



Friday Focus 4 Health

A diverse and collaborative learning experience designed to improve patient outcomes



Pathways to Safer Opioid Use

Fridays | 12:00 - 12:30 pm CT

January 6, 13, 20, 27

One topic. 4 weeks. 30 minutes. YOUR pace.



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Opioid Misuse and Adverse Drug Events (ADEs)



- ✓ Processes, interventions and best practices
- ✓ Lessons learned



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Practicing Providers



Dr. Robert Hamilton, MD
SMP Health - St. Andrew's Hospital ER
Bottineau, North Dakota



Brenda Marquardt, FNP
Pyramid Health LLC Clinic
Bottineau, North Dakota

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Take Action to Prevent Addiction

Learn how to reduce risk.



Know The Opioid Facts

Know the Facts About Opioids

41 PEOPLE DIE EVERY DAY

Every day in the United States, 41 people lose their lives to prescription opioid overdose. Prescription opioids—like hydrocodone, oxycodone, and morphine—can be prescribed by doctors to treat moderate to severe pain but can have serious risks and side effects.

ANYONE CAN BECOME ADDICTED

Opioids are highly addictive. Research shows that if you use opioids regularly, you may become dependent on them. That's because opioids change how the brain and nervous system function. **You can't know how your brain will react to opioids before taking them.**

Talk With Your Doctor

Your doctor may talk to you about prescription opioids for pain treatment. Ask about the risks and benefits so that you can work together to decide what is best. You can also ask your doctor to help you find other safer ways to manage pain.

It Only Takes a Little to Lose a Lot

Opioids can be addictive and dangerous.

Risks include misuse, addiction, and overdose.



Opioids affect the part of the brain that controls breathing.

If you take too high a dose, it can slow your breathing and cause death.



Combining opioids with alcohol and other drugs—

like sleeping pills or cough medication—**increases your chances of death.**



16a.gov/OpioidDrugAbuseand18473.htm



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Tools & Resources



- [CDC Updated Clinical Practice Guidelines for Prescribing Opioids for Pain](#)
- [Updated MMWR](#)
- [ANA Nursing's Role in Addressing Nation's Opioid Crisis](#)

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Opioid Risks

Every day 44 people in the US die from overdose of prescription painkillers, & many more become addicted.

- Overdose & Death
- Cognitive Slowing
- Tolerance, Abuse, & Dependence
- Heart & Lung Problems
- Hyper-sensitivity
- Drowsiness
- Sleep Disorder
- Dry Mouth & Tooth Decay
- Low Sex Hormones
- Constipation

Do no harm: Opioid tapering resets hypersensitivity, & reduces risks of abuse & overdose death.

Opioid Alternatives

Pain specialists help find **alternative pain treatments** that target function, brain, spine, nerves, & tissue

- Brain Stimulation
- Meditation & Biofeedback
- Psychology Therapy
- Nerve Meds
- Acupuncture
- Spinal Cord Stimulation
- Peripheral Nerve Stimulation
- Nerve Block
- Trigger & Botox Injections
- Physical Therapy

Healthy Choices for Chronic Pain

@DrMingKao

Patients do well with a 6-12 month slow taper with little withdrawal

Patients struggling with addiction may find some nerve medications hard to come off of

Neuromodulation treats nerves directly without any medications

<https://medium.com/dr-ming-cao/opioid-adverse-effects-opioid-alternatives-new-e1a95ef7238f>

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Leave in Action



- [Great Plains QIN Quality Improvement Project Guide and Tools](#)

- Do/Improve
 - Describe the intervention
 - Monitor Progress



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Office Hours

Questions & Sharing in a Safe Environment



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February Friday Focus 4 Health: Register Today



Reducing Avoidable Hospital Emergency Department Visits | 12:00 – 12:30 pm CT

Blood Pressure Control | 12:30 – 1:00 p.m. CT

Register for the February Series:

<https://gpqin.wufoo.com/forms/friday-focus-4-health-february-2023/>

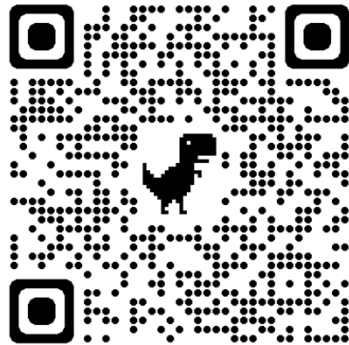
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Evaluation and Feedback



Scan the QR code to let us
know how we did!

OR...

Click the link to complete the
evaluation!

<https://gpqin.wufoo.com/forms/friday-focus-4-health-january-series-evaluation/>

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Thank you for joining!

greatplainsqin.org/friday-focus-4-health-series/



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