

ALTOP

ALTERNATIVES TO
OPIOIDS



Fall 2021 - Issue #3

Sacred Heart University

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.

In This Issue

- *New Roles in Our Team*
- *ANew HRSA 2021-2022 Awardees*
- *Southwest Community Health Center Chiropractic Care Services*
- *Student Quality Improvement Project*
- *Sacred Heart University Alumni Working at New Solutions Pain Management Clinic*

- *Save the Date: Annual DNP Colloquium*
-

New Roles in Our Team



1 - Dr. Sylvie Rosenbloom, Principal Investigator (PI)

Dr. Sylvie Rosenbloom is the Primary Investigator on the HRSA ALTOP grant. She is also a full-time Assistant Clinical Professor at SHU DHCON. She obtained her doctoral degree at SHU in 2015 and both her bachelors' and masters' degree in nursing at Pace University. Dr. Rosenbloom is a board-certified Family Nurse Practitioner and a Certified Diabetes Care and Education Specialist. Her pedagogical interests are interprofessional education and pharmacology. She has extensive clinical experience in the areas of emergency medicine, primary care, cardiology, and diabetes.



2 - Dr. Dorothea Esposito, Quality Improvement (QI)

Dr. Dorothea Esposito DNP APRN FNP-BC is the Director of Quality Improvement for the HRSA ALTOP Grant and a full-time Assistant Clinical Professor at SHU DHCON. She obtained her MSN/ed from the University of Phoenix and subsequently pursued a post-graduate FNP certificate at SHU, graduating in 2010. Additionally, she is a graduate of the first MSN to DNP cohort at SHU in 2013, obtaining her DNP from that program. Dr. Esposito is a board-certified Family Nurse Practitioner with certification from the ANCC. Her practice experience has been in pediatrics. She held the position of Associate Clinical Director of a pediatric urgent care center located in Stamford for six years, followed by significant involvement with the pediatric population at Hall Neighborhood House in Bridgeport, CT, for four years. Dr. Esposito's pedagogical interests are psychomotor competence in Family Nurse Practitioner students and Trauma-Informed Education, for which she co-wrote a call to action that appeared in Nurse Education today in March 2020. Dr. Esposito is currently pursuing her Ph.D. in Nursing Education at Liberty University.



3 - Susan DeNisco, Clinical Partner Liaison (CPL)

Susan DeNisco, DNP, APRN, FNP-BC, FAANP is the clinical partner liaison (CPL). She has dual responsibilities as a healthcare provider and clinical preceptor in the Internal Medicine Department at Southwest Community Health Center. As a senior ANEW faculty team member she serves as the academic liaison between partner agencies to work with current preceptors and identify newer providers who seek to be preceptors. She is responsible for quarterly workshops on preceptor development topics as well as clinical topics related to pain management. She works collaboratively with the SHU FNP/DNP Program Director to assign students and preceptors for the clinical immersive experiences in the partner pain management center.



4 - Constance Glenn, Wellness Coordinator

Dr. Constance Glenn is a Clinical Assistant Professor at SHU DHCON. She earned her DNP at Villanova University and her MSN at SHU with family nurse practitioner (FNP) certification. In addition to currently teaching in the BSN DNP program, her experience has involved working in hospital administration, clinical advisement in mental and obstetrical health, family/pediatric/adolescent health, global immersions, community health, and with underserved population. She is a FNP serving as Wellness Coordinator in her initial experience coordinating trainee education with patients at risk for and recovering from opioid and substance use disorders (SUD) for the ALTOP grant.

