

A satellite view of Earth showing the Western Hemisphere, including North and South America, the Atlantic Ocean, and the Pacific Ocean. A faint grid of latitude and longitude lines is overlaid on the image. The text is centered over the Atlantic Ocean.

The ALTOSM

Program:

**A Strategy to Reduce Opioid use
in the Emergency Department**

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The ALTOSM Program: A Strategy to Reduce Opioid use in the Emergency Department

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Disclosures

I have no actual or potential conflict of interest in relation to this program/presentation.

Pharmacist Learning Objectives:

- Discuss strategies to reduce opioid prescribing in the Emergency Department
- Identify conditions in which alternatives to opiates may be effective

Technician Learning Objective:

- Identify medications that can be used as alternative to opioids

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Alternatives to Opiates

ALTOSM

Clinical Expertise.

Compassionate Care.

Non-opioid first

Opioids 2nd line

Realistic pain
management goals,
manage expectations

Discuss addiction
potential

 **St Joseph's**
Healthcare System

New Jersey's Premier Catholic Healthcare System

CERTA



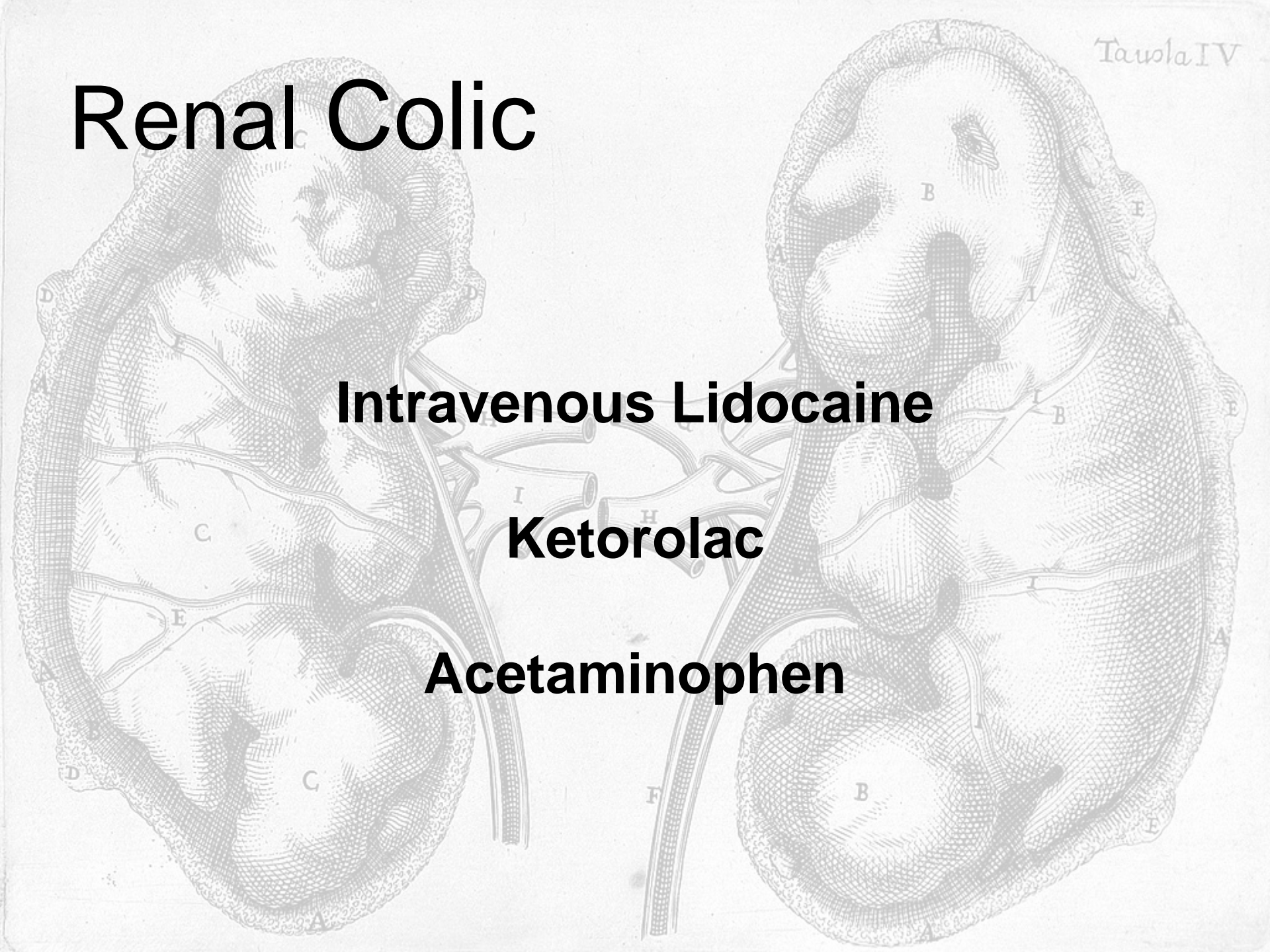
Channel, Enzyme, Receptor-Targeted
Analgesia

