

# Survey: Patients willing to forgo opioids if their pain can be managed

Program finds success managing post-surgical pain with less-harmful medications to prevent addiction

**\*Note: Embargoed until Tuesday November 9, 2021 at 12:01 a.m. eastern**

## Orlando Health

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### NEWS PACKAGE

<b>SUGGESTED TEASE</b>	AS DRUG OVERDOSES SOAR, A PROGRAM IS FINDING SUCCESS IN PREVENTING ADDICTION AT A COMMON STARTING POINT — THE HOSPITAL. COMING UP, WHY PATIENTS DON'T HAVE TO CHOOSE BETWEEN BEING IN PAIN OR TAKING ADDICTIVE OPIOIDS.
<b>ANCHOR LEAD</b>	<hr/> <p>DUE TO THE COVID-19 PANDEMIC<sup>3</sup>, 2020 WAS THE DEADLIEST YEAR ON RECORD FOR DRUG OVERDOSES IN THE U.S. WITH NEARLY NINETY-THREE THOUSAND DEATHS.<sup>1</sup></p> <p>FOR TOO MANY, ADDICTION BEGINS AT THE HOSPITAL WHERE OPIOIDS ARE WIDELY PRESCRIBED TO MANAGE PAIN AFTER INJURY OR SURGERY.</p> <p>A NEW SURVEY FINDS NEARLY FOUR OUT OF FIVE ADULTS BELIEVE OPIOIDS ARE NECESSARY TO MANAGE PAIN AFTER SURGERY. BUT MOST WOULD ALSO BE OPEN TO FORGOING THESE POTENTIALLY HARMFUL MEDICATIONS IF THERE ARE BETTER OPTIONS.</p> <p>BARB CONSIGLIO HAS THE DETAILS ON SUCCESSFUL WAYS DOCTORS ARE MANAGING PATIENT'S PAIN WHILE ALSO PREVENTING ADDICTION AND SAVING LIVES.</p> <hr/>
<b>(PACKAGE START) -----</b> <b>CG: Courtesy: Orlando Health</b> <b>:00 - :03</b> Shots of Jaime walking into exam room  Shots if Jaime talking to patient	(Nats - Sound) :02  AS AN OPIOID COORDINATOR AT ORLANDO HEALTH, JAIME BRIDGES IS TRINEIID TO RECOGNIZE THOSE STRUGGLING WITH OR AT RISK FOR DEVELOPING OPIOID USE DISORDER. BUT SHE ALSO RELATES TO HER PATIENTS ON A VERY PERSONAL LEVEL. :10

