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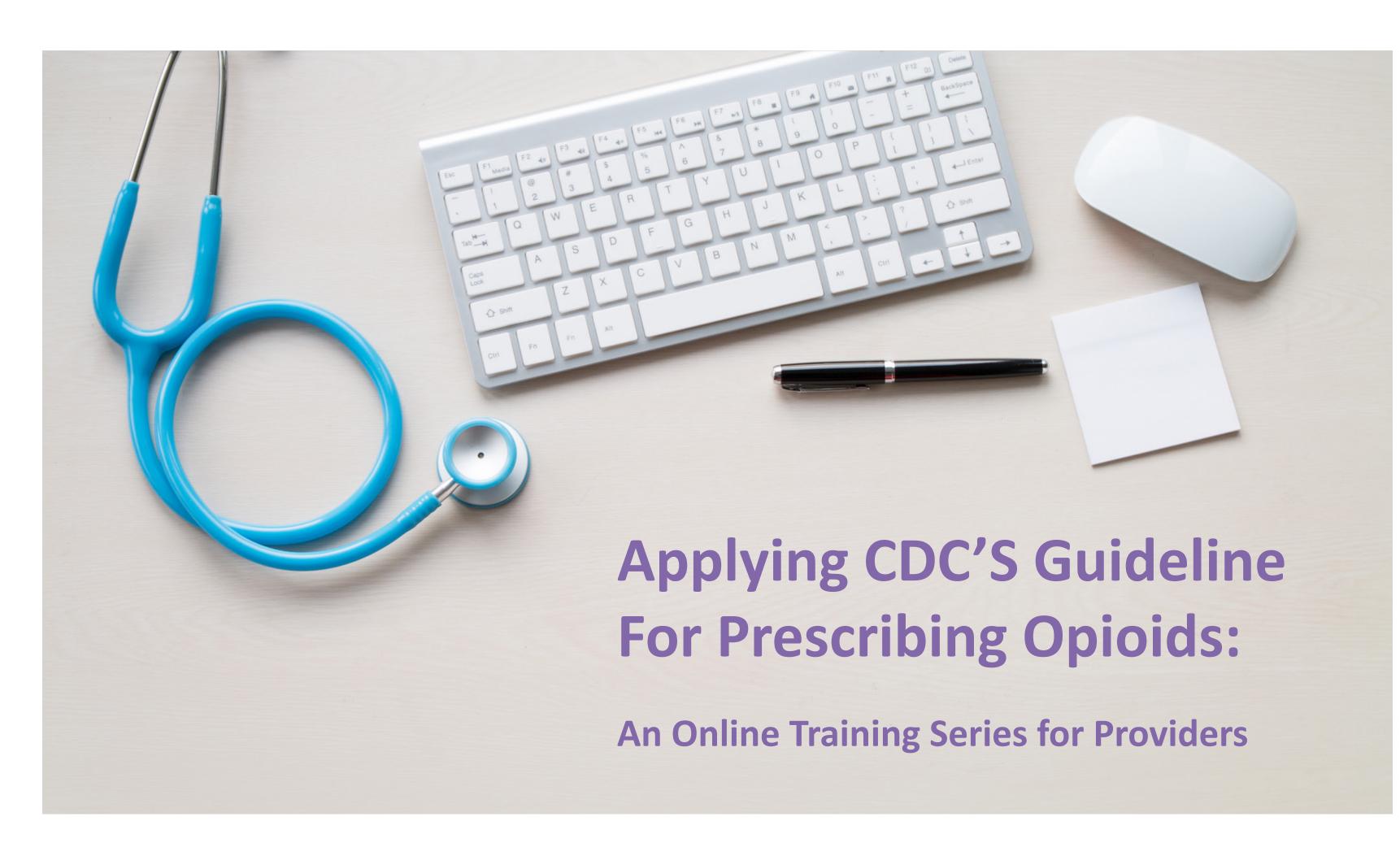
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INTRODUCTION

CDC released the *Guideline for Prescribing Opioids for Chronic Pain* in March of 2016 to address the opioid overdose epidemic. The *CDC Guideline* recommendations focus on clinical practice and provide evidence and guidance to improve how opioids are prescribed. CDC created a series of interactive online training modules to provide healthcare providers with an opportunity to learn about the recommendations and how to apply them in their practice.



