

Trinity Health is committed to reversing the trends of the U.S. opioid epidemic. In 2017, Trinity Health chartered an Opioid Utilization Responsibilities (OUR) initiative in response to the growing opioid overdose epidemic. OUR is a collaborative effort of physicians, clinicians and leaders, across Trinity Health, developing impactful, patient-centered, safe and appropriate opioid stewardship strategies. Trinity Health engages colleagues and leaders throughout the organization in ongoing, multi-pronged activities to combat the opioid epidemic in the communities we serve.

Clinician education and training:

Trinity Health identified clinician education as a high priority and has engaged physicians, nurses and pharmacists to raise awareness about the opioid epidemic. Physicians were required to complete two hours of education and nurses and pharmacists were required to complete one hour of education. Trinity Health provided educational resources and guidance about the epidemic and safe opioid prescribing for acute and chronic pain with a targeted focus on the following areas:

- Non-stigmatizing language to communicate about opioid use
- Elements of comprehensive pain assessment
- Potential benefits of non-opioid/non-pharmacologic therapy in treatment of pain
- Shared decision-making strategies to design individualized pain management care plan
- Safe opioid dosing for all patients
- Risks of opioid medication misuse for patients and families
- Risk factors for substance use disorder
- Safe disposal of opioid medications by patients and families

Trinity Health has taken a "Stand Against Stigma" with an internal campaign to emphasize that words matter: what we say and how we say it makes a difference to our patients with substance use disorder. This campaign encourages all colleagues to use medically appropriate, non-stigmatizing language when referring to persons with substance use disorder.

Opioid prescribing guidelines and evidence standards:

Trinity Health is addressing opioid prescribing by:

- Managing acute pain for opioid-naïve patients; the maximum opioid medication prescribing limit is the more restrictive seven days and/or compliance with state laws and regulations
- Utilizing Prescription Drug Monitoring Programs prior to prescribing opioids
- Ensuring compliance with The Joint Commission Pain Assessment and Management Standards
- Disseminating the CDC Guideline for Prescribing Opioids for Chronic Pain
- Designing evidence-based guidelines and pathways for adult, elective surgical patients, integrating first-line and non-pharmacologic treatments

Prevention, treatment and recovery services:

Patients prescribed opioids receive in-depth written education about the risks, benefits and alternatives to opioids at the time of discharge from emergency room and inpatient settings.

Trinity Health hospitals are engaged within their communities to offer prevention, treatment and recovery services. Emergency Departments in areas with a high incidence of opioid use are initiating medication for addiction treatment and providing a warm hand-off to outpatient treatment and recovery services, including peer support services.

Trinity Health is also piloting a hub-and-spoke model to provide education and support to primary care providers who offer medication for addiction treatment for patients with opioid use disorder.

Research, data and metrics:

Trinity Health collects sample data using a variety of metrics that are reviewed and analyzed regularly. Individual prescribing data is shared confidentially with senior clinical leaders for monitoring and review with prescribers.