

Improving General Nutritional Education of the Adult Receiving Medication Assisted Treatment

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Introduction & Background

- Substance use disorder (SUD) is a growing epidemic affecting many lives
- Despite harmful effect and ramification of addiction, user continue abusing drug of choice
- Abuse of opioids has grown in 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

Design

- Descriptive analysis, questionnaires

Setting

- 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

Aim 1

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

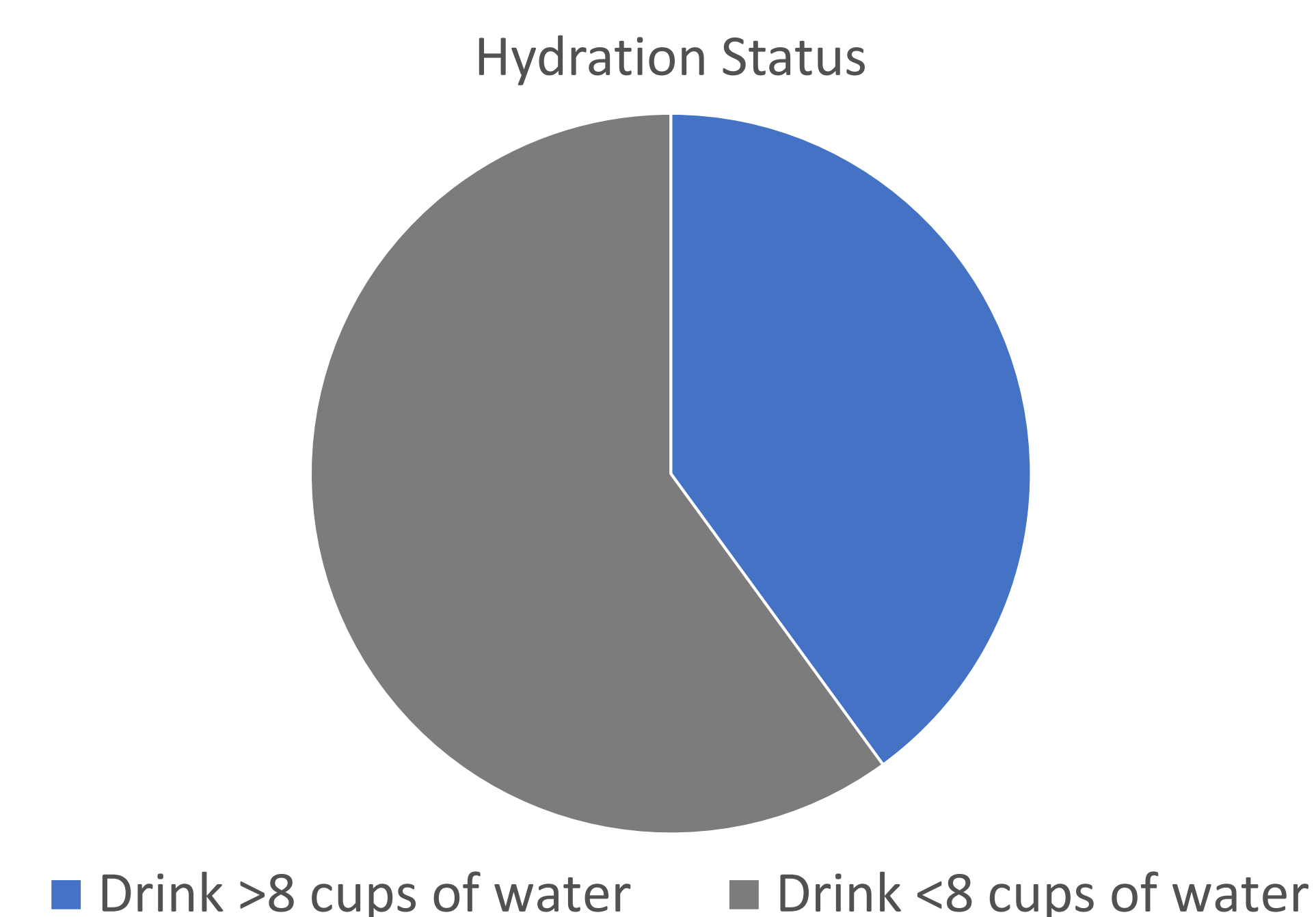
Results

- 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



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

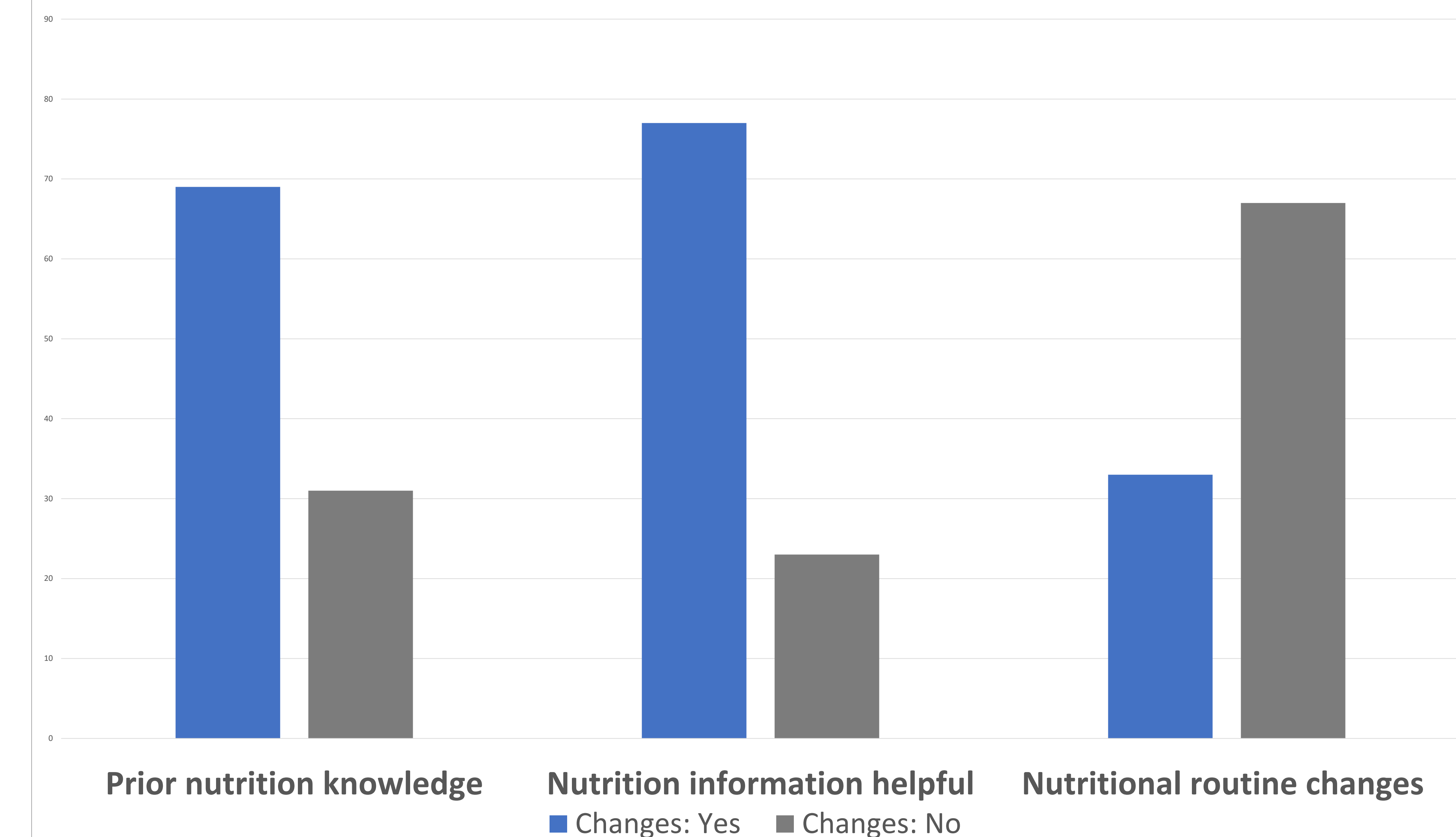
Aim 3

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

Results

- 100 responses over a six-week period

Nutrition Questionnaire Responses



References

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