

# Safe use of opioids national collaborative

## Hawke's Bay Fallen Soldiers' Memorial Hospital



# Aim

To reduce opioid related constipation (harm) by 25%, in patients admitted to the orthopaedic ward at Hawke's Bay Hospital (ward B3) and prescribed an opioid, by 30 April 2016.



# Scope

- Constipation
- Orthopaedics (ward B3)
- All patients with LOS  $\geq$  72 hours
  - Except outliers on B3
- Any opioid
  - Except methadone for opioid substitution programme
- Receiving regular or PRN
- Any route



# List of interventions tested

Bowel stamp introduction	28/04/15 - 12/05/15
Patient Poster	08/09/15 - on hold
Patient Leaflet	08/09/15 - on hold
- patient acceptance	
- influence on RN documentation	



# Baseline data collection struggles

Baseline data (Orthopaedics B3)	16/03/15 - 14/04/15
Constipation rate (new baseline)	18/05/15 - 03/07/15
Baseline data on AT&R (rehabilitation ward)	06/07/15 - 11/08/15
Baseline data on A4 (Surgical colorectal & vascular)	06/07/15 - 11/08/15
Constipation post discharge questionnaire	06/07/15 - 11/08/15
Baseline Constipation Cardiac Ward	18/08/15 - 22/09/15
Documentation vs. patient experience	29/09/15 - 20/10/15



# Key lessons/achievements

1. Introduction of the stamp
  - To document bowel activity in the health record
2. The patient information leaflet
  - Incorporating the Bristol Stool Chart
  - Although not fully tested and rolled-out yet
  - Increasing the conversations
  - Demystifying the bowels



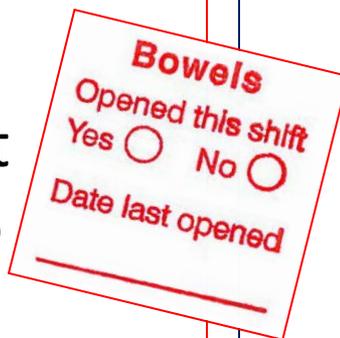
With thanks to Counties Manukau whose concept we stole



# Why was the stamp a success?

1. Minimal education required
2. Provided an example health record entry with 1:1 coaching
3. Initial trial in one care station
4. Provided sufficient stamps so a stamp always available

- Easy to use
- Information at a glance
  - Highly visible in the health record – easily found / identified
  - in red so a contrasting colour
  - In the left margin of the notes



# Challenges

- Establishing a level of harm (constipation)
  - The global trigger tool suggested we had a problem with constipation on the orthopaedic ward
  - A couple of patient stories suggested constipation may be a problem post discharge
- Initially there was insufficient documentation to establish a baseline constipation rate
- Early PDSAs on multiple wards (using the bowel stamp) did not demonstrate significant constipation



# Struggles

Time resource!



# Successes



**KEEP  
CALM  
BECAUSE  
I'M STILL  
ALIVE**

- The bowel stamp
- Poster and patient leaflet
  - Increasing the conversations
  - Demystifying the bowels (although still some testing to occur)