Essentia Health

Collaboration

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www.one-program.org

Table of Contents

A. Triage Tool

    Use this flowchart to determine which services to offer to your clients.

B. Medication Safety Questionnaire and Outcomes

    FRONT: Use this questionnaire for **<u>every patient</u>** and re-assess every 6 months

    BACK: Use this to document what services were provided to each patient

    Provide Deterra bag and pill organizer as needed. For more Deterra or pill organizers, contact heidi.eukel@ndsu.edu

    ENTER into REDCAP

<u>For clients with opioid:</u>

C. Screening and Outcomes

    FRONT: Use this tool to screen each patient for opioid misuse and overdose risk
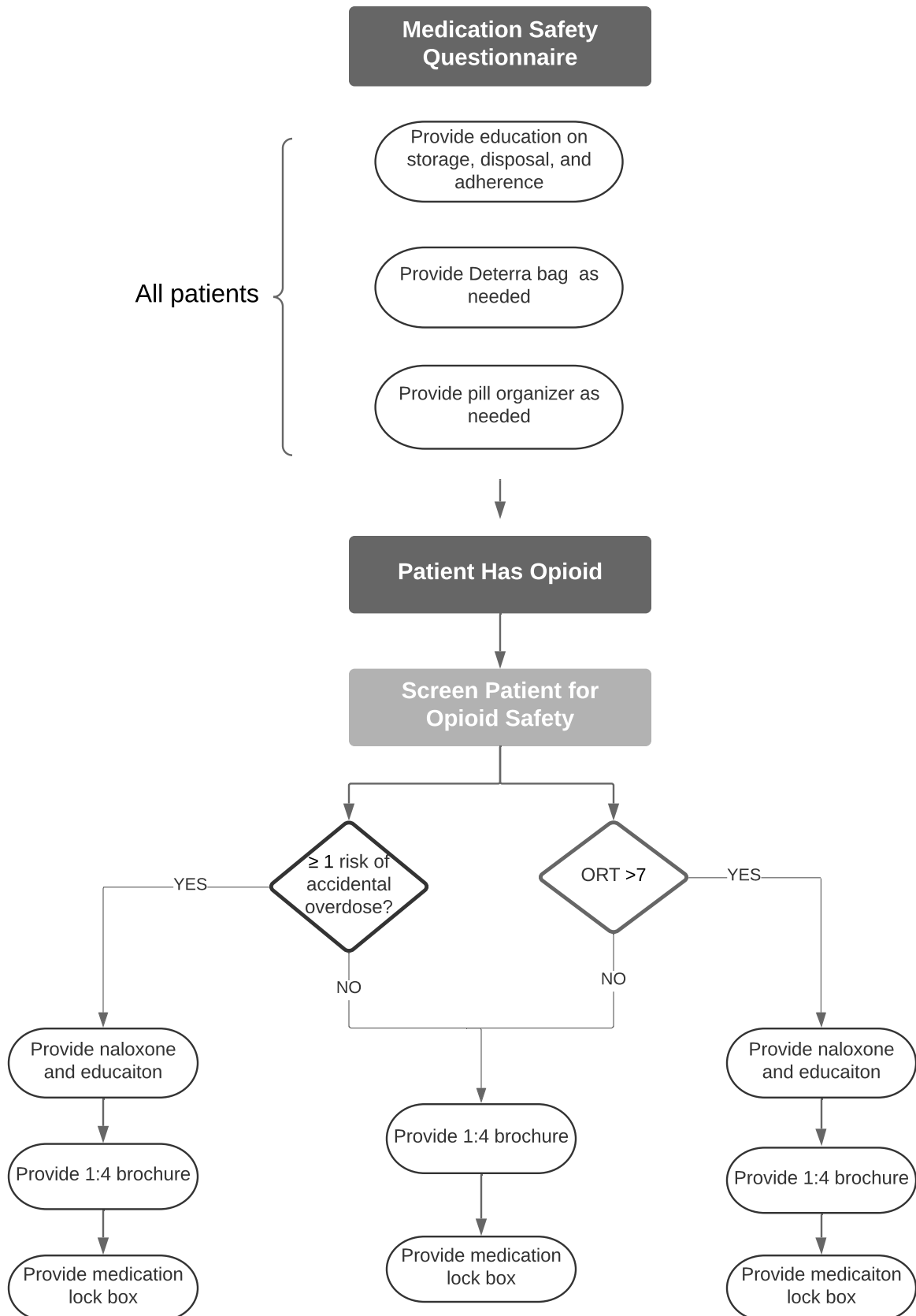
    ENTER into REDCAP

D. Patient Brochure for Opioid Safety

    Provide one of these brochures to each patient who is actively taking or
    has an opioid medication in the home

    For more brochures, contact heidi.eukel@ndsu.edu

E. RedCAP directions for use

F. FAQ document

ONE
Opioid and Naloxone Education

Medication Safety Questionnaire

All patients
- Provide education on storage, disposal, and adherence
- Provide Deterra bag as needed
- Provide pill organizer as needed

