

# Regional Estimates for Prevalence of Non-Medical Use of Prescription Opioids in Canada

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# STUDY DESIGN

# Survey of Non-Medical Use of Prescription Drugs (NMURx) Program

- Survey is a tool that provides **accurate** and **timely** estimates prescription drug non-medical use (including abuse & misuse) and associated motivations and behaviors among the **general population**



## » Study Design

- Semi-annual
- Cross-sectional
- Online
- Self-administered
- Anonymous
- Non-probability Sampling

# NMURx Program

- **Recruitment**

- Online survey panels
  - Volunteer survey-takers
  - Recruited through email, e-newsletter campaigns, traditional banner placements, and social media
- Response rate: 20%

- **Sampling Methods**

- N= 15,000 / launch (30,000 annually)
- Quota sampling based on sex and region
- Random selection from panels

# Key Measures

- **Definition of Non-Medical Use**

- Use in a way not directed by your healthcare provider, even if just once or just a little. Examples include:

- You used it without a prescription or with someone else's prescription
    - You used it in greater amounts, more often, or for longer than directed
    - You used it for the experience or feeling it caused
    - You changed it before use by crushing, chewing, dissolving, or heating it



# Misuse Reasons



- to reduce pain
- to treat a medical condition or symptom, other than pain
- to relax, reduce stress, or sleep
- to prevent or treat withdrawal symptoms

