

Clinician RESOURCES

Here are a variety of resources you might want to explore.



Considering opioid-prescribing practices

Healthcare providers' prescribing patterns for opioids vary considerably by state, according to a report in *Vital Signs* from the Centers for Disease Control and Prevention (CDC). Here are some facts from the report:

- Each day, 46 people die from an overdose of prescription painkillers in the United States.*
- Healthcare providers wrote 259 million prescriptions for painkillers in 2012, enough for every American adult to have a bottle of pills.
- Ten of the highest prescribing states for painkillers are in the South.

Prescribing clinicians may want to consider their own patterns. Nonprescribing clinicians should be alert to possible inappropriate prescribing and use of opioids in their patients.

Learn more at www.cdc.gov/vitalsigns and read the [full report](#)^A.

Translating diabetes research

A good resource for you and your patients with diabetes is “[Diabetes Public Health Resource](#)^B” from the CDC Division of Diabetes Translation.

The division translates diabetes research



into daily practice to help you and your patients understand the impact of the disease, influence health outcomes, and improve access to quality health care. Topics include:

- Diabetes & me, which includes frequently asked questions and basic information
- Data & trends, which includes statistics and surveillance data
- Publications, which includes fact sheets and reports
- Education resources, which includes intervention tools
- News & resources, which includes diabetes issues and conferences.

How to prevent pressure ulcers

Access “[How-to Guide: Prevent Pressure Ulcers](#)^C,” from the Institute for Healthcare Improvement.

The guide describes key evidence-based care components for preventing pressure ulcers, discusses how to implement these interventions, and recommends measures to assess improvement.

You will need to create a free account to access the guide. ■

Online Resources

A. www.cdc.gov/mmwr/preview/mmwrhtml/mm6326a2.htm?_cid=mm6326a2_w

B. www.cdc.gov/diabetes/

C. www.ihl.org/resources/Pages/Tools/HowtoGuidePreventPressureUlcers.aspx