

Abstract

This project sought to curb the use of long-term opioids for the treatment of chronic pain through use of non-opioid topical analgesic (NOTA). The purpose of this project was to determine if implementation of a NOTA protocol for patients suffering from chronic pain will reduce the use of oral opioid agents and decrease reported pain levels in an outpatient primary care clinic over 6 weeks. The NOTA protocol included educating the providers at the clinical site and auditing the providers for compliance. This project included a pre-test to measure the provider's knowledge, skill and attitudes of opioids, an educational session, and a post-test. Data collection was done via retrospective chart audits of 25 patient charts to measure provider compliance with the protocol (including the use of screening tools), opioid prescribing practices, and reported pain levels. Improved test scores support the efficacy of the educational session. Provider compliance with NOTA was above 80%. Results further indicated a statistically significant decrease in opioid prescribing. A decrease in the dosage of opioid prescribed was not statistically significant although the mean dosage declined. There were only three instances of repeat pain scores, which showed decreased or no change in pain levels.