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National Prescription Drug Take Back Day: Let's Build Healthy Communities Together

PowerPoint Script

nnlm.gov/all-of-us

All of Us
RESEARCH PROGRAM

The
Future of
Health Begins
With You



Slide 1: Good afternoon! We are so glad you have joined us today. My name is _____ and I will be giving today's presentation "*National Prescription Drug Take Back Day: Let's Build Healthy Communities Together*"



Slide 2: First, let's reflect about the background and dive into why this is an important topic now – and actually an important topic to all of us?

After we do that, then let's focus on you and this community you live in.

To wrap up, we will spend time with questions and discussion.

How does this sound to everyone?

**The National
Prescription Drug
Take Back Day**

**Why is the topic
important?**

Slide 3: Ok, let's begin by exploring together why this is an important topic.

At the National Level: Prescription Drugs Misused

*6.2 million Americans misused controlled prescription drugs...and the **majority of these abused prescription drugs came from family and friends, often from the home medicine cabinet.***



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"DEA National RXTake Back Day," Take Back Day, Drug Enforcement Administration (DEA), 2018, takebackday.dea.gov/.

Slide 4: Now let's take a look at the National level and some of the most recent statistics available. I do not want to spend too much time wrapped up in the statistics of this issue or leave you feeling overwhelmed, but I also want to give you sense for the size and scope of this prescription drug misuse in our country.

*According to the 2016 National Survey on Drug Use and Health, **6.2 million Americans misused controlled prescription drugs.*** The key point that I want to draw your attention to is the study showed a majority of abused prescription drugs were obtained from family and friends, often from the home medicine cabinet. This is where we each can connect to the problem and that means we each can be part of the solution. This will be my focus today to draw us to the the real steps and practical things each of us can do to overcome this negative statistic with positive action.

At the National Level: Teens Abuse Prescription Drugs

- Prescription and over-the-counter drugs are the most commonly misused substances by Americans age 14 and older, after marijuana and alcohol.



National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services.

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Slide 5: I want to take a moment to mention our teens as they are the future of our communities and Nation. Prescription and over-the-counter drugs are the most commonly misused substances by Americans age 14 and older, after marijuana and alcohol. It may be surprising for you to learn that many teens believe prescription drugs are much safer than illegal street drugs because they are prescribed by a doctor. The top three prescription drugs used by high school seniors in 2017 were: Adderall (5.5 percent), tranquilizers (4.7 percent) and opioids (4.2 percent).

I mention this because many of us may be a parent or grandparent or friend of a teenager and we are in a good position to provide support and to not be the intentional or accidental supplier of prescription drugs. As we just said before, family and friends are where the majority get their prescription drugs often from the home medicine cabinet.

*In (Insert State)

- *(Identify and insert key statistics relevant to the State)*

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Slide 6 (optional): We recommend including statistics relevant to your State around prescription drug misuse, accidental poisonings with medications, etc. *This slide is optional, however, it may build a stronger connection for your audience if you can provide this information here.

Suggestions for possible resources to find statistics applicable to your State:

NIH National Institute on Drug Abuse

<https://www.drugabuse.gov/drugs-abuse/opioids/opioid-summaries-by-state>

Search for “Poison Center” and your State

Search for “Public Health Department” and your State

The National Prescription Drug Take Back Day

Who is impacted?

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Slide 7: Now I'd like to move on to talk about who is impacted. The “why” this topic is important and the “who” are very much connected. I hope each and every person here today will leave feeling that you are impacted and also part of the solution around safely using and returning medications.

Our Communities



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Slide 8: First of all, unused and expired medication getting in the wrong hands potentially impacts our children, pets, and all individuals in our communities. These individuals are our brothers, sisters, grandparents, dogs, cats, and friends who we love and want to make sure stay safe and healthy.

