

**ALTOP**  
ALTERNATIVES TO  
**OPIOIDS**

# Fall 2022 - Issue #6



<https://youtu.be/CICFwxKuIBM>

## Bridgeport Medically Under Served Areas



---

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.

### *In This Issue*

---

- *New Principal Investigator (PI) ALTOP Grant*
- *2021-2022 Graduating Class*

- *ANEWHRSA 2022-2023 Awardees*
  - *Students Quality Improvement Projects*
  - *April 9th, 2022, Preceptor Workshop Photos*
  - *New Clinical Partner: The Bridgeport Rescue Mission/Sage Health Care*
  - *Save the Date: Annual DNP Colloquium*
- 

**Fall 2022 - Issue #6**

**Sacred Heart University**

## **New Principal Investigator (PI) ALTOP Grant**



*1 - Dr. Cynthia O'Sullivan PhD, APRN, FNP-BC, Principal Investigator (PI)*

---

*Dr. Cynthia O'Sullivan is the new Principal Investigator on the HRSA ALTOP grant. She is also the new Associate Dean for Academic Affairs and Global Nursing Programs at the Davis and Henley College of Nursing at SHU. Dr. O'Sullivan earned her Ph.D. from Yale University where she studied the experiences of women with ovarian cancer symptoms, including chronic and episodic pain. Her other degrees include a BSN from Penn State, a MSN from the University of Pennsylvania and a post-master's family nurse practitioner certificate from Maryville University. Her clinical practice experience spans from critical care to homebound primary care.*

*[Clicking Here to be Directed to Our ALTOP Website<sup>1</sup>](#)*

---

Congratulations to the 2021-2022 Graduating Class!!



---

<sup>1</sup><https://www.sacredheart.edu/academics/colleges--schools/college-of-nursing/scholarships--grants/hrsa-anew-alternatives-to-opioids-for-pain-altop/>





## ANEW HRSA 2022-2023 Awardees



## Students Quality Improvement Projects



*2 - Monica Kastanaras - DNP Student*

**Student Name:** Monica Kastanaras

**Clinic Site:** New Solutions Pain Management Clinic, LLC

**Project Title:** Application of a Secondary Opioid Risk Tool in the Management of Patients on Opioids in the Adult Pain Management Clinic: A Quality Improvement Project

**Project Goal:** The project includes four goals:

- Identify best practices for monitoring patients on long-term opioid therapy
- Disseminate information to providers on the COMM™
- Provide ongoing assessment for opioid abuse through the use of a validated tool
- Attain a 50% or greater COMM™ screening tool completion rate for patients on long-term opioid therapy within a three-month period

**Methods:** Educate providers on the importance of utilizing a secondary screening tool for patients on long-term opioid therapy. The Current Opioid Misuse Measure (COMM) screening tool was implemented to determine if patients already on long-term opioid treatment are exhibiting aberrant medication-related behaviors. Completed forms were collected by the DNP student project developer to gather quantitative data for analysis.

**Significance:** The implementation of a secondary screening tool (Current Opioid Misuse Measure) for patients on long-term opioid therapy will help providers become more aware of patients who are at high risk for opioid abuse and/misuse that could overdose on their prescribed opioids. Providers must recognize that the decision to prescribe opioids for chronic pain requires ongoing, active risk assessment

and frequent monitoring. This will contribute to effectively managing their pain while maintaining patient safety.