Renal Colic

Intravenous Lidocaine

Ketorolac

Acetaminophen



Musculoskeletal Pain

Trigger Point Injections

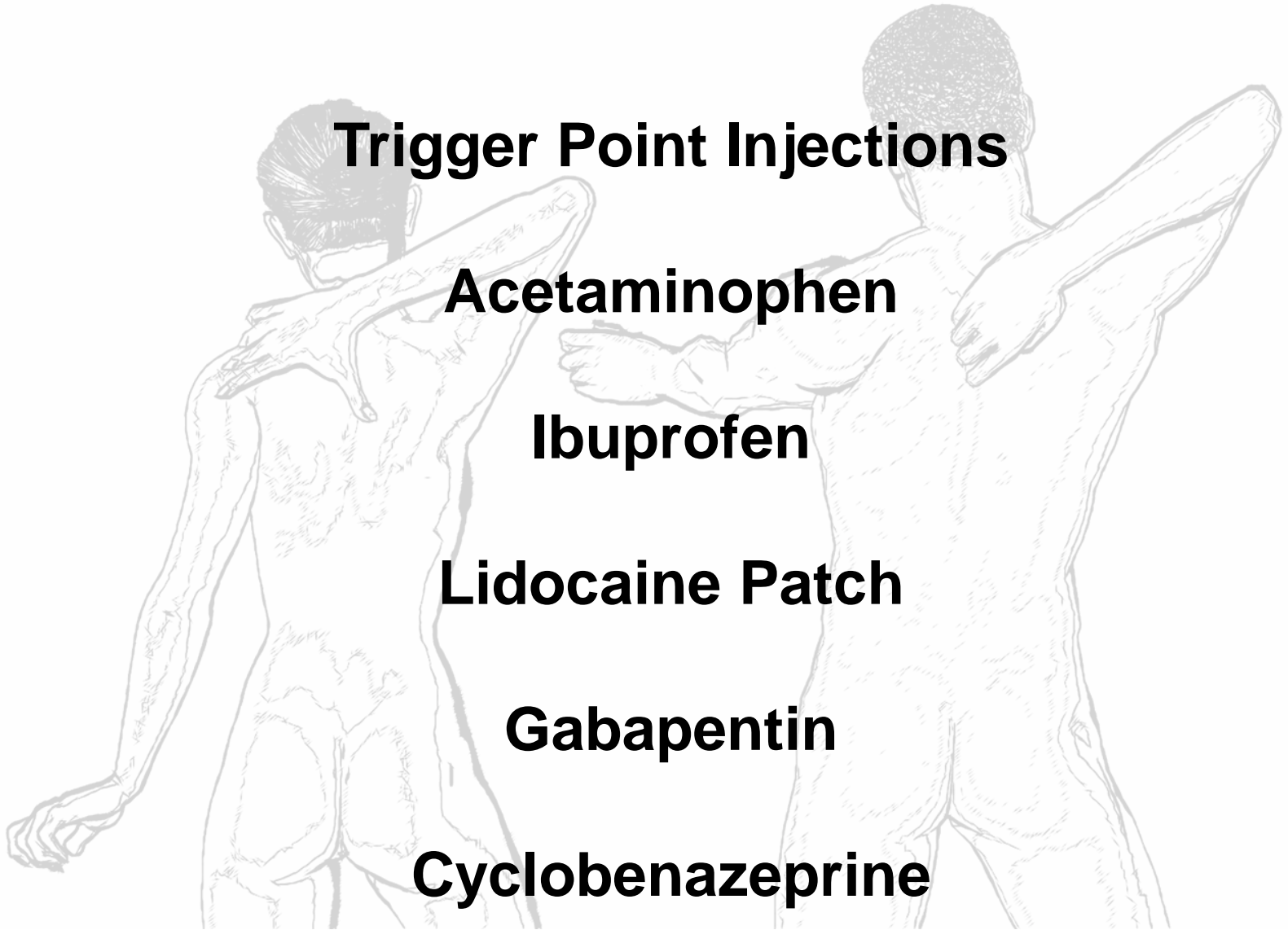
