

# Health Care's Hidden Epidemic

## A Call to Action on Hospital Drug Diversion

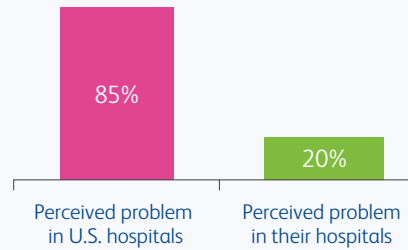
*"I broke my ankle playing baseball and, for the first time in my life, began taking prescription opioid painkillers."*

**Rodrigo Garcia, APN-BC, MSN, CRNA, MBA**  
CEO of Parkdale Center for Professionals and Parkdale Solutions

### Injury

Injured providers may be vulnerable to substance use disorder

### The Diversion Disconnect



*"We have to look at them individually and try to link and trend across locations and transactions within the entire health system."*

**Katelyn Hipwell, PharmD, MPH**  
Pharmacy Clinical Operations Manager, University of Virginia Health System

### Opioid misuse

Readily available opioids can be misused to 'relieve' both pain and stress

### Substance use disorder

Providers suffering from substance use disorder become increasingly dependent on the drugs

### Relief

Suspected diverters often express relief when caught and can seek treatment

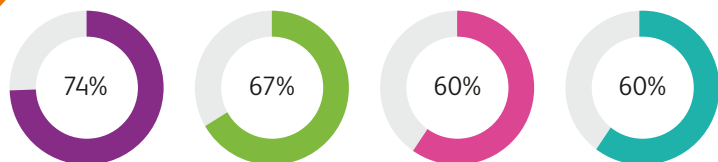
### Stress

Highly stressful demanding work, combined with access to narcotic drugs, creates a risky environment

*"The source of the problem is pain – physical, mental, emotional. And then it becomes unhealthy coping with the pain."*

**Carol Mallia, RN, MSN**  
Associate Director, Division of Nursing, Massachusetts Nurses Association

### Primary Stress Drivers in Hospitals



### Hospital Diversion Best Practices

- Formal training
- Comprehensive surveillance programs
- More accurate data
- Roundtables and informal peer discussion
- Provide rehabilitation pathway