



Safe use of opioids national collaborative

MidCentral DHB



Aim

MidCentral DHB will reduce opioid-related constipation by 50% from [13% to 6.5%] in Star 2 by June 2016.

Scope

Inpatients in STAR 2 (Older Adult & Rehab) who are prescribed regular opioids.



List of interventions tested

Name	Date started
Patient information	September 15
Nursing documentation	April 15
Barriers for patients talking about bowels	May 15
Patient Posters	September 15
Nursing education	September 15
Flowchart/guideline	Close!



Waiting for translation

There's no need to rush...
check before you flush

REPORT ON BOWELS IN THE CLINICAL NOTES USING FOCUS

Report on progress to the team using an evaluative statement

Date/Time	Focus/Problem	Clinical note entry
	Bowels	E: Bowels open, type (according to Bristol stool chart) and the amount.

Report on an identified patient problem to the team using A I E

Date/Time	Focus/Problem	Clinical note entry
	Bowels	<p>A: BNO ?/7 (state the number of days bowels not open) State any supporting subjective and objective assessment data, ie patient comments, usual bowel pattern, any discomfort, if abdomen distended, result of PR examination.</p> <p>I: State the action you took as a result of this concern. Include past, present and future plan. ie: Discussion with medical team, plan for future management, food and fluids, the use of laxatives, suppositories, enemas.</p> <p>E: State how the patient responded to the actions taken. ie: What effect did your actions have. Did the bowels open? How your patient feels now.</p>

C: 2219

BRISTOL STOOL CHART

	Type 1	Separate hard lumps
	Type 2	Lumpy and sausage like
	Type 3	A sausage shape with cracks in the surface
	Type 4	Like a smooth, soft sausage or snake
	Type 5	Soft blobs with clear-cut edges
	Type 6	Mushy consistency with ragged edges
	Type 7	Liquid consistency with no solid pieces

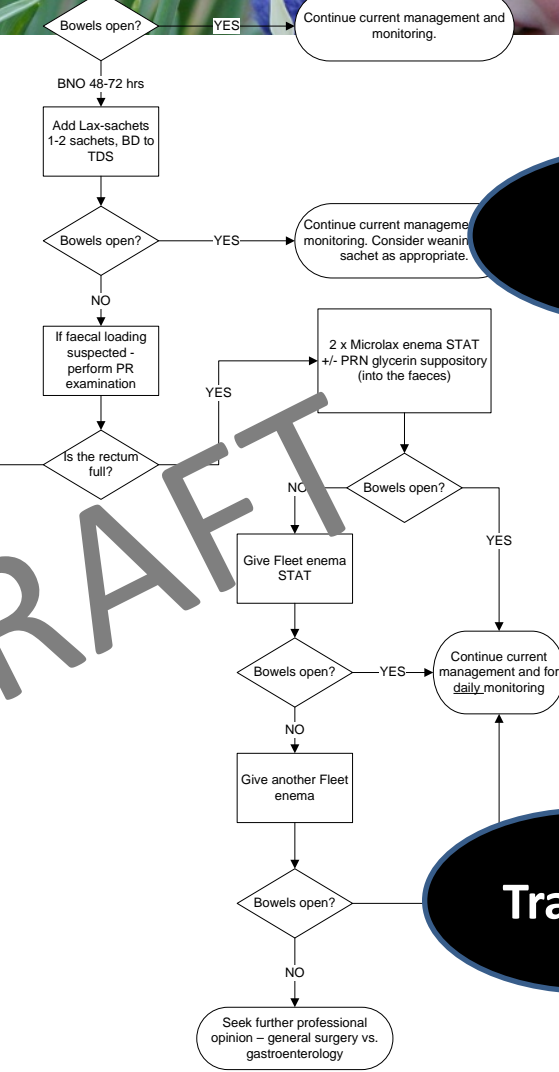
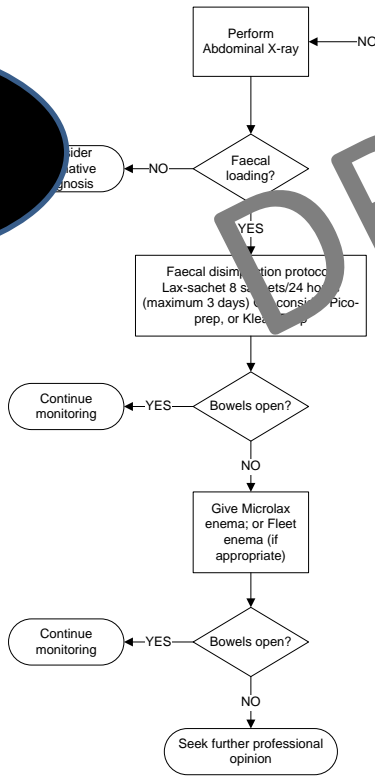
BRISTOL STOOL CHART

