Disclosure

- We are public educators, not clinical
- We have an awesome job
Today

• Background on the Washington Poison Center
• Current state of affairs in WA
  • Children’s Exposure Trends
  • Marijuana
  • E-Cigarettes
• What’s on the Horizon
• WAPC Resources
Our History

- **1950s - 1960s**: 16 PCs in WA
  - Economic Pressure; 4 PCs remain in WA


- **1990’s**: 1993: RCW 18.76 creates WAPC as 501c3 non-profit; Led by Dr. Robertson
  - 2005: WAPC participates in HRSA; Hire Exec Dir.

- **2000-2010**: 2000: CDC helps fund PCs
  - 2006: Hire New Med Dir. replacing Dr. R.
  - 2010: Receive SCHIP funding
  - 2008: Public Law 110-377
  - 2008/9: Budget 36% cut; Layoffs

- **2010 - 2012**: 2006: Hire New Med Dir. replacing Dr. R.
  - 2010: Receive SCHIP funding
  - 2012: Launch Vet Pets
  - 2012: Lewin Study Published, Values PC
  - 6/2013: Renew Bldg Lease w/ 45% reduction

  - 2014-5: Launch Toxic Trend Rpts (Cannabis, E-Cig), Agency Collaborations, EMD reach from “FreakNight”
Our Washington Poison & Drug Information Center Mission:

To prevent harm from poisoning through expertise, collaboration, professional, and public education

RCW 18.76 Poison Information system. Statewide Program
Public Law 110-377 “Poison Center Support, Enhancement, and Awareness Act of 2008”
On-Call Toxicologists

• 24 hour access to board-certified toxicologists with backgrounds in emergency medicine and pharmacology

On-Call Board Certified Toxicologists:
Dr. Melissa Halliday (Harborview)
Dr. Suzan Mazor (Seattle Children's)
Dr. Scott Phillips (retired)

Certified Specialists in Poison Information

• PharmDs, RNs, PIPs with a combined 280+ years of experience
Who Do We Serve?

Federal/State/County Departments of Health and Agencies

Hospital Emergency Departments

Medical/Pharmaceutical Training Institutions

EMTs/Paramedics/Law Enforcement

Washington State
7.06 million people of all ages

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7.06 million people of all ages
We're for everyone
We're free
We're confidential
We have interpretation services (including TTY) with over 150 languages
Experts/medical professionals answer the phones
Consults by Board Certified Toxicologists Any Time
We're always open 24/7/365
Our **Growing** List of Key Partnerships and Stakeholders

- **AAPCC** and other **Poison Centers**
  - National Accreditation
  - National Meeting (abstracts, presentations, CME, legislative issues)
  - Weekly Teleconference to review cases
  - Upload of data to NPDS servers for surveillance
  - Call coverage with Oregon PC for staff meetings, in-service training

- **Board of Directors**

- **Associations** (WSHA, WSPHA, WHY Coalition, WA PTA, NWHRN, West Reg EMS)

- **County/State Agencies** (County Public Health, PMP, EMS, DSHS, Safe Kids, DOH, HCA, LCB, Radiation, EMS Trauma Steering Committee, WA State Patrol-Tox Section, Environmental Health, Legislators, PHSKC)

- **Federal Agencies** (CDC, DEA, Nat’l Early Drug Warning System)

- **Medical/Pharmacy Programs** (UW School of Medicine, WSU School of Pharmacy, TCC Paramedic program, Creighton, Madigan, UW School of Public Health)

- **Non-Profits** (YMCA, Crisis Clinic, Within Reach, Woodland Park Zoo, 501 Commons, etc.)

- **Health Care Facilities**
Nationally Accredited by AAPCC
New 8 Essentials of Accreditation

- Leadership & Mgt. (LM)
- Data Surveillance (DS)
- Health Care Provider Educ. (HCE)
- Public Education (PE)
- Call Center Commun. & Infra-structure (CI)
- Call Center Staffing (S)
- Patient Mgt. (PM)
- Quality Mgt. (QM)
Education Outreach including Lobbying
WAPC Rotation Program

- UW/Madigan EM Residents
  - Managed by Medical Directors
- UW, WSU, Creighton Pharmacy Students
  - Managed by Clinical Managing director
- Children’s Hospital Pediatric EM Fellows
  - Managed by Medical Directors
- Occupational & Environmental Fellows
  - Managed by Medical Directors
  - Launch: 2/15
- Experiential 1-day Program
  - Paramedics
  - Future Programs including RN (TBD)