Acetaminophen

Ibuprofen

Lidocaine Patch

Gabapentin

Cyclobenzaprine

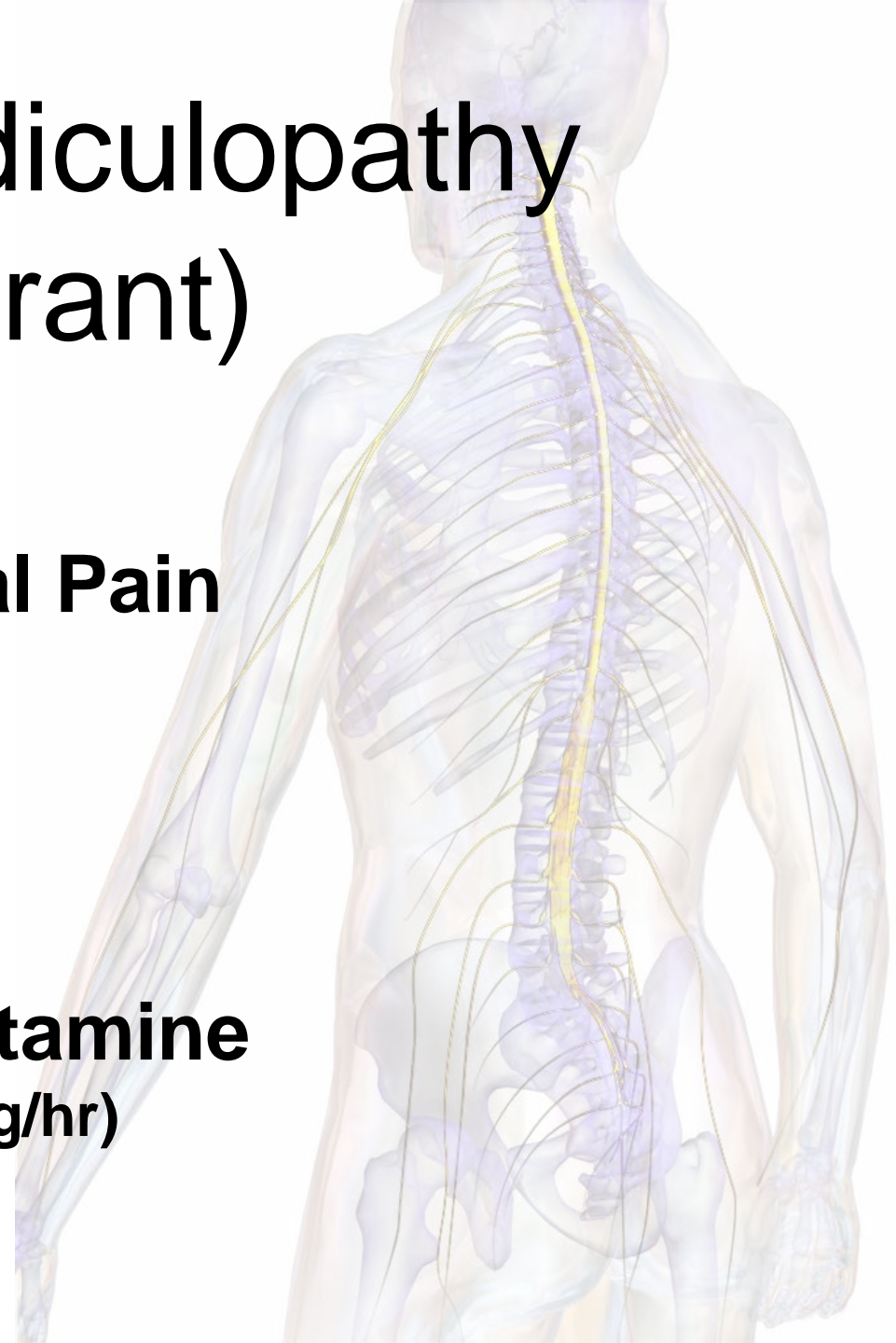


Lumbar Radiculopathy (Opioid Tolerant)