	Type 1	Separate hard lumps	Very constipated
	Type 2	Lumpy and sausage like	Slightly constipated
	Type 3	A sausage shape with cracks in the surface	Normal
	Type 4	Like a smooth, soft sausage or snake	Normal
	Type 5	Soft blobs with clear-cut edges	Lacking fibre
	Type 6	Mushy consistency with ragged edges	Inflammation
	Type 7	Liquid consistency with no solid pieces	Inflammation

Initial management
ALL patients that are prescribed opioids,
Co-prescribe regular Laxsol 1-2 tablets BD +/- PRN Lactulose

- Non-pharmacological measures:**
- Fluid intake (where appropriate)
 - Encourage mobility
 - Prescribe Kiwi Crush (where appropriate)
 - High fibre diet – fruit and vegetables
- Other considerations:**
- Review therapy – stopping/weaning opioids when appropriate, and other medication that may contribute to constipation e.g. CCB, ondansetron, TCA, antipsychotics
 - Check calcium levels, thyroid function
- Other differentials:**
- Bowel obstruction
 - Pseudo-obstruction
 - Other bowel pathology
 - Overflow constipation

Consultation



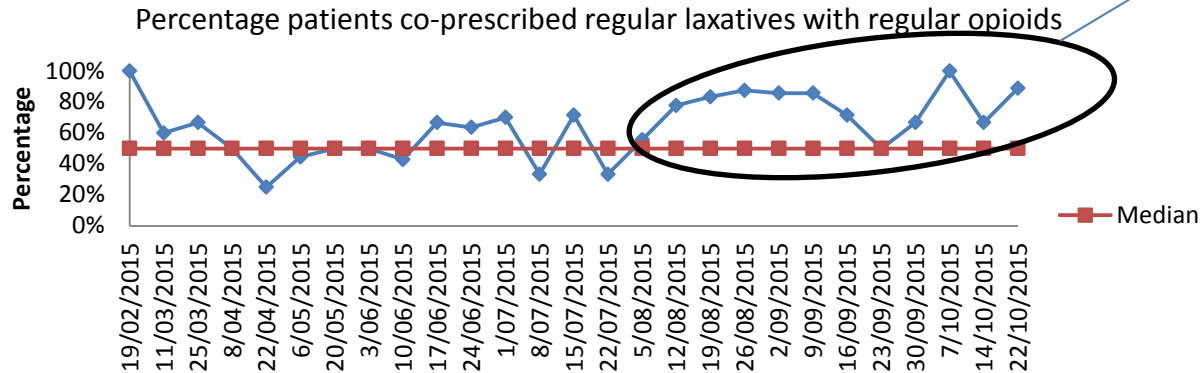
Guideline

Training

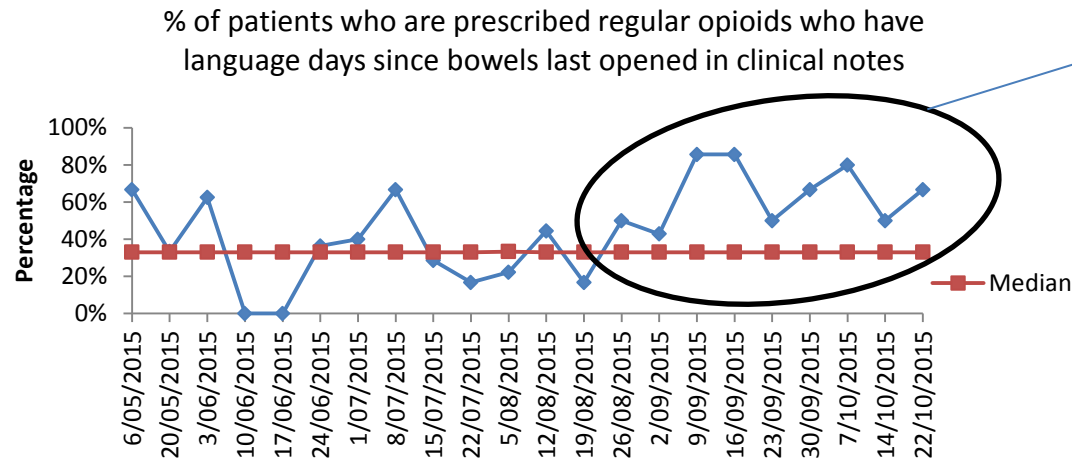
Please note
* Two types of Fleet enema available:
Fleet Mineral Oil Or Fleet Phosphate
Fleet phosphate enema is not recommended in elderly or those with renal impairment due to potential electrolyte imbalances.

What the data shows

Process measures



Draft guideline for co-prescribing & management of constipation.



