

E•QUAL | EMERGENCY QUALITY NETWORK

Opioid Initiative Wave I –
Starting an ALTO Program

Presenter



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What is an Alternatives to Opioids Program

- Comprehensive program focusing on a multi-modal approach to acute pain management in the ED
- Evidence based protocols
- Goals are to decrease opioid exposure and treat the source of pain

Benefits

- Reframe the discussion of pain management in the ED
- Redefine pain management
 - ▶ Focus on medications and modalities that are effective in the treatment of pain
- Opioid sparing with a goal of keep opioid naïve patients opioid naïve

Misconceptions

- An Alternatives program is “Opioid Free”
- Opioids are still used, but for most conditions as a second line or rescue analgesic
- Opioids remain first line for some conditions

Step 1

- Administrative buy in from C-suite
 - ▶ Department Chair
 - ▶ Nursing leadership
 - ▶ Pharmacy
- Physician champion or Pain Management Committee
 - ▶ Physician education

Step 2

- Develop protocols appropriate for your shop
 - ▶ Evidence based guidelines
- Collaboration with pharmacy
 - ▶ Batching and stocking meds in Omni-cell
- Transition of Care
 - ▶ Involve IM, FP, PM&R, Ortho, and Gen Surg colleagues re: ALTO program

Step 3

- Nursing Education
 - ▶ Assist in education for nursing staff alongside nurse educator
 - ▶ IV lidocaine
 - ▶ TPI
 - ▶ USRA
- Information Technology
 - ▶ Build order sets for easy “clicking” for desired meds
- Community Outreach

Time Frame and Metrics

- From buy in to go live, plan on 12 months
- Discuss metrics for tracking progress
 - ▶ Opioid dispensing
 - ▶ Opioid prescribing
 - ▶ Pain score
 - ▶ Patient satisfaction
 - ▶ Bounce backs

Quality Assurance

- Review “ALTO” cases every 1-2 months
 - ▶ Appropriate or inappropriate use
 - ▶ Improved buy in
 - ▶ Tracking physician prescribing among the group

Lastly

- Consider starting Harm Reduction protocols
 - ▶ Naloxone distribution or prescribing for high risk patients
 - ▶ Collaborating with recovery center for peer counseling
 - ▶ Always check prescription monitoring program
 - ▶ Give as few tablets of opioids as possible when prescribing
 - ▶ Explore MAT therapy in the ED for Opioid Use Disorder (OUD)

Thank you!

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For More Information



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