

Safe use of opioids national collaborative

Lakes District Health Board



Aim

To reduce the incidence of constipation related to opioid use in orthopaedic inpatients by 50% from 57.4% to 28.7% by March 2016.

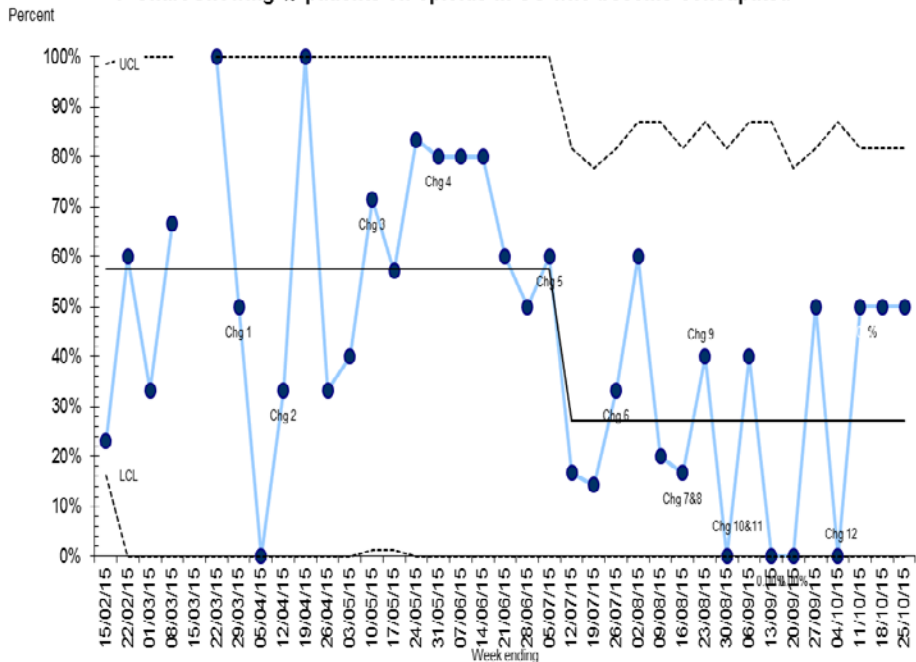
Scope

Looking at constipation rates in all orthopaedic inpatients on opioids.

