




Reducing Opioid Induced Constipation

Quality Improvement Scientific Symposium
18 October 2016

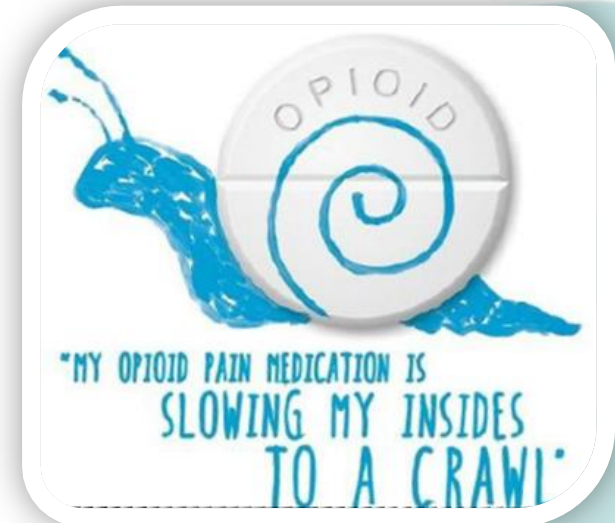


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● ● ● Problem

- Opioid induced constipation in older adults
- Unreliable co-prescribing of laxatives with opioids
- Inconsistent bowel function documentation and monitoring in nursing notes.



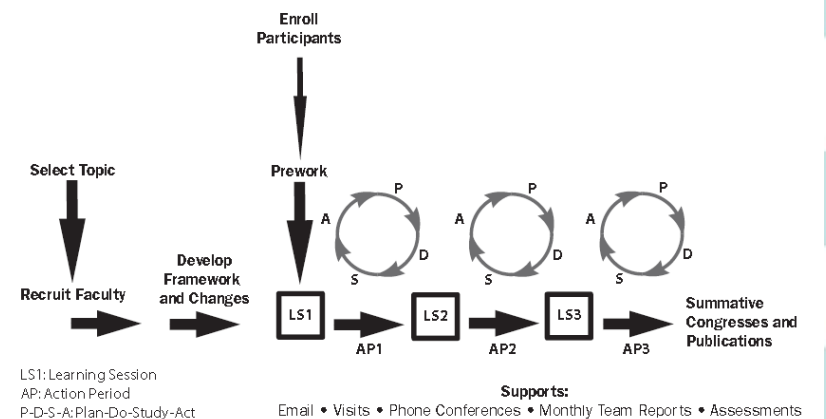
● ● ● Aim

- MidCentral DHB will reduce opioid induced constipation by 50% from baseline [13% – 6.5%] in the older adult and rehab ward by 30th June 2016.

