

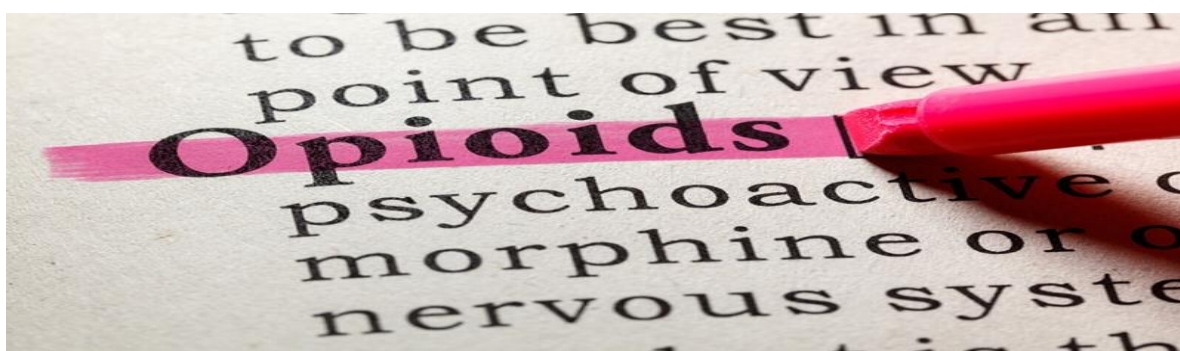


A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING OPIOID USE DISORDER (OUD) AND ITS MANAGEMENT AMONG BSC NURSING STUDENTS IN SELECTED NURSING COLLEGE, NOIDA, UP.

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Introduction

Opioids have been utilized for medicinal purposes for more than 8,000 years, with early references found in Sumerian records. Ancient civilizations including the Greeks, Indians, Chinese, and Egyptians widely employed opium for pain relief and treatment of various ailments. The isolation of morphine from opium by Friedrich Sertürner in 1805 and the subsequent development of the hypodermic syringe in the mid-19th century represented major milestones in opioid pharmacology. However, increasing incidences of opioid poisoning and misuse during the 19th century revealed their addictive potential, leading to early societal and medical concerns regarding opioid abuse.



KEY WORDS - Opioid Use Disorder (OUD), Structured Teaching Programme, Knowledge Assessment, Nursing Students, Educational Intervention, Substance Use Disorder

Current Report on Opioid Use Disorder (OUD)

1. Global Prevalence & Burden - Recent WHO estimates (2025) indicate about 60 million people globally engage in non-medical opioid use**, which can lead to dependence and other health complications. Of these, opioids account for a large proportion of drug-related harm and mortality worldwide. [World Health Organization]

According to the *Global Burden of Disease* data for 2021 (most recent comprehensive estimate), there were **over 16 million prevalent cases of OUD globally**, with nearly **99,556 associated deaths** worldwide. [PubMed]

The burden is highest in **high-income regions**, especially North America, with men aged 20–39 years most affected. [PubMed]

2. United States Trends (Most Affected Country)

Prevalence & Use

National survey data estimate 2.5 million U.S. adults had OUD in 2021. [NIDA] Illicit opioid use (including fentanyl) may be more common than previously reported, with some surveys suggesting **~11% of adults reported illicit opioid use in the past year (2024 data)** and **~7.5% reported illicit fentanyl use**. [JAMA Network]

Overdose Deaths

In 2023, **nearly 80,000 opioid-involved overdose deaths occurred**, although the rate slightly declined by **~4% from 2022 to 2023**. [CDC]

Long-term analyses (1999–2023) show the U.S. opioid death toll grew nearly 10-fold since 1999, driven mainly by synthetic opioids such as illegally manufactured fentanyl. [CDC]

Preliminary 2024 data indicate continued decreases in opioid overdose deaths, with some reports showing deaths involving opioids reduced from **~86,000 to ~61,000 year-over-year**. [Reuters]

Treatment Gaps- Despite high prevalence, **treatment remains insufficient**: in 2021 only about **36% of those with OUD received any treatment**, and just **22–25% received medications for OUD** such as buprenorphine or methadone. ([NIDA])

Abstract

Opioids have played a significant role in medical practice since ancient times due to their potent analgesic properties. Over time, advancements in opioid extraction and administration enhanced their therapeutic use but also increased the risk of misuse and dependence. Opioid Use Disorder (OUD) is defined as a chronic condition characterized by compulsive opioid use despite harmful consequences, resulting in significant impairment or distress. Multiple factors such as genetic susceptibility, mental health disorders, and prolonged exposure to opioids contribute to the development of OUD. In recent decades, the opioid crisis has emerged as a major public health concern, particularly in the United States, which reports the highest prevalence of OUD and opioid-related mortality worldwide. The rapid rise in opioid prescriptions since the late 1990s has led to increased rates of addiction and overdose deaths, necessitating comprehensive public health strategies addressing prevention, treatment, and policy regulation. This paper highlights the historical evolution of opioids, the emergence of opioid use disorder, and the global burden of the contemporary opioid crisis.

