.732 --> 01:23:00.802 We don't usually require informed

NOTE Confidence: 0.9445788365

01:23:00.802 --> 01:23:02.789 consent for not prescribing,

NOTE Confidence: 0.9445788365

01:23:02.790 --> 01:23:04.358 which is one of the reasons doctors get

NOTE Confidence: 0.9445788365

01:23:04.358 --> 01:23:05.726 really prickly when I make this argument,

NOTE Confidence: 0.9445788365

01:23:05.730 --> 01:23:06.384 they're like look,

NOTE Confidence: 0.9445788365

01:23:06.384 --> 01:23:08.290 I have the DEA license for a reason.

NOTE Confidence: 0.9445788365

01:23:08.290 --> 01:23:10.050 'cause I'm the gatekeeper for

NOTE Confidence: 0.9445788365

01:23:10.050 --> 01:23:11.810 Society of these dangerous drugs,

NOTE Confidence: 0.9445788365

01:23:11.810 --> 01:23:13.943 and so it's my decision whether or not to

NOTE Confidence: 0.9445788365

01:23:13.943 --> 01:23:15.630 prescribe if I think it's too dangerous,

NOTE Confidence: 0.9445788365

01:23:15.630 --> 01:23:16.840 you don't.

NOTE Confidence: 0.9445788365

01:23:16.840 --> 01:23:19.865 You aren't owed my prescription.

NOTE Confidence: 0.9445788365

01:23:19.870 --> 01:23:21.510 But I think we have.

NOTE Confidence: 0.9445788365

01:23:21.510 --> 01:23:23.729 We have gotten ourselves into enough trouble

NOTE Confidence: 0.9445788365

01:23:23.729 --> 01:23:26.048 that the situation doesn't hold in this case,

NOTE Confidence: 0.9445788365

01:23:26.050 --> 01:23:28.435 so it might be that no one is owed

NOTE Confidence: 0.9445788365

01:23:28.435 --> 01:23:31.074 a risky initial prescription, right?

NOTE Confidence: 0.9445788365

01:23:31.074 --> 01:23:32.594 So if in your clinical

NOTE Confidence: 0.9445788365

01:23:32.594 --> 01:23:33.506 and professional judgment,

NOTE Confidence: 0.9445788365

01:23:33.510 --> 01:23:34.870 the risks outweigh the benefits,

NOTE Confidence: 0.9445788365

01:23:34.870 --> 01:23:36.186 were initiating opioid therapy,

NOTE Confidence: 0.9445788365

01:23:36.186 --> 01:23:38.160 I think your your general assumption

NOTE Confidence: 0.9445788365

01:23:38.208 --> 01:23:39.948 there about gatekeeping is right on.

NOTE Confidence: 0.9445788365

01:23:39.950 --> 01:23:42.169 The patient is not owed your prescription.

NOTE Confidence: 0.9445788365

01:23:42.170 --> 01:23:45.830 You're not a checkout clerk,

NOTE Confidence: 0.9445788365

01:23:45.830 --> 01:23:47.600 right?

NOTE Confidence: 0.9445788365

01:23:47.600 --> 01:23:50.576 But we got these patients dependence

NOTE Confidence: 0.9445788365

01:23:50.580 --> 01:23:52.620 and we did it through the practice of
NOTE Confidence: 0.9445788365

01:23:52.620 --> 01:23:53.960 institutionalized and accepted medicine.
NOTE Confidence: 0.9445788365

01:23:53.960 --> 01:23:55.100 I'm saying we I didn't.
NOTE Confidence: 0.9445788365

01:23:55.100 --> 01:23:55.900 I'm not a clinician.
NOTE Confidence: 0.9445788365

01:23:55.900 --> 01:23:56.900 I don't have prescribing authority,
NOTE Confidence: 0.9445788365

01:23:56.900 --> 01:23:58.832 but society like we all endorse
NOTE Confidence: 0.9445788365

01:23:58.832 --> 01:24:01.200 this pain is the 5th vital sign.
NOTE Confidence: 0.9445788365

01:24:01.200 --> 01:24:02.096 You know,
NOTE Confidence: 0.9445788365

01:24:02.096 --> 01:24:05.232 like this is opioids or the the
NOTE Confidence: 0.950562081666667

01:24:05.240 --> 01:24:07.330 the treatment for moderate to
NOTE Confidence: 0.950562081666667

01:24:07.330 --> 01:24:09.740 severe acute and chronic pain right?
NOTE Confidence: 0.950562081666667

01:24:09.740 --> 01:24:12.092 And so I think we've gotten our
NOTE Confidence: 0.950562081666667