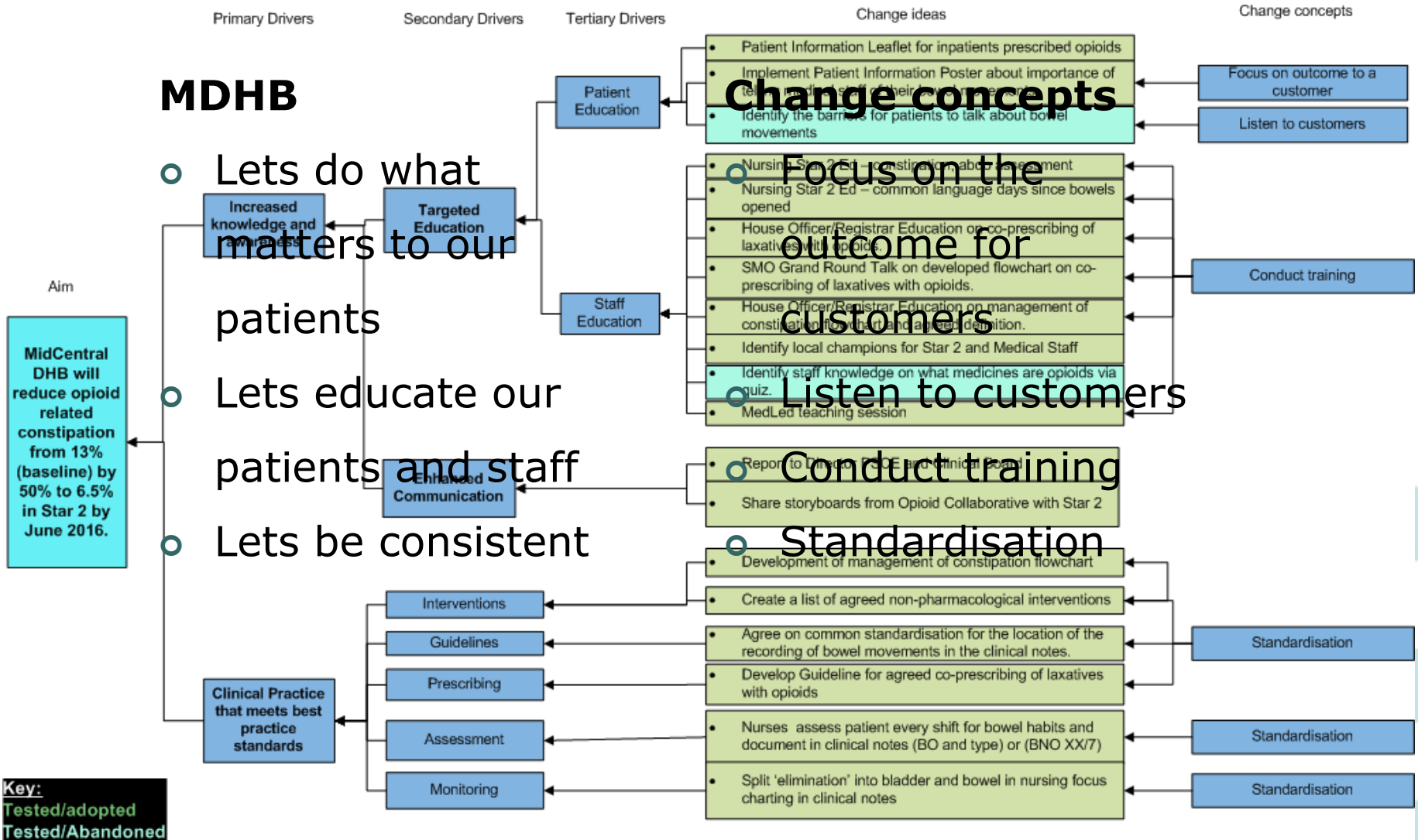


Methodology

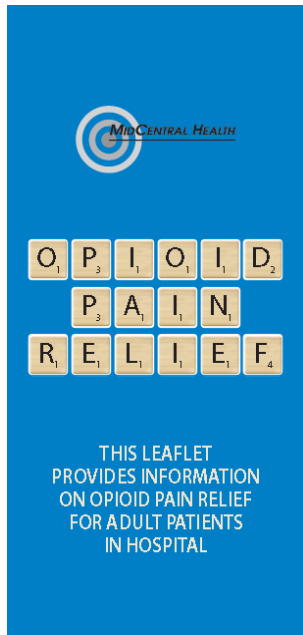
- MidCentral DHB participated in the formative national collaborative facilitated by HQSC 'Safe use of opioids'
- Breakthrough series (IHI)
- Changes implemented with Plan-Do-Study-Act cycles following the Model for Improvement methodology.



Driver Diagram



● ● ● Interventions



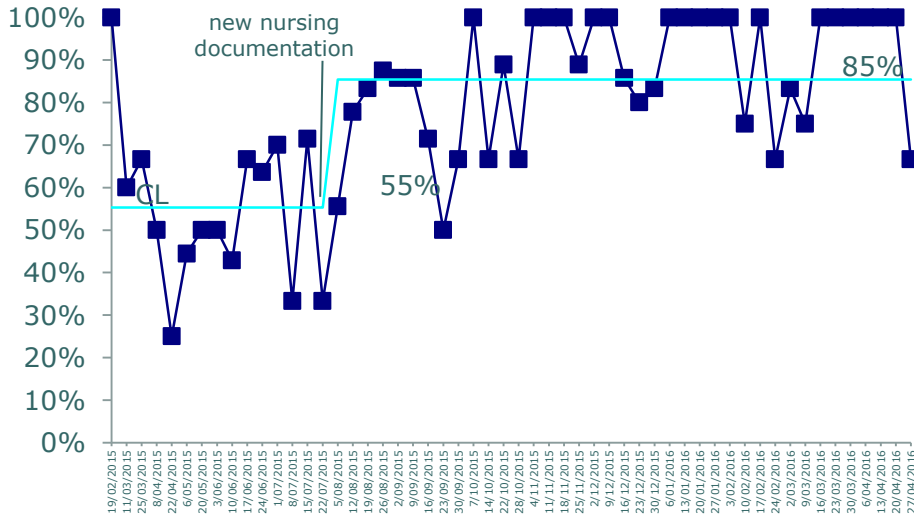
- Nursing notes, format: **BO / Type Bristol Stool Chart, or BNO X/7 days**
- Patient posters '**There's no need to rush, so check before you flush**'
- Staff Education
- Patient information
- Guideline for the prevention and management of constipation for patients on opioids.

