

Introduction

- The problem to be addressed 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 death¹, which has a very high economic burden estimated at \$78.5 billion annually².
- Primary care is a setting where many long-term opioid users receive their therapies, and up to one fourth of these patients experience opioid addiction¹.
- From 2005 to 2017, the number of opioid-related deaths in Iowa increased by more than triple³

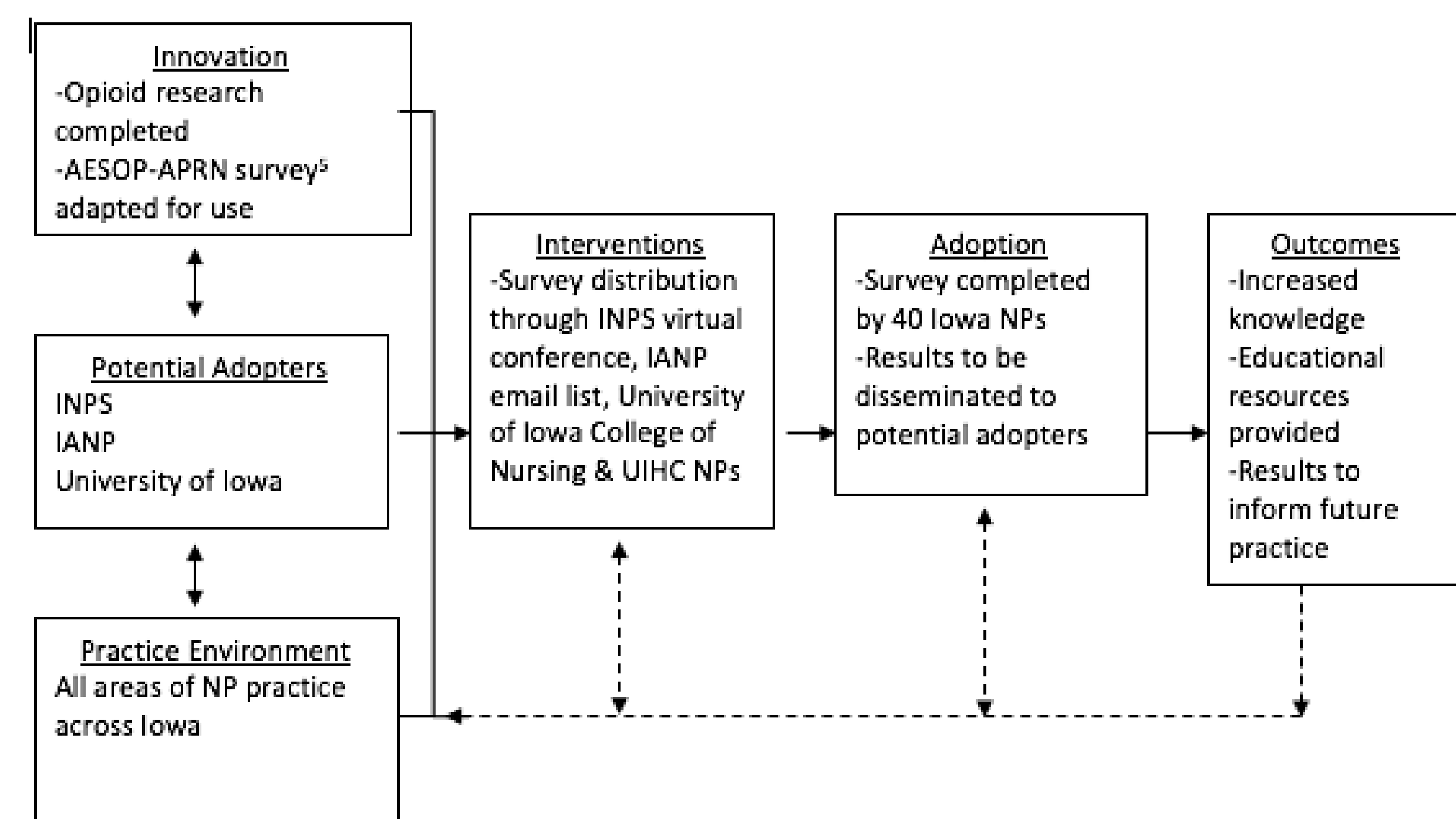
Purpose

- 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

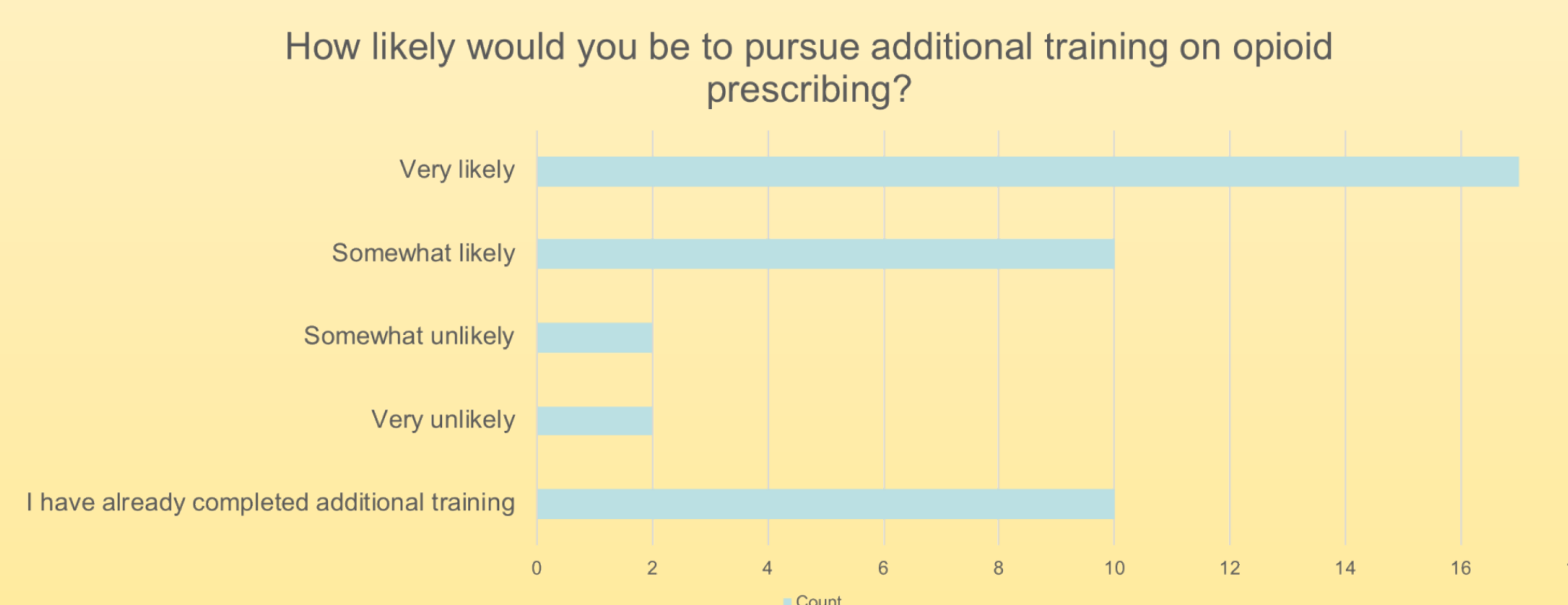
