

Deliberate Reduction of Opioid Prescribing (DROP) through Hospital-Based Prevention

THE PROBLEM

30.1%

Of community members are unsure of any locations in Ocean County that provide alternative treatments for pain management

(CADCA COMMUNITY KNOWLEDGE SURVEY, 2020)

344,341

Opioid prescriptions dispensed in Ocean County in 2019

(NJ DOH, 2020)

84.4%

Of community members would like their healthcare providers to discuss non-opioid alternatives for pain management with them

(DART COMMUNITY INPUT SURVEY, 2020)

OUR PROGRESS

CLINICAL



Patients discharged from the emergency department (ED) with an opioid prescription decreased from 3.4% in January 2018 to 2.1% in January 2020

(RWJBH-IFPR, 2020)



Hospital-based trainings on non-opioid options reached 387 ED staff in 2020

(RWJBH-IFPR, 2020)

COMMUNITY



Awareness of pharmacological or non-pharmacological options for pain management in the community increased from 21.3% in March 2020 to 30.2% in October 2020

(CADCA Community Knowledge Survey, 2020)



Doctor and patient discussions about non-opioid alternatives for pain management increased from 47.8% in March 2020 to 68.9% in October 2020

(CADCA Community Knowledge Survey, 2020)

RECOMMENDED ALTERNATIVES

NON-MEDICATION-BASED OPTIONS



Cold therapy
Acupuncture
Ice/heating packs
Compression stockings
Elevation of limbs
Mindfulness meditation
Cognitive behavioral therapy
Massage therapy
Dry needling
Physical therapy

NON-OPIOID MEDICATION OPTIONS

Nerve blocks
Ibuprofen
Acetaminophen
Lidocaine
Toradol
Ketamine
Local anesthesia

