



Alternatives to Opioids for Pain Program (ALTOP)

Alternatives to Opioids for Pain (ALTOP) is a HRSA, Advance Nursing Education Workforce funded project to help combat the opioid epidemic in Connecticut. Through the creation and support of academic clinical practice partnerships, family nurse practitioner students are gaining clinical training and experience in the appropriate use of opioids and alternative pain modalities, in primary care settings. This project directly benefits the medically underserved areas in Bridgeport.

Susan DeNisco, DNP, APRN, FNP-BC, FAANP, Principal Investigator & Project Director

Kerry Milner DNSc, RN, EBP-C, Co-Principal Investigator & Director of Quality Improvement Initiatives

Sylvie Rosenbloom, DNP, APRN, FNP-BC, CDCES, Academic Program Liaison

Constance Glenn, DNP, APRN, FNP-BC, CNE, Wellness Coordinator

Elizabeth Constante, BS, ALTOP Project Coordinator

[Click here to view their bios](#)

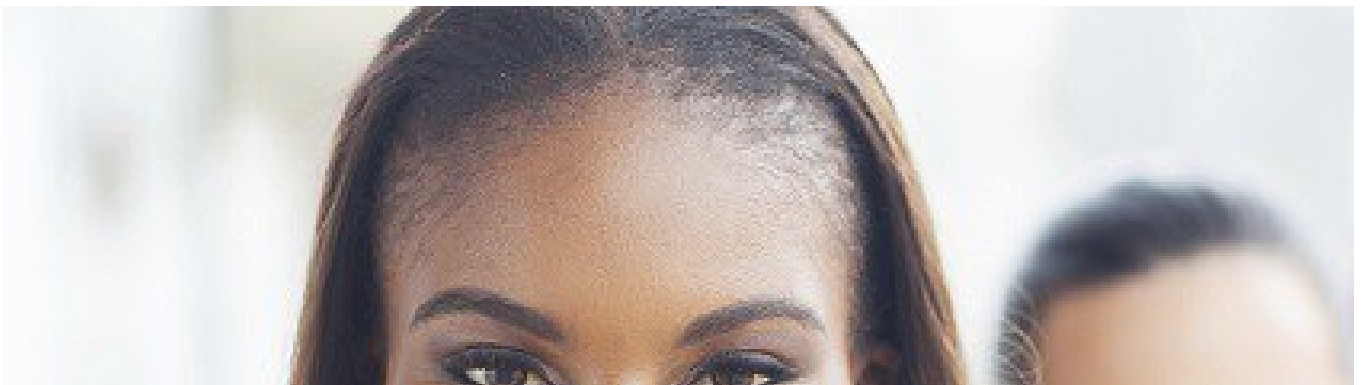
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Alternatives to Opioids for Pain (ALTOP) Program

Advanced Nursing Education Workforce Grant (HRSA)
Sacred Heart University

Davis and Henley College of Nursing





Summary of this month's edition:

- Meet the ALTOP Program Evaluator
- Meet New Solutions' Pain Management Medical Director
- ALTOP Traineeship Recipients and Paul Jones Scholars 2020-2021
- Key Activities for AY 2020-2021
- Map of Bridgeport Medically Under Served Areas
- Contact Us

The ALTOP program evaluator will w
the program objectives were met rel
chronic pain in medically underserve
stakeholders for input into projective
sources to effectively provide input in
dissemination plan.

Anna E. Greer, PhD, MCHES is an Associate Professor of Public Health and Program Director of the Master of Public Health Program at Sacred Heart University.

Dr. Greer's research focuses on community health inequities and environment and policy supports for active living and healthy eating. Dr. Greer also regularly serves as a research

and program evaluation consultant.

My name is Emily Mihailescu, and I am an APRN living in Milford, Connecticut. I graduated with a master's degree from Simmons University in 2019. I have been in practice at New Solutions for a little over a year as the medical director. I enjoy working in the pain management field because it has taught me to be empathetic, develop problem-solving skills, and expand my pharmacological knowledge of my prescribed medications. In my spare time, I like to horseback ride, swim, and bake. If you ever are interested in the field of pain management, please see the link below.

Ms. Mihailescu will serve as clinical preceptor and DNP project mentor for quality improvement initiatives related to pain management.

[Click here for more information about New Solutions Pain Management clinic](#)

The HRSA Advanced Nursing Education Workforce (ANEW) Program is a federal grant program whose statutory funding preference is for projects that substantially benefit medically underserved populations. These traineeship recipients are committed working with medically underserved and vulnerable populations in a primary care setting. They represent the next generation of primary care providers.