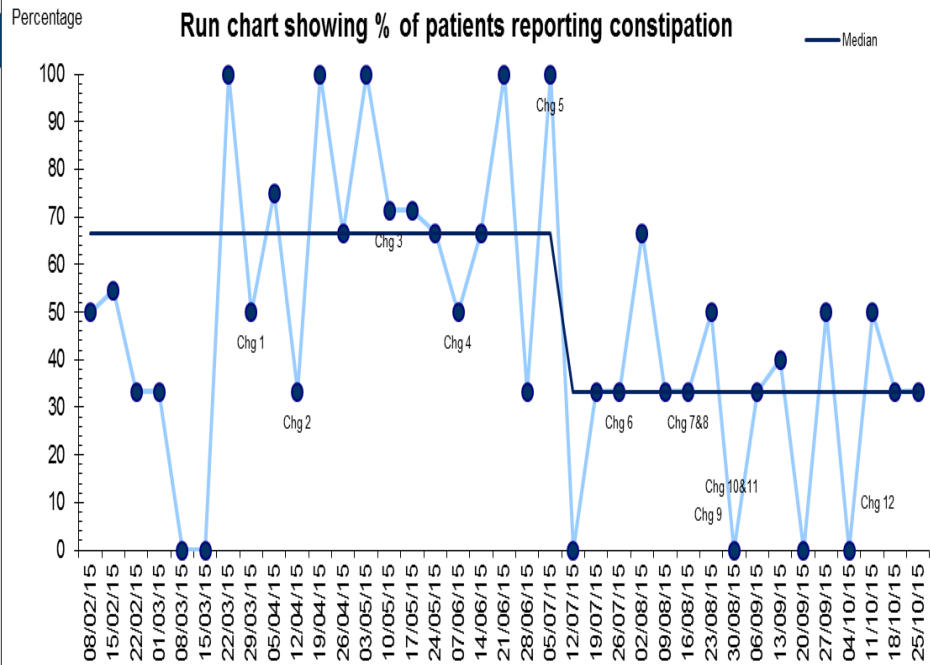
List of interventions tested

Change #	Intervention	Date	
0	Project start	Sep-14	
1	HO joins team	24/03/2015	
2	Nursing newsletter/education	Apr-15	
3	Stickers large test	4/05/2015	
4	HO rotation	25/05/2015	
5	Prunes/kiwicrush PE run 1	1/07/2015	No flyer or encouragement
6	Prunes/kiwicrush PE run 2	20/07/2015	Flyer
7	Prunes/kiwicrush PE run 3	10/08/2015	Flyer and encouragement
8	Grand Round	14/08/2015	
9	Agreement with anaesthetists to document (In OT) for doses of ondansetron given in OT	19/08/2015	
10	Prunes/kiwicrush PE run 4	24/08/2015	Encouragement
11	HO rotation with prior education	24/08/2015	
12	Permanent implementation of prunes/Kiwicrush	1/10/2015	

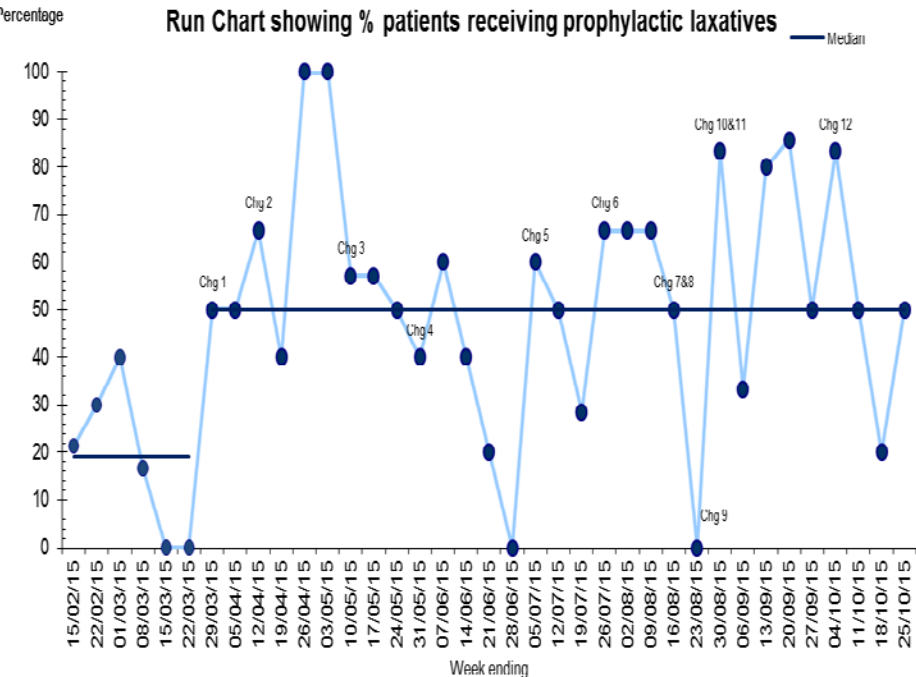
P Chart Showing % patients on opioids in OU who become constipated