Musculoskeletal Pain

+

Intravenous Ketamine
(0.3 mg/kg, 0.1 mg/kg/hr)



Long Bone Fractures

Nitrous Oxide

Ketamine

**Ultrasound Guided Regional
Anesthesia**



Migraine

A glowing human brain is the central focus of the image, rendered in a bright, ethereal light. It is surrounded by several jagged, white lightning bolts that appear to emanate from the brain, set against a dark, stormy background. The overall effect is one of intense energy and pain, consistent with the theme of a migraine.

Cervical or Trapezius Trigger Point Injection

Metoclopramide

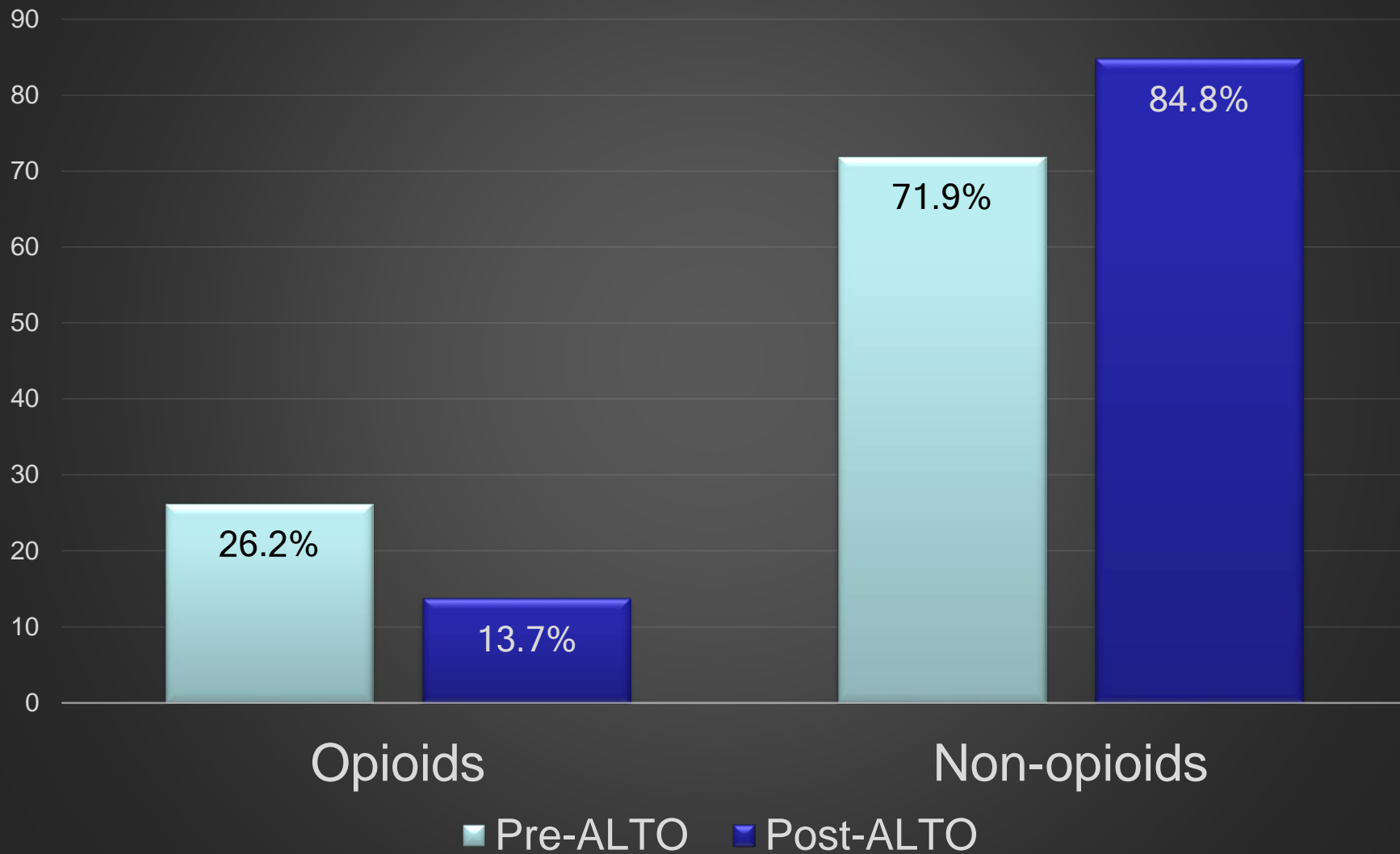
Acetaminophen

Ketorolac/Ibuprofen