Structured Multi-week Programs for Medical & Pharmacy Students/Residents/Fellows
- Didactic lectures
- Clinical Experiences
- Field Trips (Aquarium, Woodland Park Zoo, Reptile Zoo, Marijuana Dispensary, etc.)
- Participation in Daily Call Center Activities (ex: Callbacks, triage, low acuity cases)
- Projects (Research or Toxicologist-mentored Clinical Guideline Development)
- Journal Club
- Post Rotation: WAPC Ambassador, Posters, Presentations, Publications

One-day Experiential Rotation for Paramedic Students (with possible room for future expansion)
2014 WAPC STATS

Keeping people at home

Over 59% of poison center users would have visited the ER or called 911.

63,728 calls answered by WAPC.

Over 36 Medical Residents, Pharmacists, and Paramedics trained by WAPC staff.

56% of all calls concerned a child under 6 years old.

Every $1 spent on the Poison Center is a savings of $13.39.

91% of all household cases are treated at home.

Translation support is available in over 150 languages, and there are also resources to help with the deaf and hearing disabled.
### Top 10 Categories in Pediatrics (< 13 years)

1. Cosmetics/Personal Care Products
2. Household Cleaning Substance
3. Analgesics
4. Foreign Bodies/toys
5. Topical preparations
6. Vitamins
7. Plants
8. Dietary Supplements/Homeopathic
9. Antihistamines
10. Gastrointestinal preparations

### Top 10 Categories in Adults (> 19 years)

1. Analgesics
2. Sedative-hypnotics and BZDs
3. Antidepressants
4. Cardiovascular drugs
5. Cleaning substances
6. Alcohols
7. Pesticides
8. Anticonvulsants
9. Hormones
10. Antihistamines
Look-a-Likes
Children’s Health Research

• Poison Center’s across the country participate in human subjects research
  • Laundry Pods
    • Storage
    • Colors of product
  • Acetaminophen
    • Packing
    • Medicine Referred to as “candy”

• Data available through the AAPCC and National Poison Data System (NPDS)

Source: NPR
Unintentional Misuse

Unintentional Misuse includes those mistakes that result in using the wrong cosmetic products. Examples include using super glue instead of eye drops or brushing teeth with muscle cream instead of toothpaste.

Frank used Superglue instead of eye drops
Bob accidentally drank bleach

General unintentional mistakes are those things that just happen. For the most part this is an exposure type that captures mistakes made by children and older adults who have Dementia or Alzheimer's.
All Poisonings in WA for 2014

*Raw count, not incidence

All Substances
2014 number of cases (by county)

- 19 - 394
- 395 - 1,129
- 1,130 - 3,218
- 3,219 - 8,371
- 8,372 - 15,976

Created: April 2015
Classification: Jenks Natural Breaks
Data sources: WAPC 2014, U.S. Census Bureau 2010
Map sources: WA Dept. of Ecology, U.S. Census Bureau, WSDOT

The use of the Washington Poison Center (WAPC) data for clinical or epidemiological decision support requires an understanding of the underlying premise by which the WAPC is able to collect and code data.

It is recommended that non-WAPC users of WAPC data discuss the results with WAPC leadership prior to using the information obtained for patient care or decisions related to public health initiatives.
Marijuana
Marijuana in WA State

• **I-502 (passed 2012)** legalized recreational marijuana use
  • Removed state-law prohibitions against production, processing and selling of marijuana
  • Allowed limited possession of marijuana for 21+
  • Established a basic system of taxing marijuana
• **Individuals 21 years and older may possess and use…**
  • 1 ounce of usable marijuana
  • 16 ounces of marijuana-infused product in solid form; or
  • 72 ounces of marijuana-infused product in liquid form.
  • Marijuana-related drug paraphernalia.
• **I-692 permitted patient with certain medical conditions to use medical marijuana (passed 1998)**
  • Technically illegal under WA and federal law to possess, buy or sell medical marijuana
  • Provides an affirmative defense to criminal prosecution if a qualified patient possesses the allowable amount
Marijuana Edibles

- Recreational highly regulated i.e. few edibles
  - Medical marijuana largely unregulated with many different edibles
- Approximately 1,700 medical marijuana dispensaries in Washington
- No standardized packaging, labeling, warning labels
- Product branding attractive to pediatrics
  - Gummy Bear, Cookies, Brownies and familiar “product” identicals like pop tarts, candy bars, etc.
Annual Marijuana Cases from 1999 to 2015

