# Oregon Reviews 10 Years of 'Death With Dignity'

## BY JOYCE FRIEDEN Senior Editor

PHILADELPHIA — While physicians in much of the United States struggle with issues surrounding end-of-life care, those in Oregon may help their terminally ill patients end their lives because of the state's groundbreaking, 10-year-old Death With Dignity Act.

Under the law, terminally ill patients may obtain prescriptions for lethal doses of medication that they can self-administer, explained Robert L. Schwartz, a professor of law at the University of New Mexico, Albuquerque, who teaches and writes about bioethics. The law was passed in 1997, and the Oregon Department of Health recently issued a 10-year report on its use.

So far, 341 patients have made use of the law. The number of prescriptions (85) written under the law last year was much higher than in any previous year, "and maybe

gesics have a narrow therapeutic index in certain patient population with CNS depressant drugs, and should be reserved for cases with pacin autwork the house risk of consistent depression altered

Jids may induce or approvement is with other CNS Depressants should be used with caution and started in a reduced dosage (1/s) to who are concurrently receiving other central nervous system depress to explain the depression, hypotension, profound setabling, or comar in combination with the usual doses of DxyContin. ms with Mixed Agonis/Anagonist Opioid Analgesics

Interactions with Mixed Agonds/Antagonist Opind Analgesis: Approximation and Analgesis (i.e., personania, mahanyihan and budrphanol) should be administered with calitor to a patient who has received or is receiving a course of therapy with a pare popula agonist analgesis cut as a covochone. In this studianion, meet agong/antagonist analgesis may reduce the analgesis effect of oxycodone and/or may precipitate withdrawal symptoms in these patients.

algesic effect of opprovements and an end and an end of the second secon

DxyContin is not indicated for pain in the postoperative period if the pain is mild or not expected o persist for an extended period of time.

preserve una an extended period of time. Provide a period period to be moderale to servere and period to time. Provide a bould individually treatment, moving from parenteral to oral analgesics as appropriate (See American Pan Society guidelines). Patients who are a tready reperiod to Cycontin" Tables share spart of noging analgesic therapy may be safely continued on the drug if appropriate dosage adjustments are made considering the procedure, other drugs given, and the temporary changes in physiology caused by the surgical intervention (See DOSAGE AND ADMINISTRATION). OveContin and the reconstance of the surgical intervention

need for increasing doses of opioids to maintain a demine unex, store as oney disease progression or other external factors). Physical dependence is manife borns after abrupt discontinuation of a drug or upon administration of an ant ence and tolerance are not unusual during chronic opioid therapy.

neral, opioids should not be abruptly discontinued (see DOSAGE AND ADMINISTRATION: ation of Theraov).

Patients should be advised that OxyContin Tablets were designed to work properly only if swallowed whole. OxyContin Tablets will release all their contents at once if broken, chewed, or crushed, resultinin in a risk of fatal overrdrage

Ing protessional. Patients should be advised that DxyContin may impair mental and/or physical ability required for the performance of potentially bazardous tasks (e.g., driving, operating haven machinery). Patients should on combine OxyContin with alcohol or other central nervous system depressants (skep aids, transplatient) executing in serious of the prescribing physician, because dangerous additive effects may occur; resulting in serious entry or death. Women of childrearing potential who become, or are planning to become, pregnant should be advised to consult their physician regarding the effects of analgesics and other drug use during preprinary on themselves and their unborn child.

Patients should be advised that OxyContin is a potential drug of abuse. They should protect it from theft, and it should never be given to anyone other than the individual for whom it was prescribed.

Patients should be advised that they may pass empty matrix "ghosts" (tablets) via colostomy or in the stool, and that this is of no concern since the active medication has already been absorbed.

s algesics, should be started at 1/3 to 1/2 of the usual dosage in pa

urrently receiving other central nervous system depressants including setatives or hypo-neshcies, hendrinatizines, centrally acting anti-metics, translutizers, and actionol bet y depression, hypotension, and profound setation or coma may result. No specific inter account was an experimentation of the statistical setation of the unit of in gatents taking this class of drugs is appropriate messis. Mutagenesis, Impairment of Pertility of oxycodone to evaluate its carcinogenic potential have not been conducted.

