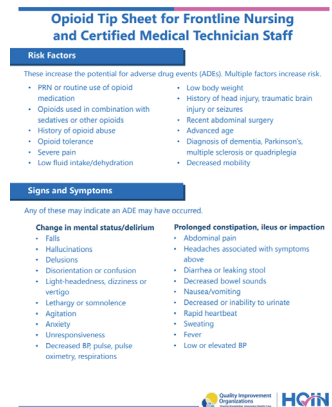


Week 5: Adverse Drug Events - Opioids

Monday

Adverse drug events are commonly experienced by people taking opioids as well as anticoagulants. Like anticoagulants, you will want to ensure staff caring for residents know which residents are at risk and what risk factors and sign/symptoms of adverse events may be.

Discuss opioid risk factors, adverse event signs/symptoms and interventions using the [Opioid Tip Sheet for Frontline Nursing and CMT Staff](#).



Tuesday



Using non-medication pain relief methods can decrease the need for opioids. **Communicating with residents and families** will help find the most effective pain relief methods for each patient. Sometimes facilities use methods like applying heat/cold, massage, ultrasound, or stretching exercises to help ease pain.

Remember to evaluate things like positioning, bed choice and seating choice when you are working to reduce pain.

What interventions does your facility use regularly? Can you think of non-medication pain relief methods your facility does not use that may be helpful?

Wednesday

Are residents and families educated about opioid use?


Knowledge of risk factors, signs and symptoms of adverse drug events, and the best ways to stay safe can prevent them and assist with early identification.

Review your policy for medication education and explore [Opioid Resources for Patients and Caregivers](#).

Opioid Resources for Patients and Caregivers

Opioids can be prescribed to treat pain. But they can have serious side effects and risks. In the U.S., 41 people die every day from an opioid overdose. Visit the following websites to learn about medication safety and how you can help prevent drug misuse.

- [What is Narcan? Read Story!](#)
- [Remember to Prevent Safety Tips for People Who Use or Inject Drugs](#)
- [Eight Opioid Safety Principles for Patients and Caregivers](#)
- [Basic Patient Counseling Follows Events](#)
- [General Drug Safety Information](#)
- [The FDA's Curie Opioids - Two Ticks of the Same Pill](#)
- [How to Dispose of Unused Medicines](#)
- [Pain Zone Tool](#)
- [Prescription Opioids: What You Need to Know](#)
- [Opioid Resources for Patients and Families](#)
- [Mind Your Meds](#)
- [Mind Your Meds: Safe Opioid Medication Use and Disposal Program only](#)
- [Opioid Chemistries Prevention](#)
- [Opioid Information Card](#)
- [FDA Drug Disposal Infographic](#)
- [Take Action to Prevent Addiction: Learn How to Reduce Risk](#)



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Thursday

Opioids can be useful for controlling pain, but it is important to remember they carry a high risk for adverse events.

Review the [Opioid Adverse Drug Events Self-Assessment](#) with your team.

Opioid Adverse Drug Events Self-Assessment

Complete each field below to assess your organization's commitment to preventing opioid ADEs. Download the [Plan-Do-Study-Act Worksheet](#) to assist in your improvement efforts.

What areas need improvement?

Are you willing to commit to implementing or reviewing your existing huddle process with direct care staff?

Questions (Check the "Y" and/or "NI" boxes) to designate "Yes" or "No" responses	Y	NI	Comments
Is there an assessment and determination of pain etiology?			
Does the resident's pain management regime address the underlying etiology?			
For a change in mental status, is there evidence that a physician conducted an evaluation of the underlying cause, including medications?			
Is there a system for ensuring that residents are routinely assessed for pain, including monitoring for effectiveness or pain relief and side effects of medication (e.g., over-sedation, constipation)?			
If receiving PRN and routinely, is there consideration for the timing of administration of the PRN?			
Can staff describe signs/symptoms of over-sedation?			
Is there a system for ensuring "hand off" communication that includes the resident's pain status and time of last dose?			
Do the resident, family, and direct caregivers know signs and symptoms of over-sedation and steps to take if noted (e.g., alert the nurse)?			

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PDSA Worksheet

Achieving your goal will require multiple small tests of change to reach an efficient process and the desired results

3 Fundamental Questions for Improvement


1. What are we trying to accomplish (AIM)?
2. How will we know that a change is an improvement (MEASURE)?
3. What changes can we make that will lead to improvement (CHANGE)?

PLAN

What is your first (or next) test of change?	Test population?	Due Date

List the tasks needed to set up test of change:	Who is responsible	Due Date

Predict what will happen when test is carried out:	Measure to determine whether prediction succeeds:



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Use the [Plan-Do-Study-Act Worksheet](#) to work toward improvements.

Friday

Narcan (Naloxone) is a medication used to reverse the effects of opioids. It is often discussed for treatment of overdose with illicit drugs but is often needed for people who are prescribed opioids. Every nursing home should have a policy for Narcan use.

Review your facility's policy with staff. Can staff identify where Narcan is kept and when it should be given? Post the [Opioid Information Card](#) to educate residents and caregivers.

Prescribed opioids? Get informed.

Opioids are used to treat pain, but also have serious side effects.

Commonly prescribed opioid medications include:

- Oxycodone
- Hydrocodone
- Hydromorphone
- Hydrocodone
- Fentanyl
- Codeine
- Methadone
- and more...



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