

Background

Introduction: Literature suggests patients often have leftover opioids after surgery. It has also been reported that opioids are frequently not stored in a safe place at home. With the assistance of a community program, this hospital system received a donation of items to safely store and/or dispose of opioids to give to patients being discharged with an opioid prescription.

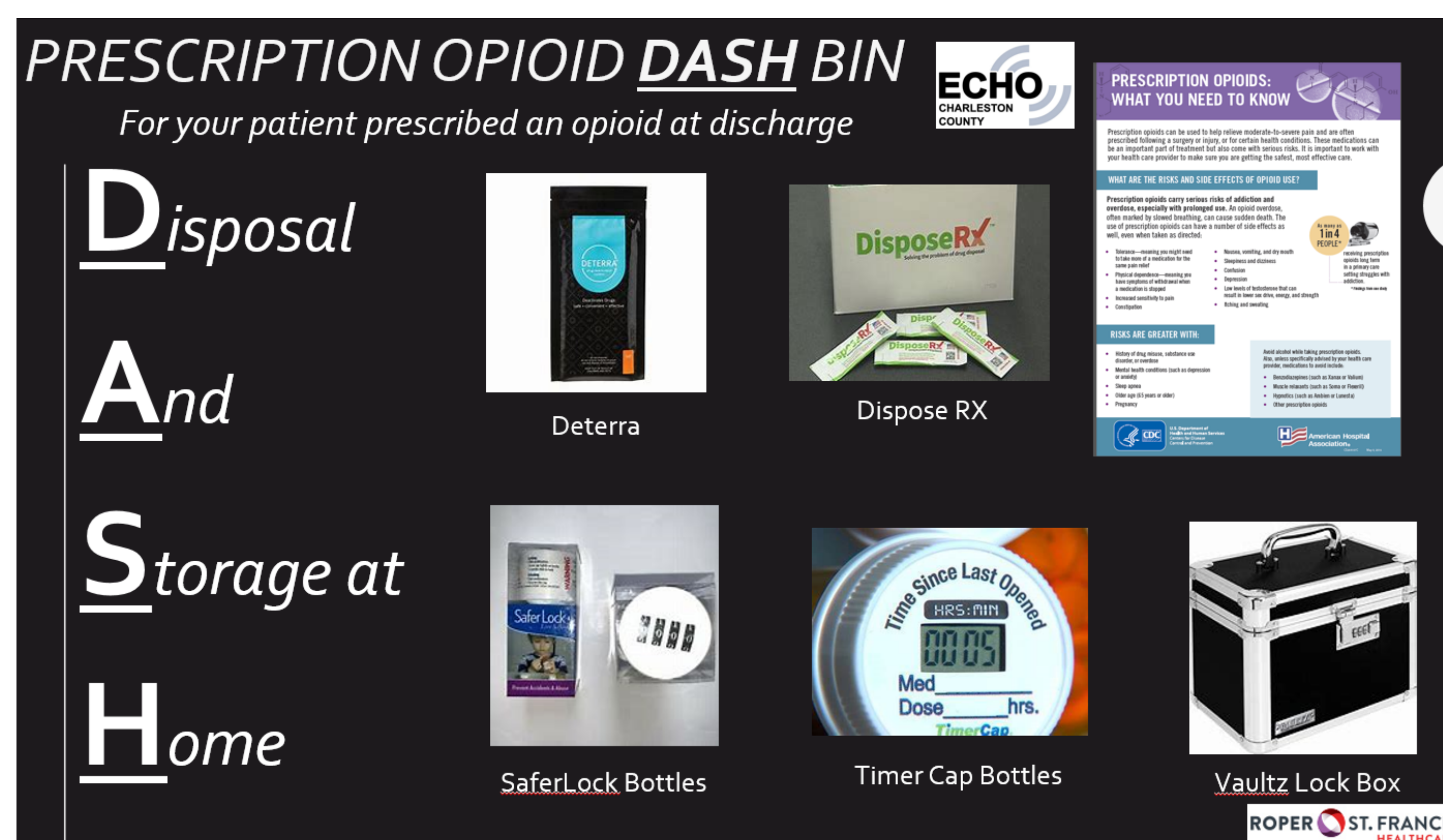
Identification of the problem: Utilizing the Instrument developed by Odem-Forren (Odom-Forren, Brady, Rayens, & Sloan, 2019), nurses were assessed for their knowledge and practice on safe opioids use, storage and disposal education. Gaps were identified across a community-based hospital system with four hospitals and two outpatient surgery centers.

