

**Sigma's VIRTUAL 31st International Nursing Research Congress (Wednesday, 22 July - Friday, 24 July)**

## **How Innovative Rural Nursing Will Reduce Rural Opioid Use and Transform Global Nursing Scholarship**

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### **Purpose:**

The purpose of this program is to address the present and urgent need for opioid use disorder and mental health resources in relation to proper pain management for rural communities. Selected Advanced Practice Nurse Practitioner students specializing in family, pediatric, adult practice and anesthesiology are trained to address rural OUD and mental health within a primary and emergency healthcare setting. Simultaneously, this program examines attitudes and beliefs of nurse practitioner students regarding opioid drug use and mental healthcare clinical training for rural areas. Selected graduate nursing students complete a rigorous 16-week clinical traineeship in the rural communities where they gain knowledge and training on comprehensive primary care, clinical competency, mental health, and OUD.

### **Methods:**

Continuous preceptor and faculty development on innovative teaching strategies to enhance student clinical leadership skills, team building and collaborative problem-solving, culturally appropriate care, and care management measures were integrated into students' clinical practice. (Kampman & Jarvis, 2015; Levin, Bisaga, Sullivan, Williams, & Cates-Wessel, 2016) Measures are evidence based and psychometrically evaluated. (Bushy, 2008; Melnyk, Gallagher-Ford, Long, & Fineout-Overholt, 2014). Evaluation of the project is completed through continuous monitoring care encompassing quantitative and qualitative approaches that monitor student progress.

### **Results:**

Each graduate nursing student learned to define and classify pain, factors affecting patient response to pain (gender, age, ethnicity, religion, culture, genetics, patient perception and expectations, past experiences, socioeconomic) and psychiatric factors influencing pain. Pre and post evaluation assessments included a total of 5,096 data points. Preliminary results of enrolled students have demonstrated a 100% increase from initial to final assessments of knowledge on OUD, pain management, and mental health. 100% of students have stated the importance of broadening course trainings and assignments to all graduate nursing students.

### **Conclusion:**

The opioid epidemic is attributed to limited provider training in opioid use disorder (OUD) and appropriate prescription of pain medication, combined with minimal understanding of non-drug alternatives for pain management within a primary care setting. (Clark, Wilder, & Winstanley, 2014) Sadly, rural communities have higher rates

of opioid drug use coupled with limited access to healthcare such as OUD resources, prevention programs, treatment, and recovery support services. Moreover, mental health resources in rural areas for patients with OUD is limited. (Levin et al., 2016). Increases in OUD support, mental health resources, and healthcare provider/staff training within rural underserved communities will assist in drug prevention and monitoring, patient recovery, reduction in risks related to opioid drug use, and address social stigma surrounding OUD (Fornili & Fogger, 2017; Hickey et al., 2014). Comprehensive OUD training for all graduate nursing students can address the rural opioid epidemic (Clark et al., 2014; Kampman & Jarvis, 2015). Training at the clinical and educational level increases understanding of non-pharmacological alternatives to pain and prevent over prescription of pain medication to patients. Understanding drug alternatives and recognizing OUD symptoms can increase clinical competency skills in primary care and emergency care for patients suffering from substance use disorder. These innovations in rural nursing practice will reduce OUD and ultimately transform global nursing scholarship.

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**Title:**

How Innovative Rural Nursing Will Reduce Rural Opioid Use and Transform Global Nursing Scholarship

**Keywords:**

Nursing Education, Opioid Use Disorder and Rural Communities

**Abstract Summary:**

Understanding drug alternatives and recognizing OUD symptoms can increase clinical competency skills in primary care and emergency care for patients suffering from substance use disorder. The approaches described and measured in rural nursing practice will reduce OUD and ultimately transform global nursing scholarship.

**References:**

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First Primary Presenting Author

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**Author Summary:** As a Nurse Scientist, community engagement has been an integral of Dr. Thomas' research. Her steadfast commitment to community service for more than 30 years and research experience has led to her continued success in breaking down healthcare disparities in regional, national, and international underserved communities. She has consulted with policy makers both state-wide and nationally to inform current advanced nursing practice and to act as a catalyst for enhancing the health care delivery system.

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**Author Summary:** Dr. Glymph is a veteran and serves in Army Reserves as a military officer. He known nationally as an expert in educating graduate nursing students in the area of Opioid Use Disorders

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**Author Summary:** A life long community advocate Michelle and her family immigrated to America almost 20 years ago. She has first hand knowledge of the health inequities that occur in rural under-served areas.