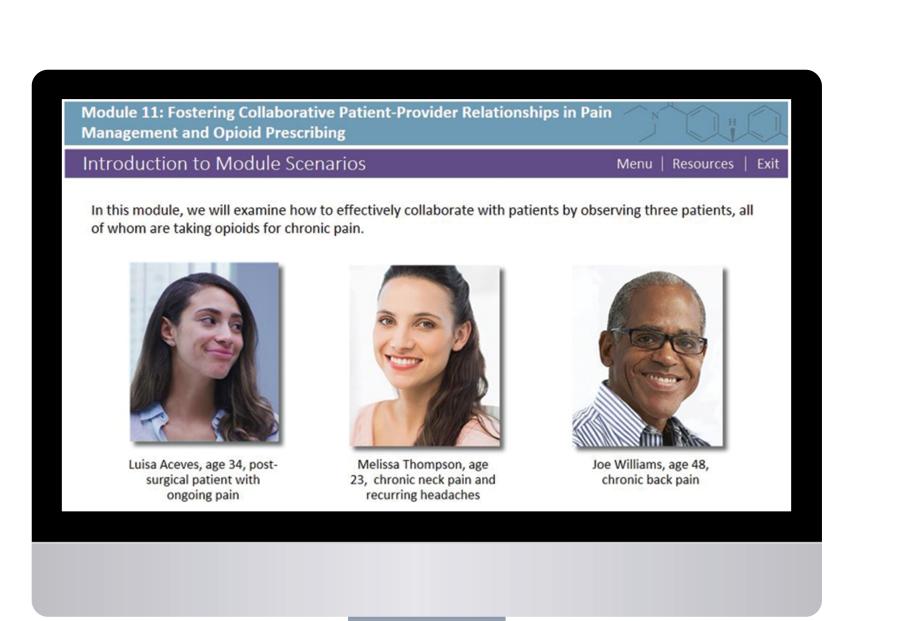
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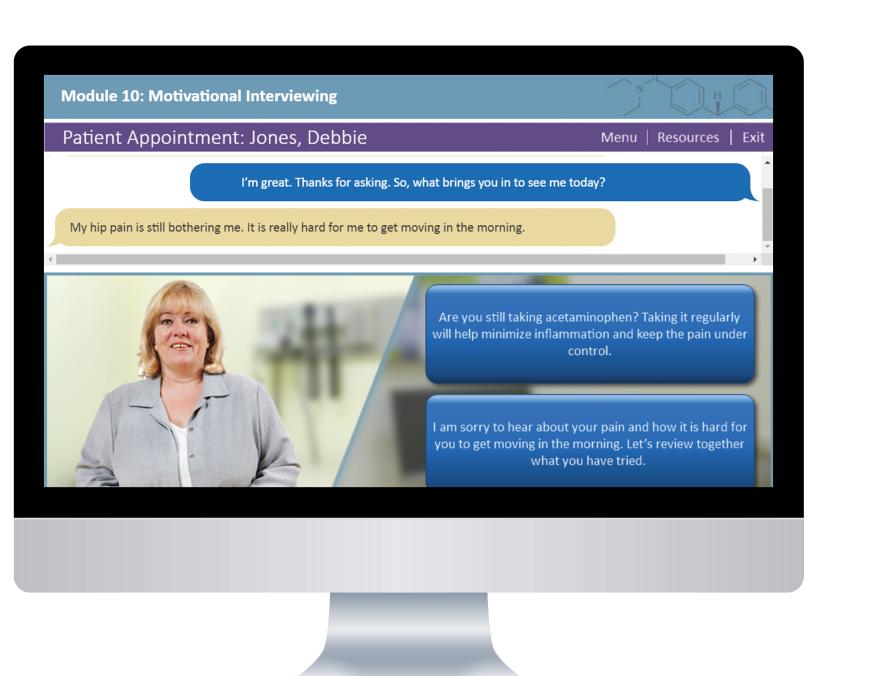
DESIGN PROCESS

The design process included use of the following strategies:

- Iterative collaboration, review, and refinement of training content between subject matter experts and instructional designers
- Selection of topics based on the CDC Guideline and on input, feedback, and needs of healthcare providers
- Standalone modules to allow providers to select the training they need and allows release of modules as they are completed
- Self-paced learning to respect the needs of busy healthcare providers
- Patient cases with recommendations for best treatment approaches, and immediate feedback to increase retention of knowledge
- Real-time access to resources relevant to module topics for easy reference and download to offer support during and after module completion

- Pilot testing with the target audiences to enable revisions prior to release
- Integration of learner feedback from testing and surveys into training development and updates
- Application of CDC Quality Training Standards to ensure training effectiveness
- Offering continuing education for healthcare professionals to provide incentive and added value





MODULES

Module 1: Addressing the Opioid Epidemic: Recommendations from CDC

Module 2: Treating Chronic Pain without Opioids

Module 3: Communicating with Patients

Module 4: Reducing the Risks of Opioids

Module 5: Assessing and Addressing

Opioid Use Disorder

Module 6: Dosing and Titration of

Opioids: How Much, How Long, and How

Module 7: Determining Whether to Initiate Opioids for Chronic Pain

Module 8: Implementing CDC's Opioid Prescribing Guideline into Clinical Practice

Module 9: Opioid Use and Pregnancy

Module 10: Motivational Interviewing

Module 11: Collaborative Patient-Provider Relationship in Opioid Clinical Decision Making

EVALUATION METHODS

After completing the training, participants are asked to complete a 29-item evaluation tool.

