

Opioid Induced Constipation:

Moving your Patients in the Right Direction

1.0 hours of CE including 1.0 RX

START DATE: 4/1/20 END DATE: 4/30/21

TARGET AUDIENCE: This activity was intended for nurse practitioners working in primary care practice; however, NP students and NPs in other specialties participated.

REGISTRANTS: 3,858 CERTIFICATES AWARDED: 1,851

ACTIVITY DESCRIPTION: Up to 70% of patients on long-term opioid therapy experience opioid induced constipation (OIC). This activity was designed to help NPs select the best, evidenced-based treatment options for patients.

ACCREDITATION: This activity was approved for 1.0 contact hour of continuing education (which includes 1.0 hour of pharmacology) by AANP.

SUPPORT: This activity was supported by an Educational Grant from AstraZeneca Pharmaceuticals.

LEARNING OBJECTIVES:

- Describe the pathogenesis of opioids in constipation.
- Identify validated assessment tools used to recognize and evaluate opioid-induced constipation (OIC).
- Choose appropriate motivational interviewing strategies to improve patient-clinician communication about OIC symptoms.
- Select appropriate treatments based on most recent guidelines and individual patient needs.

AANP ACTIVITY OUTCOMES OVERVIEW

LEARNER PARTICIPATION

N=1851

UNIQUE LEARNERS

NP	Nurse/NP student	Other APRN	Other
93% (1719)	4% (82)	2% (30)	1% (19)

NP CERTIFICATION

Family	Adult/ Gerontology	Acute Care	Other	Not certified as NP or NP student
66% (1212)	23% (426)	5% (91)	4% (76)	2% (45)

PRACTICE SETTING

Primary Care	Acute/Urgent Care	Internal Medicine	Other
37% (682)	16% (287)	9% (163)	6% (170)

*Additional practice sites: Women's health, addiction medicine, palliative care, community care, pain management

FACULTY



Vicki Morton, DNP, AGNP-BC

Vicki is the Director of Clinical and Quality Outcomes at Providence Anesthesiology Associates in Charlotte, NC where she is responsible for the implementation, oversight, and expansion of the Enhanced Recovery After Surgery (ERAS) program to include 7 facilities within a hospital system and 13 service lines. Her areas of interest outside of ERAS include multi-modal analgesia, opioid-related adverse events, reduction in opioid consumption in the surgical patient, and postoperative cognitive disorder. She attended Queens University of Charlotte for her BSN and later attended the Medical University of South Carolina for her master's in nursing and Doctorate in Nursing Practice, completing her doctoral dissertation in Enhanced Recovery After Surgery for Pancreaticoduodenectomy. She is a board-certified Adult-Gerontology Nurse Practitioner. Vicki worked as a critical care nurse for 15 years before leaving the bedside to pursue her advanced degrees.

IMPACT

Post Activity Knowledge Gains

38.5%

(1851 unpaired)

Overall increase in mean percent correct answers from pre to post, $p < 0.001$

6,500

of potential patients impacted weekly from this CE activity