

Abuse Trends in Over-the-Counter Medications

2015-2021

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Rocky Mountain Poison & Drug Safety

Denver Health and Hospital Authority

17 May 2022 – RADARS® System Annual Meeting

Newsweek

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What Is the 'Sleepy Chicken' TikTok Trend, Exactly?

BY **SOO KIM** ON 1/17/22 AT 4:46 AM EST

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HEALTHCARE

NyQuil, Sleepy Chicken Challenge Trends On TikTok, Here Are The Dangers

Bruce Y. Lee Senior Contributor @

I am a writer, journalist, professor, systems modeler, computational and digital health expert, avocado-eater, and entrepreneur, not always in that order.

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Lifestyle

NO CLUCKING WAY What is the Sleepy Chicken TikTok trend?

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9:57 ET, Jan 17 2022 | Updated: 10:22 ET, Jan 17 2022

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Asked about the dangers of cooking chicken with NyQuil, a spokesperson for the U.S. Centers for Disease Control and Prevention (CDC) said: "We do not have data to reply to your inquiry."



Lifestyle

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Systematic Review of OTC abuse

Dextromethorphan

Diphenhydramine

Pseudoephedrine

Data on OTC Abuse



- RADARS[®] System Survey of Non-Medical Use of Prescription Drugs (NMURx) Program
- American Association of Poison Control Centers' National Poison Data System

RADARS® System Survey of Non-Medical Use of Prescription Drugs (NMURx) Program

- Cross-sectional, online, self-administered survey
- Sample drawn from commercial survey panel
- Primary focus on NMU of prescription drugs
- Several OTC drugs have been added in recent years
- Best practices include:
 - Randomization of question order
 - Exclusion of careless/improbable responses
 - Statistical methods to produce a nationally representative dataset

RADARS® System Survey of Non-Medical Use of Prescription Drugs (NMURx) Program

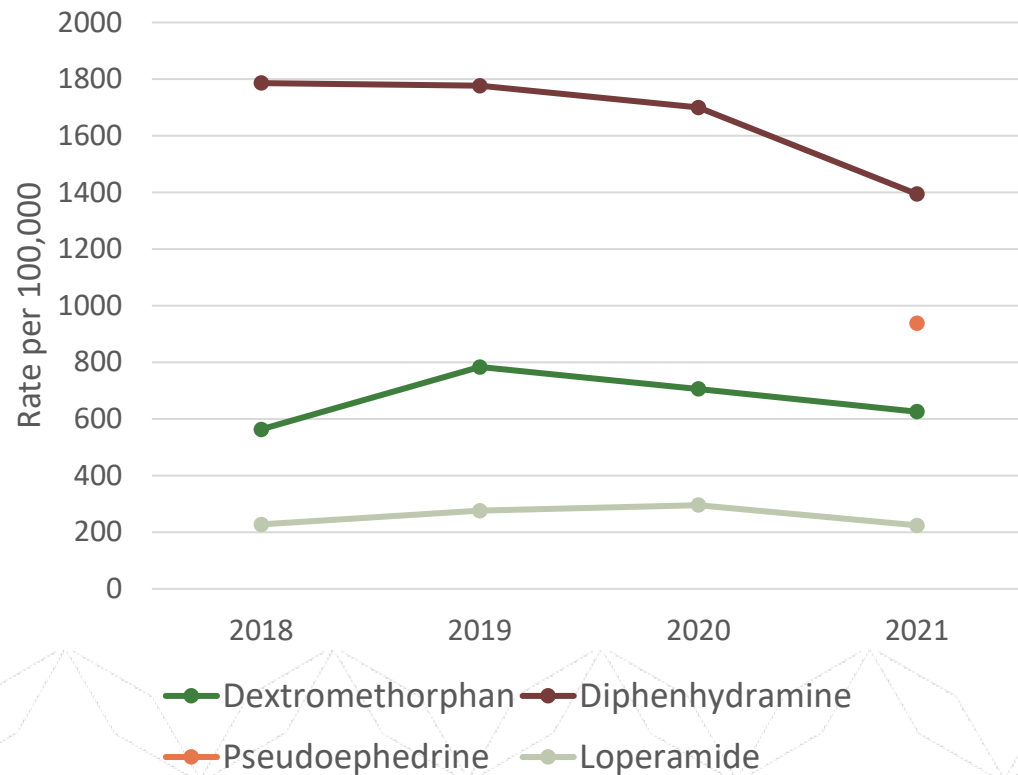
Estimated adult population prevalence of NMU in 2021

Diphenhydramine	7,308,644 (2.8%)
Pseudoephedrine	6,770,363 (2.6%)
Dextromethorphan	4,040,612 (1.6%)
Loperamide	1,937,477 (0.8%)