- Likert scale questions captured participant feedback on content and learning materials, instructional strategies, and confidence in their ability to apply the material presented
- Open-ended questions asked participants about whether they intend to apply what they learned to their practice and any barriers they anticipate

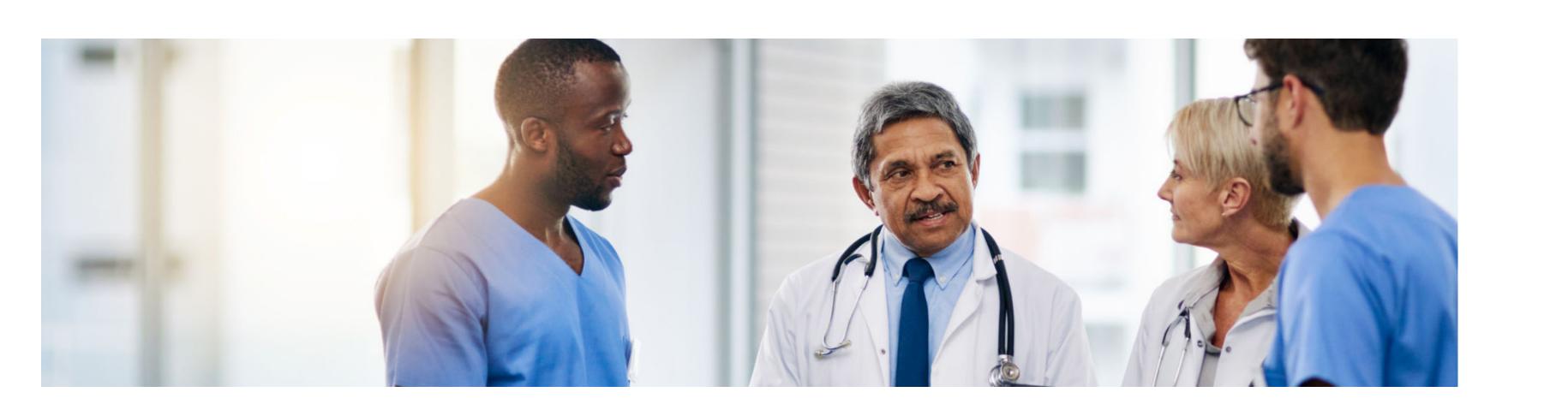
44 Clear effective strategies to assist in prescribing and monitoring opioid use. 77

The content was presented well and I appreciated the links to added learning materials as they became appropriate in the content. 77

44 The course content and learning materials were well organized and interactive. 77

RESULTS

- Overall, providers found the trainings useful and relevant to their practice
- Over 20,000 learners completed the training; with roughly 90% indicating that the training addressed a knowledge gap and that they will apply the training in their practice
- Learners liked the interactive patient scenarios, finding them useful in communicating options to patients



FEEDBACK USED TO ENHANCE TRAINING

Although feedback has been overwhelmingly positive, learner suggestions have been used to enhance the training in the following ways:

- Additional content has been added to help providers address the need to change patient attitudes and expectations regarding pain management
- Additional patient cases focusing on pregnant women, opioid use disorder, and conducting difficult conversations with patients have been added
- Suggestions have been added on how to manage treatment constraints such as the limited time for each patient visit and insurance coverage

RECOMMENDATIONS

Based on the analysis of evaluation and feedback collected from training participants, CDC recommends implementing these strategies to develop an effective training program that meets the needs of its learners.

- Integrate provider feedback into the design process Use pilot test results and feedback to revise trainings prior to final launch. Continue to gather post training and apply to ongoing course development and updates.
- Use interactive patient scenarios Providers indicated that the scenarios are useful in learning how to communicate options to patients.
 - Use standalone modules Standalone modules allow learners to select trainings that are relevant to their specific practice and knowledge gaps. Standalone modules can be released as they are developed so that providers gain access to critical information.
- Apply quality training standards Use the CDC Quality Training Developer Checklist during development and ensure training meets these standards. For more information, see https://www.cdc.gov/trainingdevelopment/standards/standards.html.
- Offer online learning Online learning allows busy providers to take training on their schedule.
- **Use a collaborative approach** Collaborate with clinical experts to incorporate realistic patient cases.
- 7 Use knowledge checks Knowledge checks promote engagement and provide immediate feedback.
- 8 Provide Resources Incorporate access to online resources.



and When to Stop

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention