

ECHO IDAHO



Idaho State
UNIVERSITY
Institute of Rural Health



ECHO Idaho: Opioid Addiction and Treatment

Short Term Opioids: How to Educate Patients

6/27/19

Anushka Burde, PharmD, AAHIVP

Assistant Lecturer

ISU College of Pharmacy

burdnu1@isu.edu

The speaker has no significant financial conflicts of interest to disclose.

Learning Objectives

- Recognize the need to use open ended questions while educating patients
- Describe how an opioid works and list commonly prescribed opioids
- List side effects of opioids and recommend side effect management
- Recall alternative options in place of opioids
- Identify signs and symptoms of an opioid overdose, and assess need for naloxone prescription
- Identify resources for drug disposal

Open-ended questions

- Why were you prescribed this medication?
- What kind of pain are you in?
- What did the provider tell you about this?
- Have you ever taken this medication before?
 - Opioid naïve v/s opioid experienced
- What other medications have you tried in the past for pain?
- What other medications are you taking?
- When is your follow-up appointment with your provider?
- Are there any chances of you being pregnant?
- Do you have anyone in your family who has a history of substance use disorder?
- Where do you store your medications?

What is an opioid?

- Synthetic or natural chemicals that reduce feeling of pain
 - Hydrocodone
 - Oxycodone
 - Oxymorphone
 - Codeine
 - Morphine
 - Methadone
 - Fentanyl

Administration directions

- Limited amount, lowest effective dose and shortest duration
 - Never take more than prescribed
 - Take only as needed
 - Taper down
 - Follow up
 - Do not double up
- Prevent misuse and abuse
 - Habit forming medications
 - Tolerance v/s Physical Dependence
 - Do not share medication with others
 - Do not use other's medications or sell
- Storage
 - Out of reach from children, locked cabinet, cool and dry place, safety cap
- Disposal
 - Drug take back programs or drug disposal guidelines



Side effects and Drug Interactions

- Side effects and management
 - Risk of addiction and opioid overdose
 - Constipation
 - Water, foods high in fiber, stool softeners, stimulants
 - Nausea, vomiting
 - Eat smaller meals and stay active
 - Dry mouth
 - Water, lozenge
 - Sleepiness, drowsiness, confusion
 - Avoid operating heavy machinery, driving, other activities
 - Depression, Itching
- Drug Interactions
 - Avoid alcohol use
 - CNS Depressants
 - Benzodiazepines
 - Muscle relaxants
 - Hypnotics
 - Other opioids
 - Buprenorphine

Alternatives to opioids

- Advantages
 - Fewer side effects and risks
 - Application of ice, acupuncture, massage
 - APAP
 - NSAIDs
 - Anticonvulsants
 - Antidepressants
 - Physical Therapy and Exercise
 - CBT/Mindfulness

Opioid overdose and antidote

- Cause
 - Polypharmacy
 - Multiple providers
 - Drug interactions
 - Substance use disorder
 - Medical conditions
 - High dosages
 - Age
- Signs and Symptoms
 - Small constricted pupils
 - Slow and shallow breathing
 - Loss of consciousness or falling asleep
 - Blue, pale or cold skin
 - Unresponsive
- Naloxone – Antidote
 - History of substance use disorder
 - MME \geq 50
 - Concurrent benzodiazepine use
 - History of overdose
 - Family or friends
 - Preparations-Nasal spray, IM, SQ, IV
 - How to administer naloxone
 - Call 911
 - CPR

Resources

- Drug Take Back
 - [DEA-authorized collector in your community.](#)
- Disposal of unused drugs
 - https://www.fda.gov/drugs/safe-disposal-medicines/disposal-unused-medicines-what-you-should-know#Medicines_recommended
 - <https://www.accessdata.fda.gov/scripts/cder/daf/>



Summary

- Ask open-ended questions to get a good medication history
- Educate patients on how opioids work to relieve pain
- All opioids always carry some risk
- Important to take only limited amount, lowest effective dose for the shortest duration
- Alternatives exist to treat pain
- Naloxone is an opioid antagonist which should be administered in an opioid overdose
- Drug take back programs and drug disposal guidelines should be discussed with patients

References

- <https://www.cdc.gov/drugoverdose/pdf/AHA-Patient-Opioid-Factsheet-a.pdf>
- https://www.cdc.gov/drugoverdose/pdf/CDC_NCIPC_GuidelineOverview_for_web-a.pdf
- <https://www.cdc.gov/drugoverdose/pdf/patients/Opioids-for-Acute-Pain-a.pdf>

Thank you!