Studies of oxycotone to evaluate its carcinogenic potential have not been co Docycotone vas not mutagenic in the boliowing assays. Ames Samonelia and E metabolic activation at dosses of up to 5000  $\mu_{2}$ , chromosomal aberration te in the absence of metabolic activation at dosses of up to 1500  $\mu_{2}$ mil. after exposure at dosses of up to 5000  $\mu_{2}$ mil., and in the in vivo bone man mice (at plasma fuels) of up to 43  $\mu_{2}$ mil. Dy cycotom was clastopenic chromosomal assay in the presence of metabolic activation in the human test (at greater threabolic activation) pyrmil. at 24 due to rul 48 hours of exp lymphoma assay at dosse of 50  $\mu_{2}$ mil. Dy cycotom to 48 hours of exp

resuming in a risk of ratial overdose. Patients should be advised to report episodes of breakthrough pain and adverse experi during threaty. Individualization of dosage is essential to make optimal use of this. Patients should be advised not to adjust the dose of OxyContin® without consultin

for Patients/Caregivers

down the toilet. e in Drug and Alcohol Addiction /Contin is an opioid with no approved ndividuals with drug or alcohol dep nain requiring opioid analgesia.

ne is metabolized in part to oxy ad by a variety of drugs (e.g., c s polycyclic antidenressanter)

Jonad and Intrum termany, www. readma or hypothypotiasm, prostatic hypothrophy or urea na survivery, --monary or renal function; and toxic psychosis. ation of oxycodome may aggravate convulsions in patients with acutual utilions. Oxycodome may aggravate convulsions in patients with convulsive disorders mwv.indure or aggravate secures in some clinical settings.

most significantly, the number of doctors willing to write those prescriptions in Oregon was considerably higher [in 2007] than in any year in the past," Mr. Schwartz said. Of those 85 patients, 46 took the medications, 26 died of their underlying disease, and 13 were alive at the end of 2007.

Many of the concerns expressed about the act when it was first passed don't seem to have occurred, Mr. Schwartz said at a meeting of the American Society of Law, Medicine, and Ethics. Opponents feared

mbered that OxyContin Tablets cannot be crushed or divided for ad

Bertainto Use nontrolled pharmacokinetic studies in elderly subjects (greater than 65 years) the clearance of avocotone were increased approximately 175%, (see PHARMACOKINETCEX AND METABOLISM) 176 the total number of subjects (445) in clinical studies of DxyContin, 148 (33.3%) were age 65 and 104 (including these age 75 and older) wilhel 40 (0.5%) were age 75 and older. In clinical statiss will appropriate initiation of therapy and dose thration, routinovard or unexpected side effects were seen in the elderly patients who neceved 0XyContin. Thus, the usual doses and dosing intervals are appropriate or these patients. As with all opixids, the starting dose should be reduced to <sup>7</sup>/s to <sup>7</sup>/s of the usual for these patients. As with all opixids, the starting dose should be reduced to <sup>1</sup>/s to <sup>7</sup>/s of the usual for these patients. including use-vide initiation of therapy use-intry patients who received DycContn. In-sep atternts. As work had opoints, the starting dose sine-ie in debilitated, non-lolerant patients. Respiratory depre-tated patients, usually following large militial doses in non-mention with other agents that depress respiration.

Laboratory Monitoring Due to the broad range of plasma concentrations seen in clinical populations, the varying degrees o pain, and the development of tolerance, plasma oxycodone measurements are usually not helpful in

in patients with hepatic impairment indicates greater plasma concent I function. The initiation of therapy at 1/3 to 1/2 the usual doses and

weight. The clini age at innii eve DVERSE REACTIONS

sser degree) circulatory depression, nypotension, or sn dverse events seen on initiation of therapy with OxyC ents are dose-dependent, and their frequency depends 's level of opioid tolerance, and host factors specific to th tient's server to opposit obtainance, annotast tactors segunda transformer (1 – 5%) invitance and a server server the most frequent (1 – 5%) invitance, actizantes, vorniting, purruitus, headache, dy' mucht, sveet the frequency of these events during initiation of therapy may be on of starting dosage, slow thration, and the avoidance of large of the oppiol. Many of these adverse events will cases or de rargy is continued and some degree of tolerance is developed. Comparing DoyContin and immediate-release oxycodone and place profile between DoyContin and immediate-release oxycodone. The n unorder to notifiest a late of non evitom therapy user.