WASHINGTON POISON CENTER

Total Number of Annual Cases

- **Peds Cases**
- **Cases**

Yearly Cases:
- 1999: 50
- 2000: 70
- 2001: 50
- 2002: 60
- 2003: 50
- 2004: 40
- 2005: 50
- 2006: 60
- 2007: 70
- 2008: 80
- 2009: 90
- 2010: 100
- 2011: 110
- 2012: 120
- 2013: 130
- 2014: 140
- 2015: 272

Total:
- Peds Cases: 300
- Cases: 146
Marijuana Exposures by Age for 2014 and 2015
Top Ten Marijuana Clinical Effects

- Drowsiness/lethargy: 74
- Tachycardia: 61
- Other: 52
- Agitated/irritable: 39
- Dizziness/vertigo: 29
- Vomiting: 27
- Nausea: 22
- Confusion: 20
- Mydriasis: 17
- Hypertension: 16
- Hallucinations/delusions: 11
- Ataxia: 10
Marijuana Rules & Policy

• The Liquor Cannabis Board has proposed a rule require all Marijuana infused products to be labeled with Mr. Yuk
  • No working with an advertising agency to come up with a “Warning Label”
  • Cannabis industry representatives will take part in the discussion

• New study in the works
E-Cigarettes?

The Dangers of E-Cigarettes – and How to Protect Your Kids

Experts worry that e-cigs will contribute to a new generation of young people becoming dependent on nicotine.

Vaping: e-cigarettes safer than smoking, says Public Health England

Government body says vaping can make ‘significant contribution to endgame of tobacco’ and raises concerns about length of licensing process.

Vaping is safer than smoking and could lead to the demise of the traditional cigarette. Public Health England (PHE) has said in the first official recognition that e-cigarettes are less damaging to health than smoking tobacco.

The health body concluded that, “the best estimate so far”, e-cigarettes are about 95% less harmful than tobacco cigarettes and could one day be dispensed as a licensed medicine in an alternative to anti-smoking products such as patches.
E-Juices

- Liquids or “Juices” typically have 4 ingredients:
  - Liquid nicotine
  - Propylene glycol
  - Vegetable glycerin
  - Flavoring
E-Cigarette Exposures for 2014 - 2015
Age Distribution of E-Cigarette Exposures for 2014 - 2015

2014 vs 2015

- Under 1
- 1 year
- 2 years
- 3 years
- 4 years
- 5 years
- 6-12 years
- 13-19 years
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80-89 years
- 90 years or older
- Unknown adult age

- 2014
- 2015
Top Ten Clinical Effects from E-Cigarettes

- Vomiting: 21
- Nausea: 12
- Agitated/irritable: 9
- Tachycardia: 8
- Irritation/pain: 8
- Dizziness/vertigo: 7
- Headache: 6
- Red eye/conjunctivitis: 6
- Cough/choke: 6
- Drowsiness/lethargy: 5
- Abdominal Pain: 4
WAPC E-Cigarette Policy

- Educating legislators and advocating for safer products
  - Child Resistant Packaging
  - Better labeling (ingredients, concentrations, etc.)
  - Candy-like flavors

- Related Issues
  - Taxation
  - Vaping in public
  - Advertising
Lesser Known Capabilities

• Training programs for MDs, PharmDs, and soon RNs
• Mandatory reporting agencies for pesticide exposures
• Emergency Preparedness
  • Measles in Spokane, Spring 2015
  • Chemical Spill in Spokane, July 2015
  • Staff work 30% of time from home
• Work with Electronic Dance Music Community
• Data sales
What’s on the horizon for the WAPC?

• Interviewing permanent Medical Director
• Expanding role with Emergency Preparedness
• Utilizing GoToMeeting for Education Outreach (clinical with CME credit and non-clinical) to reach all parts of WA
• Expanding Rotator program
• Expanding Reporting of Trends, Statistics (GIS)
• Serving more Regional PC Needs (WWAMI network)
• Finding new funding sources (as CHIP funding will end)
  • Data Studies and Data Sales
  • Material Safety Data Sheets
  • Research Studies
  • Hospital Specific Programs
Shameless plugs

• Sign-up for our email updates:
  http://www.wapc.org/toxic-trends/

• We’re on social media: @MrYukWA

• Save the Date:
  Poison Prevention Week is March 20-26
Program Your Cell Phone! WAPC is your 12th Fan for Accidental Exposures

1-800-222-1222

Toll-free, Confidential Poison Center Number
Additional Contacts

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