

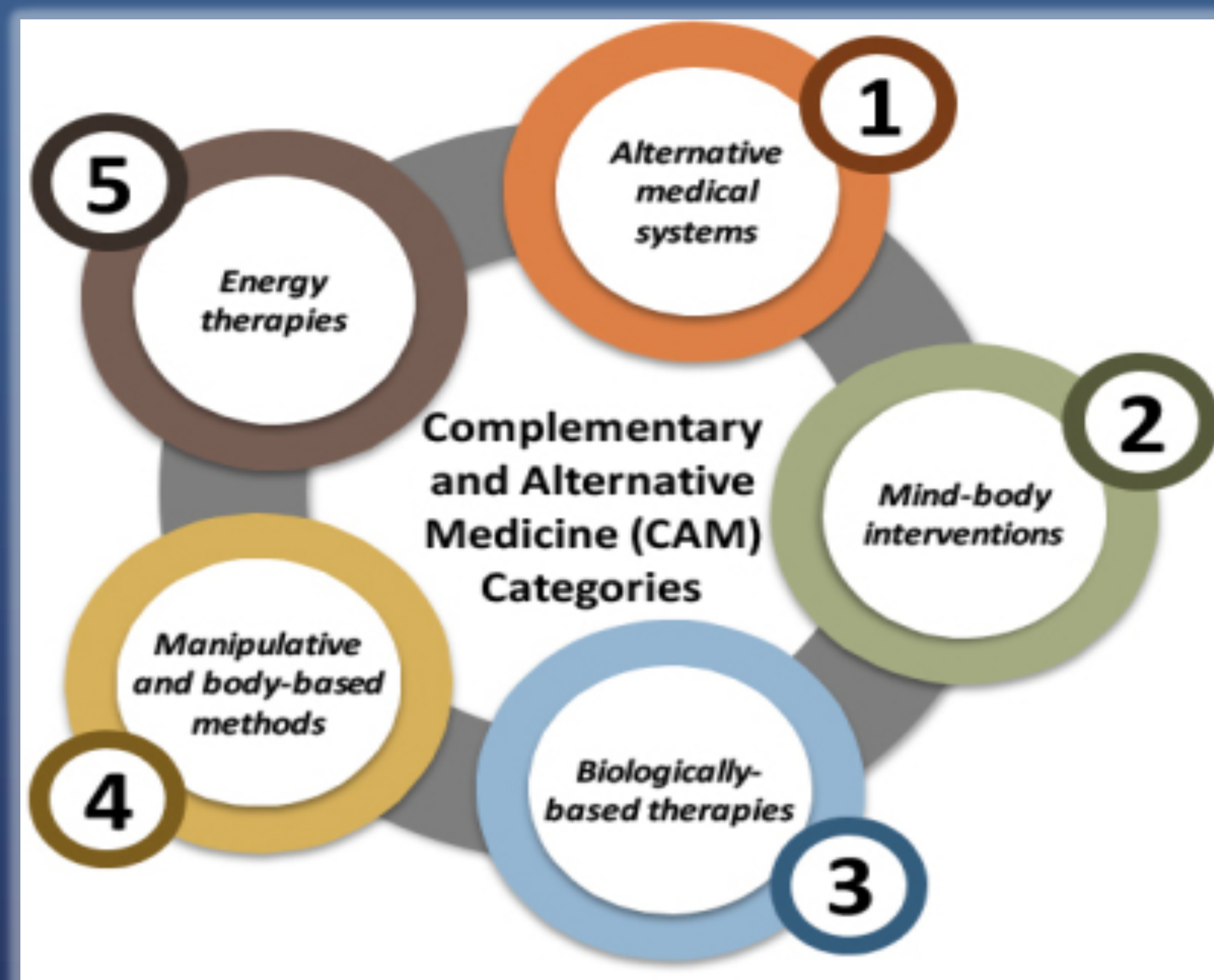
# Exploring the Effects of CAM Therapy Compared to Opioid Administration in a Hospital Setting

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NURB 361 : Introduction to Nursing Research, Baccalaureate Nursing Program

