

Towards Statewide Opioid Stewardship

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With many thanks and acknowledgement of the front line clinicians across QLD who are actively changing their practice or contributing to education and resources in response to projects being run as part of the program

Supported by:
Clinical Excellence Queensland and
Queensland Emergency Department Strategic Advisory Panel

*Finding the balance between pain
management and avoiding
unintended harm*

Why Opioid Stewardship?

- ▶ Growing 'Opioid Reservoir' in community - and associated harms

Family of a single patient returned this medication, including...

Ketamine Lozenges

Methadone Tablets

Methadone Inj.

Hydromorphone SR Tablets

Hydromorphone IR Tablets

Hydromorphone Inj.

Clonazepam Inj.

Morphine Liquid

Morphine Inj.



Opioid Stewardship is only one aspect of broader Pain Management / Analgesia Strategies

This work demonstrates progress within the hospital sphere of influence

Recent pictures the walk to work at Redcliffe Hospital



Where?



Starting with Emergency

- ~5% patients discharged on opioids
- Usually full-box quantities
- 1.9 million ED presentations in 2018

Why?



Opioid-related Harm

- Est. 3 deaths, 150 hospitalisations/day¹
- Up to 17% of opioid naïve patients prescribed opioid from ED taking a year later²

How?



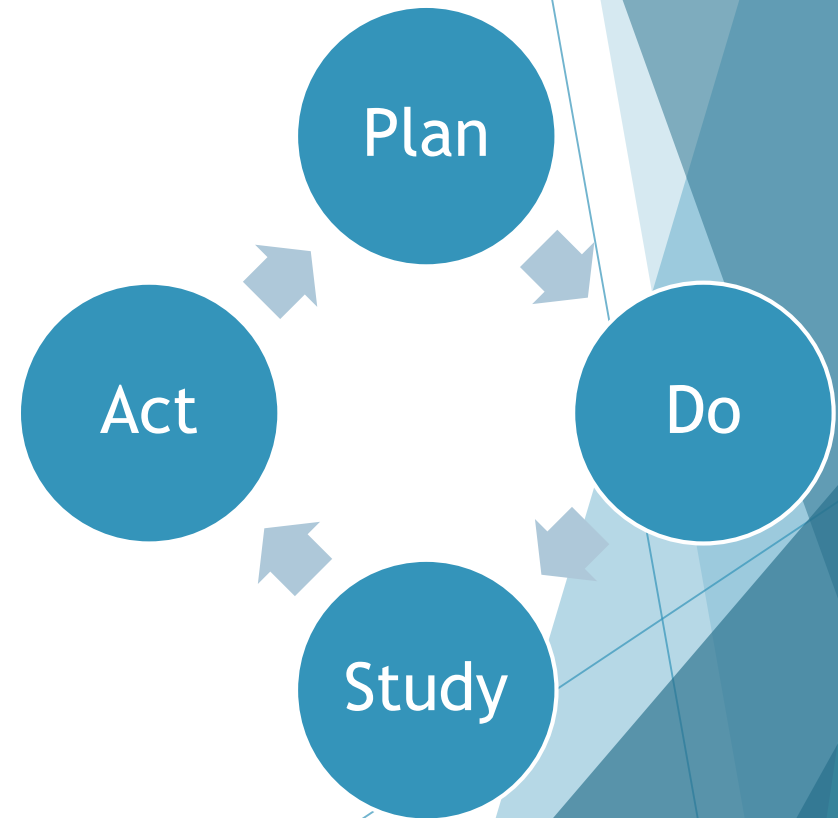
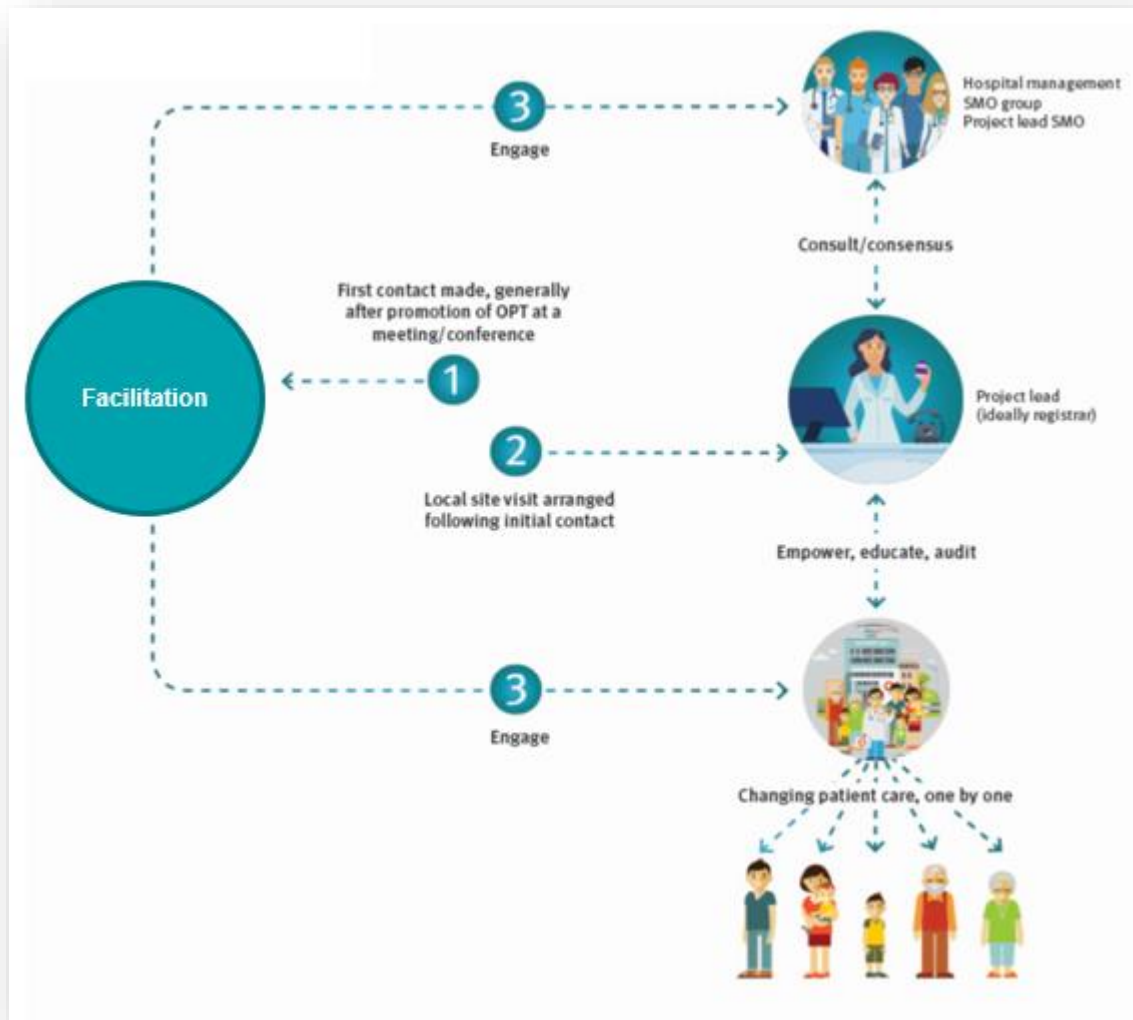
Opioid Prescribing Toolkit

- Audit and improvement
- Facilitation
- Tailored approach to prescribing - focus on pain management

1. 2018 AloHaW. Opioid harm in Australia and comparisons between Australia and Canada Canberra AIHW; 2018.

