

# A case for better opioid education

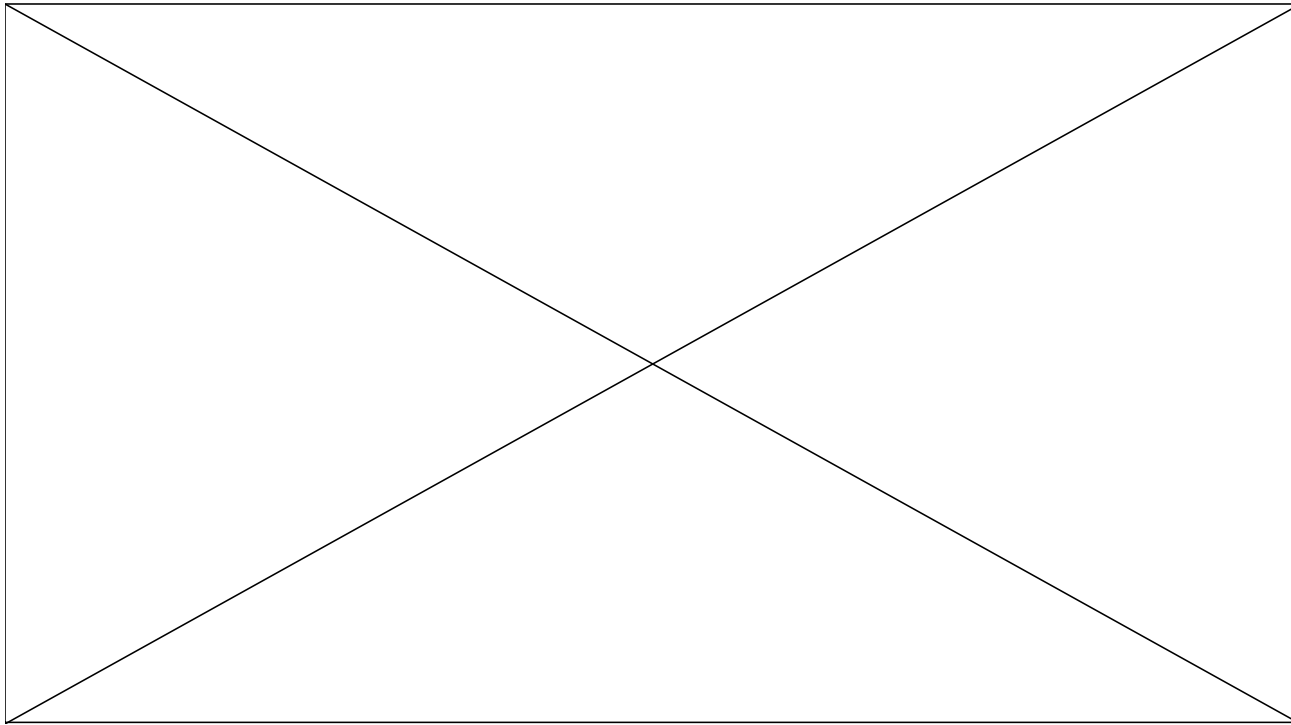


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# Objectives

- Audience members will learn about research of an education intervention to improve both nurses and patients understanding of safe use of opioids

# Chris's story



## Opioid Misuse: Scope of the Problem

Opioid analgesic sales increased four-fold between 1999 and 2010, coinciding with four-fold increase in opioid overdose deaths and substance abuse treatment admissions

Non-medical use of prescription opioids has been steadily increasing over the past three decades in the United States.

2013, 1.5 million people ages 12 or older used prescription pain reliever drugs non-medically for the first time

12.5% new non-medical drug users began w/prescription pain relievers

2014, use of prescription pain relievers for non medical use is second only to marijuana (2.4 million).

2013 US: 22,767 deaths relating to pharmaceutical overdose

# Nurses role the opioid epidemic

- Evidence indicates that many of the 51.4 million people yearly who undergo an inpatient surgical procedure in the United States are discharged with a prescription for opioid analgesia.
- Research indicates that patients may not sufficiently know how to safely manage their prescription medications
- This lack of knowledge may lead to prescription drug misuse and abuse.