	OxyContin Release Placebo		
	(n=227) (%)	(n=225) (%)	(n=45) (%)
Constipation	(23)	(26)	(7)
Nausea	(23)	(27)	(11)
Somnolence	(23)	(24)	(4)
Dizziness	(13)	(16)	(9)
Pruritus	(13)	(12)	(2)
Vomiting	(12)	(14)	(7)
Headache	(7)	(8)	(7)
Dry Mouth	(6)	(7)	(2)
Asthenia	(6)	(7)	_
Sweating	(5)	(6)	(2)

sported in postmarketing experience. **lood and lymphatic system disorders:** lymphadenopathy **arraice disorders:** applications (in the context of withdrawal) **ar and labyrinth disorders:** timitus **ndocrine disorders:** syndrome of inappropriate antiduretic hormone secretion (SIADH)

ers: abnormal vision stinal disorders: dysphagia, eructation, flatulence, gastrointestinal disorder predite ctreation I disorders and administration site conditions: chest pain, edema, facial edema, m ripheral edema, thirst, withdrawal syndrome (with and without seizures)

a disorders: anaphylactic or anaphylactoid reaction d infestations: pharyngitis ing and procedural complications: accidental injury

rvous system disorders: abnormal gait, amnesia, hyperkinesia, hypertonia (muscular), hypesthesia potonia, migraine, paresthesia, seizures, speech disorder, stupor, syncope, taste perversion ic disorders: agitation, depersonalization, depression, emotional lability, halluc

Reproductive system and breast disorders: amenorrhea, decreased libido, impote Respiratory, thoracic and mediastinal disorders: cough increased, voice alteratio Skin and subcutaneous tissue disorders: dry skin, exfoliative dermatitis, unicaria

Vascular disorders: vasodilation VERDOSAGE

Into pinnic, by products or subject to the standard barrier of the common doublance and the subject of the standard standard standard standard standard standard standard standard standard contact their State Professional Leensing Board or State Controlled Substances Authority for information on how to prevent and detect abuse or diversion of this product.

.UTION A Order Form Required. 2006–2007, Purdue Pharma L.P.

that women would be overwhelmingly the ones using the act, but 53% of the patients have been men. In addition, although opponents feared that uninsured patients who couldn't afford health care would be forced into using the act, the percentage of uninsured patients who have availed themselves of it is lower than the percentage of uninsured patients in the state, he noted.

Another fear was that the act would "short-circuit" the hospice system, but that also hasn't come to pass: 85% of those using the act were enrolled in a hospice program. And for those who were concerned that disenfranchised groups such as ethnic minorities would be forced into using it, not a single African Ameri-



Of those using the act, 85% had been enrolled in a hospice program.

## MR. SCHWARTZ

can patient has used the act, although there has been significant use by Asian Americans, he said.

On the other hand, opponents of the statute might feel justified by some of the other statistics, he said-for instance, the fact that disproportionate numbers of people who make use of the statute are divorced, suggesting that it may be those with a looser social network who end up choosing physician-assisted death. In addition, the statute calls for patients who seek the prescriptions to be referred for psychiatric evaluation, but fewer than 10% have been referred, Mr. Schwartz said. And although 90% of the patients availing themselves of physician-assisted death cited "loss of autonomy" as one reason for their choice, 40% also said that becoming a burden on their families and others played a part in the decision, "which might be a reason to give us some concern," he added.

But the most surprising thing about the statute, according to Mr. Schwartz, is that other states have not adopted similar measures, although several have tried. One bill now being considered in the California legislature would allow terminally ill patients to request information on the options available to them, including hospice care, palliative care, and refusal or withdrawal of life-sustaining treatment. Physicians who do not want to provide patients with this information are required to refer the patient elsewhere for it or tell the patient how to find another provider. The bill has passed the California state assembly but is still being considered in the state senate.