[Meet Our Team by Clicking Here¹](#)

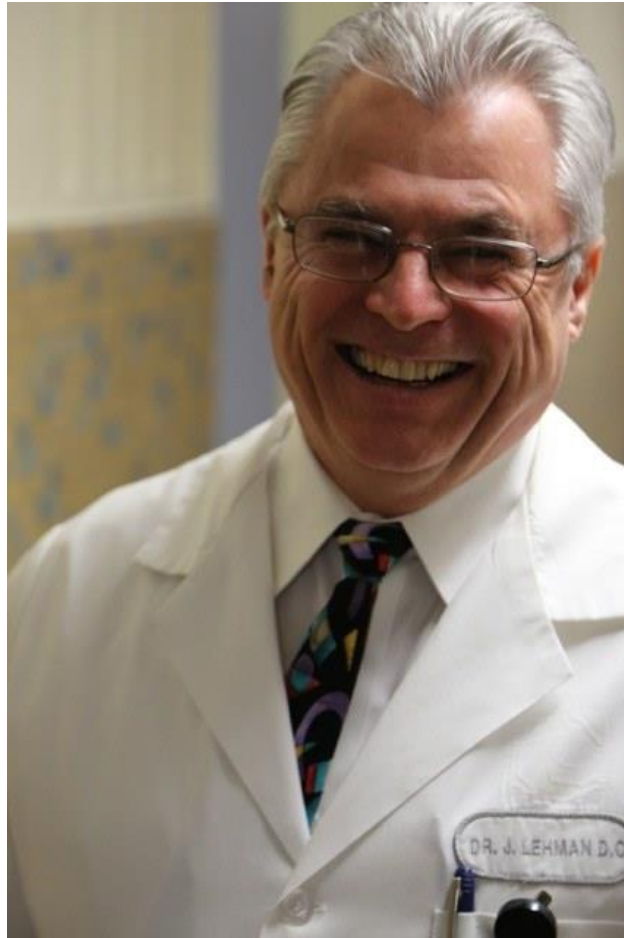
¹<https://www.sacredheart.edu/academics/colleges--schools/college-of-nursing/scholarships--grants/hrsa-anew-alternatives-to-opioids-for-pain-altop/meet-the-team/>

ANew HRSA 2021-2022 Awardees



Southwest Community Health Care Chiropractic Care Services





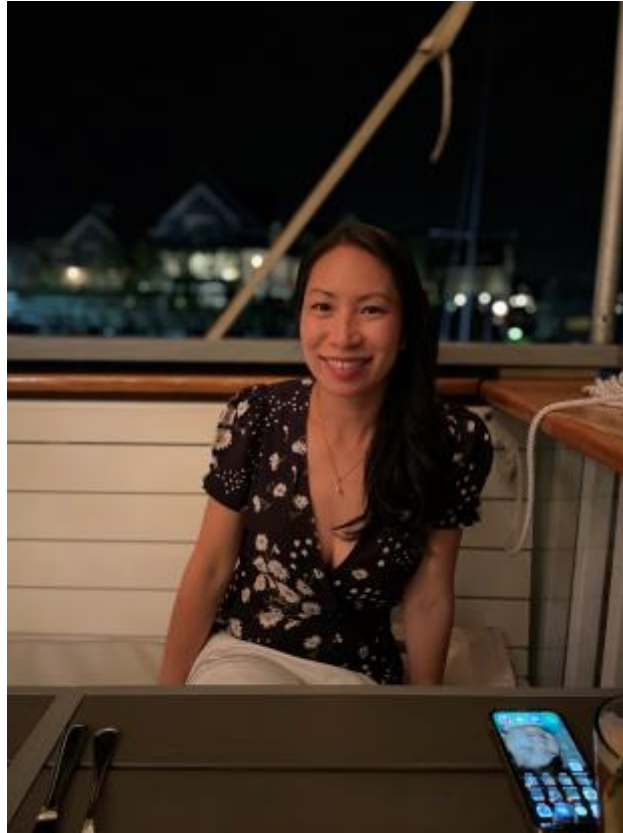
5 - Dr. James Lehman -Chiropractor

Director of Community Health Clinical Education; Associate Professor of Clinical Sciences, School of Chiropractic

Dr. Lehman is a board-certified, chiropractic orthopedist. He teaches orthopedic and neurological examination and differential diagnosis of neuromusculoskeletal conditions. In addition, he provides clinical rotations for fourth-year chiropractic students and chiropractic residents in the community health center and a sports medicine rotation in the training facility of the local professional baseball team. Dr. Lehman developed the three-year, full-time resident training program in chiropractic orthopedics and neuromusculoskeletal medicine offered through the Health Sciences Post Graduate Education department. The program offers training within primary care facilities of a Federally Qualified Health Center and Patient- Centered Medical Home. While practicing in New Mexico, Dr. Lehman mentored fourth-year, UNM medical students.

