

# **Safe use of opioids national collaborative**

Nelson Marlborough  
District Health Board

# *Aim*

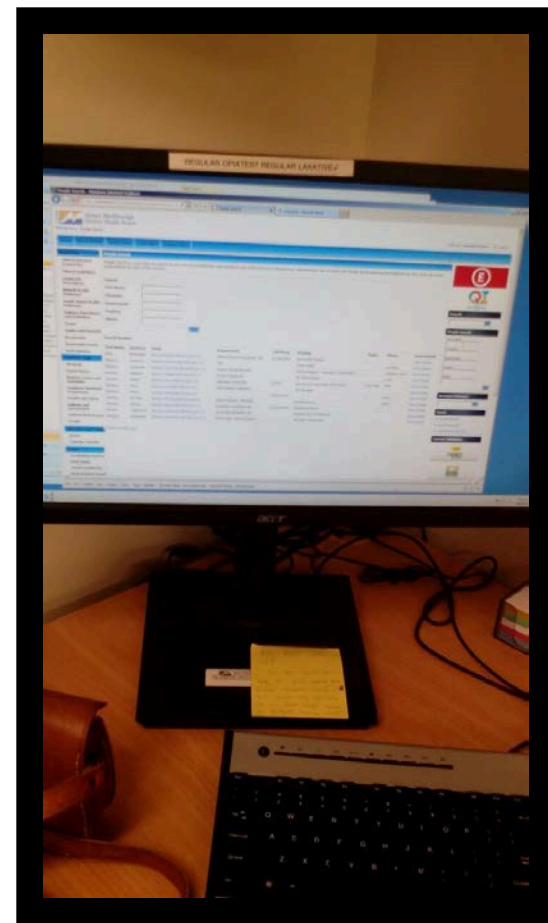
Nelson Marlborough DHB will reduce the incidence of opioid related constipation by 50% from baseline in 4 wards/units by March 2016.

# *Scope*

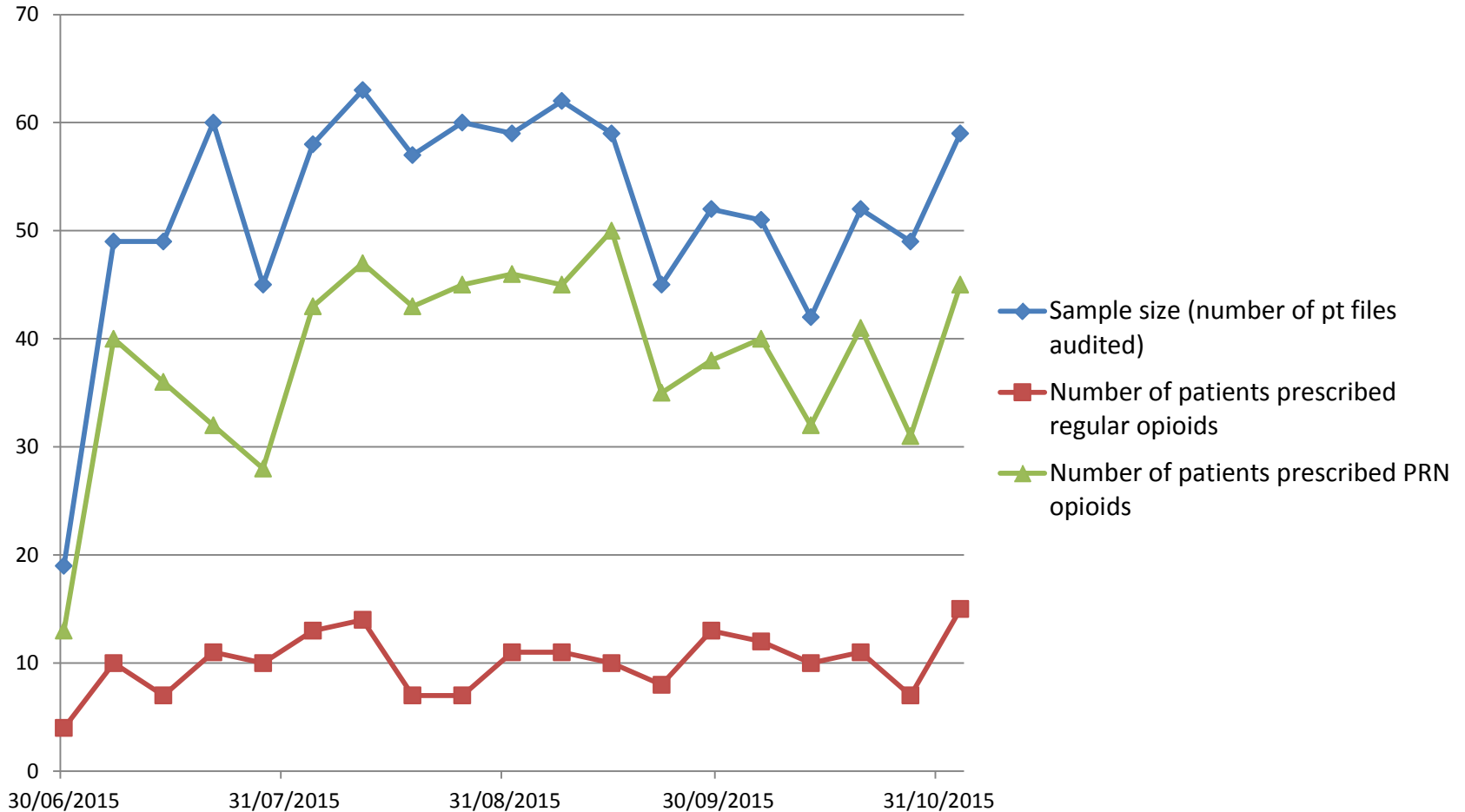
In-patients prescribed opioids in Nelson Hospital Surgical Ward 9 and ATR, and Wairau Hospital Surgical and ATR units.