## Research phase 1

# Nurse's knowledge, experience, and current discharge teaching practice regarding opioids Costello-Thompson 2014

### Method:

Registered nurses' knowledge of and attitudes about opioid use were assessed using a 48-item web based questionnaire sent via email. Participants included 133 nurses at 2 major medical centers in Boston. Data were analyzed using Chi-square for all questions that fewer than 50% of participants answered correctly

### Results:

There is a knowledge gap among nurses caring for patients who are receiving opioid analgesics. This gap includes patient assessment; pharmacologic management, use of adjuvant medications; risks of addiction; risks of respiratory depression; and disposal and storage of opioid analgesics. Demographic variables such as experience working as a nurse or length of time as a nurse, and educational level, did not influence nurses performance on the questionnaire. However, nurses who received education on opioids as a separate class of medication answered higher percentage of questions correctly than those without opioid education

### Implications and recommendations

There is a knowledge gap in nursing and patient education in pain management. Specific areas included knowledge of CDC recommendations for safe storage and disposal of opioids. If nurses have the education, they may be able to make a difference with patient education, preventing potential adverse patient events.

## Research phase 2

### Nurse's and patients knowledge of safe opioid use pre and post nursing education intervention Costello-Thompson 2015

**Purpose:** The purpose of this study was to determine if an educational intervention directed at nurses improved the nurses and subsequently the patients knowledge of opioids.

#### **Method:**

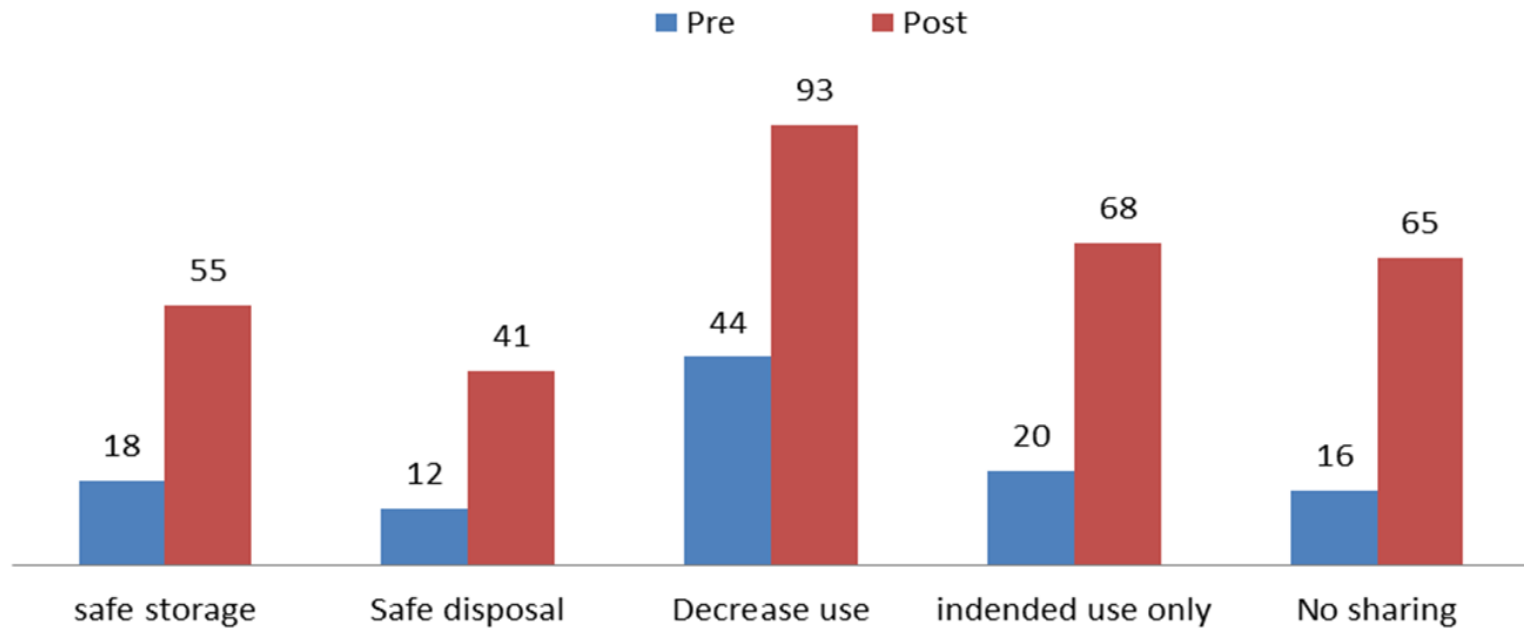
Large urban teaching hospital, Inpatient surgical unit,  
53 nursing participants

193 patient participants who had been recently discharged from  
and following a surgical procedure from the GI surgical unit