By floating this bill rather than one that allows for physician-assisted death—which would certainly be more controversial-"the supporters have taken a page from the right-to-life movement" with the idea that if people at least have access to the information, they will end up doing the right thing, Mr. Schwartz said. Opponents of the bill call it the "Kill the Ill Bill," he added.

## OXYCONTIN® 10 mg | 15 mg | 20 mg | 30 mg | 40 mg 60 mg\* | 80 mg\* | 160 mg\*

\*60 mg, 80 mg, and 160 mg for use in opioid-tolerant patients only BRIEF SUMMARY OF PRESCRIBING INFORMATION (For complete prescribing see package insert.)

OxyContin is an opioid agonist and a Schedule II controlled substance with an abuse liability similar to morphine. nacing similar to morphile. one can be abused in a manner similar to other opioid agonists, legal or illici ould be considered when prescribing or dispensing OxyContin in situations wher visician or pharmacist is concerned about an increased risk of misuse, abus

Tablets are a controlled-release oral formulation of oxycodone hydr

UsyContin Tablets are a controlled-release or al formulation of oxyCooldine hydro-chloride indicated for the management of moderate to severe pain when a con-tinuous, around-the-clock analgesic is needed for an extended period of time. OxyContin Tablets are NOT intended for use as a prn analgesic. OxyContin 60 mg, 80 mg, and 160 mg Tablets, or a single dose greater than 40 mg, ARE FOR USE IN OPIOID-TOLERANT PATIENTS ONLY. A single dose greater than 40 mg, or total daily doses greater than 80 mg, may cause faal respiratory depression when administered to patients who are not tolerant to the respiratory depres-sent effects of conjets.

TABLETS ARE TO BE SWALLOWED WHOLE AND ARE NOT TO BE USVOINT TABLETS ARE TO BE SWALLOWED WHOLE AND ARE NOT TO BE BROKEN, CHEWED, OR CRUSHED. TAKING BROKEN, CHEWED, OR CRUSHED OXYCONIT TABLETS LEADS TO RAPID RELEASE AND ABSORPTION OF A POTENTIALLY FATAL DOSE OF OXYCODONE.

### CATIONS AND USAGE

AvyContin Tables are a controlled-release oral formulation of oxycodone hydrochloride indicated for the management of moderate to severe pain when a continuous, around-the-clock analgesic is needed for an extended period of time. DxyContin is NOT intended for use as a prn analgesic.

Answer meanworksere desumers in every case, miniating therapy at the appropriate point gression from non-opoidic analgesics, such as non-storoidal anti-finamitory drugs inophen to opoids in a plan of pain management such as outlined by the World Health in , the Agency for Healthcare Research and Quality formerly known as the Agency for <sup>2</sup>olicy and Research), the Federation of State Medical Boards Model Guidelines, or the <sup>2</sup>olicy and Research).

WARNINGS Oxycontin Tablets are to be swallowed whole and are not to be broken, chewed, or crushed. Taking broken, chewed, or crushed oxycontin tablets leads to rapid Release and absorption of a potentially fatal dose of oxycodone. NELEASE AND ASSUMPTION OF A POTENTIALLY FATAL DUSE OF UXTCUDURE. DyvConing 6 mg, 80 mg, and 160 mg Tablets, or a single dose greater than 40 mg, or total daily doses IN OPIOID-TOLERANT PATIENTS ONLY. A single dose greater than 40 mg, or total daily doses greater than 80 mg, may cause fatal respiratory depression when administered to patients who are not tolerant to the respiratory depressant effects of opioids.

nts should be instructed against use by individuals other than the patient for whom it was ribed, as such inappropriate use may have severe medical consequences, including death. Criterio, as such mappinghare use may new severe meanan consequences, meaning usean use, Abuse and Diversion of Opioids codone is an opioid agonist of the morphine-type. Such drugs are sought by drug abusers and ple with addiction disorders and are subject to criminal diversion.

me can be abused in a manner similar to other opioid agonists, legal or illicit. This should be ed when prescribing or dispensing 0xyContin in situations where the physician or pharmacist rned about an increased risk of misuse, abuse, or diversion.