# List of interventions tested

- Laxative co-prescribing computer stickers
- Standardised record chart
- Modify record chart
- Staff education posters
- Patient posters
- Ward information display
- Clinical notes stamp



# Lots of work!

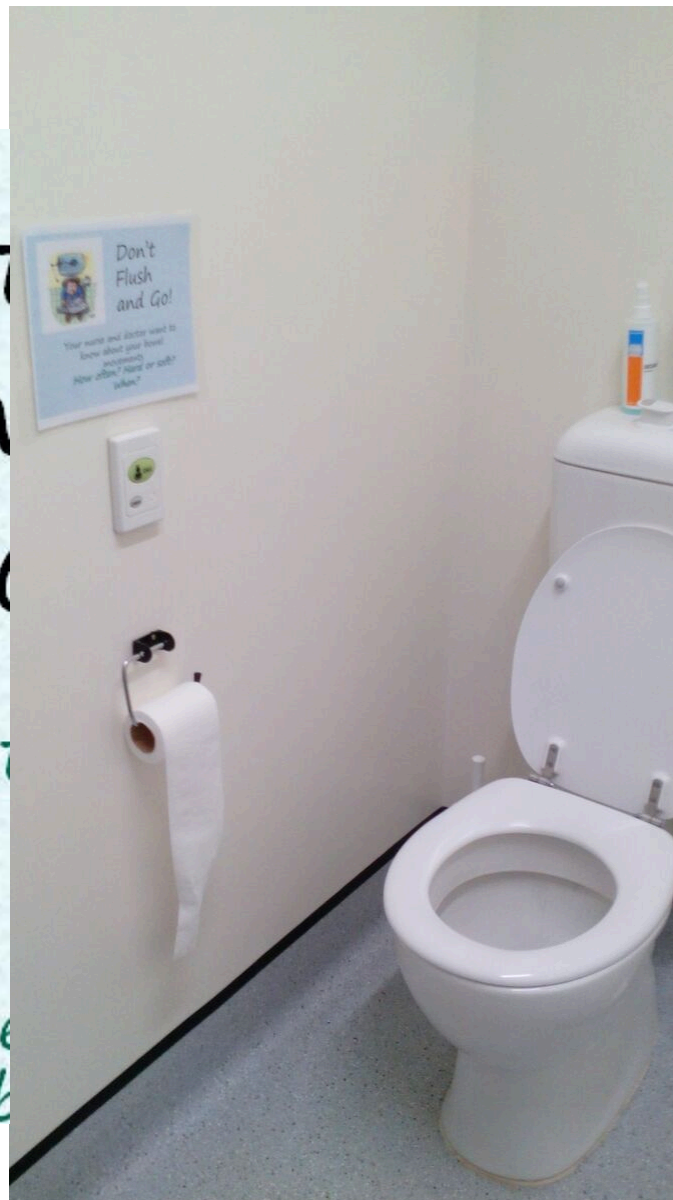




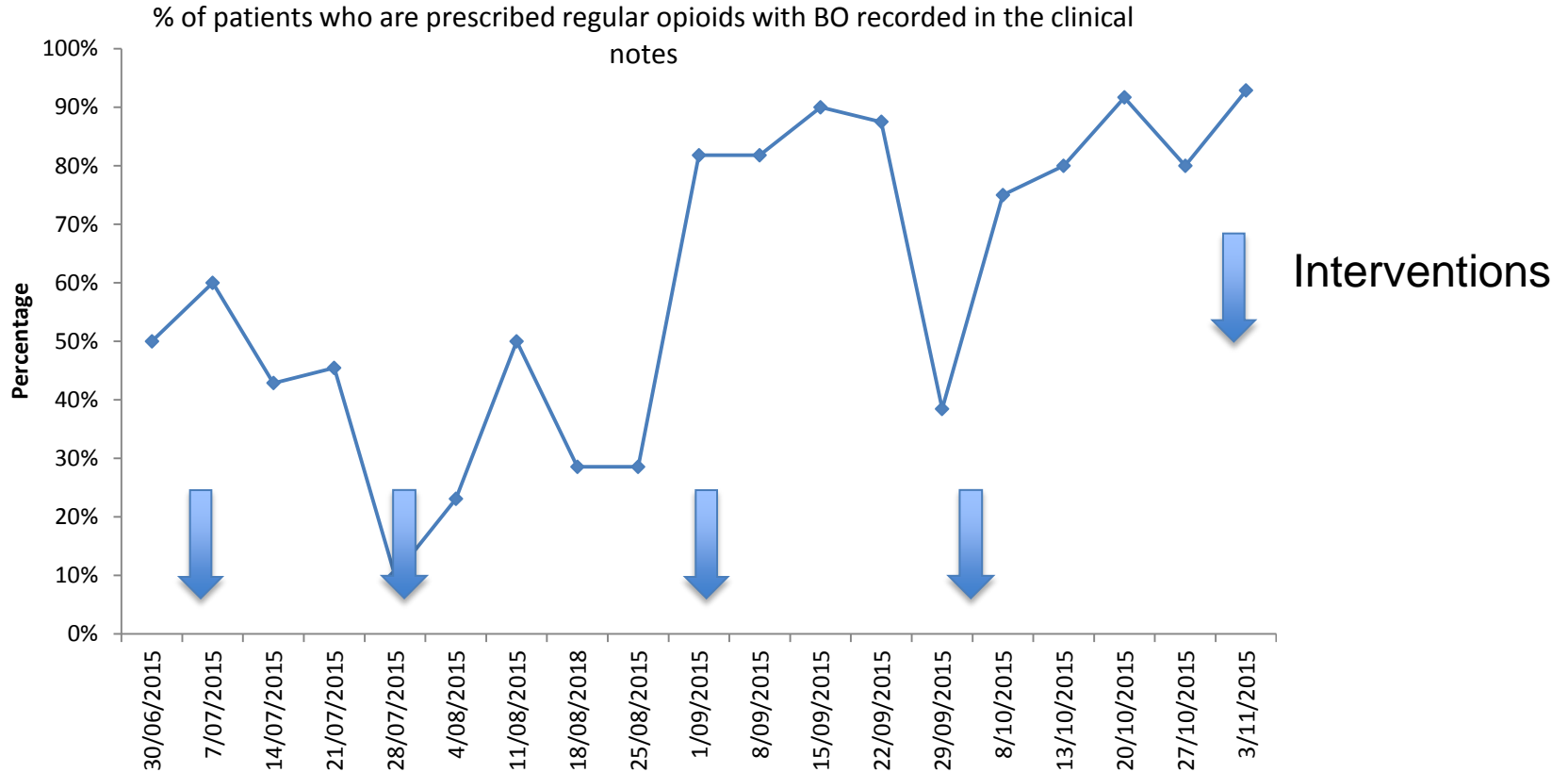
Don't  
Flush  
and

Preventing constipation  
important!