## Definition

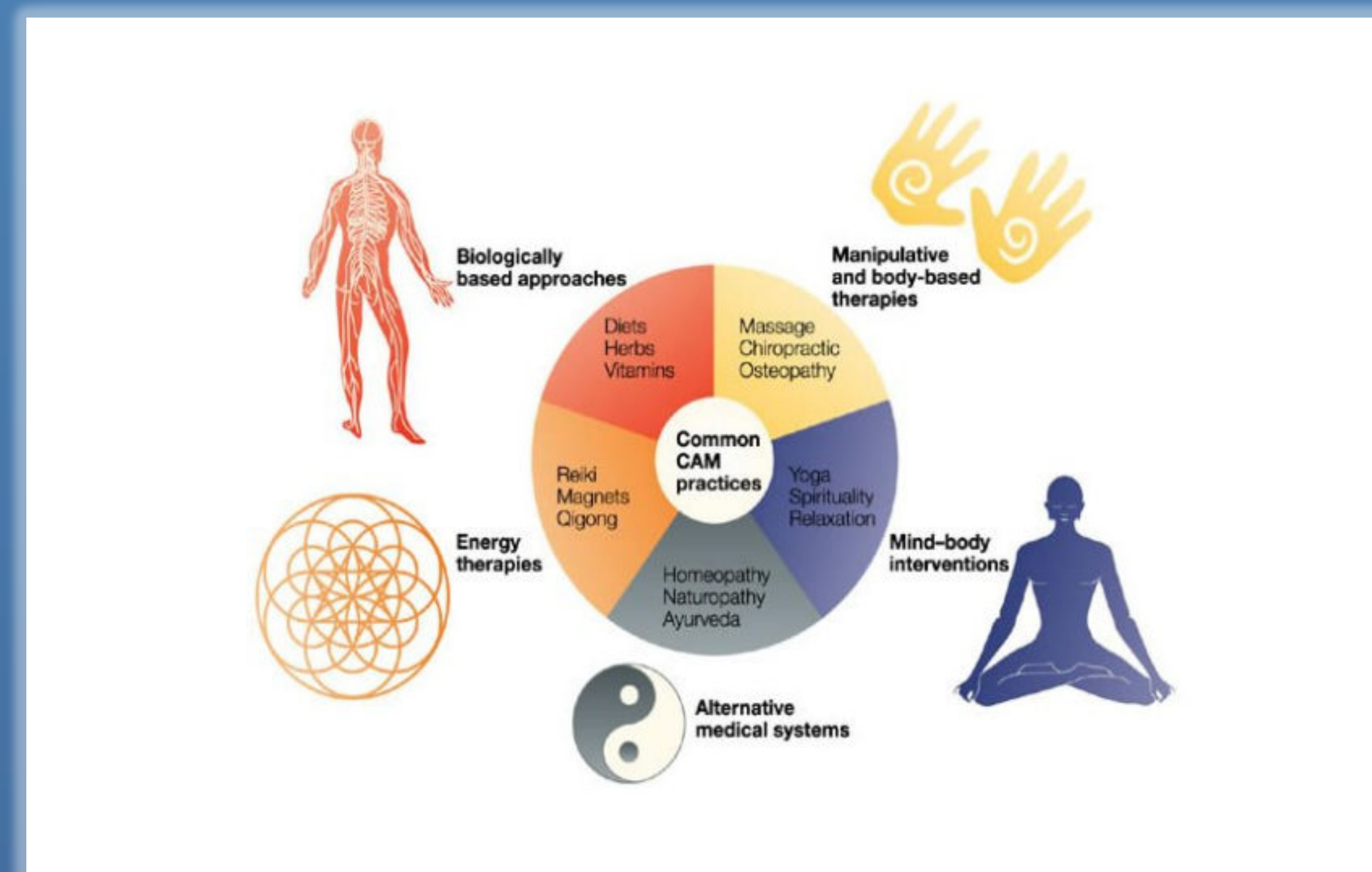
**CAM THERAPIES** → Complementary and Alternative Medicine (CAM) therapies are used in place of prescribed opioids and other analgesic medications. CAM therapies are not considered to be standard treatments in the health care setting. Examples of CAM therapies are acupuncture, massage, yoga, music, homeopathy, diet and herbs, external energy, and naturopathy. All of these therapies are used to relieve pain without the use of medications that could have a possible risk of addiction.

A large factor in the opioid epidemic is the amount of opiates being prescribed for pain in the hospital setting. The same level of pain could potentially be treated with complementary and alternative medicine (CAM therapy). Prolonged opioid use potentiates several health risks. As a patient builds tolerance to a specific opioid, perceived pain also increases, calling for a stronger and/or concurrent medicinal therapy to provide relief to the patient. As nursing students in the clinical setting, hospital staff need to recognize and put into practice complementary and alternative therapies that will relieve patient pain. It is important for complementary and alternative medicine therapy to be the protocol used by all physicians to decrease the chance of opioid dependence in their facility.



## Purpose Statement

To explore CAM therapies that will reduce pain and the amount of opioids being prescribed within the health care setting.



## Protocol for Implementing CAM Therapies

- Provide education on CAM therapy to patients needing pain relief measures.
- Require continued education for prescribing physicians on CAM therapy treatments.

## Objectives

- After developing protocol on CAM therapy, hospital staff will:**
- Explain CAM therapy to patients and its therapeutic benefits versus opioid use.
  - Educate patients of examples of complementary and/or alternative ways of pain relief after inpatient and outpatient visits.
  - Hospital staff will stay current with the protocol and use of CAM therapy by using continuous education.

## Review of Literature

Opioid abuse has become an epidemic across the United States. Between July 2016 and June 2017, 42,249 fatal over doses involving opiates were tallied (Mattson et al. 2018). This is an alarming statistic as opiates are prescribed twice as much as Benzodiazepine and stimulants in California, Delaware, Florida, Idaho, Louisiana, Maine, Ohio and West Virginia. Opioids are highly addictive and are very easily abused by all generations. What other options are out there?

A study by Mehl-Madrona, Mainguv, and Plummer (2016), showed that within group medical visits with CAM such as yoga, guided imagery, relaxation techniques etc., participants who used CAM reported no need for an increased dose of opiates. In addition, seventeen people reduced their dose, and seven people stopped opiates. The users of CAM also reported a better quality of life as well. Those who did not use CAM therapy reported no decrease in the opiate dose and 48.5% increased their dose.

Another study by BlueSpruce, Cherkin, Hsu and Sherman 2010, states a total of 929 participants were exposed to six different types of CAM therapies. Out of those 929, 884 (95%) of the participants responded that at least one of the therapies helped with pain in a post interview. 327 out of the 929 (37%) said all six of the therapies helped them with their pain.

This review of 20 studies showed that CAM therapies will help reduce patient's pain and be used in a effective manners to help reduce opioid addiction and the amount being prescribed. This would subsequently reduce the amount of opioids available on the street.