According to the Centers for Disease Control, 95% of unintentional and undetermined poisoning deaths in the U.S. in 2004 were caused by drugs. In addition to the risk for poisoning and abuse in our children and adults, human medications are the leading cause of pet poisonings. For instance, trash-related toxic exposures are called into the Pet Poison Helpline daily. In 2009, the ASPCA's Animal Poison Control Center handled more than 46,000 cases in the U.S. of pets exposed to prescription and over-the-counter drugs.

For Reference: ASPCA Animal Poison Control Center Phone Number: (888) 426-4435
ASPCA means American Society for the Prevention of Cruelty to Animals which is a non-profit organization dedicated to preventing cruelty in animals.

Our Environment



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Slide 9: Share **Handout 1: EPA How to Dispose of Medications Properly** This handout includes some helpful illustrations of the environmental impact of not disposing of medications appropriately.

Medicines that are not safely disposed of or returned can potentially impact our environment in all sorts of negative ways. Medicines have been found in over 100 streams sampled across the country. Even at very low levels, medicines in the environment hurt aquatic life. We also know that medicines have been found in the drinking water of 24 major metropolitan cities.

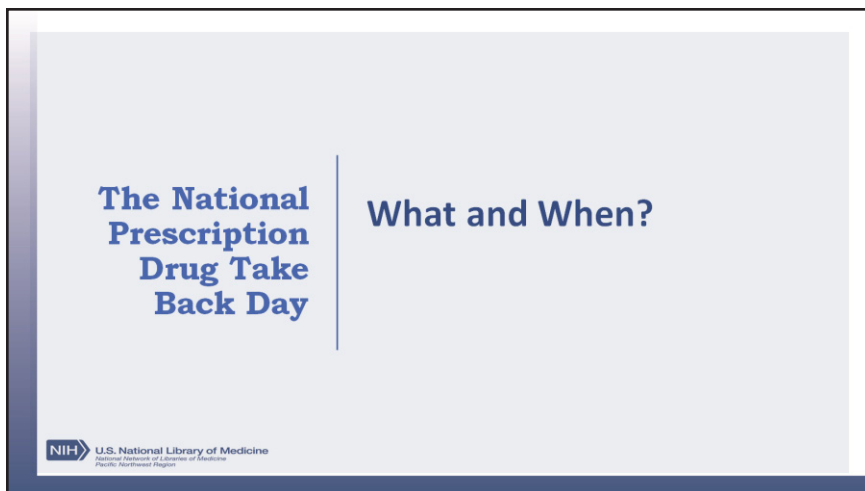
This might impact your favorite swimming area, our wildlife, and even your health – each being very vital to a healthy community.

The National Prescription Drug Take Back Day: It Impacts All of Us

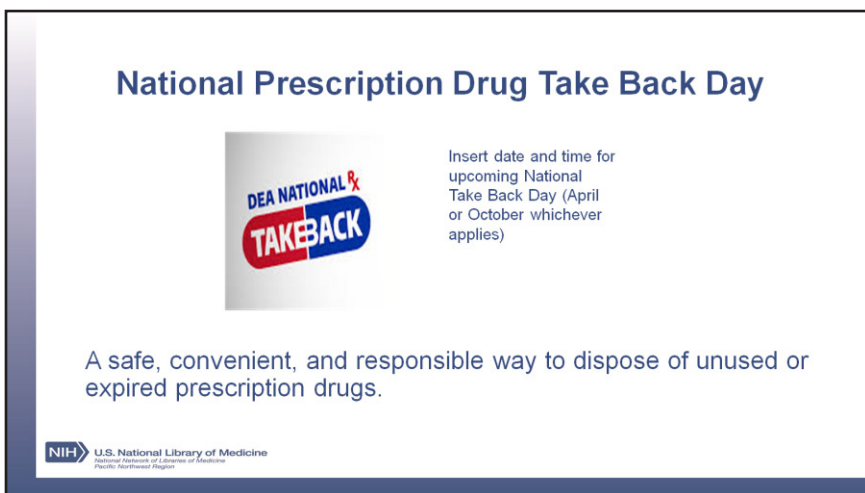


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Slide 10: I hope you are beginning to see the issue of safe drug disposal and medication return impacts all of us. No matter where we live we each need to be part of the solution in order to build safe and healthy communities.