Patient Has Opioid

Screen Patient for Opioid Safety

≥ 1 risk of accidental overdose? — YES

ORT >7 — YES

NO

NO

YES branch (left):
Provide naloxone and educaiton
→ Provide 1:4 brochure
→ Provide medication lock box

NO branch (middle):
Provide 1:4 brochure
→ Provide medication lock box

YES branch (right):
Provide naloxone and educaiton
→ Provide 1:4 brochure
→ Provide medicaiton lock box

ONE
Opioid and Naloxone Education

Medication Safety Questionnaire

Patient name: _____ (blinded to ONE Program)

Patient age: _____ **Patient birth gender:** M   F

How is the patient storing his or her medications?

- [ ] Medication is stored in locked box
- [ ] Medication is stored in <u>safe</u> designated area
- [ ] Medication is stored in <u>unsafe</u> designated area
- [ ] Medication storage not designated

Provide education about medication storage

Prior to today's interventions, how is the patient disposing of unused or expired medications?

- [ ] Medication not discarded
- [ ] Medication discarded in trash
- [ ] Medication disposal with approved measures:
  - [ ] Pharmacy MedSafe
  - [ ] Local public health unit
  - [ ] Police station
  - [ ] Kitty litter, coffee grounds, or other
  - [ ] Medication disposal product (Deterra, DisposeRx, etc.)
  - [ ] Other: _____

Provide education about medication disposal

Does the patient forget to take medications?

- [ ] Never
- [ ] Occasionally
- [ ] Frequently

Provide education about medication adherence

Does the patient take medication(s) for pain?

- [ ] No, not taking medication for pain
- [ ] Yes, taking medication for pain
  - [ ] Taking non-opioid for pain (Celebrex, NSAID, etc.)
  - [ ] Taking opioid for pain (oxycodone, hydrocodone, tramadol, etc.)
    If yes, proceed to opioid screening

THE RESULTS OF THIS DOCUMENT MUST BE ENTERED INTO REDCAP

Outcomes Worksheet

For **all patients**:			
Yes	No		Education about **medication storage** was provided to the patient
Yes	No		Education about **medication disposal** was provided to the patient
Yes	No		Education about **medication adherence** was provided to the patient
Yes	No		Patient was provided a Deterra bag for medication disposal
Yes	No		Patient was provided a pill organizer to assist with medication adherence
For patients **taking an opioid:**			
Yes	No		Patient was identified as at risk for **accidental opioid overdose** based on current disease states, current medications, or age *If yes, this was discussed with the client*
Yes	No		Today, client was identified with potential for **opioid misuse** *If yes, this was discussed with the client*
Yes	No	Not indicated for this patient	Naloxone was provided to the patient
Yes	No	Not indicated for this patient	1 in 4 brochure was provided for this patient
Yes	No	Not indicated for this patient	A medication lock box was provided for this patient

THE RESULTS OF THIS DOCUMENT MUST BE ENTERED INTO REDCAP

Opioid Risk Assessment

Opioid and Naloxone Education

Patient age:_____

YES   NO   Has the patient taken this or other opioid medications in the last 60 days?
Examples: Duragesic® (fentanyl), Oxycontin® (oxycodone), Vicodin® (hydrocodone), morphine

- -

Put a check in the box next to those items which apply to the patient.

Opioid Misuse Risk Assessment

	Yes	F	M
Family history of substance abuse			
Alcohol		1	3
Illegal drugs		2	3
Prescription medication misuse		4	4
Personal history of substance abuse			
Alcohol		3	3
Illegal drugs		4	4
Prescription medication misuse		5	5
Age between 16 - 45 years		1	1
History of preadolescent sexual abuse		3	0
Psychological disease			
Examples: attention deficit disorder (ADD), obsessive compulsive disorder (OCD), bipolar		2	2
Depression		1	1

Total Score: _____

- -

Accidental Overdose Risk Assessment

Circle the age the patient is in: 16-25   26-44   45-64   **Greater than 64**

Medical history: Circle all those which apply to the patient.

asthma   depression   anxiety   COPD/emphysema   sleep apnea   liver disease   kidney disease

While using this medication is there a chance the patient may consume any of the following?