01:24:12.092 --> 01:24:13.893 patients into a position where
NOTE Confidence: 0.950562081666667

01:24:13.893 --> 01:24:16.754 they are now entitled to a say in
NOTE Confidence: 0.950562081666667

01:24:16.754 --> 01:24:18.878 how we exit from that position.
NOTE Confidence: 0.950562081666667

01:24:18.880 --> 01:24:20.861 And that's why we can actually utilize

NOTE Confidence: 0.950562081666667
01:24:20.861 --> 01:24:22.659 the language of informed consent.
NOTE Confidence: 0.950562081666667
01:24:22.660 --> 01:24:25.460 So Steven, I think I'm on board.
NOTE Confidence: 0.950562081666667
01:24:25.460 --> 01:24:27.540 Let's try to let's try to do informed
NOTE Confidence: 0.950562081666667
01:24:27.540 --> 01:24:29.718 consent for for discontinuation this time.
NOTE Confidence: 0.85294459
01:24:32.780 --> 01:24:34.764 You open up a whole bunch of questions
NOTE Confidence: 0.85294459
01:24:34.764 --> 01:24:37.353 in my mind about this notion of
NOTE Confidence: 0.85294459
01:24:37.353 --> 01:24:39.317 gatekeeper in societies decisions,
NOTE Confidence: 0.85294459
01:24:39.320 --> 01:24:42.908 but that's unlikely for another talk.
NOTE Confidence: 0.85294459
01:24:42.910 --> 01:24:46.325 Uh. Judy, asking about the role
NOTE Confidence: 0.85294459
01:24:46.325 --> 01:24:49.155 and that the DEA may be playing in
NOTE Confidence: 0.85294459
01:24:49.155 --> 01:24:51.080 some of these doctors decisions,
NOTE Confidence: 0.85294459
01:24:51.080 --> 01:24:53.600 especially to to follow the CDC guidelines.
NOTE Confidence: 0.85294459
01:24:53.600 --> 01:24:56.408 Do you want to speak to?
NOTE Confidence: 0.85294459
01:24:56.410 --> 01:24:57.878 Governmental structures in general,
NOTE Confidence: 0.85294459
01:24:57.878 --> 01:25:00.080 and perhaps the DEA in particular.
NOTE Confidence: 0.932350003333333

01:25:02.710 --> 01:25:05.068 I I said probably about as much as I'm.

NOTE Confidence: 0.932350003333333

01:25:05.070 --> 01:25:08.192 I'm really comfortable saying I'll give it

NOTE Confidence: 0.932350003333333

01:25:08.192 --> 01:25:11.595 just a little bit of a flavor which is.

NOTE Confidence: 0.932350003333333

01:25:11.600 --> 01:25:12.914 I'm enough of a public health

NOTE Confidence: 0.932350003333333

01:25:12.914 --> 01:25:14.658 person so kind of you think about

NOTE Confidence: 0.932350003333333

01:25:14.658 --> 01:25:15.742 my institutional affiliation in

NOTE Confidence: 0.932350003333333

01:25:15.742 --> 01:25:17.538 the way of organized my career.

NOTE Confidence: 0.932350003333333

01:25:17.540 --> 01:25:19.406 I'm I'm a bioethicist affiliated with

NOTE Confidence: 0.932350003333333

01:25:19.406 --> 01:25:21.163 the Bloomberg School of Public Health

NOTE Confidence: 0.932350003333333

01:25:21.163 --> 01:25:23.333 and a lot of my work on opioids is

NOTE Confidence: 0.932350003333333

01:25:23.333 --> 01:25:25.013 not just with clinicians who the

NOTE Confidence: 0.932350003333333

01:25:25.013 --> 01:25:26.255 prescribing is with epidemiologists

NOTE Confidence: 0.932350003333333

01:25:26.255 --> 01:25:28.230 who track the overdoses right.

NOTE Confidence: 0.932350003333333

01:25:28.230 --> 01:25:30.156 It's it's trying to address this

NOTE Confidence: 0.932350003333333

01:25:30.156 --> 01:25:32.120 from a structural intervention level

NOTE Confidence: 0.932350003333333

01:25:32.120 --> 01:25:34.580 and not just a clinical level.