Slide 11: Now I am excited to talk about how you can get involved. You've heard the "why" this an important topic and "who" it impacts and now let's talk about some practical steps we can take to be part of the solution. My goal is that you can take one concrete step that you personally can do. I also want you to feel positive and hopeful about a healthier community where prescription drugs don't make it accidentally into the wrong hands or environment potentially causing harm.



Slide 12: We recommend inserting the date and time for next *National Prescription Drug Take Back Day* (April or October).

Our next chance, and your next opportunity to be involved is (insert date and time of next *National Prescription Drug Take Back Day*). This is an important event for our Nation and communities. The last Take Back Day brought in more than 900,000 pounds of unused or expired prescription medications. This brings the total amount of prescription drugs collected by DEA since the fall of 2010 to 10,878,950 pounds. These numbers are astounding.

*State Safe Medication Return Program (insert here)

Slide 13: (optional): If your State has a return program insert information regarding that on this slide. Reach out to your local pharmacist or State Health Department for more information.

For Reference: As of fall 2018 there are 38 states and Guam with enacted laws for donation and reuse. Although states have passed laws establishing these programs, more than a dozen of these states do not have functioning or operational programs. “Operational programs” are those states that have participating pharmacies, charitable clinics, and/or hospitals collecting and redistributing donated drugs to eligible patients. Some common obstacles are the lack of awareness about the programs, no central agency or entity designated to operate and fund the program, and added work and responsibility for repository sites that accept the donations.

From: <http://www.ncsl.org/research/health/state-prescription-drug-return-reuse-and-recycling.aspx>

Building
Healthier
Communities

What Can you Do?

Slide 14: So where can we get involved? I hope after hearing the background about the issue and the progress of the *National Prescription Drug Back Day* that we each want to take some action. There are many simple practical steps we can take individually, as families, and as an entire community. In the next few minutes, I will share specific steps to get started.

Where is your Local Take Back Site? (insert information)

(insert details tailored to the city or community that is relevant to the presentation)

Slide 15: Describe the location(s) of the medication take back collection sites in your community or city. Include pictures or visuals when possible. Assure your audience that bringing in medication in is confidential and there is no risk of getting in trouble with the law.

It Starts with YOU: Look Around your Home for Unwanted or Expired Medications

- Check the following:

- Cabinets
- Closets
- Bathrooms
- Refrigerator
- Vehicles

- Talk with your family, including teens



Slide 16: The getting started on this issue, really starts with me, you, each one of us in our own homes. Begin with the closets and medicine cabinets in your house. Do you have old medications in the bathroom, closet, kitchen, and cabinet? **Audience participation:** Where else might we look? (nightstand, under the bed, suitcase, etc)

If so, gather these to bring to a collection site or Prescription Drug Take Back Event. We will also talk about some other safe ways we can dispose of medications in the next several minutes.

Next, for the medication you do want to keep, decide if they are in a safe place. Ask yourself, are the medications in a place where children, teens, or pets can't get to them?

I also want to mention that we know some drugs, don't work as well after a certain amount of time. Check the expiration date on the bottle or with your local pharmacist if you have any doubt about whether the medication you find in your home is still good to take. Even if the medication is still good, it's likely still best to check with your care provider before taking it to make sure it's still right for your condition and safe with the other medications you may be currently taking.

Identify a Collection Site

- Participate in your local National Drug Take Back Day event
- Locate a collection site near you
 - visit the DEA web-site



Slide 17: If at all possible, the best option is to take your medications to a collection site near you. If you are unsure of where to take your medications you can check the DEA web-site or talk to your local pharmacy or health care provider.