# Abuse Reasons

- for enjoyment
- to get high
- to come down from a high from another drug



# Self Harm Reasons

- to hurt yourself
- to end your life

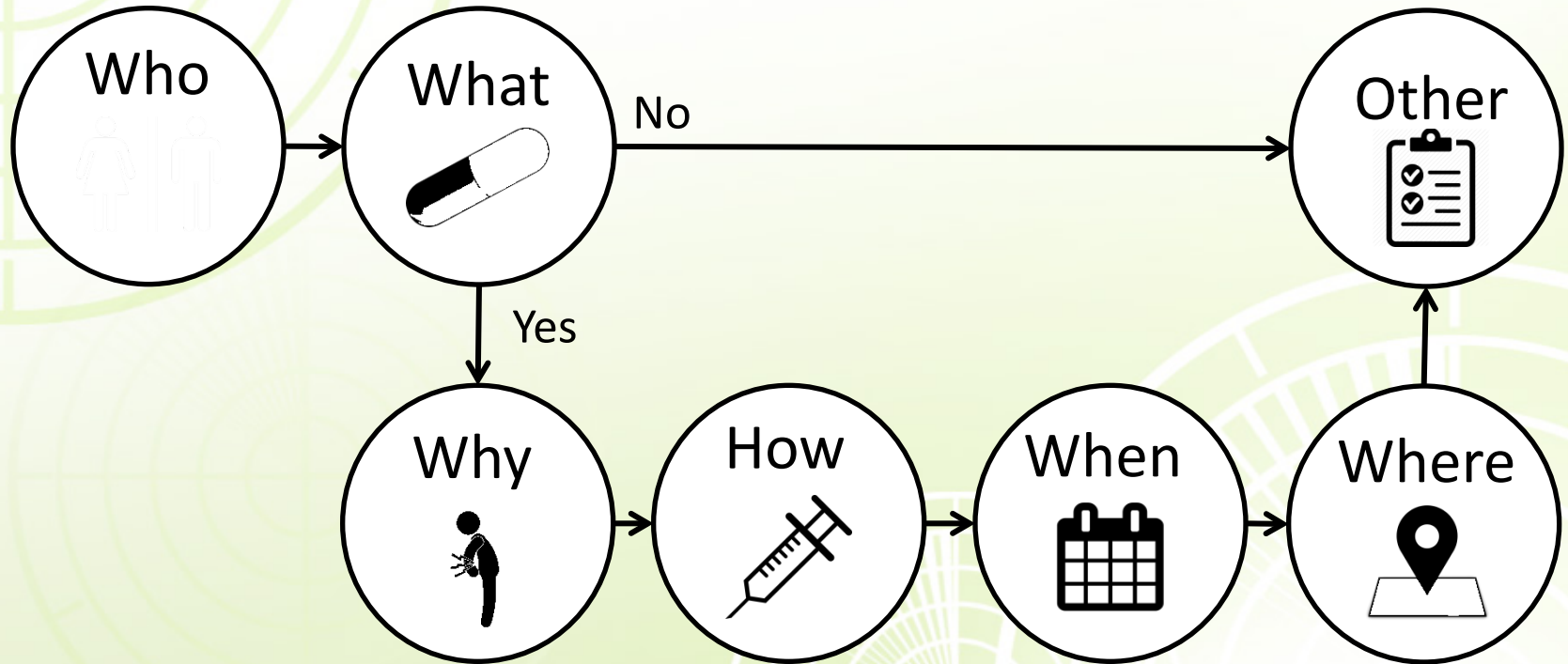




# Prescription Opioids Included

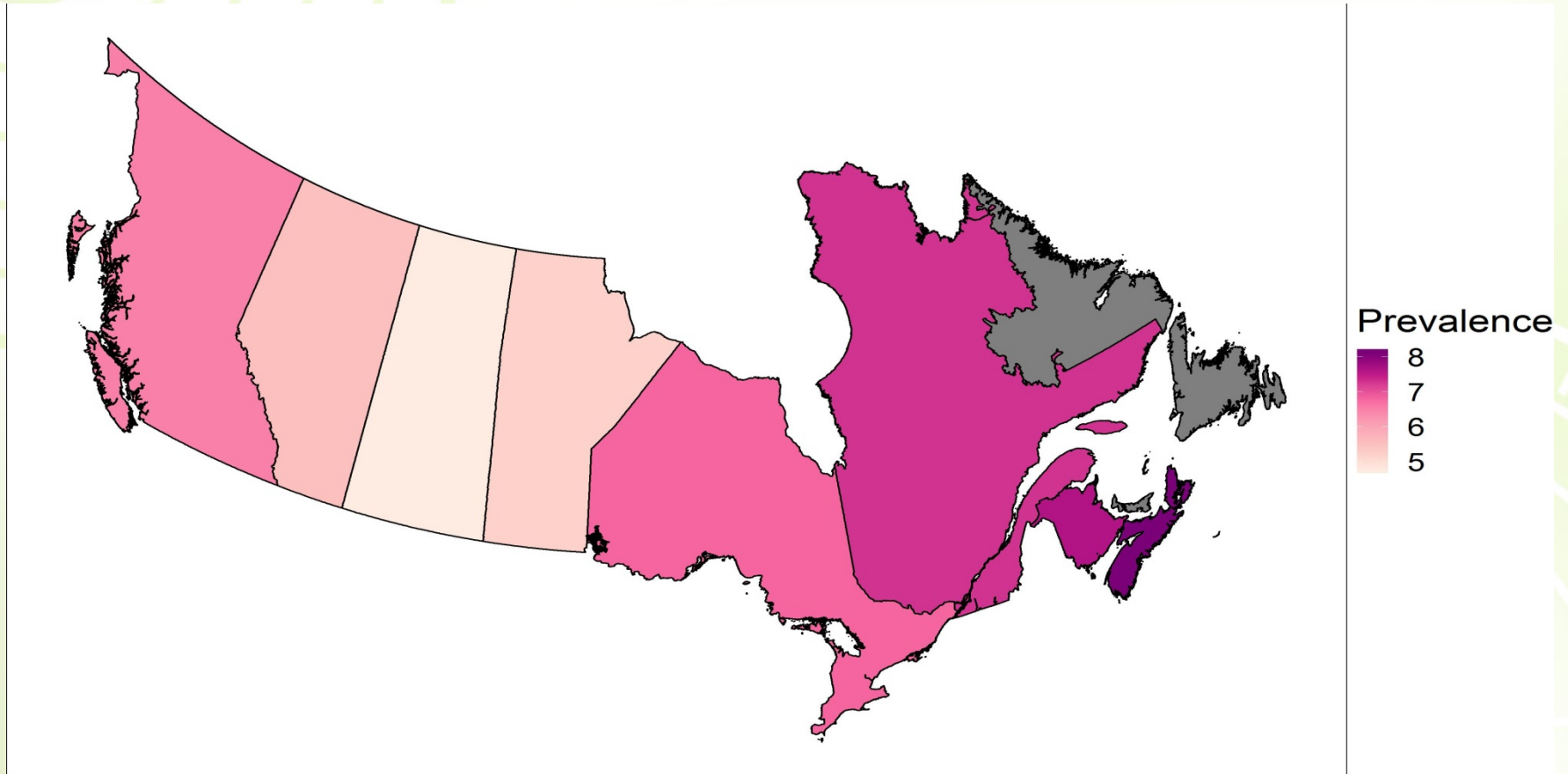
- Buprenorphine
- Codeine
- Fentanyl
- Hydrocodone
- Hydromorphone
- Methadone
- Morphine
- Oxycodone
- Oxymorphone
- Sufentanil
- Tapentadol
- Tramadol

