

Do Nursing Students REALLY Know Pain Management?

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Background

In 2017, the CDC reported that opioids were responsible for over 40,000 deaths. Thirty-seven percent of these deaths reported were from opioids prescribed by health care providers. Many nurses are unsure about how to discuss opioid risk with patients.

The purpose of this project is to educate nursing students on the risk of opioid abuse and alternative pain management strategies. The aim is to increase future nurses’ comfort level in discussing pain management topics with patients and decrease opioid abuse.

PICO: Do nursing students who are provided education on opioid abuse risks and non-opioid pain management options show increased knowledge and perceived competence about pain management and safe opioid use?

Literature

Databases: CINAHL, MedLine

Search Parameters:

- Peer-Reviewed Articles
- Published within last 7 years (published after 2013)

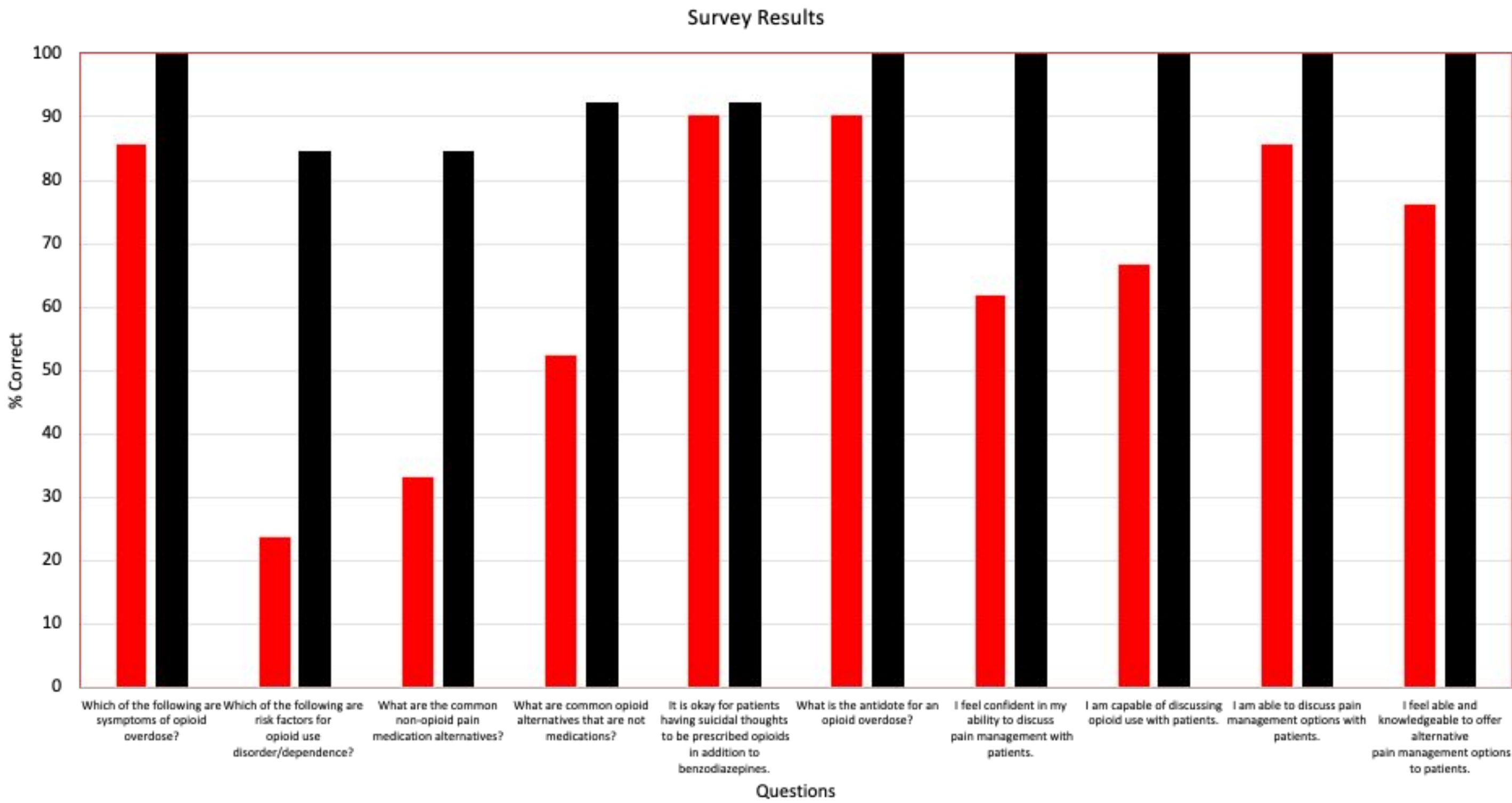
Keywords: Opioid education, opioid use, opioid abuse, opioid dependence, pain management, alternative pain therapy

Current Evidence: Twelve articles were included in research.

“Nurses are more likely to educate patients about opioid prescriptions during discharge teaching if nurses are more knowledgeable about opioids” (Costello, 2016).

“Patients’ lack of knowledge for safe opioid use may be affected when nurses are not knowledgeable about opioids” (Costello, 2016).

Results



1. Which of the following are symptoms of opioid overdose?
2. Which of the following are risk factors for opioid use disorder/dependence? SATA
3. What are the common non-opioid pain medication alternatives? SATA
4. What are the common opioid alternatives that are not medications? SATA
5. It is okay for patients having suicidal thoughts to be prescribed opioids in addition to benzodiazepines?
6. What is the antidote for an opioid overdose?
7. I feel confident in my ability to discuss pain management with patients.
8. I am capable of discussing opioid use with patients.
9. I am able to discuss pain management options with patients.
10. I feel able and knowledgeable to offer alternative pain management options to patients.

Education Plan

Twenty-seven nursing students were presented with a 15 minute educational powerpoint that addressed opioids and pain management. Prior to the presentation students took a knowledge and competency survey to gather data on what they already knew. Following this they were presented information on safe opioid use for pain management, symptoms of an opioid overdose, risk factors for opioid dependence, and non-opioid and alternative pain management strategies. A short two minute video was included. To conclude the presentation, students took a second knowledge and competency survey.

Survey Results

The data from the 1st and 2nd surveys were compared to discover whether or not our educational tool was helpful for nursing students. In the 1st survey, 79% of questions were answered correctly prior to receiving education. The 2nd survey had 98% of questions answered correctly. Overall the 2nd attempt survey results yielded a higher number of correct results, indicating the education session improved knowledge and perceived competence.

Conclusion

In conclusion, when comparing the results from the pre-test and post-test, the post-test yielded better average results after education was provided. Due to the project’s findings that education significantly improves knowledge in several areas, including perceived competency, this information may be utilized in nursing practice. Nursing education about opioids and pain management can increase nurse competence to skillfully discuss these topics with patients. Improved nurse competence may decrease patient opioid use and dependence via education and prevention.

References

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