Pre test post test data collection from nurses and patients

**Results and conclusions to follow next slides**

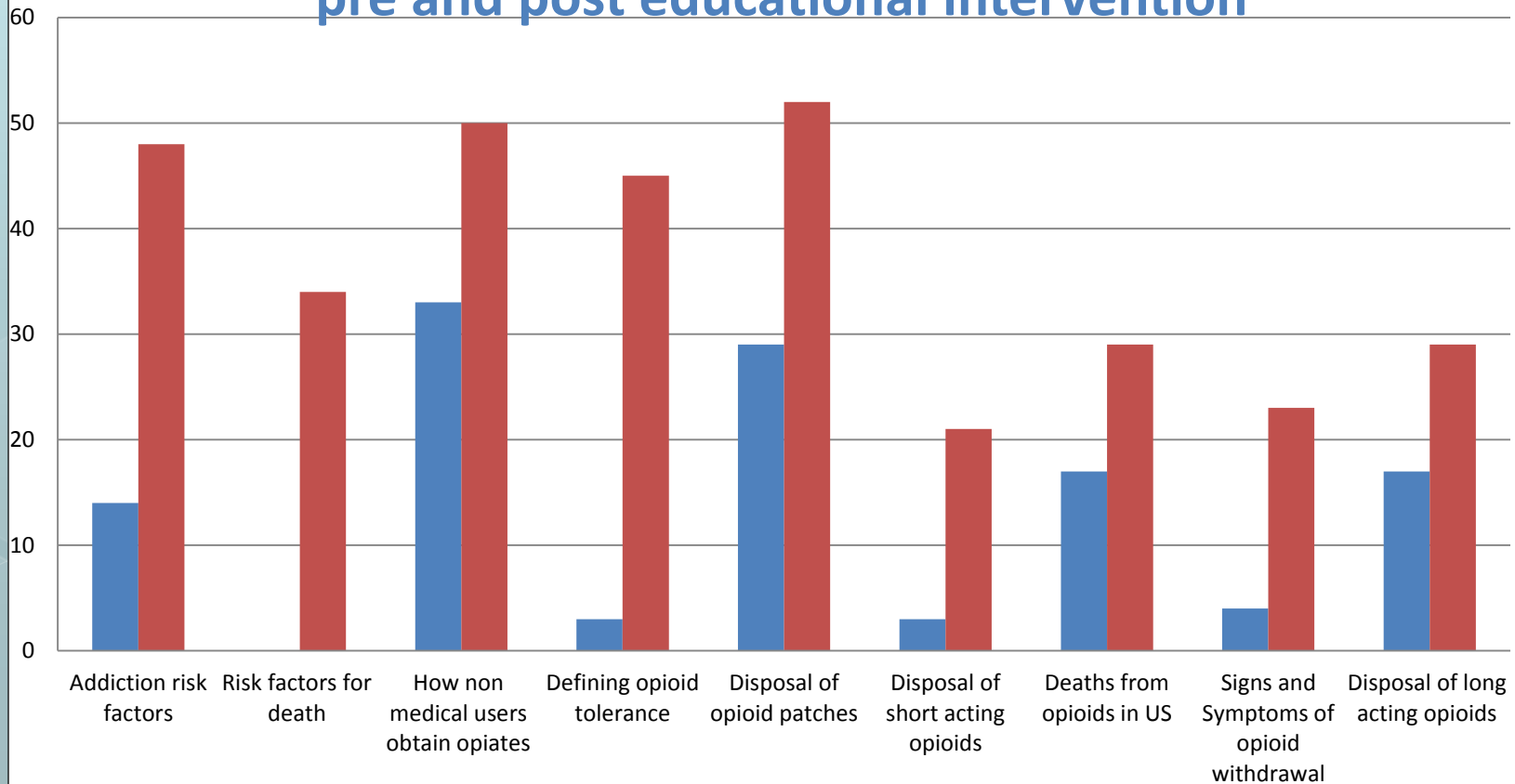
## Evaluation of patient knowledge of opioid instruction post nursing opioid education



A chi-square test determined that there was a significant difference between pre and post test scores of patient's knowledge of safe opioid use following an opioid educational intervention. This difference between pre and post scores statistically significant in all cases  $p = .000$



## Evaluation of nurses knowledge of safe opioid use pre and post educational intervention



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## Conclusion

- Nurses understanding of safe opioid use improved post nursing opioid education intervention
- Patient's knowledge of safe opioid use increased significantly following the nurses opioid education

# Implications/Next steps

Addiction & deaths from opioids are on the rise in the US

Many patients first exposure to opioids can be traced to a prescription for an opioid.

Nurses are often final link prior to patient discharge with opioid prescription following a surgical procedure

Nurses are in a key role to ensure that patients understand safe use of opioids

Next steps wide spread nursing instruction of safe use of opioids w/ Nurses and evaluation of outcomes

# Questions



# References

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