HELP US TO HELP YOU!
ĀWHINATIA MAI MĀTOU, MĀ MĀTOU ANŌ KOE E ĀWHINA ATU

	Type 1	Separate hard lumps
	Type 2	Lumpy and log like
	Type 3	A log shape with cracks in the surface
	Type 4	Like a smooth, soft log 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

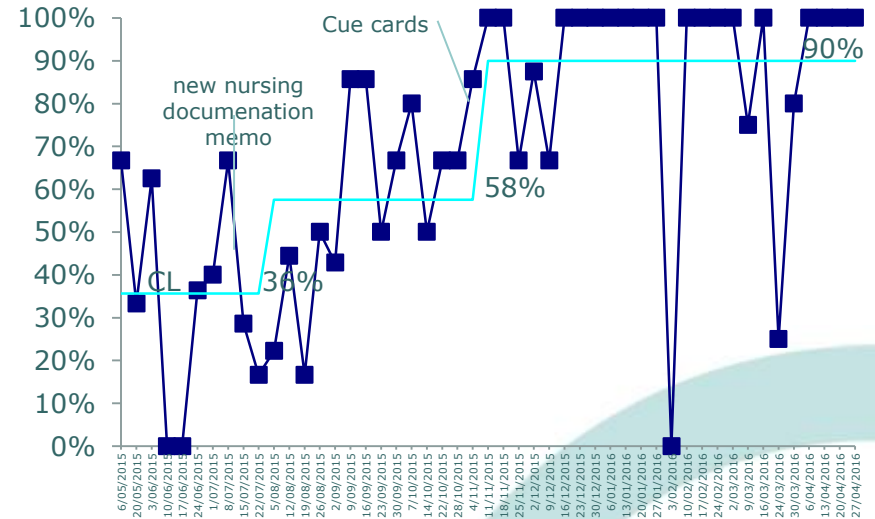
● ● ● Process measures

% of pts on regular opioids who are co-prescribed regular laxatives - p chart



Co-prescribing improved from 55% to 85%

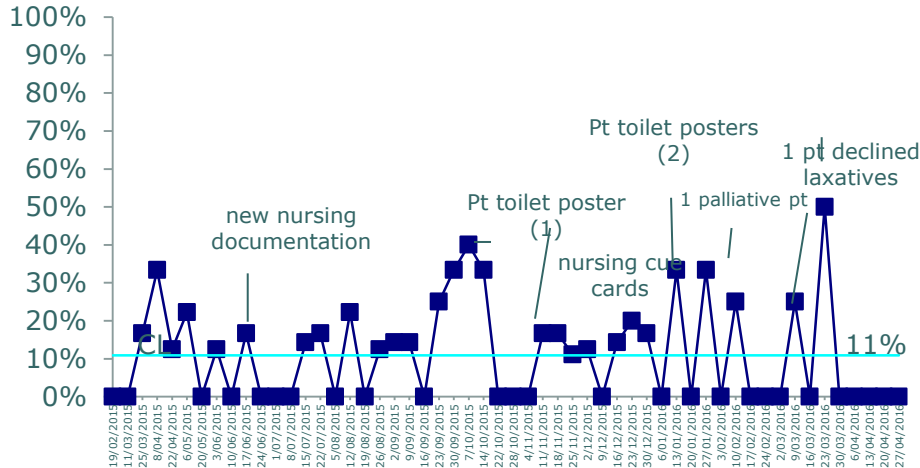
% of pts on regular opioids with nursing documentation BO type or BNO X/7 - p chart



Nursing documentation improved from 36% to 90%

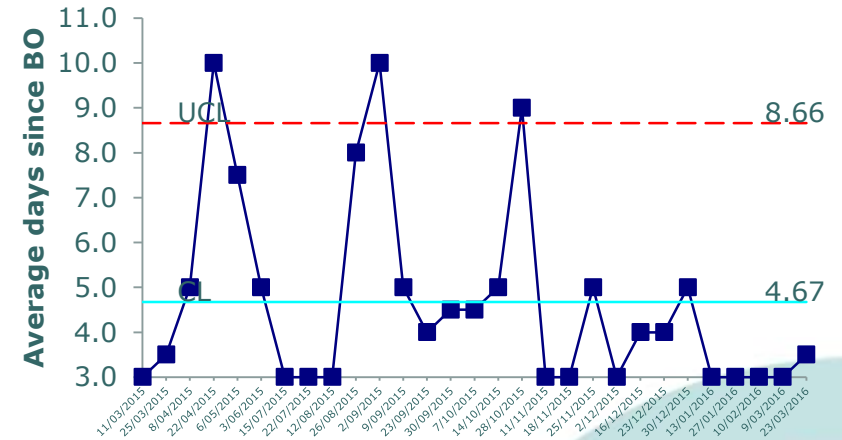
Outcome measures

% of pts on regular opioids who are constipated
p chart



Reduction of constipation from 13% to 11%

Average days since BO for those constipated
X chart



Severity of constipation reduced from 5.67 days to 4.67 days

Challenges & lessons learnt



● ● ● **Discussion**

