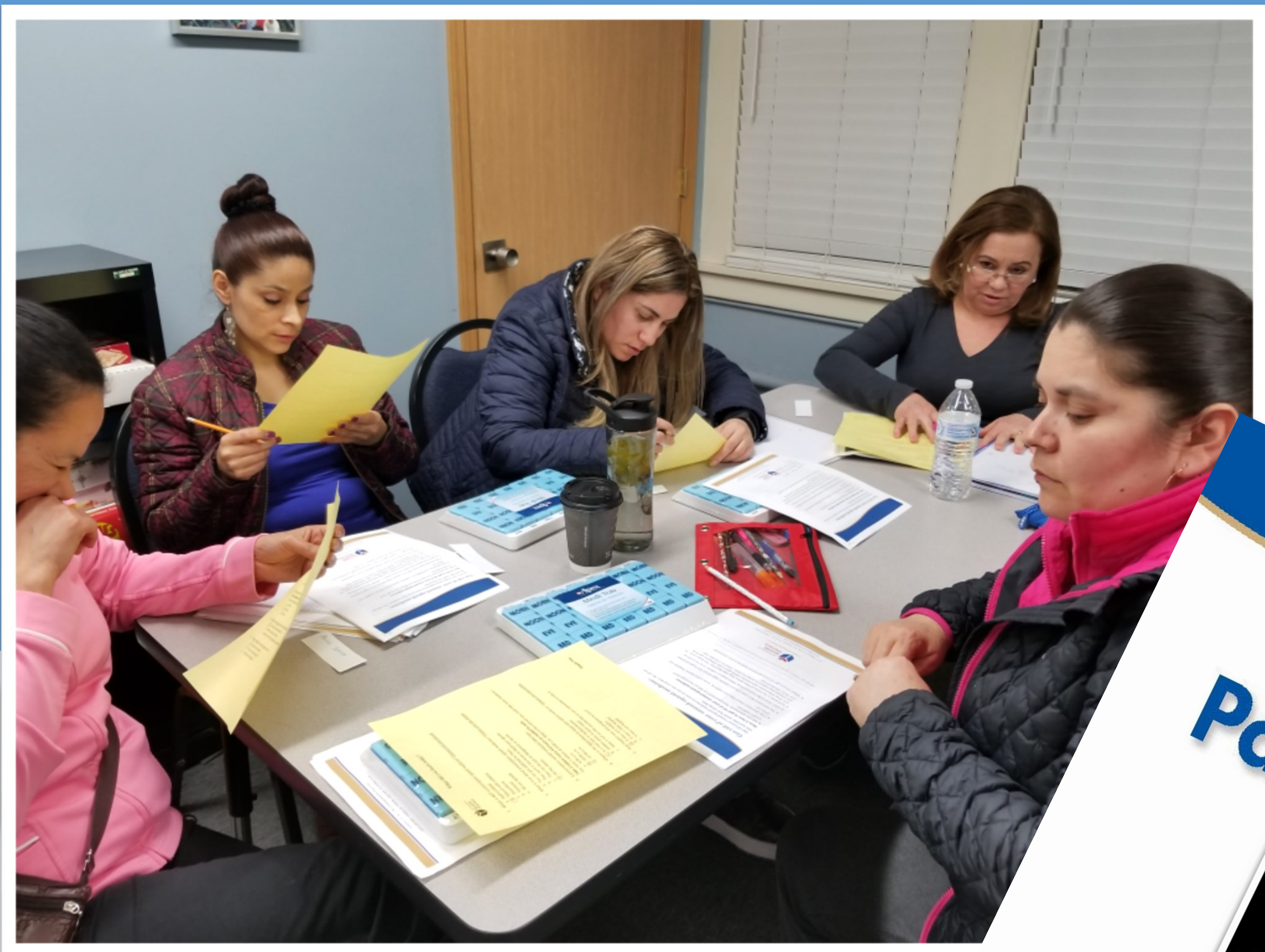


# Let's Talk About Pain Medicines:

## Safe and effective ways to take opioid medicine

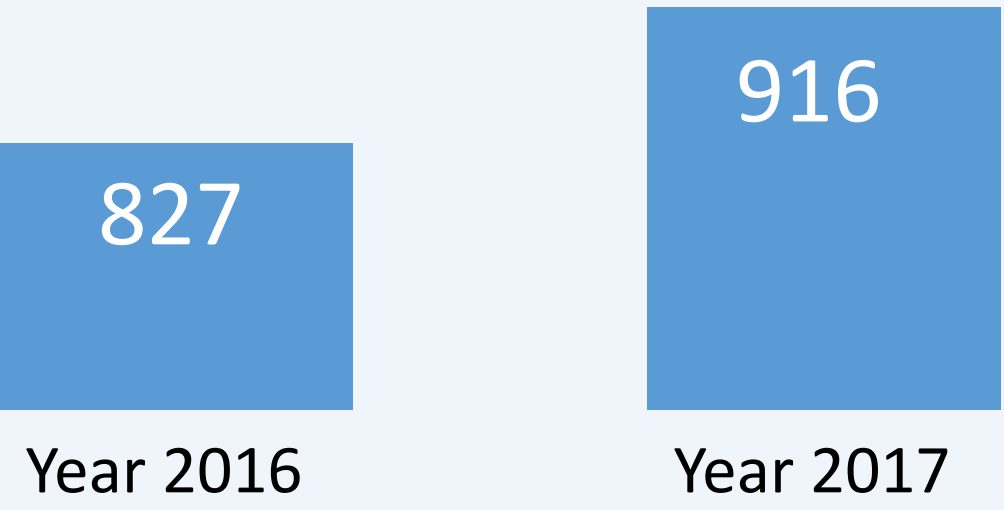


### Goals—Workshops focused on increasing

- 1.Understanding how to take opioid medication based on label directions.
- 2.Knowing where to safely store opioid medication.
- 3.Identifying what is an opioid medication verse non-opioid pain medication.

### Background

- America is in midst of opioid epidemic.
- Opioid Overdose Deaths in Wisconsin alone:**



- Let's Talk About Pain Medicines* was developed by Wisconsin Health Literacy (WHL) – providing educational workshops for adults on how to safely and effectively take opioid medicines.



- Three different funders supported the program:
  - Targeting refugee and immigrant populations (Wisconsin Department of Health Services Minority Health Program)
  - Select service areas in Wisconsin targeting adults with low health literacy (Security Health Plan)
  - Workshops facilitated by physicians in their local communities (Wisconsin Medical Society Foundation)

### Methods

- 1. Coordination:** WHL partnered with community organizations across the state to host workshops. Host partners were responsible for finding a location and recruiting a minimum of 10 participants.
- 2. Facilitation:** WHL facilitated a 60-90 minute educational workshop. Workshop materials included:

- Program workbook
- Factsheets (4)
- Quiz brochure
- Card game
- Pre- and post-survey
- Pillbox organizer
- \$25 prize drawing

- 3. Communication:** WHL project manager communicated with an on-site coordinator throughout the program. WHL created marketing materials for on-site coordinator to promote workshop.
- 4. Evaluation:** Participants completed pre- and post-surveys at each workshop. The Minority Health Program grant also collected a 60-day post-survey to track behavioral change.

### Results

#### Pre- and Post-Survey

- 26%** ↑ correctly identified an opioid medicine verse non-opioid medicine
- 23%** ↑ improved understanding of where to properly store opioid medications
- 15%** ↑ understanding how to read a prescription label (how much opioid medicine to take and at what time)

#### 91% reported the program was very helpful

#### 60-Day Post-Survey

- 45% said they did or plan to talk with their pharmacist or doctor about the safety of taking opioid medication with other medications
- 63% helped spread the word about safe and effective use of opioids

### Conclusions

There was an overwhelming positive response to the program. Prior to workshops, many participants did not know the word “opioid”. After the workshops, there was an increased understanding in opioid terminology, as well as how to safely use and store opioid medicine. These findings showed the program was successful in achieving goals and ultimately improving adults education on safe and effective use of opioid medicines.

It is evident that interest in learning more about opioids is a top priority for broad and diverse range of communities and couldn’t be a more timely public health topic.

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