Abstract

Background
The incidence of chronic pain is growing worldwide. Treatment usually involves a regimen of opioids, which is a highly prescribed class of medications. The liberal use of opioids has led to undesirable effects of addiction, morbidity and mortality. The number of individuals suffering from a substance use disorder has increased. Recovery typically involves attending a medication assisted treatment program. Nutritional aspects of recovery are overlooked during the process with more of the recovery focus based on medication and counseling therapy.

Methods
This quality improvement project adapted the current nutritional tool to include a question on hydration. The project also used a questionnaire to evaluate the effectiveness of 6, 3–5-minute, nutrition education videos.

Results
A total of 34 participants who met inclusion criteria were included in the project. Those that were discharged from the program were not included. Chart reviews revealed that a significant amount of those admitted were found to drink less than eight glasses of water per day. Questionnaire results gathered one-hundred responses that showed thirty-three percent were willing to make changes to their future nutritional regimen.

Conclusion
From a nutritional standpoint, this project found that many patients are not sufficiently hydrated. It also found that many believed the nutrition education to be helpful. Despite the information being helpful, only a small amount was willing to make changes to their diet.