

Medication Safety– Safe Use-Safe Storage-Safe Disposal

Situation: The prescription medicine abuse epidemic is a national concern, many people don't realize this affects children as well as adults.

According to Safe Kids Worldwide ¹ every 9 minutes a child (under the age of 6) goes to the ER because they got into medicine, every hour a child is hospitalized, every 12 days a child dies. National statistics reveal that 3000 children were poisoned by opioids, 60% were less than 5 years old, almost all were ingested in the home. The number of opioid prescriptions filled in the area correlated with the exposure². In a recent 2 year period 39 children were admitted to Rady Children's Hospital for the ingestion of an opioid or narcotic (figure 1). This primarily occurs in curious young children gaining unsupervised access to medications and older children experimenting with their medications found in the home³.

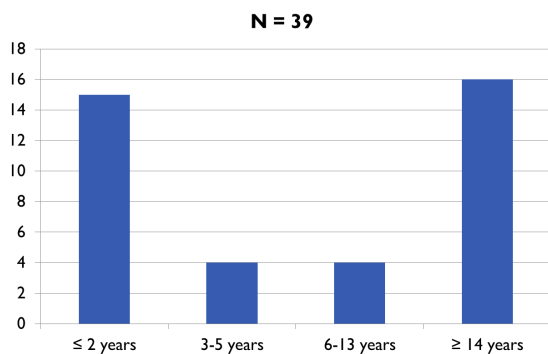
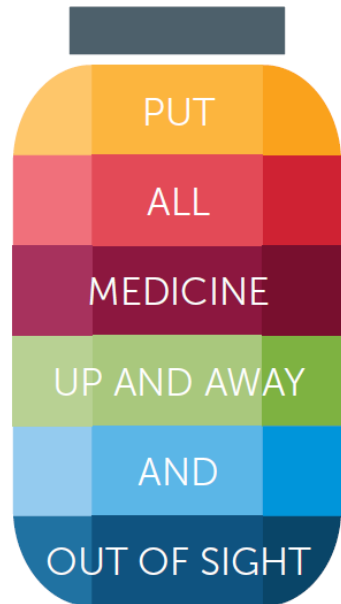


Figure 1. Ingestion of Opioids and Narcotics
Rady Children's Hospital-San Diego

How does a child gain access to medication?

- ⇒ packaging is child resistant, not child proof, medication is often replaced in another container and can look like candy
- ⇒ medication is stored in hand bags or on the kitchen sink within reach of children.
- ⇒ Pills fall out of someone's pocket and children find them on the ground or in furniture.
- ⇒ Unused or expired medications are not disposed of properly
- ⇒ Medicines should be locked in a cabinet out of sight



Solutions:

Reduce the amount of opioid medications prescribed. Physicians around the country are changing their prescribing patterns and new regulations are in place to limit the amount of medication available. Alternate choices for pain relief are being utilized more frequently.

Store all medication as you would any potential poison. Don't let convenience trump safety. Keep medications out of reach and out of sight. For older children this can mean keeping in a secure place in a locked container.

Dispose of all unused medication by crushing and mixing with cat litter or coffee grounds. Drop off unused medications at a drop off event or drop box at selected pharmacies. April 28, 2018 is National Take Back Day for unused medications. See the attached flyer for the 40 take back locations across San Diego county. Year round you can also find a location of a drop box near you by visiting www.dontrushtoflush.org

References:

1. Research Report; Safe Medicine Storage: Recent trends and Insights for Families and Health Educators. Safe Kids Worldwide 2018
2. Bailey JE, et al. The under recognized toll of prescription opioid abuse in young children. Ann Emerg. Med. 2009 apr;53(4):419-24
3. Annual Trauma Report; Rady Children's Hospital San Diego 2016 Renee Douglas MSN, RN

from the Center for Healthier Communities at Rady Children's Hospital

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Prescription Drug Take Back Day



Drop Off Your Unused Prescription Drugs

Saturday, April 28, 2018 10:00 AM to 2:00 PM

SAN DIEGO COUNTY LOCATIONS:
(For the location nearest you, visit www.DEA.gov)