Education: M.B.A., University of New Mexico D.C., Logan College of Chiropractic

Student Quality Improvement Project



Student Name: Jennifer Zhang

Site: Southwest Community Health Center

QI Project Title: SWCHC Pain Assessment Policy Update and Educating Nurses on Best Practices for Pain Assessment

Project Goal: Pain assessment policy update and implementation of new pain assessment tool (DVPRS)

Methods: Plan-Do-Study-Act Framework

Significance: The numerical rating scale (NRS) has been the standard of care and is commonly used to assess pain due to its brevity and ease of use. However, the NRS may not accurately capture a patient's pain level. Chronic pain is multidimensional. According to the Pain Management Best Practices Inter-Agency Task Force (2019), pain assessment should be individualized, patient-centered with focus on functions, activities of daily livings (ADLs), and quality of life (QOL) as well as pain control. Assessing pain and its impact on functionality can help bridge the gap between effective pain management and safe prescribing practices with alternative non-opioid therapies. Prescribing non-pharmacological therapies based on functional assessment will improve QOL and indirectly reduce opioid prescription and dependence.

Sacred Heart University Alumni Working at NSPM Clinic



6 - Dr. Chelcia Foster

Dr. Chelcia Foster is a board-certified Family Nurse Practitioner who is dedicated to serving the underserved population. She is a recent graduate of Sacred Heart University's Doctor of Nursing Practice program where she disseminated a screening tool for victims of human trafficking. Dr. Foster holds a background in emergency medicine and currently works with an ALTOP partner within the specialty of pain management. She performs in-office pain assessments, minimally invasive pain interventions and medication management. Dr. Foster focuses on maintaining best practices for chronic pain, while understanding the disparities that her patients face and linking them to appropriate resources. She enjoys being able to advocate for such a vulnerable population all while making a positive impact in the lives of those who suffer daily with chronic pain.



7 - Dr. Todd Clark

"The transition from Sacred Heart University to New Solutions Pain Management Clinic (NSPM) was more complex than most people think. There is a mental shift that must take place before you can move from being a student and transitioning into a professional. I found myself navigating the road between school, family, and my old job 24/7 to this new adventure with huge success. I had passed the final testament of my DNP/FNP graduation- THE BOARDS!!!

The first thing I would like to be thankful for is the ALTOP grant, which for one, gave me some financial relief to decrease my student loans. It also allowed me to meet such wonderful providers at NSPM. I was able to establish great relationships as a student and continue them as a peer and provider, already being able to earn respect in the workplace.

This practice was the type of working environment I felt would be right for me. The most crucial thing in your first job is that it needs to be the right culture and fit; and this is something that the team at NSPM are attuned to. That isn't to say that any of the decisions throughout the way are not fully your own; the role of a provider at NSPM is to aid and provide care for patients of the underserved population.

Now that I am settled into my first job after graduating, I feel extremely lucky that my experience has been so positive thus far and am thankful to have had such a great support system. I could not have done it without my professors and colleagues. When I wake up each day, I find that going to work is a pleasure and I have Sacred Heart University to thank for bringing me on this amazing journey."

Save the Date: Annual DNP Colloquium



8th ANNUAL DNP COLLOQUIUM

NOVEMBER 5TH, 2021



DR. SUSAN L. DAVIS, R.N.,
& RICHARD J. HENLEY
COLLEGE OF NURSING

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Visit us on the web by clicking here²

²<https://www.sacredheart.edu/academics/colleges--schools/college-of-nursing/scholarships--grants/hrsa-anew-alternatives-to-opioids-for-pain-altop/>