Evaluating Opioid Prescribing Practices of Iowa Nurse Practitioners

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Introduction

- The problem to be addressed is in this project is opioid prescribing for chronic pain management
- Long-term or high dose use of opioids increases risk of patients suffering from opioid use disorder, overdose, and death, which has a very high economic burden estimated at $78.5 billion annually.
- Primary care is a setting where many long-term opioid users receive their therapies, and up to one fourth of these patients experience opioid addiction.
- From 2005 to 2017, the number of opioid-related deaths in Iowa increased by more than triple.

Purpose

- **Purpose**: To describe opioid prescribing practices of Iowa nurse practitioners, including knowledge and utilization of evidence-based practice recommendations, and obtain data about education received by nurse practitioners in graduate programs on opioid prescribing and dependence
- **Objective 1**: Identify current opioid prescribing practices of Iowa nurse practitioners
- **Objective 2**: Identify NP knowledge of educational resources for opioid prescribing and their likelihood of utilizing these resources
- **Objective 3**: Evaluate time spent on opioid prescribing in NP program curriculum

Methods

- IRB approval was received
- Population: Iowa nurse practitioners

Evaluation

- Survey responses were collected from 40 Iowa nurse practitioners identifying current opioid prescribing practices
- Study recruitment was limited by last minute alterations in collection methods due to COVID-19
- Survey results showed many providers are aware of educational resources available on opioid prescribing and interested in further education on the topic
- Time spent on opioid education in NP programs varied, with many respondents unsure of the quantity of education or reporting very little/not enough
- Respondents generally did not feel well prepared to manage patients with chronic pain or addictive disorders based on their training

Conclusions

- **Survey Impacts**: Increased knowledge of opioid prescribing practices of Iowa nurse practitioners
- Communication of available resources for continuing education on opioid prescribing for providers
- Identification of gaps in knowledge and education of ARNPs on opioid prescribing & chronic pain management
- **Challenges**: Engaging survey respondents was a challenge as in-person recruitment and presentation of the project to local providers was not possible due to COVID-19
- Specific number of hours spent on opioid training was difficult to ascertain as many respondents did not remember or did not have specific training dedicated to this topic
- While this survey targeted ARNPs who currently practice in Iowa, some may not have been educated in Iowa
- **Dissemination**: Project defense at the University of Iowa
- Dr. P. Bruckenthal, creator of AESOP-APRN survey
- INPS & IANP leadership
- University of Iowa College of Nursing
- **Sustainability**: This survey could be expanded to a wider audience in the future or adapted for use in other states as well

References


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