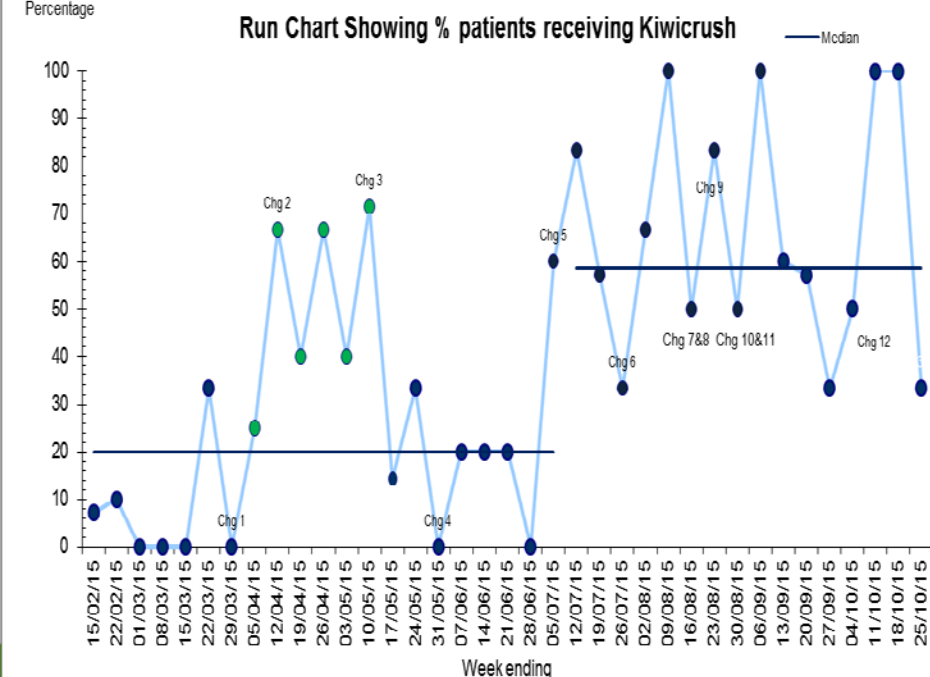
Run chart showing % of patients reporting constipation