## April 9th, 2022 Preceptors Workshop Photos







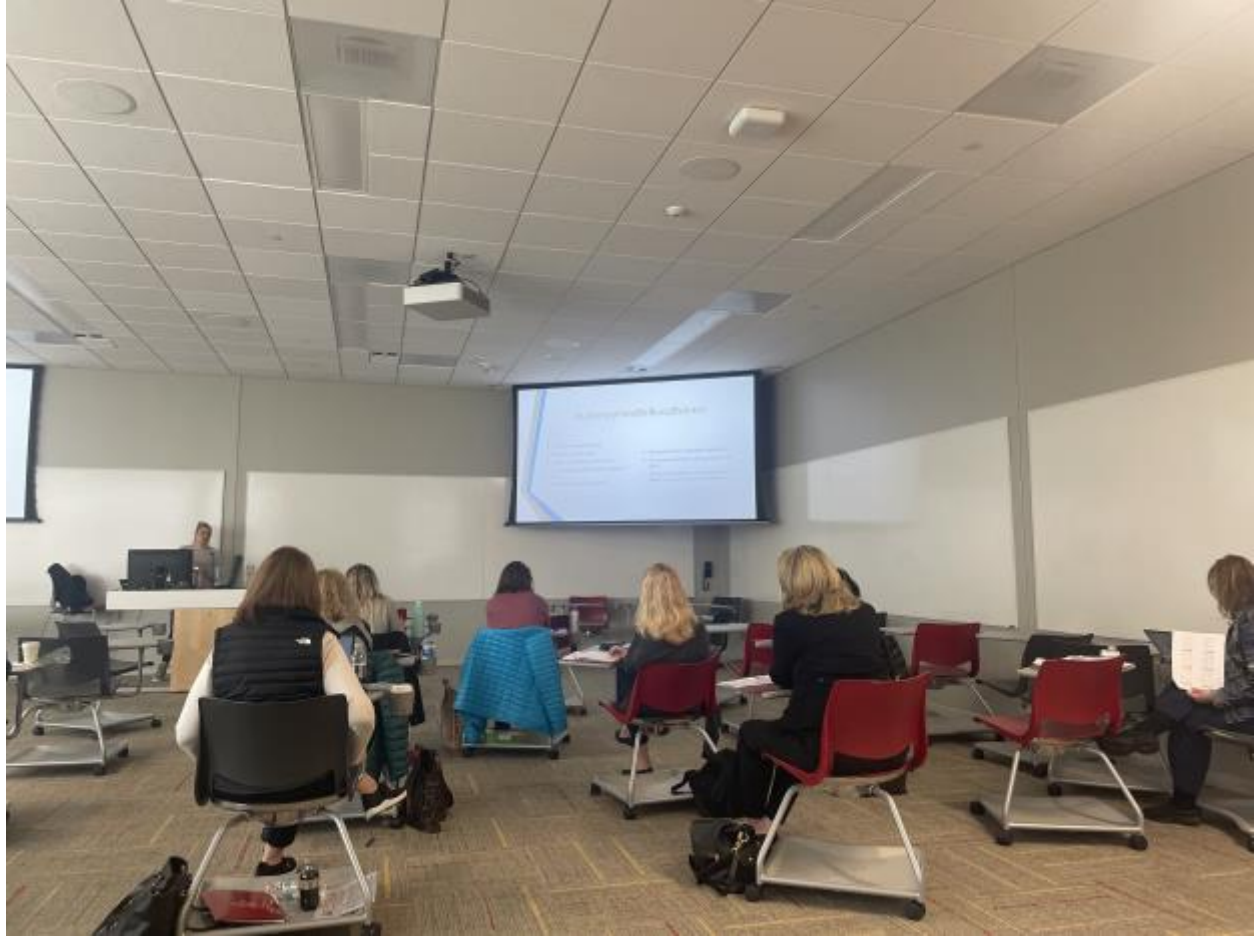


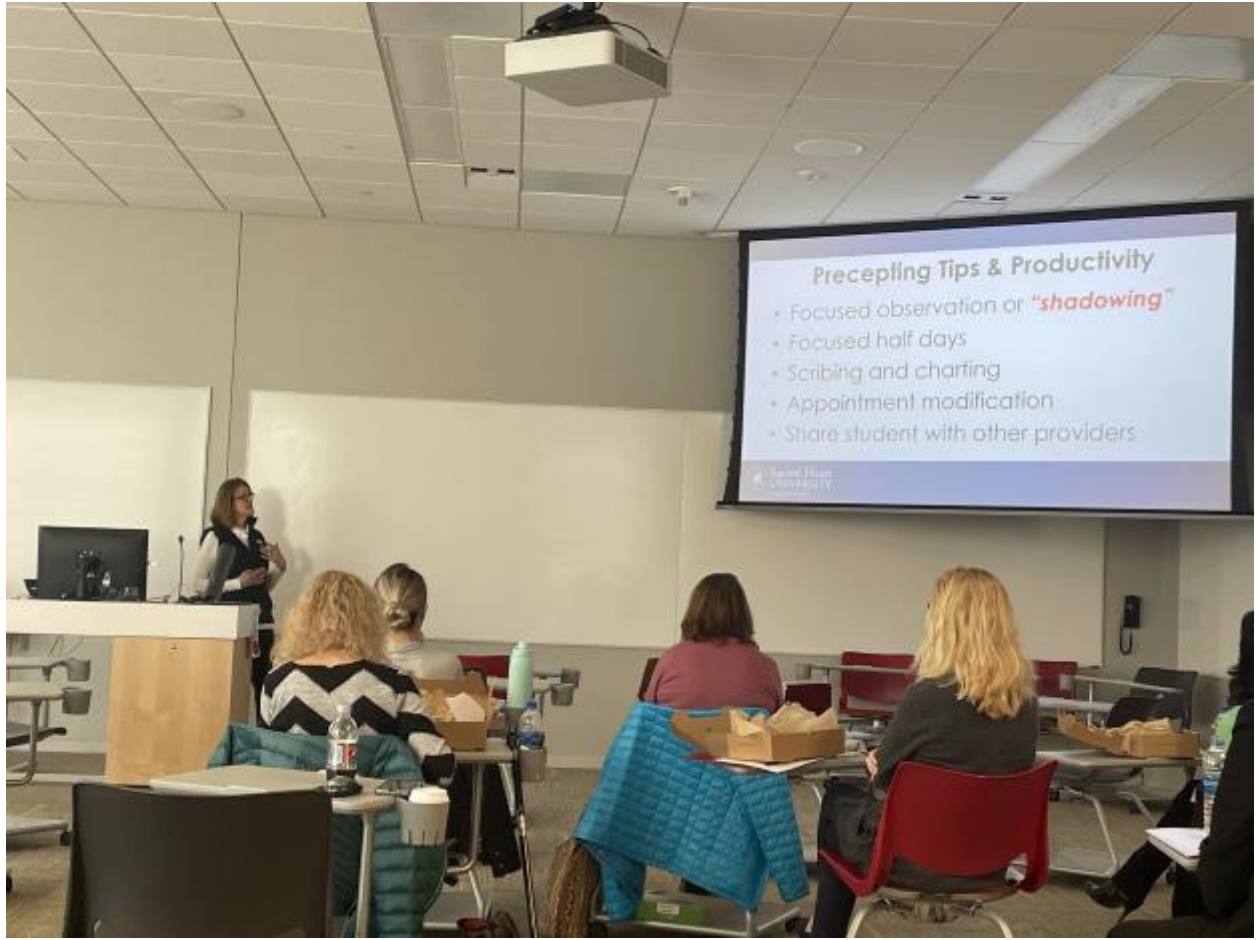
## What is Diabetic Peripheral Neuropathy?

- Nerve damage that is caused by diabetes.
- Over time, with uncontrolled blood glucose and elevated triglyceride levels damage occurs to the nerves.
- It typically affects the feet and legs and sometimes affects the hands and arms.
- It is very common.
- 1/3 to 1/2 of DM have this form of neuropathy.

## Opioid Therapy

- Abuse deterrents
- Immediate Release vs Extended Release
- Patches
- Buccal Films
- Pill
- Capsules