Valproic Acid

Magnesium

Proportion of opioid and non-opioid used

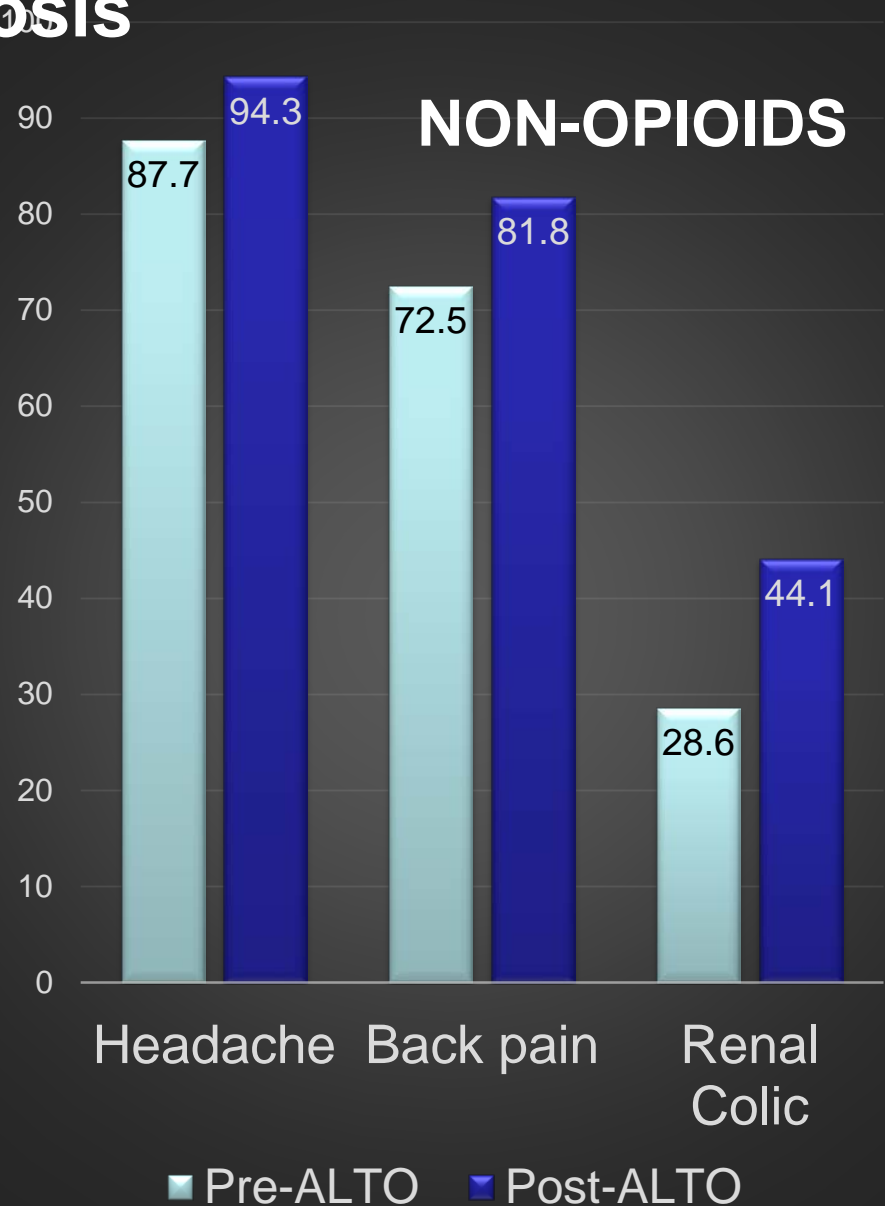
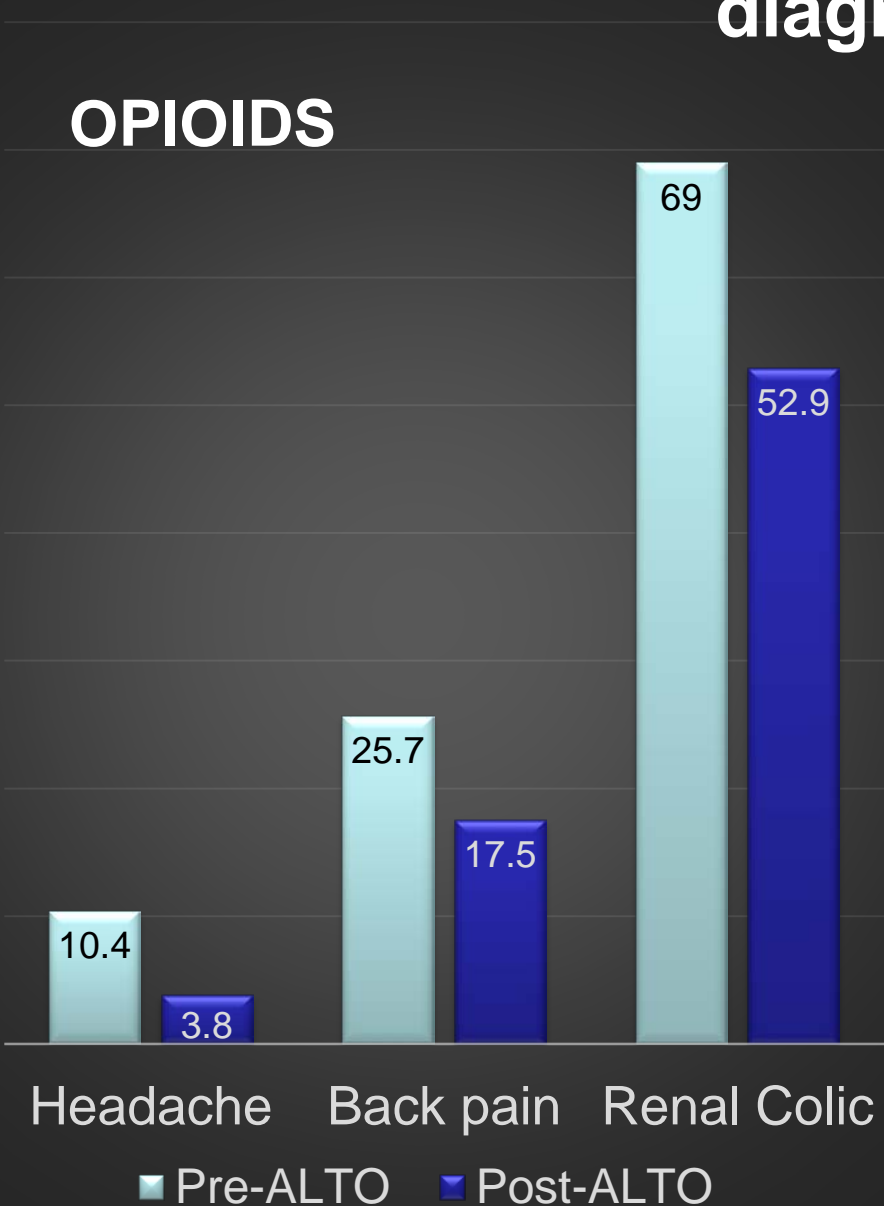


patients who received opiates/non-opiates per diagnosis

OPIOIDS

diagnosis

NON-OPIOIDS



Pharmacist's Role



Ensure safe and effective medication use

Education

Counseling

Support the Emergency Department

The ALTOSM Program A Strategy to Reduce Opioid use in the Emergency Department



Thanks, ALTOSM team, for the nation's first alternative-to-opioids pain management program.

Opioids are a powerful pain suppressant. But they are also powerfully addictive. So the Emergency Department at St. Joseph's Regional Medical Center launched ALTOSM, the Alternatives to Opiates Program, with dramatic results. Opioid use by patients in the ED is now down nearly 40 percent. And pain relief through alternative therapies is up significantly. Today, the team's alternative acute pain management program is a model for other health care systems nationwide. Congratulations, ALTO team. You're reversing the cycle of opioid pain management and misuse for generations to come.

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StJosephsHealth.org
877.757.SJHS(7547)

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