ea autour an interceased insol or initiases, autose, or unersavin, has been reported as being abused by crushing, chewing, snorting, or injecting the dissolved hese practices will result in the uncontrolled delivery of the opioid and pose a significant risk ert hat could result in overdose and death (MGS and DRUG ABUSE AND ADDICTION). use, addiction, and diversion should not prevent the proper manager

professionals should contact their State Professional Licensing Board, or State Controlled as Authority for information on how to prevent and detect abuse or diversion of this actions with Alcohol and Drugs of Abuse

one may be expected to have additive effects when used in conjunction with alcohol, othe or illicit drugs that cause central nervous system depression.

USE AND ADDICTION NOC ANU AUDITLIUN <sup>®</sup> contains oxycodone, which is a full mu-agonist opioid with an abuse liability similar to and is a Schedule II controlled substance. Oxycodone, like morphine and other opioids algesia, can be abused and is subject to criminal diversion.

a, can be aducted and is subject to chriminal diversion. characterized by compulsive use, use for non-medical purp isk of harm. There is a potential for drug addiction to dev ing oxycodone. Drug addiction is a treatable disease, util apse is common.

but relapse is common. sing" behavior is very common in addicts and drug abusers. Drug-seeking 1 calls or visits near the end of office hours, refusal to undergo appropriate referal, repeated "loss" of prescriptions, tampering with prescriptions and the state of the state o

: Reproduction studies have b mg/kg and 125 mg/kg, respectased on mg/kg basis. The re ere are, however, no adequate luction studies are not always an only if locativ peeded.

ding infants when maternal administration of an opioid analgesic is stopped. Iding infants when maternal administration of an opioid analgesic is stopped. Id not be undertaken while a patient is receiving DxyContin because of the pr for respiratory depression in the infant.

admit the sol of motion and even the terre receiving treatment with DxyContin for more than a lew weeks and cessation of therapy is indicated, it may be appropriate to baper the DxyContin does, rather than abruptly discontinue it, due to the risk of precipitating withdrawal symptoms. Their physi-an can provide a dose schedule to accomplish a gradual discontinuation of the medication. ations: hyponatremia, increased hepatic enzymes, ST depre-ism and nutrition disorders: dehydration skeletal and connective tissue disorders: neck pain should be instructed to keep OxyContin in a secure place out of the reach oxyContin is no longer needed, the unused tablets should be destroyed d use in the management of addictive disorders. Its proper usage pendence, either active or in remission is for the management urug-brug interactions Opioid analgesics, including OxyContin<sup>®</sup>, may enhance the neuromuscular blocking action of skeletal muscle relaxants and produce an increased degree of respiratory depression. Oxyconden is metabolized in part by cytochrome P450 2D6 and cytochrome P450 3A4 and in theory can be affected by other drugs.

Renal and urinary dis uria, hematuria, polyuria, urinary retention, ur

USAGE pverdosage with oxycodone can be manifested by respiratory depression, somn sing to stupor or coma, skeletal muscle flaccidity, cold and clammy skin, constricted rdia, hypotension, and death.

thin Tablets are solid dosage forms that contain oxycodone, which is a controlled s ine. oxycodone is controlled under Schedule II of the Controlled Substances Act.

ealthcare professionals can telephone Purdue Ph -888-726-7535) for information on this product

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November 5, 2007 BS01424

Cere useral, that anomalia retrievant and the second secon Drycodone may cause spasm of the sphincter of Oddi and should be used with caution with bilary tracf disease, including acute pancreatitis. Opioids like oxycodone may cause in the serum amytase level. Tolerance and Physical Dependence Tolerance is the need for increasing doses of neidet to mainting the acute of the acute of

The first of the forecast of t rhysical opendence and tolerance are not unusual during chronic opioid therapy. The opioid abstitutence or withdrawal syndrome is characterized by some or all of the followini restlessness, lacrimation, rhinorrhea, yawning, perspiration, chills, myalgia, and mydriasis. Othis symptoms also may develop, including: intrability, amidety, backache, joint pain, weakness, abdomin-ramps, insoming, nausea, anoreka, vomiting, dimthen, or increased biodor persure, respirator