



AMERICAN ACADEMY OF
ORTHOPAEDIC SURGEONS

Opioid Workshop

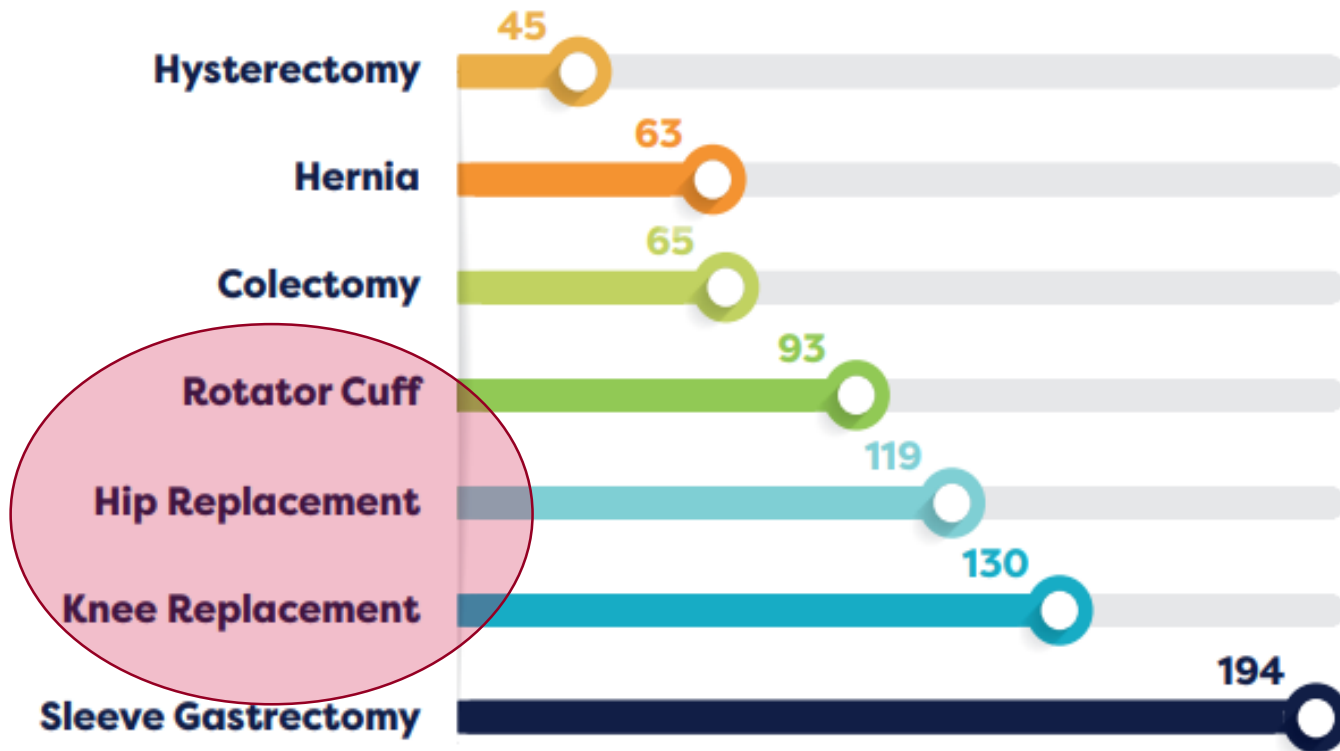
Kevin Bozic, MD, MBA

**Session 2: Surgical Indications for which Opioid Prescribing Guidelines for Acute Management
Should be Available (includes dental and pediatric indications)**

Leaders of the Pack: Postsurgical Prescription of Opioids

Average Number of Opioid Pills

Prescribed to Help Treat Pain After Surgery



Source: [Exposing a Silent Gateway to Persistent Opioid Use \(2018 Survey\)](#)

Opioid Prescriptions for Common Orthopaedic Procedures

Table 1

Johns Hopkins Expert Panel Recommendations for Ideal Range of Oxycodone 5-mg Tablets to Prescribe to Opioid-Naïve Patients on Discharge after Undergoing Select Procedures

