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The Opioid Epidemic: Assessment of Primary Prevention Interventions in Muskingum County

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Abstract

- According to the Centers of Disease Control and Prevention (CDC), 116 Americans die every day from an opioid related drug overdose, and from 1999-2016 more than 350,000 people died from an overdose involving any opioid, including prescription and illicit opioids (Centers for Disease Control and Prevention, 2017).
- In 2007, unintentional drug overdoses became the leading cause of injury death in Ohio surpassing motor vehicle crashes, and the trend has continued through 2017 (Ohio Department of Health, 2019).
- Based on the current drug overdose death rates in the United States, the CDC defined the problem as a national opioid epidemic affecting morbidity and mortality rates
- Many initiatives are currently in place across the U.S. that focus on tertiary prevention. However the literature reveals a lack of initiatives regarding primary prevention related to the epidemic.
- In 2014, 27 million people ages 12 years or older had used illicit drugs in the past 30 days which represents approximately 1 in 10 or 10.2% of Americans, and 11% of adolescents meet diagnostic criteria for substance abuse disorder before the age of 18 (Searcy, 2017, p. 2). The data reveals addiction is a disease with a potential onset during the pediatric lifespan.

Introduction

- Many initiatives are currently in place across the U.S. that focus on tertiary prevention. However the literature reveals a lack of initiatives regarding primary prevention related to the epidemic.
- In 2014, 27 million people ages 12 years or older had used illicit drugs in the past 30 days which represents approximately 1 in 10 or 10.2% of Americans, and 11% of adolescents meet diagnostic criteria for substance abuse disorder before the age of 18 (Searcy, 2017, p. 2). The data reveals addiction is a disease with a potential onset during the pediatric lifespan.
- The PAX (Peace, Productivity, Health, and Happiness) Good Behavior Game (GBG) is a universal evidence based intervention program that teaches self-regulation in young people with dramatic effects on behavior, academic, and long-term outcomes as preventing mental health and addiction disorders.
- Although evidence-based primary prevention programs exist, they are underutilized across the United States. School nurses have the ability to collaborate and serve as change agents with administrators, teachers, families, and community leaders and take an active role in the prevention aspect of addiction among school aged children in public schools.

Problem Statement & Significance

- The nation's drug problem extends well beyond the opioids; seldom opioids are the route to addiction for people who do not have prior histories of misuse of alcohol and other drugs (DuPont, 2018).
- Addiction continues to grow as a public health concern with significant impacts on morbidity and mortality, health care expenditures, crime, and health outcomes (DuPont, 2018).
- The public health approach needs to focus on preventing the addiction with a multifaceted approach involving medical and nonmedical evidence based prevention interventions.
- The disease of addiction is not decreasing, the drug of choice for the people with substance abuse addiction continues to change. The current drug of choice has an increased incidence of unintentional overdose
- The lack of evidence-based addiction prevention programs in the preadolescent population may contribute to the increased number of unintentional overdose deaths in Muskingum County. Are public school nurses (P) aware of evidence based primary prevention interventions (I) related to the opioid epidemic?

Project Description & Design

- The purpose of the project is to assess evidence-based primary prevention interventions in the preadolescent population, focused on Muskingum County, with a future desire to increase evidence-based primary prevention interventions in public schools.
- The conceptual framework for this project is the Donabedian model that allows focus on three main categories: structure, process, and outcome.
- A mixed model research approach utilizing cross sectional descriptive study was utilized to assess evidence-based primary prevention interventions in the preadolescent population in public schools.
- A convenience sample of eight school nurses in six public schools, one private catholic school, and one community conversion school in Muskingum County were recruited.
- The project plan incorporated a pre and post questionnaire as the tool to obtain data regarding current programs being utilized in Muskingum County schools related to primary prevention interventions, and the probability of implementation if not currently being used.

Outcomes & Evaluations

	n	%
Female	8	100
Degree:		
Associate's Degree in Nursing (ADN)	2	25
Bachelor of Science in Nursing (BSN)	6	75
Is the nurse employed by:		
School District	3	37.5
Agency	5	62.5
Are you National Board Certified School Nurse (NBCSN)		
Yes	2	25
No	6	75
What age range of students do you serve as a School Nurse?		
14-19	1	
5-18	1	
p-12	2	
5-20	1	
4-19	1	
3-14	1	
5-20	1	

Outcomes & Evaluations

Age:	Mean (SD) Range	44 (11.4)* 27-61
Hours worked in schools per week:	Mean (SD) Range	30.2 (15.3) 4.3-40
Total Number of Years Practicing as a Nurse	Mean (SD) Range	18.1(15.3) 5-28
Total number of years practicing as school nurse:	Mean (SD) Range	8.25(8.2) 0-23
Total number of students you are responsible for in district	Mean (SD) Range	1683 (759.9) 500-2737
Total number of buildings you have to cover where students are located	Mean (SD) Range	3.25(1.8) 1-6
Total number of school nurses in district	Mean (SD) Range	1.875 (1.268) 1-4

	Pre -N (8)	Post -N (6)
Aware of opioid epidemic	8 (100%)	6 (100%)
Familiar with evidence based primary prevention intervention for addiction	8 (100%)	6 (100%)
Aware of impact evidence based prevention interventions have related to the opioid epidemic	5 (62.5%)	6 (100%)
Familiar with PAX GBG	0	6 (100%)
If not currently using PAX GBG would you advocate for implementation of the program within the school district	6 (75%)	5 (83.3%)

Conclusions & Recommendations

- The data obtained supports the literature indicating lack of implementation of evidence based primary prevention interventions in public schools.
- Based on the data reflecting zero percent of the school nurses currently using evidence-based prevention interventions but 83.3% of nurses being willing to advocate for the implementation in the post education forum, the dissemination of education was effective.
- Muskingum County School Nurses have the potential to impact 7,756 students by accessing the public school venue.
- The author has an opportunity to share the data collected with policy makers to advocate for mandatory school nurse positions that require a specific nurse to student ratio.
- Additional studies need to be completed to assess the long term effectiveness of the PAX GBG related to addiction prevention and improved academic performance.

References

Please see handout provided



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Number of Deaths Involving Opioids



COMBATING THE
OPIOID EPIDEMIC