# NMURx Program: Measures



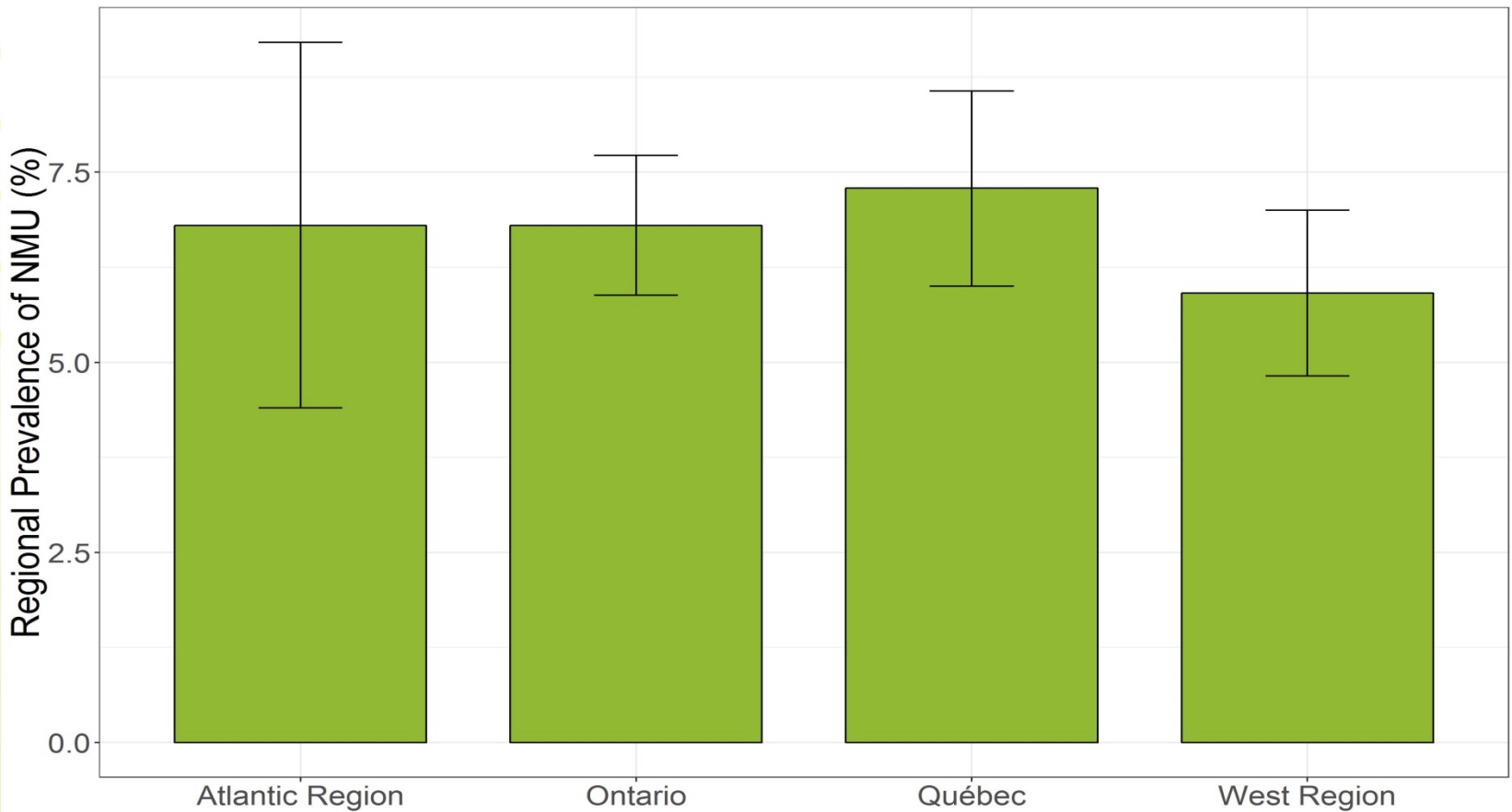
# RESULTS

# Prevalence of Non-Medical Use Among Survey Participants



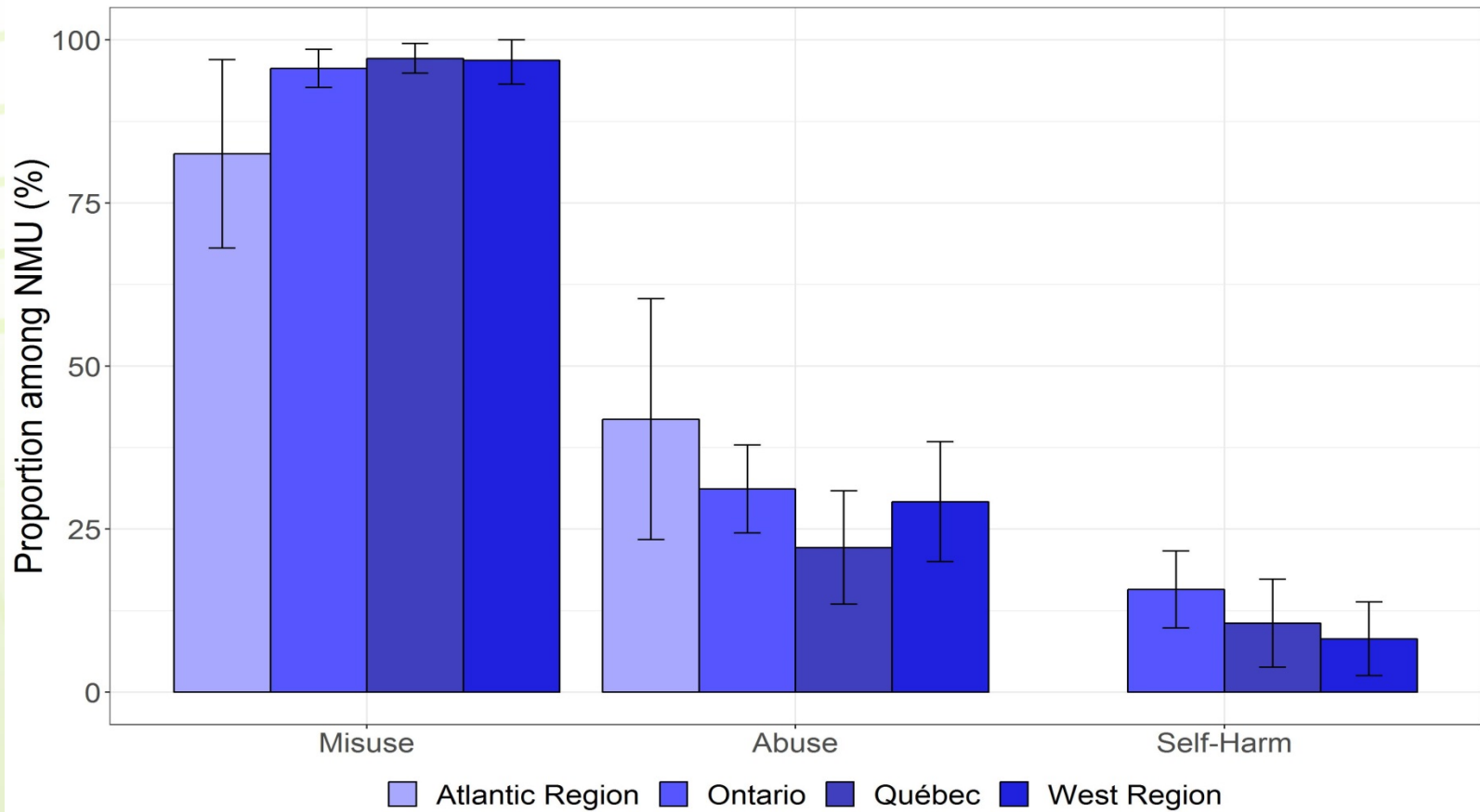
Percentage of Non-Medical Use in Past Year 3q2018

# Regional Estimate for Non-Medical Use



Non-Medical Use in Past Year 3q 2018

# Non-Medical Use by Reason



# Final Summary

- Recent data shows the prevalence of non-medical use of prescription opioids is ~6.5%
- There is some variation between regions
- Most non-medical use reported is misuse
- Continue monitoring to establish trends over time

**QUESTIONS?**