1. Alfred Amaechi
2. Rosemond Ankrah
3. Joanna Boback
4. Amber Brown
5. Marie Byron
6. Todd Clark
7. Sarah DeNisco
8. Sonia Dias-Jones
9. Natasha Dow
10. Michelle Dustin
11. Diane Eannotti
12. Kyra Evans

Latanya Lewis

13.Chelcia Foster

14.Kimberly Gaznabie

15.Chadae Haffenden-Morrison

16.Dwayne Hall

17.Adrienne Harding

18.Samantha Hartshorn

19.Mia Kendall

20.Domingos Martins

21.Austin McCaslin

22.Carlos Milla

23.Erin Milner

24.Sebastian Alvaro Morales

25.Tonimarie O'Neil

26.Mirlene Polycarpe

27.Kayla Reall

28.Jenna Rossi

29.Barbara Scarpa

30.Rebecca Schwartz

31.Grecia Suriel

32.Vanessa Toomey

33.Latania Wolfe

34.Brittany Zarrella

35.Jennifer Zhang

Congratulations!!!

by the generous support of the Paul L. Jones Trust Fund, in recognition of the University's efforts to prepare an educated nurse workforce that will help influence better patient outcomes at multiple levels of healthcare, and to prepare the next generation of nurse practitioners.

1. Tiffany Akiba
2. Sarah DeNisco
3. Sonia Dias-Jones
4. Monica Kastanaras
5. Austin McCaslin
6. Erin Milner
7. ToniMarie O'Neill
8. Barbara Scarpa
9. Grecia Suriel
10. Brittany Zarrella

Congratulations!!!

1. Education Sessions for
Care Providers
2. 9th Annual Doctor of
the Family Nurse Practitioner
Primary Care"
3. Abstract Submission
4. Wellness Program Ac

Kimberly Testo, MSN, APRN, FNP

Presented educational in-service pro

- *September 15th, 2020 - Topic: Sa*
- *November 12th, 2020 - Topic: Pai*

[Click here for more information.](#)
[clinic](#)

**Topic: How the Family Nurse Practitioner Integrates
Mental Health in Primary Care.**

Karen Rve, MSN, APRN (Adult PI

University of Florida College of Nursi
Archer Family Health Care

Denise Schentrup, DNP, ARNP-B

Associate Dean for Clinical Affairs
University of Florida College of Nursi
Archer Family Health Care

S. Renee Gregg, DNP, FNP-C

Clinical Associate Professor
DNP Program – Interim FNP Specialt
University of Arizona College of Nurs

Rhonda Schwindt, DNP, PMHNP

Associate Professor
Director, Psychiatric-Mental Health N
The George Washington University S

Zarella, B., DeNisco, S., Rosenbloom
Guidance Conversation Pocket Cards
Improvement Project to Increase Use
Health Center. Accepted Poster Presentations
8 – 11, 2021 in Keystone, Colorado.

Title:

The Oregon Pain Guidance Conversation
Quality Improvement Project to Increase Use of
Qualified Health Center.

Background:

According to the Centers for Disease Control and Prevention, chronic pain affects 10% to 20% of the US population, and pain is the leading cause of disability in the US. Nurse practitioners (NP) in primary care settings are often the first to identify chronic non-cancer pain (CNCP). Evidence-based alternative treatments like tai chi, yoga, and acupuncture. National health professional organizations have developed clinical practice guidelines for non-pharmaceutical interventions like exercise and evidence-based behavioral interventions. However, the use of these alternative treatments in primary care settings is lacking.

Purpose:

To assess primary care provider barriers to providing care for CNCP at a federally qualified health center and evaluate strategies to overcome provider barriers.

Method:

This quality improvement project followed the PDSA model. The PDSA team included the FQHC Medical Director, Behavioral Health, Quality Improvement, and Data Specialist.

In the **Planning Stage**, focus groups were conducted to explore barriers to alternative therapy use in patients with CNCP. These focus groups indicated that providers were not aware of alternative treatments for CNCP and that patients were not being offered these treatments.

A 1-hour provider workshop was developed to address these barriers.

1. A review of the evidence on alternative treatments for CNCP.

- back pain, osteoarthritis, migraines
2. An explanation of the Oregon Pain Management Conversations; and
 3. An explanation of the chronic pain management plan developed by the authors that includes the alternative treatment available at their patients.

The pain policy for this FQHC was aligned with the current treatments for CNCP management.

In the **Do Stage**, the provider works on developing pocket cards for compassion-based conversations. The **Do Stage** is in progress. Five NPs have developed their chronic prescription pad with their patients. The authors are working with these NPs and the patients to evaluate the effectiveness of these tools.

In the **Act Stage**, the authors will evaluate the effectiveness of these tools.

Conclusion:

Primary care providers in this FQHC will be implementing alternative treatments for CNCP and chronic pain management using the conversation pocket cards and the Chronic Pain Management Plan. The results of this project at the FQHC, and the results will be available in the future.

Constance Glenn, DNP, APRN, FNP-BC, CNE

The goal for **ALTOP Wellness Initiative** is to educate and encourage evidence based self-management strategies. A seminar series will be offered to patients at the Solutions Pain Management Clinic in Eugene, Oregon.

Under faculty guidance, Doctor of Nursing Practice will develop a self-management program for patient education on chronic pain management. Classes will introduce patients to mindfulness activities. Classes will focus on nutrition, hot and cold therapy and education on self-management for patients in stretching and acupressure.

Contact Us

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