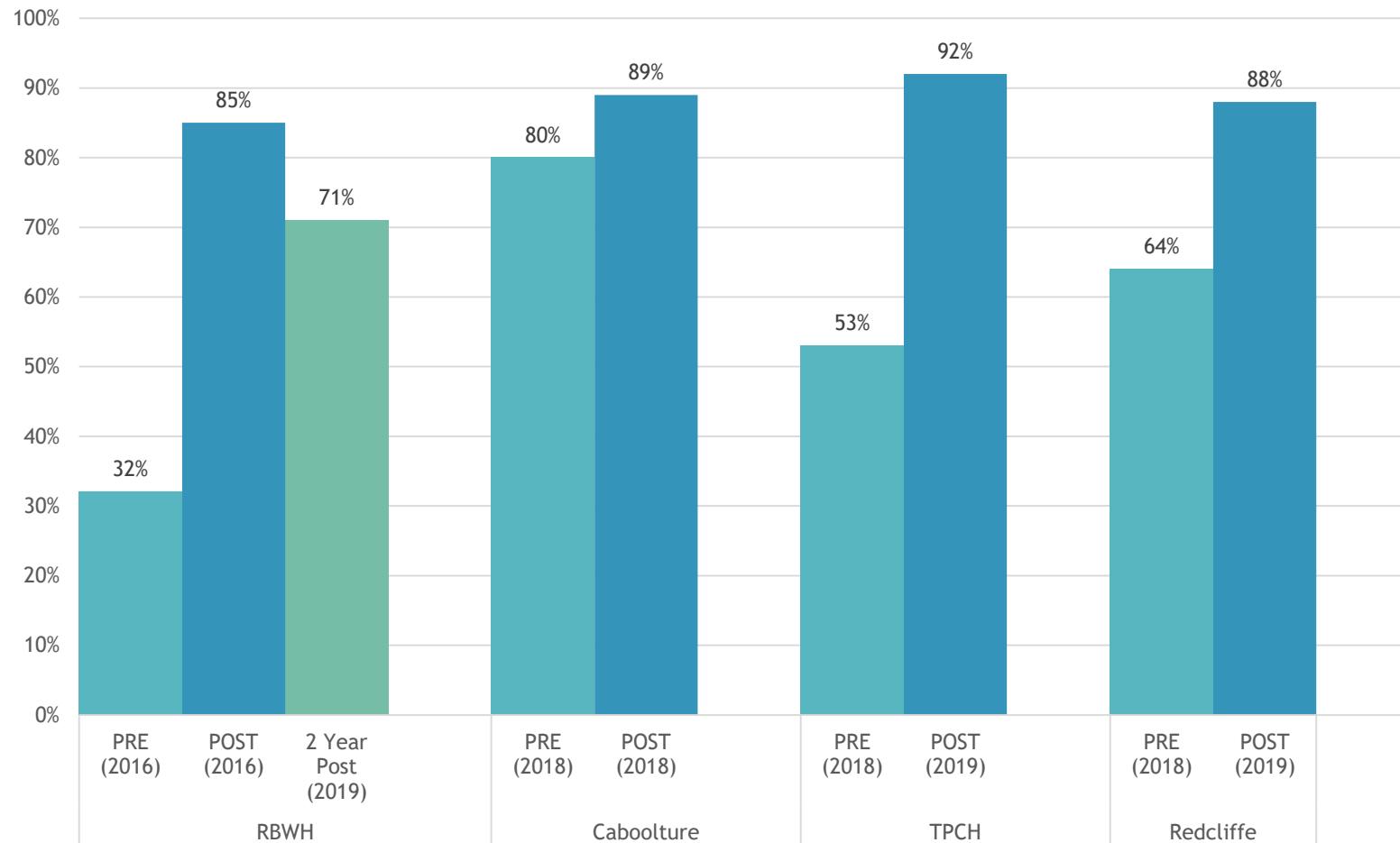
2. Hoppe JA, Kim H, Heard K. Association of emergency department opioid initiation with recurrent opioid use. Annals of emergency medicine. 2015;65(5):493-9.e4.

Facilitating Optimising Opioid Prescribing Projects (OOPPS) using Opioid Prescribing Toolkit (OPT) resources



