Alternatives to Opioids for Pain (ALTOP) is a HRSA, Advance Nursing Education Workforce funded project to help combat the opioid epidemic in Connecticut. Through the creation and support of academic clinical practice partnerships, family nurse practitioner students are gaining clinical training and experience in the appropriate use of opioids and alternative pain modalities, in primary care settings. This project directly benefits the medically underserved areas in Bridgeport.
Susan DeNisco, DNP, APRN, FNP-BC, FAANP, Principal Investigator & Project Director

Kerry Milner DNSc, RN, EBP-C, Co-Principal Investigator & Director of Quality Improvement Initiatives

Sylvie Rosenbloom, DNP, APRN, FNP-BC, CDCES, Academic Program Liaison

Constance Glenn, DNP, APRN, FNP-BC, CNE, Wellness Coordinator

Elizabeth Constanste, BS, ALTOP Project Coordinator

*Click here to view their bios*

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**Issue #2 Spring**

**January 2021**

Alternatives to Opioids for Pain (ALTOP) Program

Advanced Nursing Education Workforce Grant (HRSA)

Sacred Heart University

Davis and Henley College of Nursing
Summary of this month's edition:

- Meet the ALTOP Program Evaluator
- Meet New Solutions' Pain Management Medical Director
- ALTOP Traineeship Recipients and Paul Jones Scholars 2020-2021
- Key Activities for AY 2020-2021
- Map of Bridgeport Medically Under Served Areas
- Contact Us

Anna E. Greer, PhD, MCHES is an Associate Professor of Public Health and Program Director of the Master of Public Health Program at Sacred Heart University.

Dr. Greer's research focuses on community health inequities and environment and policy supports for active living and healthy eating. Dr. Greer also regularly serves as a research
My name is Emily Mihailescu, and I am an APRN living in Milford, Connecticut. I graduated with a master's degree from Simmons University in 2019. I have been in practice at New Solutions for a little over a year as the medical director. I enjoy working in the pain management field because it has taught me to be empathetic, develop problem-solving skills, and expand my pharmacological knowledge of my prescribed medications. In my spare time, I like to horseback ride, swim, and bake. If you ever are interested in the field of pain management, please see the link below.

Ms. Mihailescu will serve as clinical preceptor and DNP project mentor for quality improvement initiatives related to pain management.

*Click here for more information about New Solutions Pain Management clinic*
The HRSA Advanced Nursing Education Workforce (ANEW) Program is a federal grant program whose statutory funding preference is for projects that substantially benefit medically underserved populations. These traineeship recipients are committed working with medically underserved and vulnerable populations in a primary care setting. They represent the next generation of primary care providers.

1. Alfred Amaechi
2. Rosemond Ankrah
3. Joanna Boback
4. Amber Brown
5. Marie Byron
6. Todd Clark
7. Sarah DeNisco
8. Sonia Dias-Jones
9. Natasha Dow
10. Michelle Dustin
11. Diane Eannotti
12. Kyra Evans
This scholarship for students in the doctor of nursing practice program was made possible
by the generous support of the Paul L. Jones Trust Fund, in recognition of the University's efforts to prepare an educated nurse workforce that will help influence better patient outcomes at multiple levels of healthcare, and to prepare the next generation of nurse practitioners.

1. Tiffany Akiba  
2. Sarah DeNisco  
3. Sonia Dias-Jones  
4. Monica Kastanaras  
5. Austin McCaslin  
6. Erin Milner  
7. ToniMarie O’Neill  
8. Barbara Scarpa  
9. Grecia Suriel  
10. Brittany Zarrella  

*Congratulations!!!*
Denise Schentrup, DNP, ARNP-B
Associate Dean for Clinical Affairs
University of Florida College of Nursing
Archer Family Health Care

S. Renee Gregg, DNP, FNP-C
Clinical Associate Professor
DNP Program – Interim FNP Speciality
University of Arizona College of Nursing

Rhonda Schwindt, DNP, PMHNP-
Associate Professor
Director, Psychiatric-Mental Health Nursing
The George Washington University School of Nursing
Zarrella, B., DeNisco, S., Rosenbloom
Guidance Conversation Pocket Cards
Improvement Project to Increase Use
Health Center. Accepted Poster Presen-

**Title:**

The Oregon Pain Guidance Converse
Quality Improvement Project to Increa-
Qualified Health Center.

**Background:**

According to the Centers for Disease
range from 11% to 40%, and pain is
the US. Nurse practitioners (NP) in p
chronic non-cancer pain (CNCP). Evi-
alternative treatments like tai chi, yo
National health professional organiza-
tions interventions like exercise and evi-
However, the use of these alterna-

**Purpose:**

To assess primary care provider barr-
care for CNCP at a federally qualified
evaluate strategies to overcome prov-

**Method:**

This quality improvement project foll-
PDSA team included the FQHC Medic
Behavioral Health, QI and Data spec-

In the **Planning Stage**, focus group-
to alternative therapy use in patients
these focus groups indicated they we-
alternatives treatments for CNCP anc-

A 1-hour provider workshop was dev-
1. A review of the evidence on alter-
back pain, osteoarthritis, migraine.

2. An explanation of the Oregon Pain conversations; and

3. An explanation of the chronic pain pad developed by the authors that alternative treatment available at their patients.

The pain policy for this FQHC was all treatments for CNCP management.

In the **Do Stage**, the provider works cards for compassion-based conversations. **Stage** is in progress. Five NPs have chronic prescription pad with their patients and groups with these NPs and the patients of these tools.

In the **Act Stage**, the authors will evaluate the conversation pocket cards and the chronic pain pad developed by the authors that alternative treatment available at their patients.

**Conclusion:**

Primary care providers in this FQHC introduced the chronic pain pad with their patients and groups with these NPs and the patients of these tools.

**Constance Glenn, DNP, APRN, FNP**

The goal for **ALTOP Wellness Initi** and encourage evidence based self-management seminar series will be offered to patients in Stretching and Acupressure.

Under faculty guidance, Doctor of Nursing self-management program for patients in Stretching and Acupressure. Classes will introduce mindfulness activities. Classes will focus on nutrition, hot and cold therapy and other patients in stretching and acupressure.
Contact Us

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Or

Visit us on the web by clicking here