SOUTHERN

- ◆ Camarena Elementary School
1650 Exploration Falls Dr.,
Chula Vista
- ◆ Coronado Police Station
700 Orange Avenue, Coronado
- ◆ Imperial Beach Sheriff's Station
845 Imperial Beach Blvd.,
Imperial Beach
- ◆ Kaiser Permanente Otay Mesa
4650 Palm Ave., San Diego
- ◆ National City Police Department
1200 National City Blvd.,
National City
- ◆ Sharp Chula Vista Medical Center
751 Medical Center Ct.,
Chula Vista

MILITARY

(Military, Retirees, Beneficiaries, & Staff Only)

- ◆ Naval Medical Center San Diego
(Balboa) Baxter Circle Between
Bldg. 2 & 3
- ◆ Navy Exchange 32nd St., in the
NEX Lot @ Callagan Hwy gate
- ◆ MCAS Miramar Exchange
Building #2660 Elrod Avenue
- ◆ Camp Pendleton San Onofre
MCX Parking Lot

NORTHERN

- ◆ Scripps Encinitas Hospital
354 Santa Fe Drive, Encinitas
- ◆ Scripps Coastal Medical Center
2176 Salk Ave., Carlsbad
- ◆ Scripps Rancho Bernardo Clinic
15004 Innovation Drive, San Diego
- ◆ Tri-City Medical Center
4002 Vista Way, Oceanside
- ◆ Fallbrook Sheriff's Station
388 E. Alvarado St., Fallbrook
- ◆ Escondido Police Station
1163 N. Centre City Pkwy.,
Escondido
- ◆ Albertson's Parking Lot
1459 Main St., Ramona
- ◆ Poway Sheriff's Station
13100 Bowron Road, Poway
- ◆ Walgreens Parking Lot
310 Sycamore Ave., Vista
- ◆ Kaiser Permanente San Marcos
400 Craven Road, San Marcos

CENTRAL

- ◆ Scripps Green Hospital
10666 N. Torrey Pines Rd., La Jolla
- ◆ Sharp Health Care Corp. Office
8695 Spectrum Center Blvd., San Diego
- ◆ SDPD Eastern Division
9225 Aero Drive, San Diego
- ◆ SDPD Central Division
2501 Imperial Ave., 92102
- ◆ SDPD Northwestern Division
12592 El Camino Real, San Diego
- ◆ San Diego County Juvenile Hall
2801 Meadow Lark Dr., San Diego
- ◆ SDPD Mid-City Division
4310 Landis Street, San Diego
- ◆ Mesa College Police Sub-Station
7250 Mesa College Dr., San Diego
- ◆ Veteran's Administration Hospital
3350 La Jolla Village Dr., San Diego
- ◆ San Diego District Attorney's Office
(Hall of Justice)
330 W Broadway, San Diego

CENTRAL Continued

- ◆ SDPD Southeastern Division
7222 Skyline Drive, San Diego
- ◆ SDPD Western Division
5215 Gaines St., San Diego
- ◆ SDPD Northern Division
4275 Eastgate Mall, La Jolla

EASTERN

- ◆ Walgreens Parking Lot
9305 Mission Gorge Rd., Santee
- ◆ Alpine Sheriff's Station
2751 Alpine Blvd., Alpine
- ◆ El Cajon Police Department
100 Civic Center Way, El Cajon
- ◆ La Mesa Police Department
8085 University Ave., La Mesa
- ◆ SDSU – Parking Info Booth
6095 Canyon Crest Dr., via College
- ◆ Lemon Grove Sheriff's Station
3240 Main Street, Lemon Grove
- ◆ Walgreens Parking Lot
9728 Winter Gardens Blvd., Lakeside
- ◆ Rancho San Diego Sheriff's Station
11486 Campo Road, Spring Valley



To find the collection site nearest you,
visit: <http://www.deadiversion.usdoj.gov>

Rx Abuse Hotline: (877) 662-6384
www.SanDiegoRxAbuseTaskForce.org