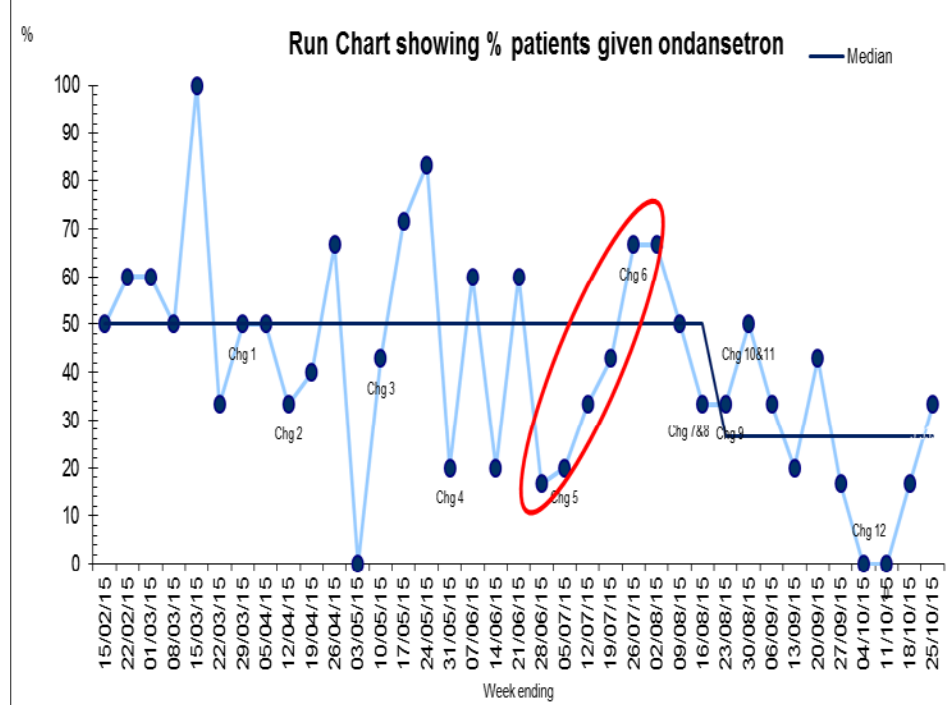
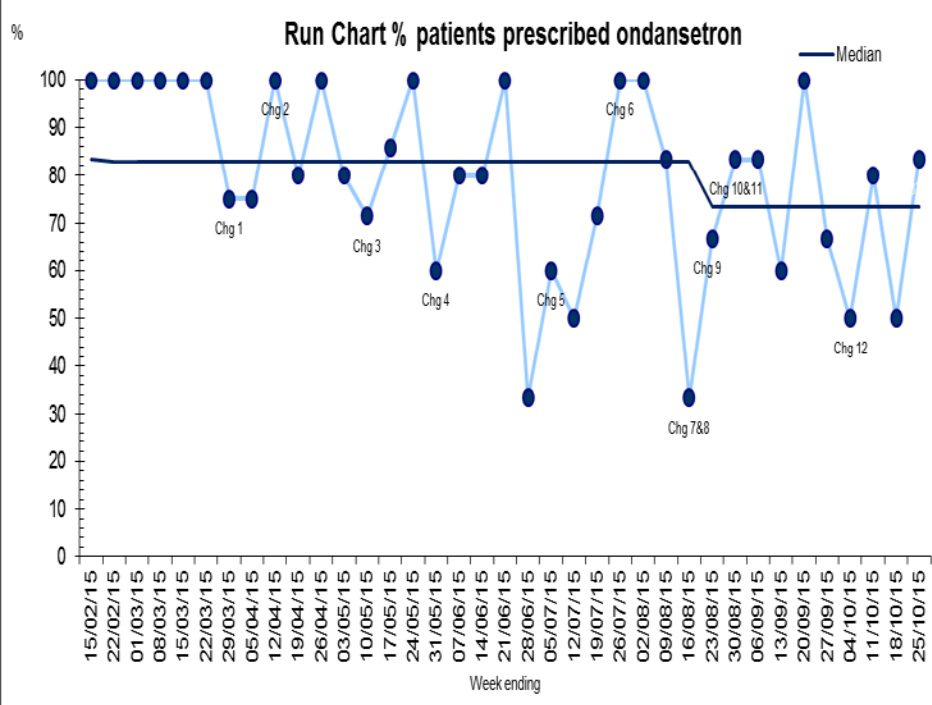
