

November 4, 2019

# WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

## Trick or Treat! BBCH Halloween Parade is a Spooky Success







*Thank you to artist Alejandra Ponce, who donated a mixed media portrait of former First Lady Barbara Bush to The Barbara Bush Children's Hospital. The portrait, titled, "Barbara," now hangs in the BBCH atrium. Its plaque reads, "In loving memory of a wonderful woman, The First Lady, Mrs. Barbara Bush, who inspired me to believe in something larger than myself."*

## MMC Research Leads to New Naloxone Prescription Approach

After research through Maine Medical Center found internal medicine clinics were not consistently prescribing naloxone to patients at high risk for an opioid overdose, the Maine-Health system launched an effort to promote overdose awareness and education among patients and providers.

The Journal of General Internal Medicine has published a research paper led by MMC physicians David Kispert M.D., Jenny Carwile Sc.D., M.P.H., and Kinna Thakarar, D.O., M.P.H., that found that patients were more likely to receive prescriptions if they were younger, of Hispanic origin, receiving care at a clinic in a lower-income community, met more than one of the Centers for Disease Control and

Prevention's criteria to be considered high risk for overdose or had a history of opioid use disorder.

"This research is significant because it found disparities of naloxone prescribing based on age, income and ethnicity," Dr. Thakarar said. "What is encouraging is that these findings prompted MaineHealth to improve its naloxone prescribing practices."

A team led by Kristen Silvia, M.D., who was a co-author on the paper, and Stephanie Nichols, Pharm.D., further confirmed these disparities.

To address the issue, Drs. Silvia and Nichols developed a naloxone toolkit and video that helps providers recognize who is at highest

# IT'S OPEN ENROLLMENT!

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risk of overdose, describe signs and symptoms of opioid overdose, understand the four different naloxone formulations and how to use each one, talk to patients about risk of overdose and naloxone and

locate prescribing tools.

The video and toolkit underscore the investment MaineHealth has made to address the opioid crisis and can be accessed at: [MaineHealth.org/](http://MaineHealth.org/)



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