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<p><b>CG: Jaime Bridges</b> Orlando Health Orlando Regional Medical Center</p> <p>Shots of Jaime talking to patient</p>	<p><i>“My recovery date is coming up on 10 years.” :03</i></p> <p>LIKE MANY OTHERS, BRIDGES’ ADDICTION BEGAN AT THE HOSPITAL WHERE SHE WAS PRESCRIBED OPIOIDS FOR AN INJURY SHE SUSTAINED AS A POLICE OFFICER, A STORY SHE SHARES OFTEN TO HELP OTHERS KNOW THEY’RE NOT ALONE. :09</p>
<p><b>Jaime Bridges (CG’d earlier)</b></p> <p>Shots of Dr. Elms in exam with patient</p>	<p><i>“As soon as I walk in and say, ‘Man, I’ve been where you are and I was a cop.’ Because at the end of the day, they feel so small. And what I’m trying to do is let them know that this addiction can happen to anybody.” :12</i></p> <p>IT’S A CONCERN FOR AN INCREASING NUMBER OF PATIENTS, ESPECIALLY AS THE PANDEMIC EXACERBATED THE OPIOID EPIDEMIC. :05</p>
<p><b>CG: Luke Elms, MD</b> Orlando Health Dr. P. Phillips Hospital</p>	<p><i>“There are times that I’ve come across patients who have delayed getting the medical care that they need for fear of exposure to opiates.” :06</i></p>
<p><b>CG: Andria Herr</b> Surgical patient</p> <p>Shots of Andria walking outside</p> <p>Shots of Pill counting and Pill bottles</p>	<p><i>I was exceptionally worried about it and not willing to take the risk. :04</i></p> <p>WHEN ANDRIA HERR LEARNED THAT SHE WOULD NEED TO UNDERGO GALLBLADDER SURGERY, SHE SOUGHT OUT DOCTOR LUKE ELMS, WHO HAD A PROTOCOL IN PLACE TO REDUCE OR ELIMINATE THE NEED FOR OPIOIDS WITH A COMBINATION OF SAFER, COMMON PAINKILLERS SUCH AS IBUPROFEN, ACETAMINOPHEN AND MUSCLE RELAXERS. :14</p>
<p><b>Dr. Elms (CG’d earlier)</b></p> <p>Shot of Dr. Elms in Surgery (blur for graphic)</p> <p><b>Graphic: Pain management survey:</b> -65% are more worried about managing pain than opioid addiction -2/3 willing to try opioid-free pain management</p>	<p><i>“Taking them in coordination, their combined effect, is many times much more effective at controlling people’s pain than the opioids were to begin with.” :07</i></p> <p>A NEW NATIONAL SURVEY BY ORLANDO HEALTH FOUND THAT WHILE SIXTY-FIVE PERCENT SAY THEY’RE MORE WORRIED ABOUT MANAGING THEIR PAIN THAN THE RISKS OF OPIOID ADDICTION, MORE THAN TWO-THIRDS WOULD BE WILLING TO TRY OPIOID-FREE PAIN MANAGEMENT AFTER SURGERY. :12</p>
<p><b>Dr. Elms (CG’d earlier)</b></p>	<p><i>“It’s very important for us to keep in mind that people do have pain and people do need pain control. The solution is not to just pull opioids away from people and leave them to fend for themselves.” :10</i></p> <p>IT WORKED FOR ANDRIA, WHO WAS ABLE TO</p>

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<p>Shots of Andria walking outside</p> <p><b>Andria Herr (CG'd earlier)</b></p> <p>Shots of Andria walking outside</p> <p><b>(PACKAGE END) -----</b></p> <p><b>ANCHOR TAG</b></p>	<p>RETURN TO WORK THE DAY AFTER HER SURGERY USING JUST OVER-THE-COUNTER MEDICATIONS. :05</p> <p><i>"If you can figure out how to manage it without going through that downside and eliminating the potential for addiction, it is a win, win, win. :08</i></p> <p>AT ORLANDO HEALTH, THIS IS BARB CONSIGLIO REPORTING. :02</p> <hr/> <p>WITH THE SUCCESS OF THE OPIOID AVOIDANCE PROGRAM, IT'S NOW BEING EXPANDED TO MORE PATIENTS UNDERGOING MORE EXTENSIVE PROCEDURES AT ORLANDO HEALTH.</p> <p>EXPERTS SAY PATIENTS ARE NOT ONLY ABLE TO MANAGE PAIN WHILE AVOIDING POTENTIAL ADDICTION, BUT ARE ALSO RECOVERING BETTER AND FASTER WITHOUT THE SIDE EFFECTS THAT OFTEN ACCOMPANY OPIOIDS, LIKE NAUSEA, DIZZINESS AND DROWSINESS.</p>
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**SOCIAL MEDIA**

<p> <b>Share it! Suggested tweet:</b></p> <p> <b>Suggested post:</b></p>	<p>A national survey by <a href="https://twitter.com/OrlandoHealth">@OrlandoHealth</a> finds most people are more concerned with managing pain than the risks of opioid addiction, but 2/3 of would be willing to try opioid-free pain management after surgery.  <a href="https://bit.ly/3CGIPvG">https://bit.ly/3CGIPvG</a></p> <hr/> <p>Experts at <a href="https://www.orlandohealth.com">Orlando Health</a> say patients don't have to choose between being in excruciating pain and taking addictive opioids after surgery. Pain can often be managed as well or better than opioids using a combination of common, less harmful medications like ibuprofen, and a new national survey finds more than 2/3 of Americans would be open to trying this safer approach.  <a href="https://bit.ly/3CGIPvG">https://bit.ly/3CGIPvG</a></p>
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## EXTRA BITES