Our staff are trained to  
about your bowel hab



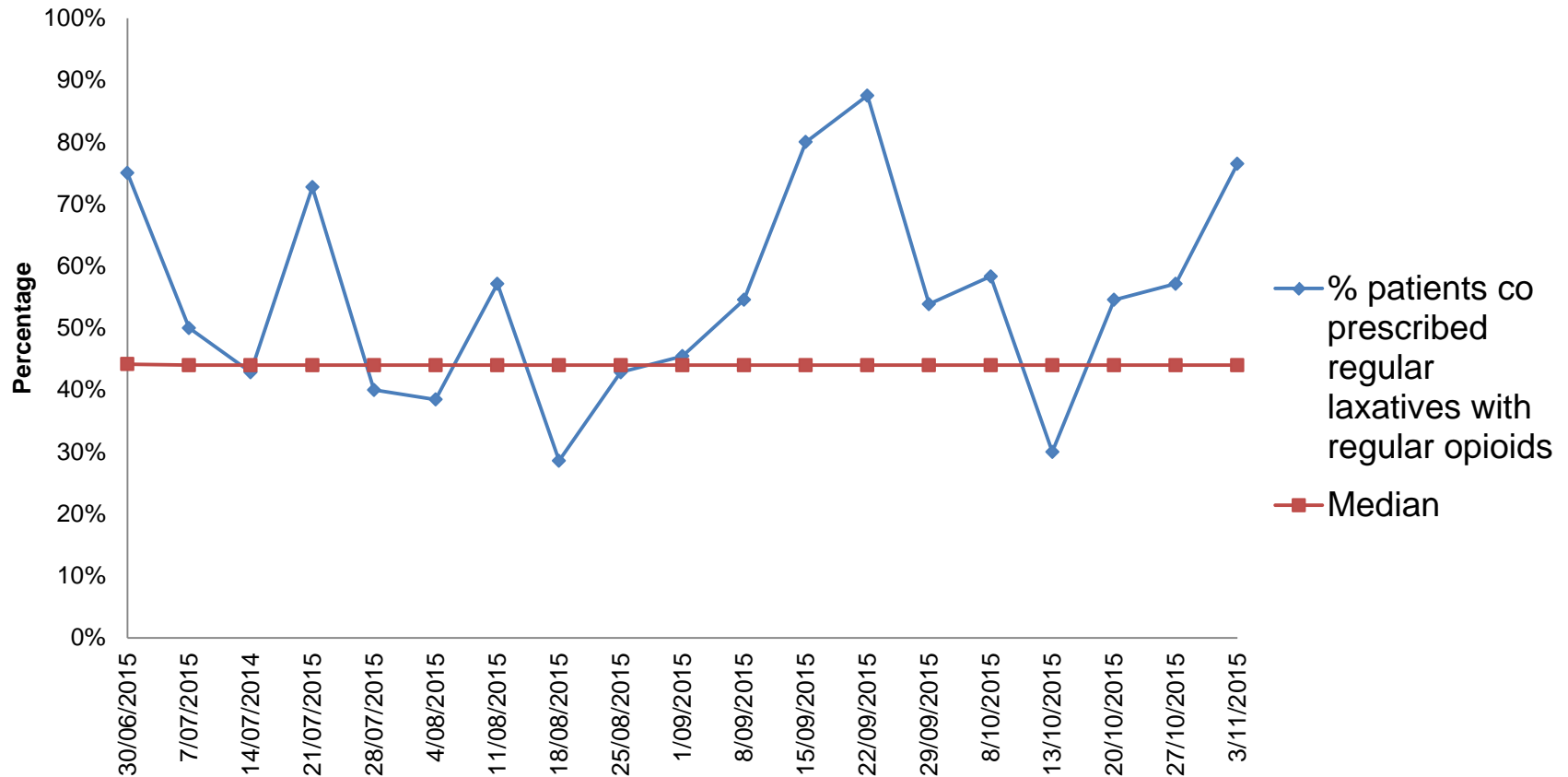
# What the data shows



Single change is an improvement in recording.

# Changes not sustained?

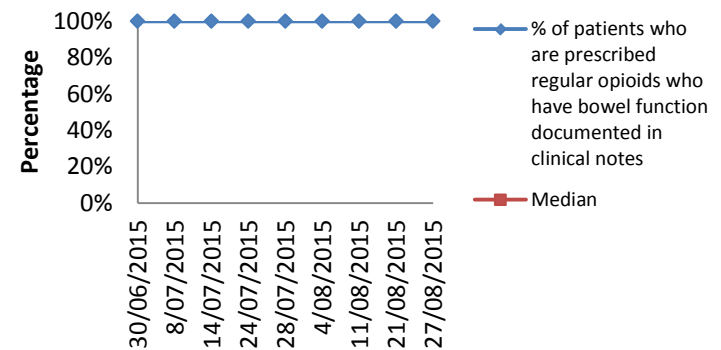
Percentage patients co-prescribed regular laxatives with regular opioids



# Key lessons/achievements

- Improvement not easy
- Difficult to sustain
- Often unplanned and multiple initiatives simultaneously in the system
- Variance between wards/sites
- How to improve on perfection?

Percentage of patients who are prescribed regular opioids who have bowel function documented in clinical notes





# Staff education

## REDUCING OPIOID CONSTIPATION HARM AUDIT- WHAT'S IT ALL ABOUT?

**TUESDAY** is Audit Day! You'll have noted members of the Opioid Collaborative looking at drug charts and notes on Tuesdays.



# Struggles

- Analysing data graphically
- Common data capture across sites
- Poor engagement from clinical colleagues and management
- No funding
- Detecting change
- Commission methodology
- Other in-patient initiatives
- Changing project parameters

# Successes

- Keeping going!
- Improving documentation
- Understanding the problem
- Fewer than we expected
- Potentially a few severe ADR's
- Widening knowledge

*“It’s not a happy experience. It’s hard on the tummy and feels like it cuts you in half - not pleasant. I am glad we are being pro-active with preventing this.”*

