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The Role of Effective Nursing Management of Chronic Pain to Decrease Opioid Misuse

Julia Pfetzer

DePaul University, juliapfetzer@maicoh.org

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**The Role of Effective Nursing Management of Chronic Pain to Decrease Opioid Misuse:
An Integrative Review of Literature**

Julia Pfetzer

Faculty Sponsor: Elizabeth Hartman, PhD, RN

Abstract

Background: Several different studies indicate that there are multiple contributing factors in the nursing assessment and management of chronic pain that can attribute to a decreased or completely eradicated use of opioid analgesics.

Objectives: To understand how current nursing management of chronic pain patients can be improved to decrease or eliminate the need for opioid analgesics

Methods: This integrative review was conducted using the keywords “opioid, assessment, pain management, chronic pain, provider, nurse, and addiction” to look for literature specifically between the years of 2008 and 2018. Articles were written in English and used the data bases PubMed, LibrarySearch, CINHAL, and Ovid Medline. A total of six studies were found using the aforementioned criteria.

Results: There were five components of the nursing assessment and general role of the nurse that contributed to the likelihood that a pain patient would or would not become uncompliant in taking their prescribed opioid medication. These included risk factor identification, accurate pain assessments, use of alternative interventions, interdisciplinary collaboration, and patient follow-up.

Conclusions: In conclusion, this study found that risk factor identification, accurate pain assessments, use of alternative interventions, interdisciplinary collaboration, and patient follow-up all impacted the patient’s use of opioid analgesics. Modifying the nursing process based on scientific findings could improve patient pain treatment plans, and improve the overall compliancy of opioid medication regimens, and decrease the amount of patients that develop opioid misuse disorders.

Key words: Opioid, assessment, pain management, alternative medicine, chronic pain, provider, collaboration, nurse, addiction