

## Mu and Improved: Flushing Opioid-Induced Constipation Down the Drain

Session Date: 07/27/2021

Session Time: 11:00 – 11:45 AM (CST)

### Target Audience

This continuing education (CE) session was planned to meet the needs of professional staff who deal with the selection and monitoring of medication(s) as part of their patient care duties, including pharmacists, RNs, APRNs, PAs, MDs.

### Activity Overview

Opioid-induced constipation (OIC) is the most common adverse effect of opioid therapy, as it occurs in 40 to 80 percent of patients receiving opioids. With 4 to 5 percent of the US population receiving long-term opioid therapy for chronic pain, 9 to 12 million patients are at risk for opioid-induced constipation. Because OIC differs from other forms of constipation due to opioids acting on the dense network of mu-opioid receptors in the enteric system, laxative products, bowel regimens, and dietary changes can have limited efficacy in preventing OIC. With the need for treatment options, PAMORAs, or peripherally-acting mu-opioid receptor antagonists, represent a novel class of drugs designed to reverse OIC without compromising opioid analgesic effects.

### Learning Objectives

At the conclusion of this knowledge-based CE session, participants should be able to:

1. Describe the pathophysiology of opioid-induced constipation (OIC)
2. Evaluate literature depicting the safety and efficacy of peripherally-acting mu-opioid receptor antagonists (PAMORAs) for the treatment of OIC
3. Apply the clinical pearls of PAMORAs to patient care

### Faculty Information

Danielle M. Hess, PharmD  
PGY2 Ambulatory Care Pharmacy Resident  
Mayo Clinic Hospital - Rochester, MN

Danielle received a Doctor of Pharmacy degree from Virginia Commonwealth University in Richmond, VA. She completed her PGY1 pharmacy residency at Mayo Clinic Hospital – Rochester and is currently a PGY2 Ambulatory Care Pharmacy Resident with clinical practice interests in ambulatory care, cardiology, gastroenterology, and pharmacogenomics.



## Approved Provider Statement



JOINT ACCREDITATION™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity is planned and implemented by Mayo Clinic College of Medicine and Science. Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

### Credit Statements

#### AMA

Mayo Clinic College of Medicine and Science designates this live activity for a maximum of 0.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### ACPE



ACPE Universal Activity Number (UAN): JA0000238-0000-21-004-L01-P

Mayo Clinic College of Medicine and Science designates this educational activity for a maximum of 0.75 ACPE Knowledge-based contact hours. Participants should claim only the credit commensurate with the extent of their participation in the activity

#### ANCC

Mayo Clinic College of Medicine and Science designates this activity for a maximum of 0.75 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

#### AAPA



Mayo Clinic College of Medicine and Science has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 0.75 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

## Educational Format and CE Requirements

This CE session is available as a live presentation, including live webcast.

Participants must complete the following to record attendance and obtain CE credit:

1. Attend the entire session.
2. Text the session code to 507-200-3010 within 48 hours of the live presentation to record attendance.
  - a. This number is only used for receiving text messages related to tracking attendance
  - b. Employees are encouraged to create a contact in their mobile phone, as the same number is used to record attendance for every session
3. Complete the online evaluation for the respective session within 2 weeks of live presentation.

Pharmacist CE credit is electronically transferred to the National Association of Boards of Pharmacy CPE Monitor. To track CE, please go to [NABP CPE Monitor](#).

Non-pharmacist attendees can print out a record of attendance at [ce.mayo.edu](https://ce.mayo.edu) after completing the evaluation and claiming credit.

**Live Webcast** - access during presentation times

**Video Recording** - access two weeks after session date

## Disclosure Statement

As a provider accredited by Joint Accreditation Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science (Mayo Clinic School of CPD) must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course Director(s), Planning Committee Members, Faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of these relevant financial relationships will be published in activity materials so those participants in the activity may formulate their own judgments regarding the presentation.

Listed below are individuals with control of the content of this program:

The faculty report the following relationships:

- Danielle M. Hess, PharmD
  - Declares no financial relationship(s) pertinent to this session
  - Declares off-label use of medications will not be discussed during this presentation

Course Director and Planning Committee Members declare no relevant financial relationship(s) pertinent to this session. Members include:

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| • Jennifer Elmer, DNP, APRN, CCNS   | • Garrett Schramm, PharmD, FCCP, BCPS |
| • Michael Huckabee, MPAS, PA-C, PhD | • Lee Skrupky, PharmD, FCCM, BCPS     |
| • Sarah Jane Kotval, BSW            | • Brenda Stellmaker                   |
| • Wayne Nicholson, MD, PharmD, BCPS |                                       |

For additional disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee members visit [ce.mayo.edu](https://ce.mayo.edu), About Us, Disclosures - or - <https://ce.mayo.edu/content/disclosures>

## System and Technical Requirements

For participants viewing the webcast, sessions are delivered via Mayo Clinic intranet web browser and Adobe® PDF. For participants viewing outside the Mayo Clinic firewall, a VPN connection is required for remote access. Recommended web browser includes Google Chrome. This session is planned and coordinated by the Department of Pharmacy, Mayo Clinic.