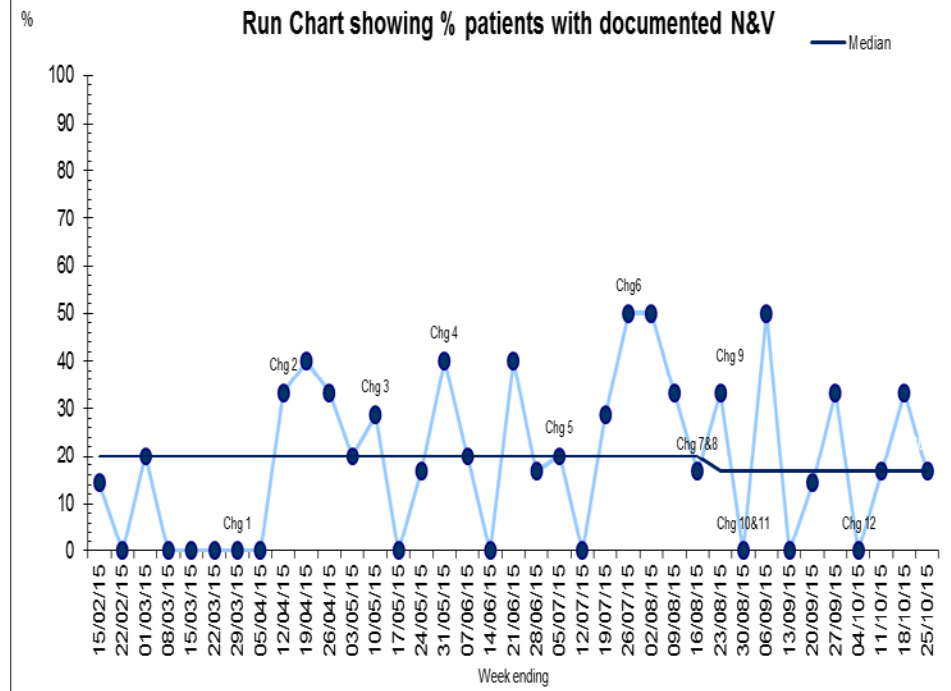
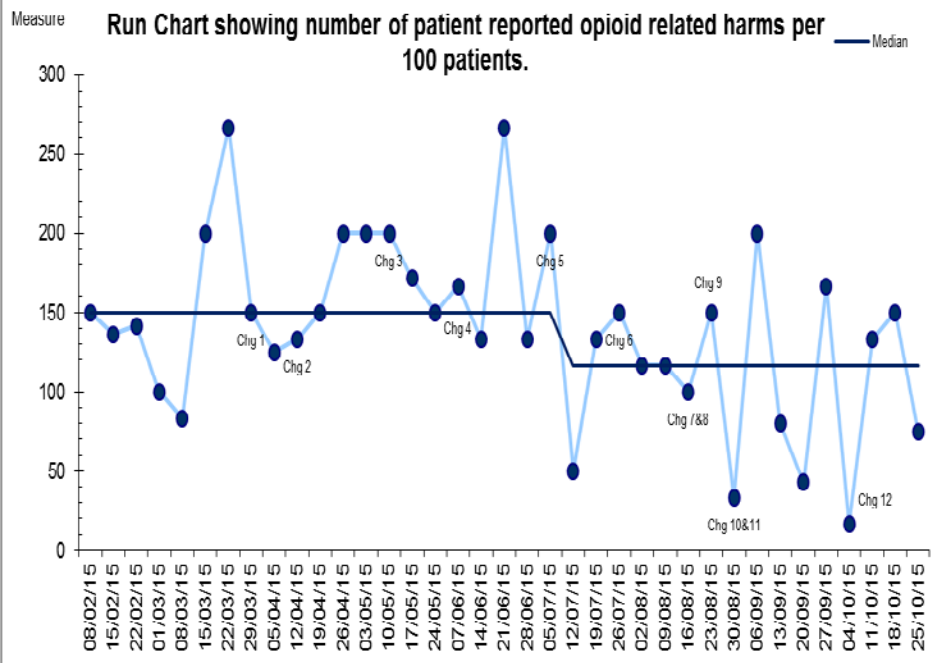