What You Can Bring to a Medicine Take Back Program

YES: Items Accepted	NO: Items Not Accepted
Prescription Medicines: Law enforcement locations can accept all medicines including controlled substances such as opiate pain medications. Additionally most Pharmacies can accept controlled substances such as opiate pain medication, but can not accept controlled substances such as Marijuana.	NO: Some Pharmacies cannot accept prescription medicines that are controlled substances such as opiate pain medications. Dispose of these at a locations that can take controlled substances.
Over-the-counter medicines	NO: Needles/Lancets/Syringes
Pet Medicines	NO: Thermometers
	NO: Empty containers
	NO: Bloody or infectious waste
	NO: Personal care products (non-medicated shampoo, etc.)
	NO: Hydrogen Peroxide

Slide 18: It's important to point out that not all things can be brought to a Medication Take Back Program.

Green text: On this slide you'll see in **green** text, the items that are accepted: prescription medications, over the counter medications, and pet medicines. There are some medications that are called controlled substances that can only be accepted in some locations.

Red text: Items not accepted, in **red** text include: thermometers, needles/lancets/syringes, bloody or infectious waste, personal care products, and hydrogen peroxide.

How to Dispose of Medical Waste Not Accepted

- Some medical wastes, like sharps and thermometers, should be properly disposed of using the option that's right for each waste.



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Slide 19: There are some medical wastes, like sharps, and thermometers, that should be disposed of using the option that is right for each waste. In no way would I expect anyone to remember or learn all the ways to dispose of certain wastes. I just want you to be aware and remember to ask for help when it comes to medical waste disposal. Even those who work in the healthcare setting are continually double checking resources available to make sure they are disposing of medicines and medical wastes in the right way. Again, the key take away here is ask for help.

How to Dispose of Medical Waste Not Accepted

- Hydrogen Peroxide**
Household strength Hydrogen Peroxide can be poured down a drain or flushed down the toilet. Pour slowly & carefully to avoid damaging your eyes or ruining your clothes.
- Empty containers**
Empty containers may be disposed into the regular garbage or possibly recycled. Check your local recycling rules to find out which plastic bottles can be recycled. To protect your privacy, you can peel off the prescription label or use a permanent marker to cover your personal information.
- Bloody or infectious waste**
For help disposing of bloody or infectious waste, contact your local Health Department or call 1-800-RECYCLE (1-800-732-9253).
- Personal care products**
Most personal care products may be disposed into the regular garbage. If you have products in aerosol cans, hair color, hair spray, nail polish or nail polish remover, contact your local household hazardous waste collection program or call 1-800-RECYCLE (1-800-732-9253).

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"What do I do with items not accepted by the take back program?" Take Back Your Meds. 2019. Washington State Poison Center. 27 Mar. 2019.
<<http://www.takebackyourmeds.org/what-you-can-do/tags/>>.

Slide 20: In the next two slides I list a number of things that are not accepted at a take back program or event. We will not talk through each of these but I just want you to be aware that there are specific procedures related to different types of wastes as I mentioned before.

(Choose 1 or 2 wastes listed, and share the information on the slide)

How to Dispose of Medical Waste Not Accepted

- **Controlled Substances**

Under current federal law, controlled substance drugs possessed by a patient can be returned to select pharmacies as well as law enforcement officials.

- **Needles and syringes**

Used needles, injectors, EpiPens, lancets or other objects capable of puncturing skin may be infectious, capable of transmitting disease. These "biohazardous" or "biomedical" wastes have special regulations for safe transportation and disposal. For safe disposal of needles and syringes, ask your pharmacist or contact your local Health Department or call 1-800-RECYCLE (1-800-732-9253).

- **Thermometers, Aerosol cans**

For safe disposal of mercury thermometers or aerosol cans, contact your local household hazardous waste collection program or call 1-800-RECYCLE (1-800-732-9253).

