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

PowerPoint Script

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All of Us
The Future of Health Begins With You

Research Program
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”

Overview

• Background:
  ➢ Why is this an important topic & who’s impacted?
  ➢ What and when is the National Prescription Drug Take Back Day?

• Building Healthier Communities:
  ➢ Where do you start?

We each play an important role in safe medication return.

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

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.
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)

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
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.

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
ASCPA means American Society for the Prevention of Cruelty to Animals which is a non-profit organization dedicated to preventing cruelty in animals.
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.

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 accidently 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.
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.


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.
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.

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.
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.

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.
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.

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

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

Now let’s look at the handout 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)

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!
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.

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**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/](https://www.needymeds.org/)

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**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](http://www.needymeds.org).
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