Introduction & Background

- Substance use disorder (SUD) is a growing epidemic affecting many lives.
- Despite harmful effect and ramifications of addiction, users continue abusing drugs of choice.
- Abuse of opioids has grown in the last decade.
- Opioid Crisis declared in 2016.
- SUD causing significant burden on public health.
- Medication Assisted Treatment (MAT) programs available.
- Offer counseling and behavioral therapy.
- Lack nutritional education.
- Nutrition is crucial to recovery.

Purpose

The purpose of this project was to provide education to improve general nutrition of the MAT patient at an urban healthcare facility.

Methods

- Descriptive analysis, questionnaires.
- Urban outpatient setting for SUD patients.
- Participants:
  - Included: all adults 18-55 admitted for MAT.
  - Excluded: discharged or transferred from program.
- Intervention:
  - Six short, 3–5-minute videos with information recommended by National Institute of Health on nutrition shown over a six-week period.

Conclusion

- Overall, all providers on board with importance of nutrition.
- Organizational goal: improve nutrition experience.
- Perceived nutrition status:
  - done with all visits: admission, not with episodic visits.
  - Significant amount with prior knowledge & found knowledge helpful.
  - Small amount willing to make changes.
  - Assumption: change to a healthier diet.
  - Need further investigation as to unwillingness to change.

Aim 1

Adapt current nutritional assessment tool which determines the MAT patient’s perceived awareness of their nutritional status.

Results

- Tool was adapted for use by the Medical Director.
- Hydration question added.

Aim 2

- Increase provider knowledge and compliance of patient nutrition and hydration screening.

Results

- 100 responses over a six-week period.

Aim 3

Increase knowledge regarding dietary benefits and recommendations to maintain general nutritional health.

Results

- Nutrition Questionnaire Responses

Prior nutrition knowledge
- Nutrition information helpful
- Nutritional routine changes

References