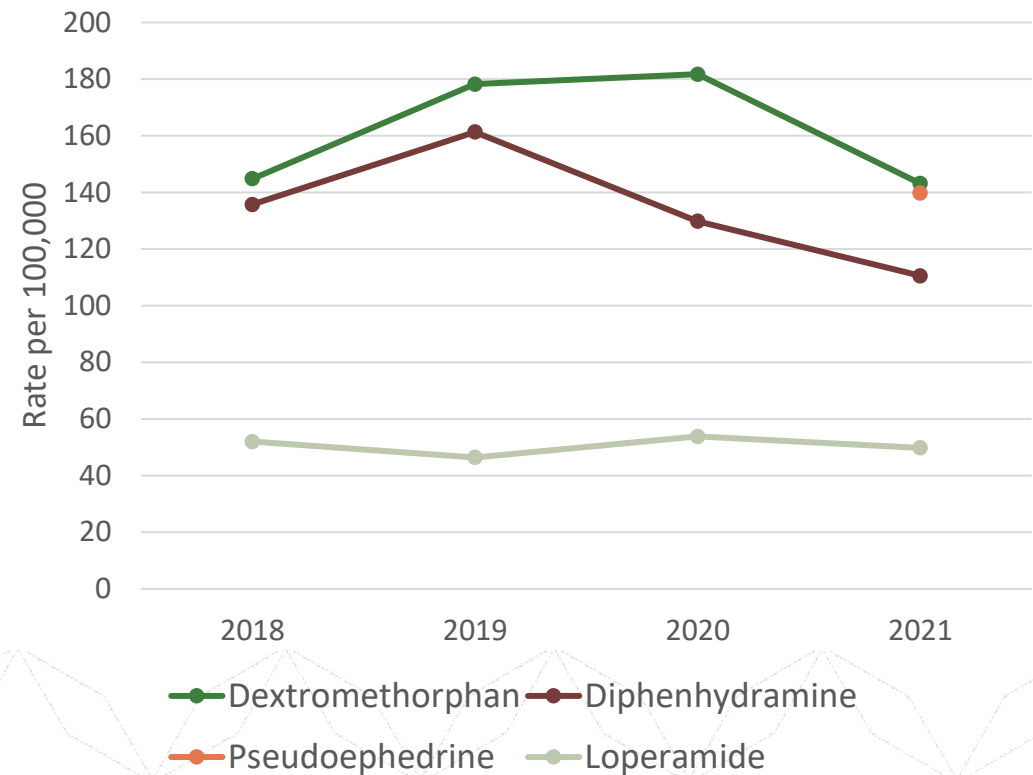


RADARS® System Survey of Non-Medical Use of Prescription Drugs (NMURx) Program

Non-medical use for any reason



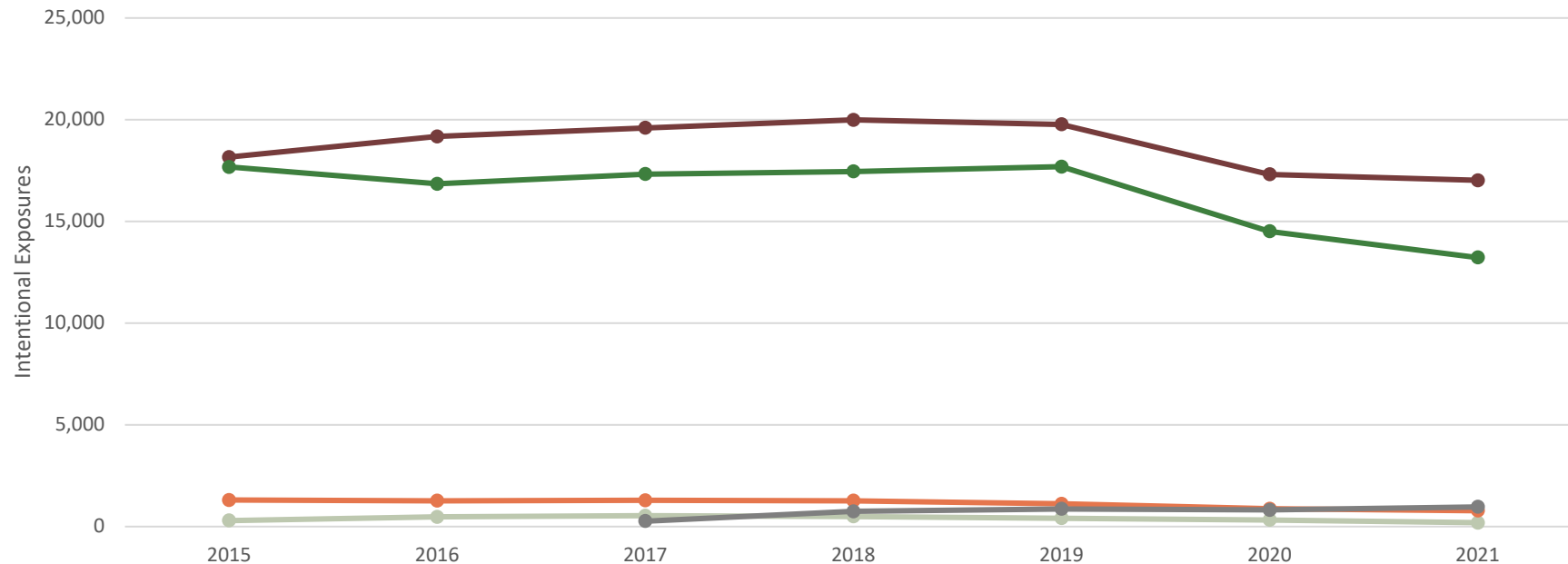
For enjoyment or to get high



Data for 2018 begin in the 3rd quarter.

National Poison Data System – Adult data

Adult Intentional Exposures



—●— Loperamide

—●— Dextromethorphan (all)

—●— Kratom*

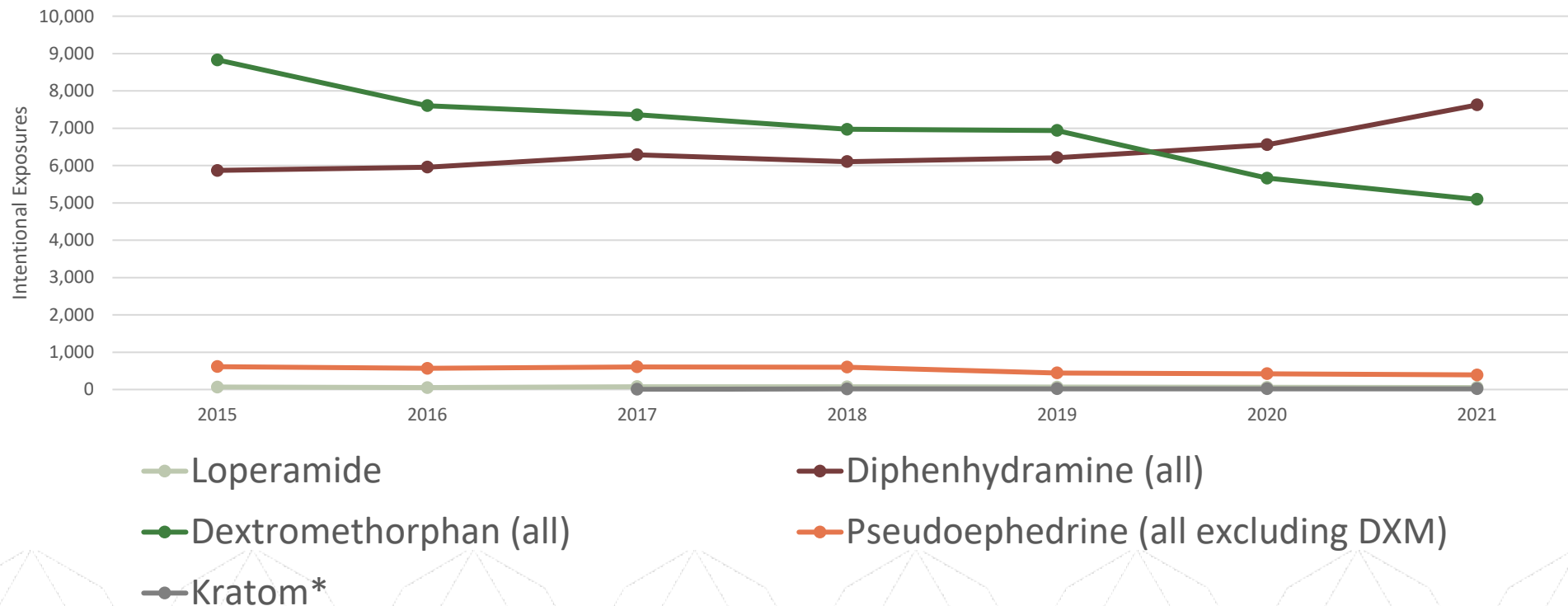
—●— Diphenhydramine (all)

—●— Pseudoephedrine (all excluding DXM)

*Kratom data was not collected in a unified method until 2017.

National Poison Data System – Adolescent data

Adolescent Intentional Exposures



*Kratom data was not collected in a unified method until 2017.

Thank you!

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RADARS® System

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