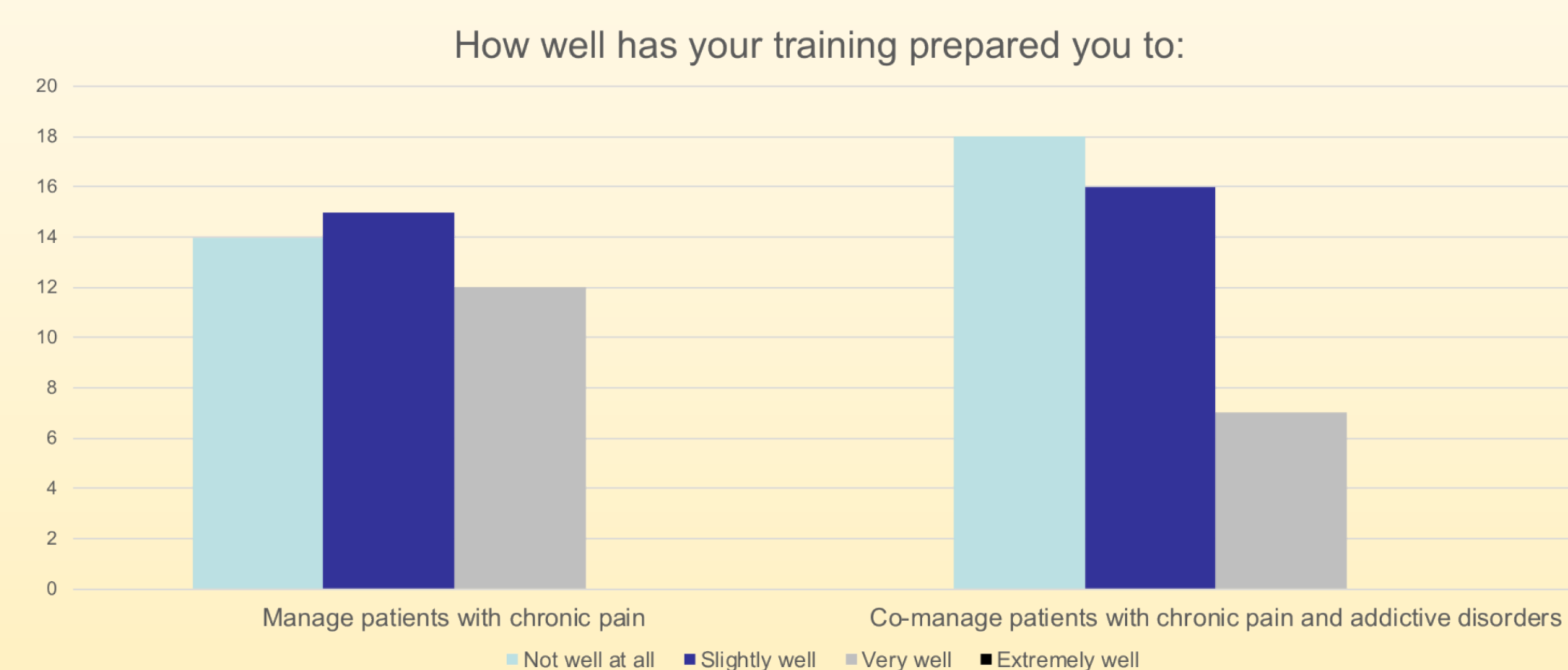
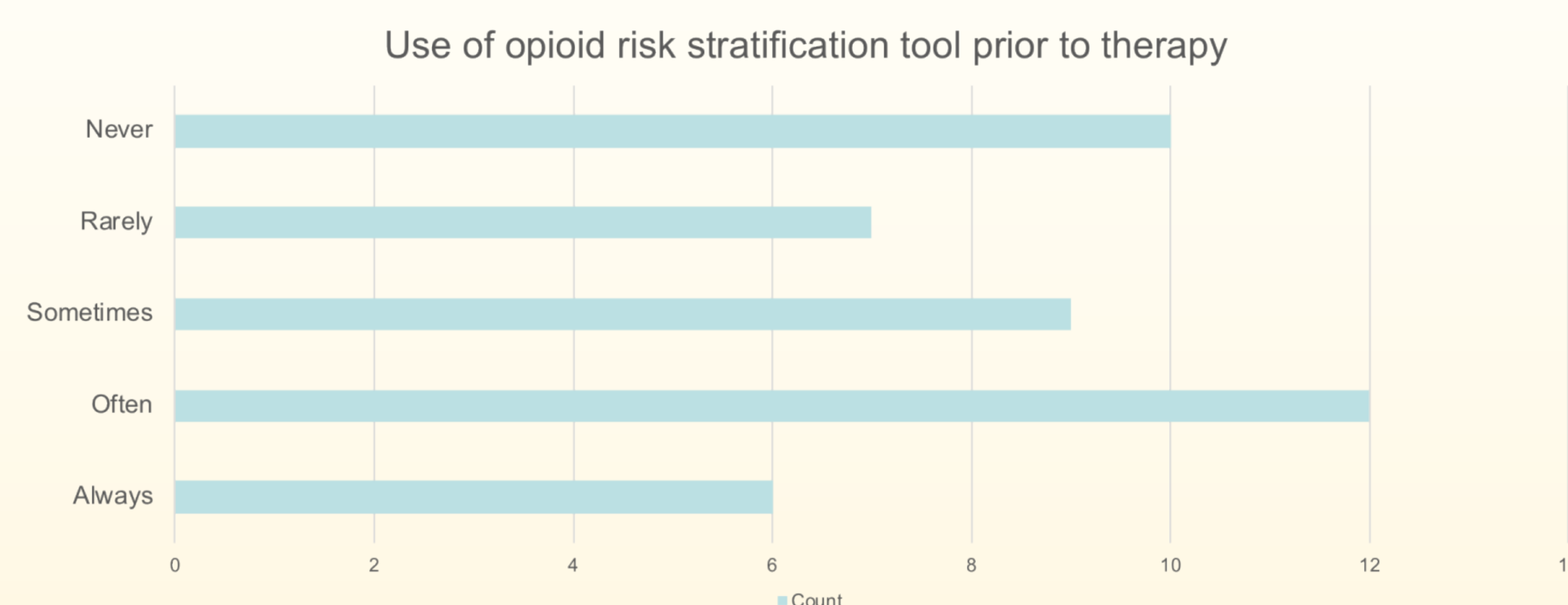
Methods

- IRB approval was received
- Population: Iowa nurse practitioners

Ottawa Model of Research Use⁴



Outcomes



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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