Run Chart showing % patients receiving prophylactic laxatives



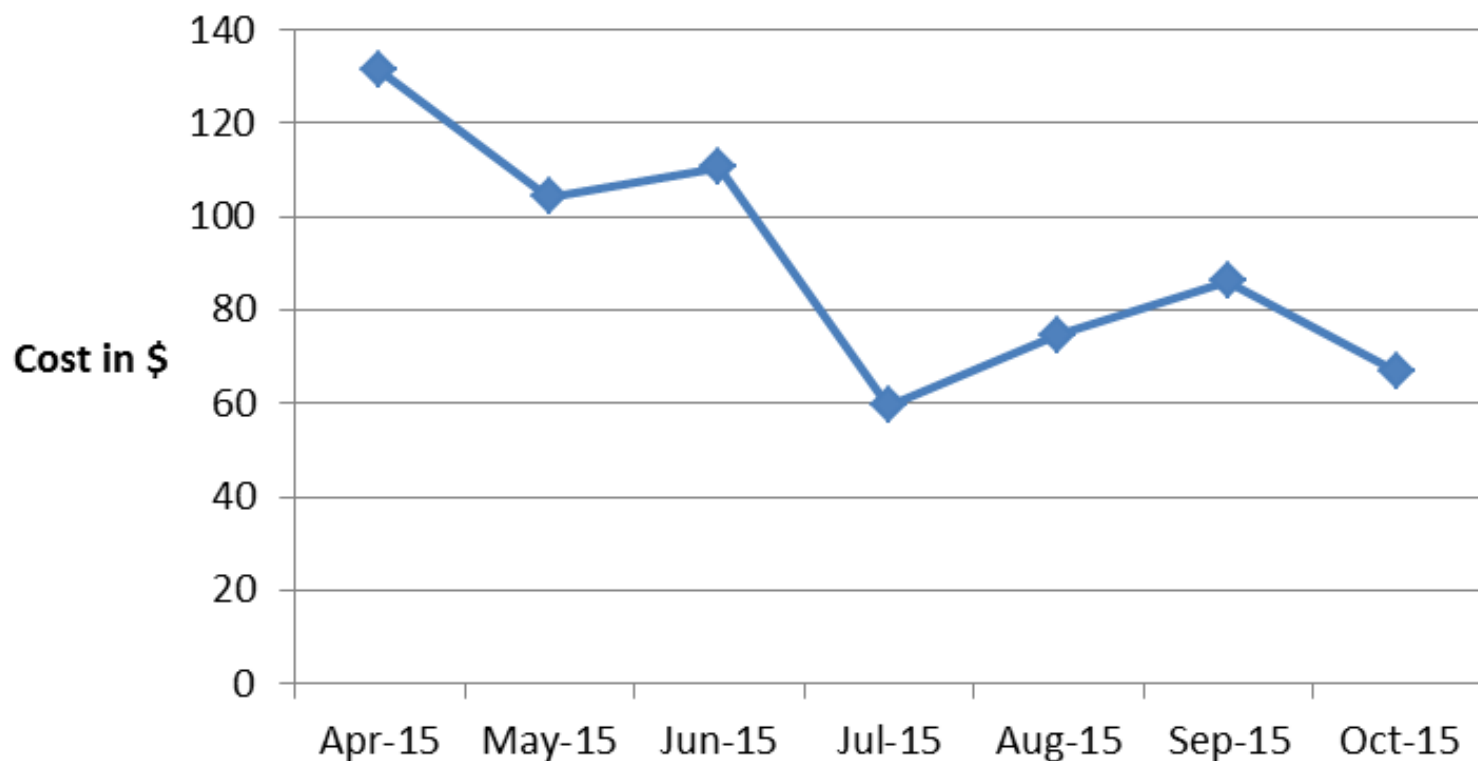
Run Chart Showing % patients receiving Kiwicrush





Retrospective analysis of breakfast data							
2^3 Design		Prunes	Kiwicrush	Proactive Laxatives			
		No	No	No			
		Yes	Yes	Yes			
Test	Run Order	P	K	PL	Constipation Rate	# constipated	Denominator
1	1	-	-	-	71.42857143	25	35
2	2	+	-	-			0
3	3	-	+	-	64.28571429	9	14
4	4	+	+	-	28.57142857	6	21
5	5	-	-	+	52	13	25
6	6	+	-	+	0	0	12
7	7	-	+	+	52.63157895	10	19
8	8	+	+	+	25	5	20

Total Cost of Laxatives supplied to OU



Key lessons/achievements

- Substantial improvement shown in our outcome measure.
- Cannot be attributed to prunes/kiwicrush alone.
- Most effective appears at this stage to be prunes and laxatives – more ongoing data analysis required.

Struggles

Reliable data collection remains a burden for two members of the team.

A dwindling pharmacy staff means they can rarely attend team meetings although they remain engaged.

Changing nursing practice in a sustainable way
– ie, changing culture.

Successes

We are most proud of achieving our aim – now the key is not to drop the ball and ensure the gain is maintained.

The engagement of the anaesthetist group and house officers when presented with data. The anaesthetists were reassured by our balance measures and happy to test on this basis.