Focus on NP Education: Opioid Dependence & Withdraw in Advanced Health Assessment

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Objectives

• Understanding the importance of providing NP students the skills & knowledge to assess addictions
• Understand the process of implementing skills assessing opioid dependence and withdraw in NP programs

Importance in NP Education

• Current national health crisis as drug use shifts away from illicit drugs
• Significant increase in non-medical use of prescription opioids:
What does the data say?
• The 2010 National Survey on Drug Use and Health estimated that 35 million Americans (13.7%) adults age 12 years and older had used a pain reliever non-medically at least once in their lifetime. This is an 18% increase since 2002.
• November 2011, the national Morbidity and Mortality Weekly Report reported 36,450 deaths from drug overdoses in 2008.

Taking Action in Education
• Integrated content on opioid dependence and withdraw into DNP Advanced Health Assessment Course
• Students (n=60) included across NP programs for the course
• Integrated opioid addiction & withdraw with Neuro-Muscular content
• Building on previous course content regarding substance use history

Didactic Content
• Opioid abuse & dependence
• Withdraw: Signs & symptoms
• Physical Exam:
  • Able to build from previous didactic and skills lab sessions on GI, And, HEENT, etc.
• Addiction Severity Index (ASI)
Lessons Learned

- Didactic content alone insufficient
- Students need more clinical exposure:
  - Simulations
  - Standardized Patients
  - Shadow clinicians working in addictions

Future Direction

- Include clinical decisions about opioid treatment in future courses
- Provide standard Opioid education module in multiple formats for didactic content before ‘hands-on’ experiences
- Use student feedback to improve delivery in future Adv. Health Assessment Courses

Questions?
Evidence-Based References