NOTE Confidence: 0.932350003333333
01:25:34.580 --> 01:25:36.590 And I'm pretty skeptical that
NOTE Confidence: 0.932350003333333
01:25:36.590 --> 01:25:39.440 the DEA is doing a good job,
NOTE Confidence: 0.932350003333333
01:25:39.440 --> 01:25:41.782 even in the illicit case, right?
NOTE Confidence: 0.932350003333333
01:25:41.782 --> 01:25:45.034 Uh, I'm pretty skeptical that our
NOTE Confidence: 0.932350003333333
01:25:45.034 --> 01:25:48.059 attitudes about drugs are helping us.
NOTE Confidence: 0.932350003333333
01:25:48.060 --> 01:25:51.679 Even when it's in the black market,
NOTE Confidence: 0.932350003333333
01:25:51.680 --> 01:25:55.046 which all of that is to say less cryptically.
NOTE Confidence: 0.932350003333333
01:25:55.050 --> 01:25:57.425 The fact that we criminally
NOTE Confidence: 0.932350003333333
01:25:57.425 --> 01:25:59.800 prosecute people for using drugs
NOTE Confidence: 0.932350003333333
01:25:59.885 --> 01:26:02.500 seems morally indefensible to me.
NOTE Confidence: 0.932350003333333
01:26:02.500 --> 01:26:06.460 What that entails is in the clinical context,
NOTE Confidence: 0.932350003333333
01:26:06.460 --> 01:26:08.728 I want I want I really don't
NOTE Confidence: 0.932350003333333
01:26:08.728 --> 01:26:10.010 want there to be.
NOTE Confidence: 0.932350003333333
01:26:10.010 --> 01:26:12.010 A DEA involvement or Department
NOTE Confidence: 0.932350003333333
01:26:12.010 --> 01:26:13.210 of Justice involvement.
NOTE Confidence: 0.932350003333333

01:26:13.210 --> 01:26:15.870 Now to be clear,
NOTE Confidence: 0.9323500033333333

01:26:15.870 --> 01:26:18.750 we've had a history of some pill mills,
NOTE Confidence: 0.9323500033333333

01:26:18.750 --> 01:26:19.127 right?
NOTE Confidence: 0.9323500033333333

01:26:19.127 --> 01:26:21.766 So there are stories that are important
NOTE Confidence: 0.9323500033333333

01:26:21.766 --> 01:26:25.232 to keep in mind that there is a law
NOTE Confidence: 0.9323500033333333

01:26:25.232 --> 01:26:27.233 enforcement requirement in rare cases
NOTE Confidence: 0.9323500033333333

01:26:27.233 --> 01:26:29.440 of like genuinely bad actors, right?
NOTE Confidence: 0.9323500033333333

01:26:29.440 --> 01:26:31.120 So there's a book in American pain that's
NOTE Confidence: 0.9323500033333333

01:26:31.120 --> 01:26:32.729 super interesting from several years ago.
NOTE Confidence: 0.9323500033333333

01:26:32.730 --> 01:26:34.010 Now about the Florida pill.
NOTE Confidence: 0.9323500033333333

01:26:34.010 --> 01:26:37.022 Mills Charlotte Bismuth came out
NOTE Confidence: 0.9323500033333333

01:26:37.022 --> 01:26:39.350 with a book recently this year.
NOTE Confidence: 0.9323500033333333

01:26:39.350 --> 01:26:40.946 She was the.
NOTE Confidence: 0.9323500033333333

01:26:40.946 --> 01:26:43.074 Prosecutor for the 1st.
NOTE Confidence: 0.9323500033333333

01:26:43.080 --> 01:26:44.094 I want to get this right
NOTE Confidence: 0.9323500033333333

01:26:44.094 --> 01:26:45.080 and I didn't prepare for it,

NOTE Confidence: 0.932350003333333
01:26:45.080 --> 01:26:47.488 but I think she was the prosecutor
NOTE Confidence: 0.932350003333333
01:26:47.488 --> 01:26:50.004 for the first homicide case for a
NOTE Confidence: 0.932350003333333
01:26:50.004 --> 01:26:52.550 Doctor Who was running a pill mill.
NOTE Confidence: 0.932350003333333
01:26:52.550 --> 01:26:54.629 So she wrote a book called Bad
NOTE Confidence: 0.932350003333333
01:26:54.629 --> 01:26:55.520 Medicine this year,
NOTE Confidence: 0.932350003333333
01:26:55.520 --> 01:26:56.438 and I think those are important
NOTE Confidence: 0.932350003333333
01:26:56.438 --> 01:26:57.250 to keep in mind that,
NOTE Confidence: 0.932350003333333
01:26:57.250 --> 01:26:59.707 like law enforcement clearly has a role.
NOTE Confidence: 0.932350003333333
01:26:59.710 --> 01:27:02.470 What I think is really problematic is law
NOTE Confidence: 0.932350003333333
01:27:02.470 --> 01:27:04.379 enforcement trying to do public health.
NOTE Confidence: 0.932350003333333
01:27:04.380 --> 01:27:06.042 And it's even worse when they
NOTE Confidence: 0.932350003333333
01:27:06.042 --> 01:27:07.150 try to do medicine.
NOTE Confidence: 0.932350003333333
01:27:07.150 --> 01:27:09.850 And so for the most part,
NOTE Confidence: 0.932350003333333
01:27:09.850 --> 01:27:10.167 yes,
NOTE Confidence: 0.932350003333333
01:27:10.167 --> 01:27:12.386 I want doctors to make clinical judgments,
NOTE Confidence: 0.932350003333333

