# New surgery recovery program reduces opioid pain med use by 50%

Pain management model focuses on opioid pain meds as a back-up only option to help speed patient recovery, reduce risk of addiction

#### The Ohio State University Comprehensive Cancer Center -Arthur G. James Cancer Hospital and Richard J. Solove Research Institute

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### NEWS PACKAGE

SUGGESTED TEASE	OPIOID USE IS ON THE RISE NATIONWIDE <sup>1</sup> AND, FOR SOME, ADDICTION BEGINS IN THE HOSPITAL. COMING UP, HOW A NEW APPROACH TO POST-SURGICAL PAIN MANAGEMENT REDUCES OPIOID USE AND HELPS PATIENTS RECOVER AND LEAVE THE HOSPITAL FASTER.
ANCHOR LEAD	FOR DECADES, DOCTORS USED OPIOID PRESCRIPTIONS AS THE PRIMARY WAY TO HELP PATIENTS MANAGE PAIN AFTER SURGERY. NOW, A NEW APPROACH FOR POST-OP PAIN MANAGEMENT SIGNIFICANTLY DECREASES RECOVERY TIMES FOR PATIENTS, WITHOUT EXPOSING THEM TO THE RISK OF OPIOID ADDICTION <sup>2</sup> . BARB CONSIGLIO HAS THE DETAILS ON HOW THIS APPROACH IS EXPANDING AFTER A PILOT PROGRAM FOUND IT HELPED CANCER PATIENTS RECOVER MORE QUICKLY AFTER SURGERY – WITHOUT OPIOID-BASED MEDICATIONS.
CG: Courtesy: The Ohio State University Comprehensive Cancer Center–Arthur G. James Cancer Hospital and Richard J. Solove Research Institute	(Nats - Sound) :02 WHEN BRITT COLLIER-GIBSON'S (CAH-lee-ehr GIB-sin)
Shots of Britt playing with her dog	BREAST CANCER TREATMENT INCLUDED MULTIPLE SURGERIES, SHE HESITATED TO TAKE THE OPIOIDS PRESCRIBED FOR THE PAIN. :07
CG: Britt Collier-Gibson Cancer survivor	<i>"When I thought about healing, I thought about not just the medicine, but I thought about my lifestyle. I thought about what would be healthy for me."</i> :09
Shots of Dr. Humeidan walking to exam room, greeting patient	OPIOIDS HAVE BEEN THE STANDARD OF CARE FOR POST-SURGERY PAIN MANAGEMENT FOR

DECADES. DESPITE THEIR BENEFITS AS PAIN RELIEVERS, THEY CAN SLOW A PATIENT'S RECOVERY. :08
<i>"They can cause nausea. They can cause the patients to not breathe as well. They can cause the GI tract to not wake up as fast after surgery."</i> :10
SO DOCTORS AT THE OHIO STATE UNIVERSITY COMPREHENSIVE CANCER CENTER —JAMES CANCER HOSPITAL AND SOLOVE RESEARCH INSTITUTE IMPLEMENTED AN OPIOID-SPARING TREATMENT APPROACH FOR CANCER PATIENTS
UNDERGOING SURGERY THAT EMPLOYS OPTIONS LIKE ACETAMINOPHEN, IBUPROFEN AND REGIONAL NERVE BLOCKS FOR PAIN-MANAGEMENT, USING OPIOID PAIN MEDICATIONS ONLY AS A BACK-UP IF NEEDED. :19
"The nature of giving opiates to patients, even if we have a very good reason, can ultimately lead to bigger problems with diversion, addiction, misuse, and abuse. :10
SINCE THE OPIOID-SPARING APPROACH STARTED IN 2016, EXPERTS DOCUMENTED A TWENTY-FIVE PERCENT REDUCTION IN AVERAGE POST-SURGICAL HOSPITAL STAY <sup>2</sup> AND A FIFTY PERCENT REDUCTION IN OPIOID-BASED PAIN MEDICATIONS, BOTH IN THE HOSPITAL AND AT HOME AFTER SURGERY. BUILDING ON THIS SUCCESS, OHIO STATE IS EXPANDING ITS OPIOID-SPARING INITIATIVE TO MORE THAN TEN OTHER PROGRAMS, CHANGING THE STANDARD OF PRE TO POST SURGICAL PAIN MANAGEMENT. :23
"Throughout the time I felt listened to and I felt like there was an acceptance of different ways to conquer the problem." :08
AT THE OHIO STATE UNIVERSITY COMPREHENSIVE CANCER CENTER—JAMES CANCER HOSPITAL AND SOLOVE RESEARCH INSTITUTE, THIS IS BARB CONSIGLIO REPORTING. :06
EXPERTS HOPE THE SUCCESS OF THE OPIOID-SPARING RECOVERY PROGRAM AT OHIO STATE WILL PROMPT MORE HEALTHCARE INSTITUTIONS TO EXPLORE SIMILAR PAIN MANAGEMENT AND SURGICAL RECOVERY PROTOCOLS, MAKING A MAJOR IMPACT ON THE