**CG: Luke Elms, MD**  
Orlando Health Dr. P. Phillips  
Hospital

Elms says patients are open to non-opioid pain management:  
*“When you talk to the patient and you reassure them that yes, we’re going to be replacing what we have typically treated with opioids with a much more effective and safe method, really talk to them about the risks of opioids that have become much more evident with the research that’s come out recently, most patients are very open to the idea.” :17*

Elms says patients recover faster when opioids are not used:  
*“Now most of our patients are annoyed that we’re not letting them get back to their normal life sooner. I think that it’s very telling that while opiates are very good at controlling pain, they have some unintended consequences beyond dependence that can be very detrimental in the recovery.” :18*

Elms says they’re expanding the program because pain is managed so successfully:  
*“We found that patients that had very large surgeries, at times, were having better pain control and using less opioids than people that had very small surgeries that we weren’t using multimodal pain management on. We’ve expanded our use of multimodal pain management with the idea of sparing opiates or eliminating opiates.” :17*

Elms says non-opioid painkillers are often more effective than opioids when used in coordination:  
*“Medications that have been around for a long time, like acetaminophen and ibuprofen and muscle relaxers, those are all very powerful pain management tools that, when used in coordination, many times provide pain management that’s even more powerful than opioids alone.” :16*

**CG: Jaime Bridges**  
Orlando Health Orlando Regional  
Medical Center

Bridges says her story of recovery gives hope to patients with substance abuse disorder:  
*“I’m a totally different person today than I was 15 years ago or 20 years ago. Even when I was a cop, I see things differently. And that’s something beautiful about recovery, working steps or whatever program you may work. It does really make you take a look inside and you see the world differently once you come out from the other side. So yeah, it definitely gives them hope.” :16*

<p><b>CG: Jaime Bridges</b> Orlando Health Orlando Regional Medical Center</p>	<p>Bridges says being there to support patients after they leave the hospital is critical: <i>"We give them all of our contact information and so that person can call at two in the morning, and we've answered the phone at two in the morning. So it's very important to have this support because, again, I was lucky that I had the outside support, but I can tell you about 75% of the patients that we see, don't."</i> :14</p> <p>Bridges says she helps those with substance abuse disorder and also those hoping to prevent it: <i>"There's many aspects of this role. It's not just working with people with substance use disorder, it's working with people that don't want it and to prevent it."</i> :08</p> <p>Bridges says it's important to cater care to those who don't want to relapse in the hospital: <i>"It's obviously common for people to become addicted to opiates. So imagine people that have already struggled with that, with that disorder, that their likelihood is exacerbated greatly."</i> :10</p> <hr/> <p>Andria says she sought a surgeon who uses the ERAS program: <i>"I did work ahead of time to make sure that I was using a physician that used what is referred to as the ERAS program, and that's an Easy Recovery After Surgery based on the idea that there are no opioids, but your pain is managed."</i> :16</p> <p>Andria says she's known people who have lost their lives as a result of addiction: <i>"I've known people that have become addicted as a result of a medical procedure and the pain treatment afterwards and I've lost someone close to me as a result of addiction after an accident."</i> :11</p>
<p><b>CG: Andria Herr</b> Surgical patient</p>	

### References

<sup>1</sup>*Provisional Drug Overdose Death Counts, National Center for Health Statistics, Sept. 5, 2021.* Online: <https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>

<sup>2</sup>*This New Approach Treats Pain Without Reliance on Opioids, Orlando Health, May 27, 2017.* Online: <https://www.orlandohealth.com/content-hub/this-new-approach-treats-pain-without-reliance-on-opioids>

<sup>3</sup>*Issue brief: Nation's drug-related overdose and death epidemic continues to worsen, American Medical Association, Sept. 20, 2021.* Online: <https://www.ama-assn.org/system/files/issue-brief-increases-in-opioid-related-overdose.pdf>

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