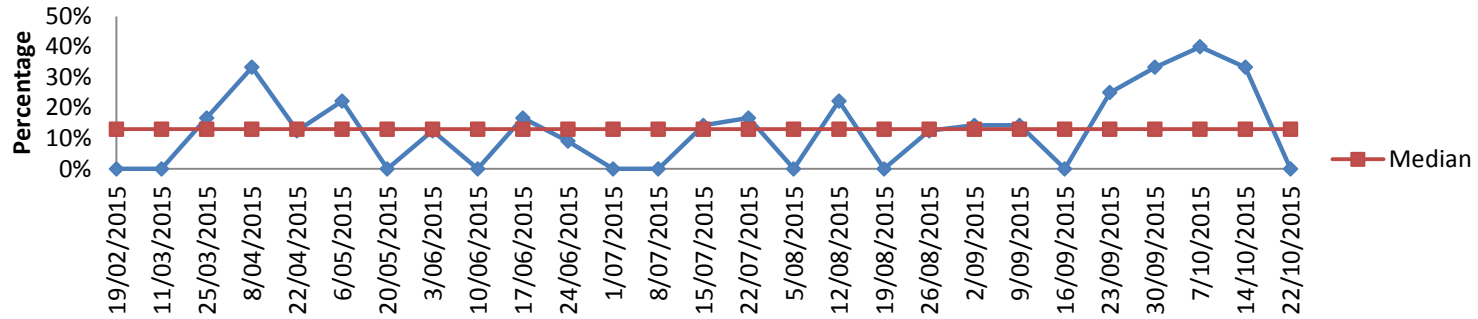
New process started: Nursing documentation of bowel movements



No change...
YET!

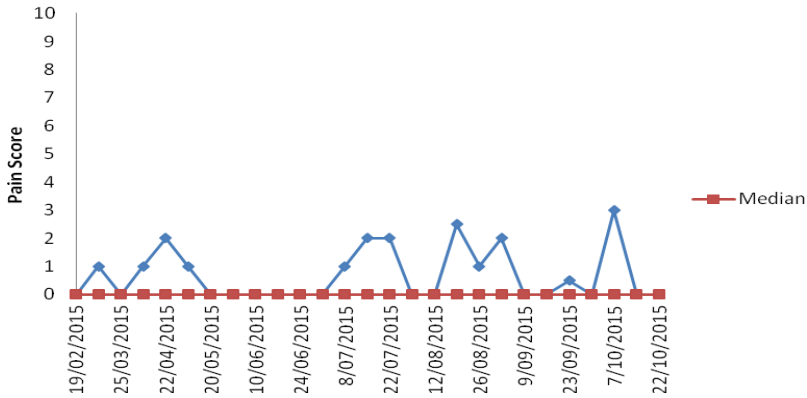
Outcome measure

Percentage of patients identified with constipation who are prescribed regular opioids

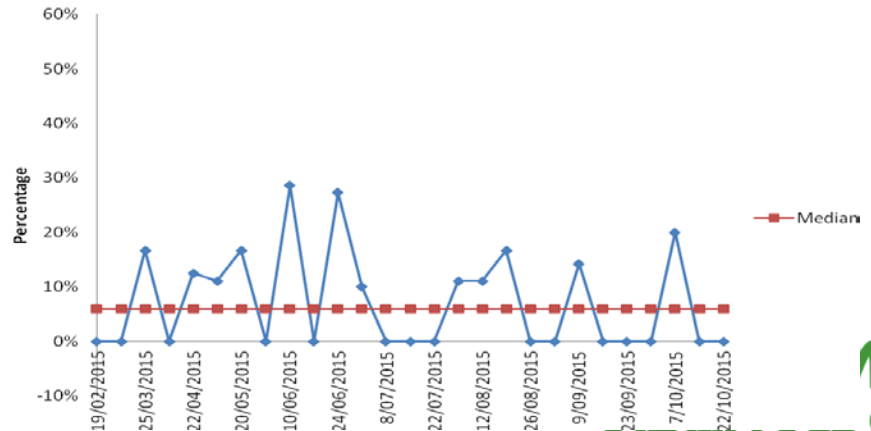


Balancing measures

Median Most Recent Pain Score on Movement for patients on opioids



Percentage of patients who are prescribed regular opioids that have diarrhoea





Key lessons/achievements

- Patients in ward are happy to talk about bowel movements and take it seriously.
- Most nursing staff did not identify tramadol as an opioid.
- Majority of medical staff chose ondansatron as a first-line anti-emetic to co-prescribe with opioids, despite its constipating effect.
- Multiple communication methods required (nursing documentation etc).



Struggles

- Patients coming to STAR 2 already constipated
- Delays
 - Graphic designers
 - Feedback from stakeholders
 - Sign-off of guideline by Medicines Advisory and Policy Committee – cancelled meetings
 - Monthly meetings



Successes



**Focused team working hard to
improve patient care**

*Quality living-
healthy lives*