

## 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.