Need for the Study

1. Escalating public health crisis: Opioid Use Disorder (OUD) continues to rise globally, with millions affected and a substantial increase in opioid-related overdose deaths, highlighting an urgent need for focused research and intervention.
2. Underrecognized medical condition: Despite strong evidence linking OUD to genetic vulnerability and neurobiological dysfunction, opioid addiction remains widely misunderstood as a moral or behavioural issue, limiting effective prevention and treatment efforts.
3. Prescription opioid pathway: A significant proportion of individuals with OUD initiate opioid use through medically prescribed analgesics, underscoring gaps in prescribing practices, patient education, and early identification strategies.
4. Impact of stigma and limited awareness: Persistent stigma, inadequate public education, and negative media representation discourage help-seeking behaviour and delay diagnosis, contributing to disease progression and poor outcomes.

5. Societal and healthcare burden: OUD contributes to increased healthcare utilization, infectious disease transmission (HIV, hepatitis C), and economic strain on health systems, emphasizing the necessity for evidence-based public health policies and targeted interventions

STATEMENT OF PROBLEM - A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING OPIOID USE DISORDER (OUD) AND ITS MANAGEMENT AMONG BSC NURSING STUDENTS IN SELECTED NURSING COLLEGE, NOIDA, UP.

OBJECTIVES

- 1) To assess the pre and post knowledge about opioid use disorders among students.
- 2) To implement and evaluate effectiveness of structured teaching program regarding opioid used disorders among students and rays of knowledge.
- 3) To educate individuals about risk of opioid use and available treatment and option and available treatment and options.

HYPOTHESIS

- H1- There will be significant associations between knowledge regarding opioid use disorder among the adolescent girl with their selected demographic variables.
- H2-There will be a significant improvement in the knowledge scores of nursing students after the educational intervention.

Delimitation of the Study

1. The study is limited to BSc Nursing students of a selected nursing college in Noida, Uttar Pradesh, which may restrict the generalizability of the findings to other regions or student populations.
2. The study assesses only the knowledge level regarding Opioid Use Disorder (OUD) and its management through a structured teaching programme and does not evaluate changes in attitude, clinical practice, or long-term retention of knowledge.

Research Design

A **pre-experimental one-group pre-test post-test research design** was used to assess the effectiveness of a structured teaching programme on knowledge regarding Opioid Use Disorder (OUD).

Design notation:

$K_1 \rightarrow X \rightarrow K_2$

Where K_1 = pre-test knowledge, X = structured teaching programme, and K_2 = post-test knowledge.

Variables- Independent variable: ** Structured teaching programme on Opioid Use Disorder. Dependent variable: ** Knowledge regarding Opioid Use Disorder and its management.

Demographic variables: Age, gender, religion, marital status, educational status, and previous knowledge of OUD.

Setting of the Study-The study was conducted in a **selected nursing college in Noida, Uttar Pradesh

Population-The population consisted of nursing students

Sampling Technique Non-probability sampling technique was adopted.

Sample and Sample Size-The sample comprised **40 nursing students**

FINAL FINDING AND DISCUSSION

The present study was conducted to assess the effectiveness of a structured teaching programme on knowledge regarding Opioid Use Disorder (OUD) among B.Sc. Nursing students.

In the present study, the majority of students (68.57%) belonged to the age group of 19–22 years. This finding indicates that most participants were in late adolescence and early adulthood, which is a crucial stage for professional learning and skill development. Furthermore, 65.71% of the participants were female, which reflects the general trend of higher female enrolment in nursing courses.

Regarding academic year, most participants were studying in the third or fourth year of B.Sc. Nursing. This suggests that senior students were included in the study, who are expected to have better exposure to clinical and theoretical aspects of substance use disorders. However, despite being in advanced years of study, the mean pre-test knowledge score was low, indicating inadequate knowledge regarding Opioid Use Disorder. This finding highlights a gap in the existing curriculum or learning exposure related to OUD.

After the implementation of the structured teaching programme, a significant improvement was observed in the mean post-test knowledge score. This demonstrates that the structured teaching programme was effective in enhancing students' knowledge regarding OUD. The statistically significant difference between pre-test and post-test scores further confirms the effectiveness of the intervention.

These findings emphasize the importance of incorporating structured educational interventions on substance use disorders, particularly Opioid Use Disorder, into the nursing curriculum. Adequate knowledge among nursing students is essential for early identification, management, and prevention of OUD in clinical settings.

Discussion-The study demonstrated that B.Sc. Nursing students had inadequate baseline knowledge regarding Opioid Use Disorder (OUD). Following the structured teaching programme, a significant improvement in post-test scores was observed, confirming the effectiveness of the intervention.

Limitations-The study was limited to a single institution with a small sample size, and long-term knowledge retention was not assessed.

Conclusion-The structured teaching programme effectively improved students' knowledge of OUD. Integrating such educational interventions into nursing curricula can enhance preparedness for managing substance use disorders.

Recommendations -Further studies with larger samples and multi-centre settings are recommended. Future research should also assess long-term knowledge retention.

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