Results - Emergency MNHHS

Proportion of prescriptions for 10 or less tablets of oxycodone - MNHHS EDs

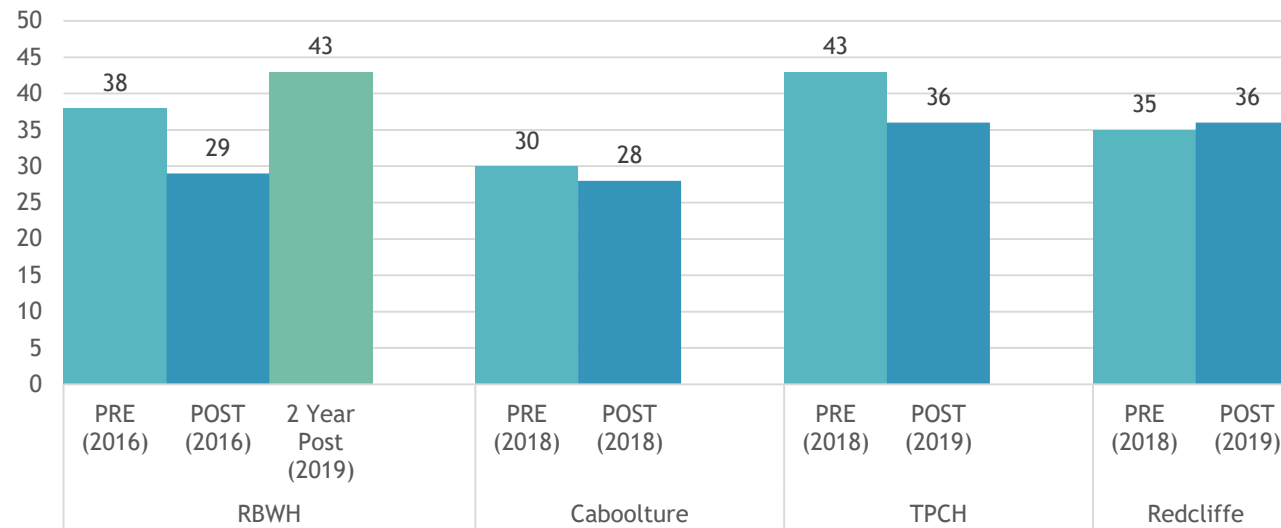


Promoting a 'tailored approach'...

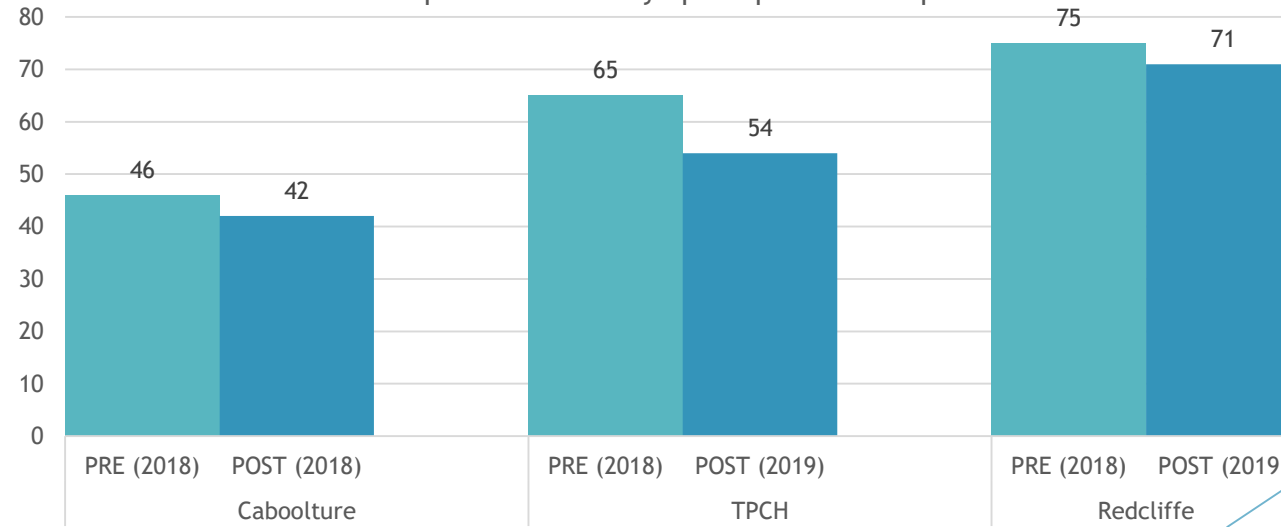
Prescriptions for less than full boxes have increased across the HHS