Procedure	Range (minimum–maximum)
Orthopaedic surgery	
Arthroscopic partial meniscectomy	0–10
Arthroscopic ACL/PCL repair	0–20
Arthroscopic rotator cuff repair	0–20
ORIF of the ankle	0–20

Source: Overton, et al. 2018. Opioid-Prescribing guidelines for common surgical procedures: An expert panel consensus. Journal of American College of Surgeons. (227), 411-418

American Academy of Orthopaedic Surgeons: Efforts to Combat Opioid Misuse



Preoperative Pain Relief Discussion

Help prepare patients for what to expect and make a plan for pain relief.



Safe Use, Storage, and Disposal

Strategies for safely using, storing and disposing of opioids.



Preoperative Screening Questionnaires

Determine your patients' risk for opioid dependence.

AAOS Pain Relief Toolkit

www.aaos.org/painrelieftoolkit



Emergency Dept. Opioid Strategy

Strategies for relief of musculoskeletal pain in the Emergency Department.



Postoperative Pain Relief

Pain is part of the healing process and knowing what to expect will help patients achieve peace of mind.



Doctor-Patient Scripts

Scripts for dealing with common pain reliefs situations.



Orthopaedic Dept./Service Strategies


Having a prescribing policy in place, such as receiving prescriptions from one provider or limiting the number of pills prescribed, will reduce the number of pills that can potentially be diverted, abused, and/or misused.

Clinical Practice Guidelines

- **TKA** – Peripheral nerve blockade for total knee arthroplasty (TKA) decreases postoperative pain and opioid requirements. ([link](#))
- **TKA** - Use of peri-articular local anesthetic infiltration in total knee arthroplasty (TKA) decreases pain and opioid use compared to placebo. ([link](#))
- **THA** - NSAIDs improve short-term pain, function, or both in patients with symptomatic osteoarthritis of the hip. ([link](#))
- **THA** - Long-term prescription opioids are not recommended in the treatment of symptomatic osteoarthritis of the hip. ([link](#))
- **Rotator Cuff Repair**: Use of multimodal programs or non-opioid individual modalities provide added benefit for postoperative pain management following rotator cuff repair. (Expected publication: March 2019)

Combating Overutilization with Appropriate Use Criteria

Patient Vignettes

Function-Limiting Pain 

- Function-Limiting Pain at Moderate to Long Distances
- Function-Limiting Pain at Short Distances
- Pain at Rest or Night

Range of Motion Extension/Flexion

- Full Range of Extension/ Flexion
- Lack of Full Extension (> 5 degree flexion contracture) and/or Flexion (< 110 degrees)

Ligamentous Instability (not to include analgic giving way)

- No Ligamentous Instability
- Ligamentous Instability

Pattern of Arthritic Involvement

- Arthritic Involvement Predominantly in One Compartment
- Arthritic Involvement in More than One Compartment

Imaging (joint space most involved compartment)

- Mild to Moderate Joint Space Narrowing
- Severe Joint Space Narrowing

Limb Alignment

- No Varus/Valgus/Patellofemoral Deformity
- Varus/Valgus and/or Patellofemoral mal-alignment

Mechanical Symptoms Compatible with Meniscal Tear or Loose Body?

- Mechanical Symptoms Present
- Mechanical Symptoms Absent

Age

- Young
- Middle-Aged
- Elderly

Treatment Recommendations

TKA Appropriate Use Criteria (www.orthoguidelines.org/smoakauc)

- Narcotic Medicine for Refractory Pain (monitored, intermittent, or low dose)
- Realignment Osteotomy

= Rarely Appropriate

www.OrthoGuidelines.org

✓ Clinical Practice Guidelines

- Evidence-based Recommendations

✓ Appropriate Use Criteria

- Patient-specific recommendations

✓ Quality Measures

- Assessing surgeon-level and/or hospital level compliance/performance/outcomes

✓ Registry Data

- Monitoring current practice and measuring change based on a combination of the three Quality Improvement Initiatives listed above

Moving the Needle