YES   NO   Medication used to treat anxiety
Examples: Xanax® (alprazolam), Ativan® (lorazepam), Valium® (diazepam) Klonopin® (clonazepam)

YES   NO   Medication used to treat depression

YES   NO   Medication known as a muscle relaxer
Examples: Flexeril® (cyclobenzaprine), Skelaxin® (metaxalone)
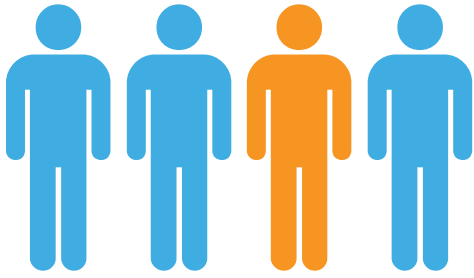
YES   NO   Medication used to aid in sleep (prescription or over the counter)

YES   NO   Cough or cold medication

YES   NO   Alcohol

YES   NO   Are you currently taking other opioid medications?
Examples: Duragesic (fentanyl), Oxycontin (oxycodone), Vicodin (hydrocodone), morphine

1 in 4

people receiving
long-term opioid therapy
STRUGGLES WITH
ADDICTION

Prescription opioid addiction
A GROWING EPIDEMIC...

- Opioids work by blocking the feeling of pain without fixing the underlying cause.
- Prescription opioids may be habit forming and lead to addiction even when taken as prescribed.
- Patients taking prescription opioids are also at risk for impaired breathing, unintentional overdose or death.
- Caution when taking prescription opioids with:
  - alcohol
  - benzodiazepines (ex. Xanax®, Valium®)
  - muscle relaxers (ex. Soma®, Flexeril®)
  - hypnotics (ex. Ambien®, Lunesta®)

KEEP YOURSELF AND YOUR LOVED ONES SAFE:

1 **Lock**
Keep medication out of sight and in a safe and secure place.

2 **Monitor**
Keep track of medication and take only as directed.

3 **Take Back**
Drop off unused medication at local Take Back locations.
To find a location near you, go to **www.takeback.nd.gov**.

IF YOU ARE CONCERNED:

- Talk to your pharmacist or practitioner about **naloxone**, a treatment to reverse overdose.
- Follow-up with your practitioner
- Find behavioral health treatment providers at **www.findtreatment.samhsa.gov**.

north dakota
department of human services

Developed in partnership with the ND Board of Pharmacy and ND Pharmacist Association

For more information, go to:
prevention.nd.gov/takeback

Introduction

The REDCap Data Collection tool is used for both online and offline data collection. REDCap can be used for paperless data collection. REDCap is designed to follow the same format as the paper documentation provided in the training materials.

A REDCap user name will be emailed to you when you join the program. It is used to access the online data collection. The REDCap mobile application is used for offline data collection. The mobile app operates on iOS and Android systems. Those using Windows laptops can install an Android emulator which will allow for use of the REDCap mobile application. IT support is recommended for this installation.

Online Data Collection

- Go to https://redcap.qualityhealthnd.org/
- Enter your login and password
- Select the ONE Program for Essentia Health project
- Data collection is accomplished through the Record Status Dashboard (in green circle in Figure 1)
  - You can edit existing records or Add a new record from this menu
- The Medication Safety Questionnaire is designed to follow the same order and format as the paper documents
- Responses to some of the items will generate additional tools to be completed
  - For example, stating a patient is on an opioid will open the Opioid Risk Assessment tool.
- When assessment is complete, finish the data collection by completing the Outcomes Worksheet items.
- Save your results
- A green circle beside a record indicates all information has been provided.
- A training video is available here: INSERT LINK TO ONE PROGRAM YOU TUBE PAGE

Offline Data Collection

- Information and step by step instructions for downloading and set up the mobile app are available by clicking on the REDCap Moblie App menu item (enclosed in red box in Figure 1) in the online REDCap project
- Set up the project as directed (the videos are helpful)
- If using a Windows laptop for offline data collection, an Android emulator can be used to run the REDCap mobile app in Windows. IT support and approval will likely be needed.
  - We recommend using the AVD Manager in Android Studio
  - Make sure to set up the emulator device with Google Play
- Follow on screen prompts to collect data offline
- When device is again connected to internet, open the REDCap Mobile App and choose the Send Data to Server option. Follow the prompts on the screen to sync your data with the online server.
- A training video is available here: INSERT LINK TO ONE PROGRAM YOU TUBE PAGE

Data Collection Using REDCap

Figure 1 – REDCap Project Home

Please contact jayme.steig@ndsu.edu with any questions.

Frequently Asked Questions

- **How often should I screen my patients?**
  - Clients should be screened initially or at admission and then every 6 months thereafter. If there is a significant event (i.e. surgery) please feel free to

- **For the ORT, what level of "family history" is suggested?**
  - Family history includes first degree biological family members (parents, siblings, and children)

- **With OTC sleep aids, do you count herbals such as valerian root and melatonin?**
  - On the patient intake form, we are more concerned with products that contain diphenhydramine. Herbals have been shown in a few small case reports but when taken at normal doses, this isn't as much of a concern.

- **What if a patient refuses the opioid screening or medication lock box?**
  - These are services above and beyond your standard care. Clients have an option to refuse. Simply document this.

- **For Narcan Nasal, what training could be used to instruct clients on use?**
  - Here is a valuable video! https://www.youtube.com/watch?v=WnjgrRNMfKM