Results - Emergency MNHHS

Prescription rate for oxycodone per 1000 ED presentations



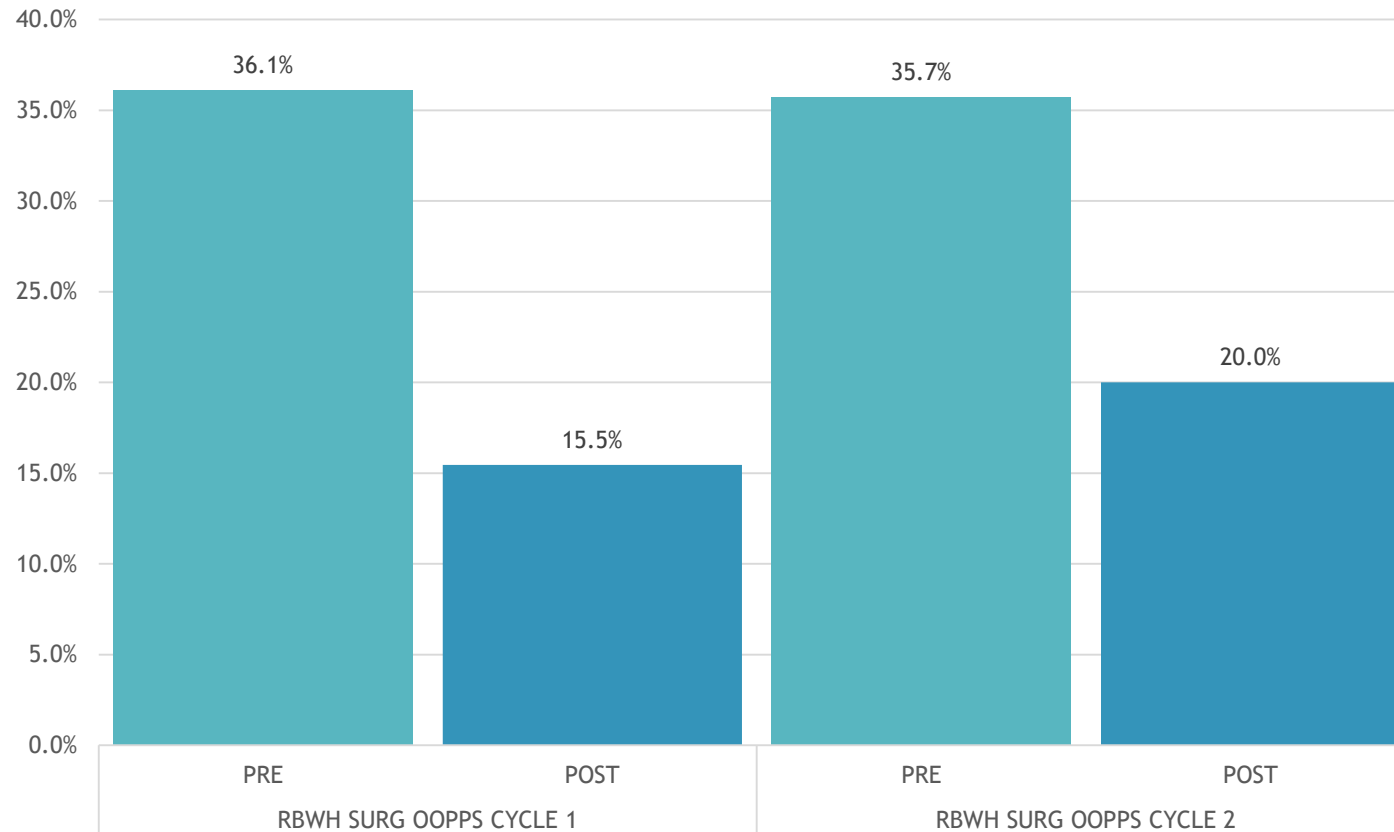
Prescription rate for any opioid per 1000 ED presentations



Promoting a 'tailored approach'...
Rates of opioid and oxycodone prescribing have generally reduced

Results - Surgery RBWH

RBWH Surgery - % of all discharges receiving oxycodone prescription



Promoting a
**'tailored
approach'...**

Rates of
opioid and
oxycodone
prescribing
have
generally
reduced

Evaluation - Scale and Spread

Progress

Interest and engagement from 10 of QLD's 16 Hospital and Health Services

Teams at 16 different sites

Translation/adaptation to 5 different clinical areas to date

- Emergency
- Surgery
- Paediatrics
- Medical
- Maternity



Engaged Sites - 10/16 HHS' - 16 Sites - 5 clinical areas

Metro North HHS

- ▶ Royal Brisbane and Women's - 3 clinical areas
- ▶ The Prince Charles - 1 clinical area
- ▶ Caboolture - 2 clinical areas
- ▶ Redcliffe - 2 clinical areas