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	NUMBER OF PATIENTS EXPOSED TO ADDICTIVE MEDICATIONS AND REDUCING THE NUMBER OF OPIOIDS IN COMMUNITIES NATIONWIDE.
	OPIOIDS IN COMMUNITIES NATIONWIDE.

#### SOCIAL MEDIA

Share it! Suggested tweet:	With new, opioid-sparing pain management strategies at @OSUCCC_James, cancer patients are going home sooner and recovering faster from surgery without being exposed to the risks of opioids. Now, the program is expanding to other surgical programs at Ohio State. https://bit.ly/3gd2vAl
	New, opioid-sparing surgical recovery initiatives at <u>The</u> <u>Ohio State University Comprehensive Cancer Center –</u> <u>Arthur G. James Cancer Hospital and Richard J. Solove</u> <u>Research Institute</u> have cancer patients going home sooner and recovering faster from surgery. After successful implementation, the program is expanding to more than 10 other surgical programs at Ohio State, with the hope that other healthcare institutions will use this model to reduce opioid exposure nationwide. <u>https://bit.ly/3gd2vAl</u>

#### EXTRA BITES

Humeidan explains how the opioid crisis has changed their approach to post-surgery recovery: "The opiate crisis has definitely brought awareness to this and caused us to reevaluate how many opiates we want to use and really reserve those for situations where we've maximized all the other things, even though that takes a lot of coordination and effort to do, certainly worth it." :16
Humeidan explains the alternative treatment option of enhanced surgical recovery protocols: "You can use the other adjuncts like acetaminophen and regional blocks to decrease how much opiate that you're using, which helps the patients recover faster with really good pain control still happening.":12
Humeidan explains the changing role of opioids in the surgical recovery process: <i>"We want to be really mindful and use opiates as needed, but to really maximize our other options for pain control first and use opiates as a backup plan."</i> :10
Britt said she welcomed non-opioid based pain management options after surgery: "After my second surgery, I knew that they were going to treat the pain with less opioids and that suited me well. I didn't know how painful it would be. It was a different type of surgery. It was a more lengthy surgery, but I wanted to give it a try." :19

CG: Britt Collier-Gibson Cancer survivor	Britt says she challenged the standard that opioids are needed after surgery: "This has become a standard in our society, that you get pain medication. After this procedure and that procedure, you get that amount. And so in a way I was almost challenging it, well, maybe I don't need that amount.":12
	Britt says reducing opioid use is important to combat the opioid epidemic: <i>"I think it's great that some places are trying to cut back on</i> <i>opioids and I mean, the data's out there, right, the stories</i> <i>are out there. I think probably all of us know someone who's</i> <i>been affected by that and it's terrifying."</i> :16

#### References

<sup>1</sup>U.S. Overdose Deaths In 2021 Increased Half as Much as in 2020 - But Are Still Up 15%, Centers for Disease Control and Prevention, May 11, 2022. Online: https://www.cdc.gov/nchs/pressroom/nchs\_press\_releases/2022/202205.htm1

<sup>2</sup>Leading The Way - The Opioid Epidemic is One of the Greatest Challenges of Our Time, **The Ohio** State University Wexner Medical Center, Nov. 15, 2018. Online: <u>https://wexnermedical.osu.edu/about-us/leading-the-way/opioid-epidemic</u>

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