01:27:12.390 --> 01:27:13.902 not judgments based on whether or not
NOTE Confidence: 0.9323500033333333

01:27:13.902 --> 01:27:15.224 they think the Department of Justice
NOTE Confidence: 0.9323500033333333

01:27:15.224 --> 01:27:17.060 is going to track them as an outlier.
NOTE Confidence: 0.85280053173913

01:27:19.390 --> 01:27:22.090 So Travis, thank you so much for all of
NOTE Confidence: 0.85280053173913

01:27:22.090 --> 01:27:24.628 your time and effort and your ability
NOTE Confidence: 0.85280053173913

01:27:24.628 --> 01:27:27.240 to speak so cogently on these issues.
NOTE Confidence: 0.85280053173913

01:27:27.240 --> 01:27:29.900 I think we have one last slide
NOTE Confidence: 0.85280053173913

01:27:29.900 --> 01:27:32.529 just to promote our next session.
NOTE Confidence: 0.85280053173913

01:27:32.530 --> 01:27:35.323 And there was one unanswered question that
NOTE Confidence: 0.85280053173913

01:27:35.323 --> 01:27:38.129 related to the role of buprenorphine,
NOTE Confidence: 0.85280053173913

01:27:38.130 --> 01:27:40.344 but I will refer individuals to
NOTE Confidence: 0.85280053173913

01:27:40.344 --> 01:27:43.708 your book in pain where you sort of
NOTE Confidence: 0.85280053173913

01:27:43.708 --> 01:27:46.528 discuss the options for tapering.
NOTE Confidence: 0.85280053173913

01:27:46.530 --> 01:27:48.846 So if there's one more slide
NOTE Confidence: 0.85280053173913

01:27:48.846 --> 01:27:51.379 I can speak to it if not.
NOTE Confidence: 0.85280053173913

01:27:51.380 --> 01:27:53.662 So just a reminder to learn more

NOTE Confidence: 0.85280053173913
01:27:53.662 --> 01:27:55.513 about the finding some solutions
NOTE Confidence: 0.85280053173913
01:27:55.513 --> 01:27:57.518 to the opioid crisis speaker
NOTE Confidence: 0.85280053173913
01:27:57.520 --> 01:28:00.358 series by logging in at visiting
NOTE Confidence: 0.85280053173913
01:28:00.358 --> 01:28:02.171 addiction medicine at yale.edu.
NOTE Confidence: 0.85280053173913
01:28:02.171 --> 01:28:04.908 I believe you will be able to
NOTE Confidence: 0.85280053173913
01:28:04.908 --> 01:28:07.648 access the recordings at that site.
NOTE Confidence: 0.85280053173913
01:28:07.650 --> 01:28:09.967 You can also follow us on Twitter
NOTE Confidence: 0.85280053173913
01:28:09.967 --> 01:28:11.903 and follow the Sandgaard Foundation
NOTE Confidence: 0.85280053173913
01:28:11.903 --> 01:28:14.948 on Twitter and you can join our
NOTE Confidence: 0.85280053173913
01:28:14.948 --> 01:28:17.040 listserv by emailing Emma Biegacki.
NOTE Confidence: 0.85280053173913
01:28:17.040 --> 01:28:19.154 So thanks everybody and thank you Travis
NOTE Confidence: 0.85280053173913
01:28:19.154 --> 01:28:21.349 again for a wonderful discussion.
NOTE Confidence: 0.85280053173913
01:28:21.350 --> 01:28:22.018 And thank you Kyle
NOTE Confidence: 0.743333211666667
01:28:22.030 --> 01:28:23.830 very much. Thanks for having me
NOTE Confidence: 0.635716738333333
01:28:24.370 --> 01:28:25.882 take care. Thank you,
NOTE Confidence: 0.635716738333333

01:28:25.882 --> 01:28:27.400 thank you thanks everyone.