Metro South HHS

- ▶ Princess Alexandra - 1 clinical area
- ▶ QEII - 1 clinical area
- ▶ Logan - 1 clinical area

Wide Bay HHS

- ▶ Bundaberg - 2 clinical area
- ▶ Hervey Bay - 1 clinical area

Gold Coast HHS

- ▶ Gold Coast UH - 2 clinical areas



Queensland Ambulance Service

Sunshine Coast HHS

- ▶ Sunshine Coast UH - 1 clinical areas

Townsville HHS

- ▶ Townsville Hospital - 2 clinical areas

Central Queensland HHS

- ▶ Rockhampton Hospital - 1 clinical area

Mackay HHS

- ▶ Mackay Base Hospital - 2 clinical areas

Darling Downs HHS

- ▶ Toowoomba Hospital - 1 clinical area

Cairns and Hinterland HHS

- ▶ Cairns Hospital - 1 clinical area

Consumer Engagement

00201-61447

When do I need to take pain medications?

Pain Scale
Give your pain a score:
0 = no pain
10 = the worst pain imaginable

Mild Pain (1-4)

- Try non-medication methods such as hot/cold packs.
- Take paracetamol as directed.

Moderate Pain (5-7)

- Take paracetamol regularly
- You may add an anti-inflammatory drug, such as Nurofen® only as directed and if a doctor has said you can take this kind of medication.
- If you still have moderate pain, take your prescribed Oxycodone; see your personalised plan for how to take this medication.

Severe Pain (8-10)

- Continue to take paracetamol regularly
- Take your Oxycodone as prescribed.
- See your GP or attend the Emergency Department if you have severe pain despite following your personalised pain medication plan.

Oxycodone – Patient Brochure

Your personalised pain medication plan:

Paracetamol
1G (e.g. 1-2 of 500mg tablets) of paracetamol regularly every 4-6 hours (max 4G per day)
AND/OR
Ibuprofen*
400mg ibuprofen every 6-8 hours (1.2G per day)
<small>* Check with your doctor before taking ibuprofen or other non-steroidal anti-inflammatory drugs (eg. Nurofen, Mobic, Indomethacin)</small>

Other Pain Medication

While you still have pain take:

Oxycodone
Take ___ mg every ___ hours if required until ___/___/___ Maximum ___ mg/day
Decrease dose to ___ mg every ___ hours if required until ___/___/___
Further decrease dose to ___ mg every ___ hours if required, until ___/___/___
Review the ongoing need for this medication with your General Practitioner within 2-3 days

When your pain improves and you no longer need any oxycodone, you can stop taking paracetamol regularly.

Oxycodone can cause side effects:

- Eat a high fibre diet and
- Include laxative medicine or Coloxyl and Senna.

Consumer feedback on discharge pain management experience

What does 'opioid' mean?

Can I take paracetamol and ibuprofen together? With oxycodone?

Metro North Hospital and Health Service Putting people first

RBWH | Department of Emergency Medicine

Oxycodone

Endone, Oxynorm

Information about your pain medications and how to use them

This pamphlet is a general guide for patients prescribed oxycodone for short-term acute pain relief. Please ask your doctor or pharmacist if you have questions about this medication

- Oxycodone hydrochloride is the active ingredient in this medication. This is a strong form of pain relief similar to morphine
- Oxycodone belongs to a group of medicines called narcotic analgesics or opiates
- Your pain will be most effectively controlled if Oxycodone is used with other types of pain relief such as paracetamol (Panadol) and ibuprofen (Nurofen)
- You should require less Oxycodone each day as your body heals

Queensland Government



Implications

Facilitation with the OPT has been an adaptable and effective concept across multiple hospital Emergency Departments

- ▶ Implications of a broad, ‘bottom-up’ culture change around pain management and opioid prescribing
- ▶ Impacts individual consumers downstream in care they receive, and the community by reducing flow from hospital to the ‘opioid reservoir’
- ▶ The OPT has provided an opportunity from which to springboard further Opioid Stewardship activities across the state

Thank you

The background features a series of overlapping, semi-transparent geometric shapes in various shades of blue and teal. These shapes, including triangles and polygons, are arranged in a way that creates a sense of depth and movement, primarily concentrated on the right side of the frame. The overall aesthetic is clean and modern.