PICO

For Perianesthesia nurses, will education and the availability of disposal and storage of opioid options for patients over standard of care, improve knowledge and discharge teaching practice of safe use, storage and disposal of opioids?

Methods

Education is key to increasing the patient's likelihood of disposal of opioids. To ensure proper education is being provided, nurses need to be knowledgeable about misuse of opioids in the community and the importance of storing or disposing of opioids safely. Champions were identified at each hospital in the system to ensure adoption. Disposal and storage items were compiled, and "DASH" (Disposal And Storage at Home) bins were created for each unit that discharges outpatient surgery patients. The education plan was developed and provided based on gaps in knowledge and practice from survey.



Results

Pre-Survey 23% completion, Post-Survey 25% completion

Knowledge: Improvement in 6 out of 8 questions

Question	Pre-Ed Correct	Post- Ed Correct
The diversion of prescription opioids is common.	100%	80%
Is it acceptable for postoperative patients to save unused opioids for future pain management needs?	100%	100%
Opioids are now responsible for more overdose deaths in the U.S. than any other drug.	100%	100%
How often have studies found that leftover opioid tablets are commonly stored in unsecured locations?	93%	100%
What percentage of opioid abusers obtain the drug from family members or an acquaintance?	43%	33%
What percentage of opioid abusers obtain the drug from family members or an acquaintance?	93%	100%
Are you aware of any recommended technique(s) for disposing leftover opioids?	79%	100%
Are you aware of locations at which opioids can be disposed of in your community?	43%	87%

Our Mission: Healing all People with Compassion, Faith and Excellence

Results

Patient Education

Teaching: Improvement in 4/5 questions

*Most improved on how to properly store opioids

Question	Pre	Post
How often do you provide education to patients and families about the side effects of opioids (e.g. constipation, sedation)? Every patient who is discharged with an opioid	86%	100%
How often do you provide education to patients about the risks of opioid diversion? Every patient who is discharged with an opioid	43%	60%
How often do you provide education to patients about avoiding the risks of non-medical use of opioids (e.g. taken only as prescribed, taken only by person who has prescription and not shared). Every patient who is discharged with an opioid	57%	53%
*How often prior to discharge do you advise patients on how to properly store opioids? Every patient who is discharged with an opioid	57%	80%
How often do you advise patients on how to properly dispose of leftover opioids prior to discharge? Every patient who is discharged with an opioid	64%	80%

Documentation: Improvement in 5/7 questions

*Most improved in facility requires teaching.

Question	Pre	Post
Is information regarding side effects of opioids included in the patient's printed discharge information? Yes	93%	87%
Is information regarding risks of diversion of opioids included in the patient's printed discharge instruction information? Yes	29%	87%
Is information regarding how to avoid non-medical use of opioids (e.g. taken only as prescribed, taken only by person who has prescription and not shared) included in the patient's printed discharge instruction information? Yes	29%	87%
Is information regarding proper storage of opioids at home included in the patient's printed discharge instruction information? Yes	21%	100%
Is information regarding proper disposal of opioids included in the patient's printed discharge instruction information? Yes	50%	73%
Combination analgesic therapy has been shown to result in less side effects and better postoperative pain control, versus a single opioid analgesic plan of care. What percentage of patients in your facility are currently discharged on a combination pain medication therapy plan?		
a. <25%	14%	20%
b. 26-49%	14%	6%
c. 50-74%	21%	27%
d. >75%	50%	33%
*Is information on safe use, storage and disposal of opioids required for patient teaching in your facility? Yes, it is required.	7%	80%

Discussion & Conclusions

Perianesthesia nurses play a critical role educating patients. Because of this, it is crucial we as nurses are knowledgeable and aware of the safe use, storage and disposal practices that are recommended. Being able to supply patients with the needed items to safely store and dispose of opioids is an added benefit that should be considered whenever possible.