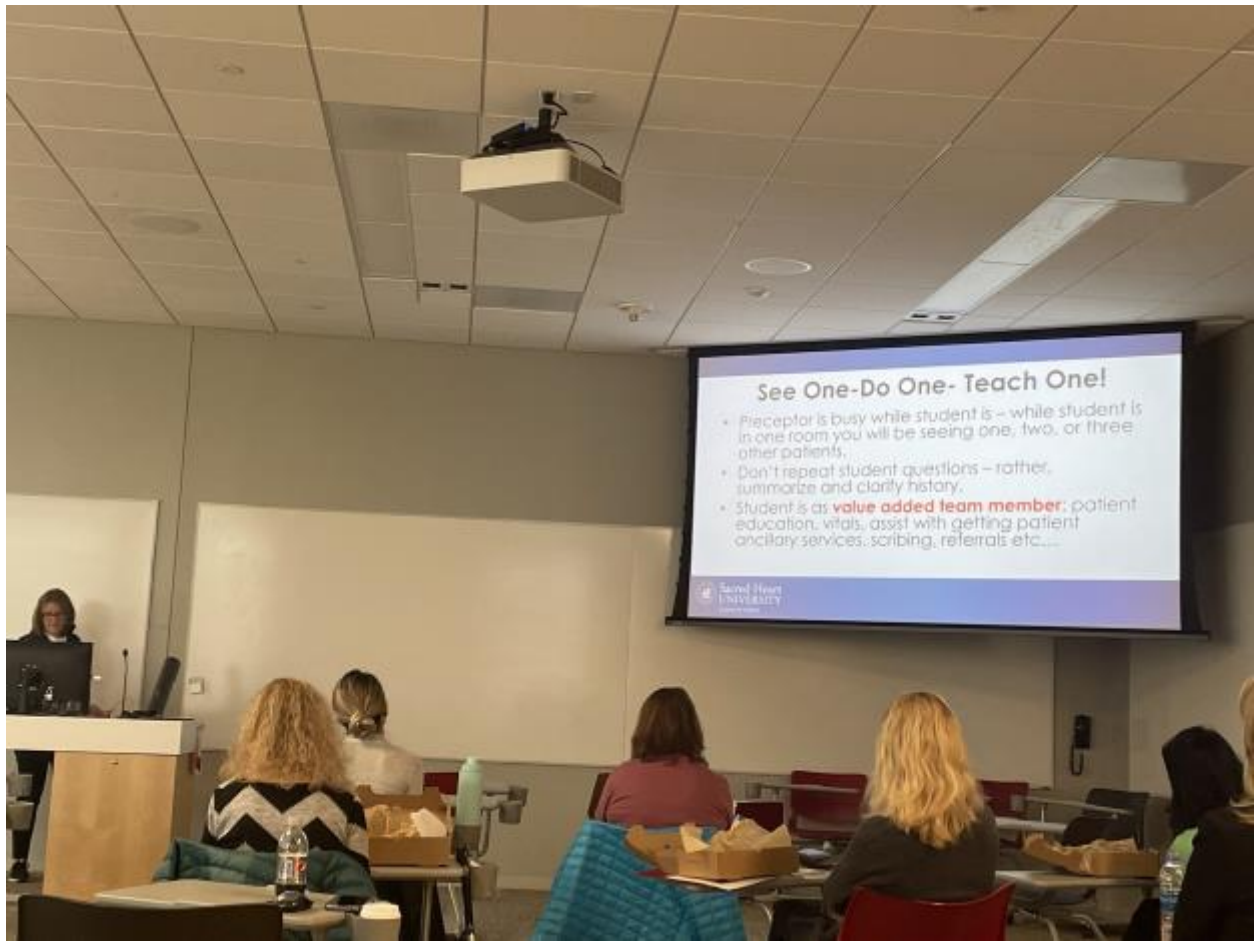


**Precepting Tips & Productivity**

- Focused observation or "**shadowing**"
- Focused half days
- Scribing and charting
- Appointment modification
- Share student with other providers