Slide 21: (Choose 1 or 2 wastes listed, and share the information on the slide)

If a Collection Site is Unavailable: How to Dispose of Medications Safely

Dispose in the household trash

Follow these simple steps to dispose of medicines in the household trash

MIX

Mix medicines (do not crush tablets or capsules) with an unpalatable substance such as dirt, cat litter, or used coffee grounds.

PLACE

Place the mixture in a container such as a sealed plastic bag.

THROW

Throw the container in your household trash.

SCRATCH OUT

Scratch out all personal information on the prescription label of your empty pill bottle or empty medicine packaging to make it unreadable, then dispose of the container.

Slide 22: Share **Handout 2: FDA Drug Disposal in Household Trash**

Please look at the handout with all the bright colors that says at the top "Follow these simple steps to dispose of medicines in the household trash".

As mentioned earlier, when possible, it would be best to take your medications to a Take Back Program but if you are unable to do so, it is important to go through the steps on this handout. The steps ensure that your privacy is protected and that your medications do not get into the wrong hands.

At this time read each of the steps and ask the audience to follow along.

If a Collection Site is Unavailable: How to Dispose of Medications Safely

Only Flush Certain Potentially Dangerous Medications:

- Use the list from the U.S. Food and Drug Administration (FDA) to identify which medicines you should flush when they are no longer needed.



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Slide 23: Share **Handout 3:** *FDA List of Medicines Recommended for Disposal by Flushing*

Now let's look at the hand out titled "*FDA List of Medicines Recommended for Disposal by Flushing*".

Again, I want to emphasize that it's best whenever possible to bring your old or unwanted medications to a safe medication collection site but if that's not possible you should only flush some of your medications. In this handout you will find a list of medications that can be flushed.

(Choose 1 or 2 medications from the list to mention)

If a Collection Site is Unavailable: How to Dispose of Medications Safely

Other Options:

- For disposal information (beyond list included above) when in doubt ask your local pharmacist or health provider



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Slide 24: If you do not see your medication listed on the okay to flush list or have further questions, when in doubt, ask your pharmacist or health care team. This is always a good place to reach out for any question around drug disposal or return!

Medications: Safe Use Tips

- Take medications as directed by your physician, pharmacist, and health care team
- Keep an updated list of your medications
- Don't share or borrow medications
- Store medications in a secure location
- Do not stop taking medications without instructions from your provider

"Prescription Medication Safe Use Tips." *NeedyMeds.org*, BeMedWise Program at NeedyMeds, 2019, www.needymeds.org/.



Slide 25: Share Handout 4: *NeedyMeds BeMedWise Prescription Medication Safe Use Tips*

In the last few minutes of our time together I'd like to wrap up by sharing general safe practices around medications. These are tips to help you or those you love stay both healthy and safe.

At this time, I'd like to draw your attention to the handout *NeedyMeds BeMedWise Prescription Medication Safe Use Tips*. This has a more complete list of recommendations for how to take your medications safely. I have chosen a few key tips from the handout to share with you right now but please read these later if you can. These are great reminders for all of us!

To begin, remember to take medications as directed by your health care provider whether that's your doctor, dentist, or other provider. There are important reasons for the directions given. For example, with antibiotics as you probably know, even if you are feeling better we need to take these as directed.

Medications and You: Help and Resources are Available

- Recommend visiting the following web-site for resources in terms of resources related to medications:

<https://www.needymeds.org/>



Slide 26: A great place to visit for helpful information regarding your medications and especially around help or assistance with paying for medications. The web-site is www.needymeds.org.

Building Healthy Communities

Thank you for coming today – you are the start of building a healthier community!

- Any questions or comments?
- Any ideas for how we might get our encourage our community to get involved?



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Slide 27: Thank your taking time to attend this presentation. You are truly the start of change and a healthier community. If you can, tell your friends and family about what you've learned today.

I'd like to take a few minutes for questions and comments now. Then I will pass out a brief survey as we would love to get your feedback about today's presentation.

Share **Survey**