

Opioid Induced Hyperalgesia Education for Healthcare Providers, Nurses, and the Public

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Opioid Induced Hyperalgesia (OIH)

- ◇ Opioid Crisis
- ◇ Definition
- ◇ What makes this a problem
- ◇ What about opioids causes the issue



Project purpose

- ◆ Goal: educate healthcare providers, nurses and public about OIH



OIH Questions Before Education

- ◆ Healthcare Providers and Nurses

- ◆ Could they correctly define OIH prior to receiving education?
- ◆ What was the current practice regarding OIH and opioids by healthcare providers and nurses?
- ◆ What were the beliefs and attitudes regarding OIH?
- ◆ Were they comfortable communicating with patients about pain management?

- ◆ Public

- ◆ Can they correctly define OIH?
- ◆ What were their attitudes and beliefs about OIH and opioids?
- ◆ What was their reported opioid use?



OIH Questions After Education

- ◆ Healthcare providers and nurses
 - ◆ What was the current practice after education?
 - ◆ What were the beliefs and attitudes regarding OIH and opioids?
 - ◆ Were they comfortable communicating with patients about pain management?
- ◆ Public
 - ◆ What were their attitudes and beliefs?
 - ◆ What was their reported intended opioid use?



Surveys

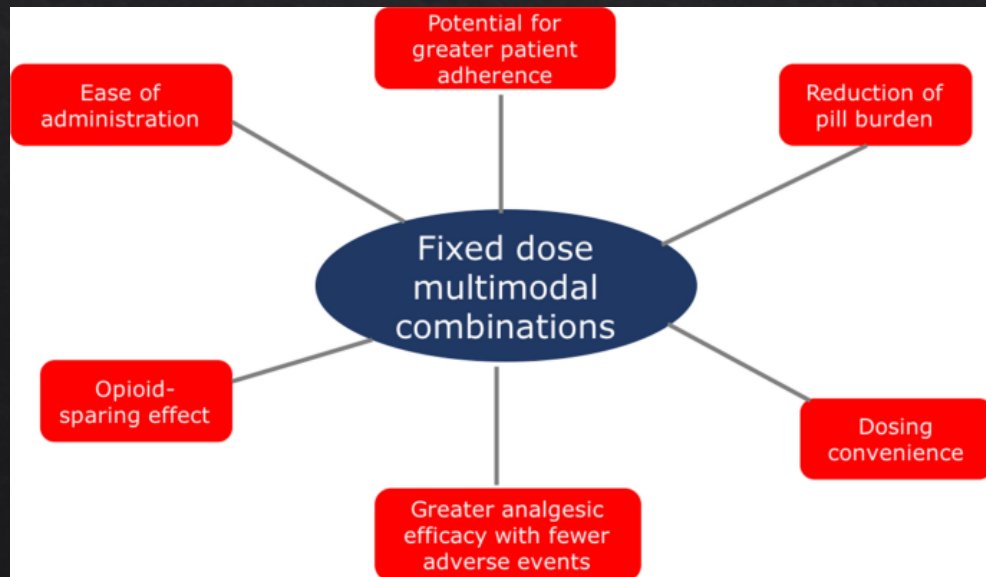
- ◆ Facebook survey to evaluate standard knowledge on OIH
- ◆ Pre-education surveys
- ◆ Post-education surveys
- ◆ Poll questions during Grand Rounds



Healthcare Provider and Nurses

◇ Grand Rounds

- ◇ 2 dates utilized
- ◇ First date discussed pathophysiology with some prevention discussed
- ◇ Second was used to discuss prevention and alternative analgesic use