© Saint John's University

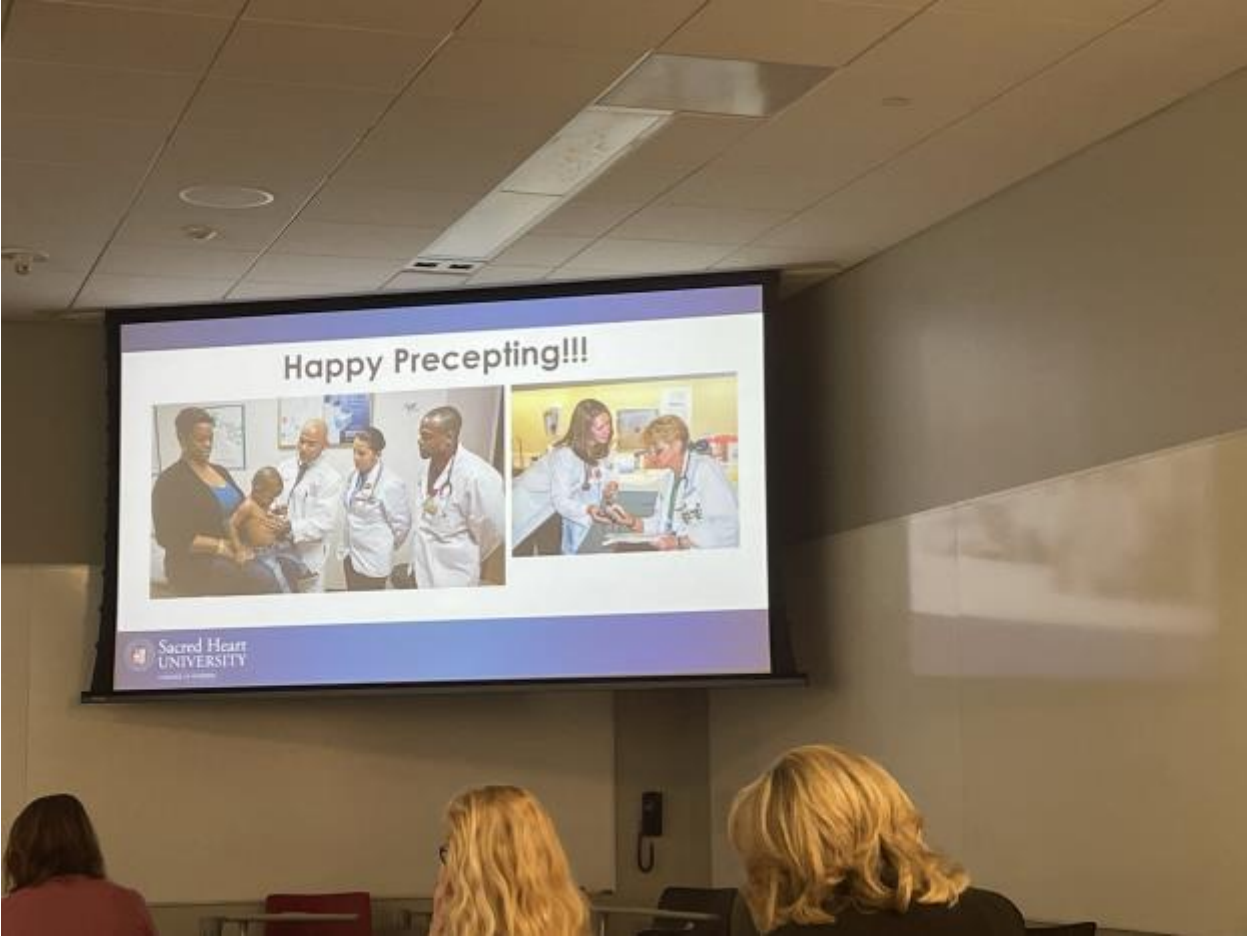




## See One-Do One- Teach One!

- Preceptor is busy while student is – while student is in one room you will be seeing one, two, or three other patients.
- Don't repeat student questions – rather, summarize and clarify history.
- Student is as **value added team member**; patient education, vitals, assist with getting patient ancillary services, scribing, referrals etc....





## New Clinical Partner: The Bridgeport Rescue Mission/ Sage Health Care



IRENE BIHL DNP,  
MBA, FNP-BC,  
PMHNP-BC, APRN  
Founder, Administrator, Acting  
Medical Director, Family and  
Mental Health Provider, Sage  
Healthcare



---

*[Clicking Here to be Directed to The Bridgeport Rescue Mission Website<sup>2</sup>](https://bridgeportrescuemission.org/)*

---

---

<sup>2</sup><https://bridgeportrescuemission.org/>

## Save the Date: Annual DNP Colloquium



---

9th ANNUAL DNP COLLOQUIUM

NOVEMBER 4TH, 2022

---



DR. SUSAN L. DAVIS, R.N.,  
& RICHARD J. HENLEY  
COLLEGE OF NURSING

---

Sacred Heart University

---

Contact Us

Sacred Heart University

5151 Park Avenue

Fairfield, CT 06825

203-396-8383

constantee@sacredheart.edu

Visit us on the web by clicking here<sup>3</sup>

---

<sup>3</sup><https://www.sacredheart.edu/academics/colleges--schools/college-of-nursing/scholarships--grants/hrsa-anew-alternatives-to-opioids-for-pain-altop/>