Public Education

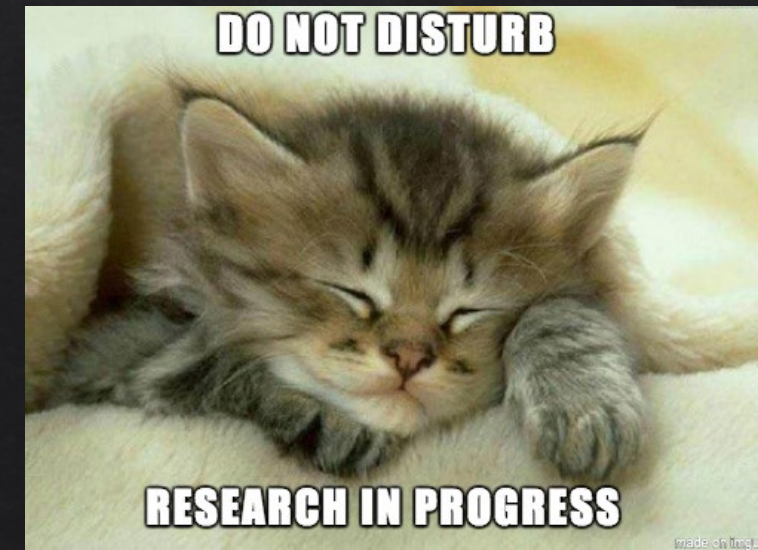
- ◆ Two dates established
 - ◆ Surveys were to be done at the time of education
 - ◆ Overall analysis of their retention would be at voluntary re-evaluation of healthcare providers and nurses
- ◆ No attendance



SUCCESS
— Is —
the **SUM** of
SMALL
— efforts, —
Repeated
DAY IN AND DAY OUT
(A COLLIER)

Facebook Survey

- ◊ Neither target group could correctly define OIH
- ◊ Largest group responding aged 30-59, college educated, and female
- ◊ Most believed opioids not to be used first line treatment
- ◊ Top 4 opioid appropriate conditions per public in order were fractures, abdominal pain due to kidney stones, low back pain, and headaches including migraines
- ◊ Norco, tramadol, and oxycodone with/without Tylenol most utilized in healthcare provider and nurse practice



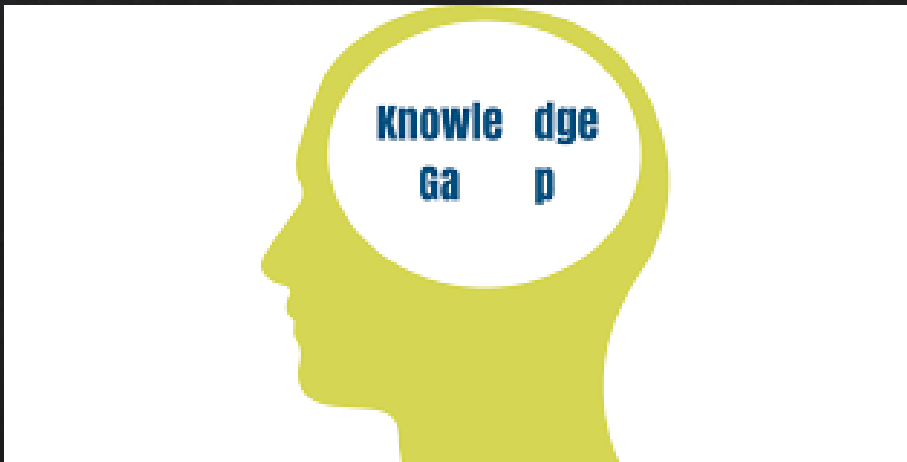
Grand Rounds Pre-survey

- ◆ Target group unable to correctly define OIH
- ◆ Norco, tramadol, Tylenol with codeine, and Dilaudid most utilized in practice; slightly better than Facebook survey
- ◆ Up to 20% of medications utilized were opioids in practice
- ◆ Knowledge of OIH was not sufficient
- ◆ Most agreed that alternative analgesics treat pain, both acute and chronic
- ◆ Comfortable with having a realistic pain expectation conversation with their patients



Grand Rounds Post-survey

- ◇ Higher percentage viewed their knowledge about OIH as sufficient
- ◇ Norco remained top opioid intended for utilization in practice but tied with tramadol
- ◇ Oral over the counter medications were most likely to be recommended/administered instead of topical
- ◇ Still have education gap regarding OIH



Implications From Project

- ◇ Still need targeted education for all
- ◇ Continued emphasis to decrease opioid usage
- ◇ Encourage better patient education on realistic pain expectations, pathophysiology of condition with treatment rationale
- ◇ Public education still needs to occur

Preparing your workspaces...
This might take a few minutes.



Future Goals

- ◆ Expand on education regarding pathophysiology of OIH for healthcare providers and nurses
- ◆ Find a method of educating the public about opioids and complications like OIH
- ◆ Continue to research and promote alternative analgesic use to all groups



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