

Standardization of Narcotic Prescriptions in General Surgical Procedures

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BACKGROUND

- According to the National Institute of Drug Abuse, more than 106,000 persons in the U.S. died from drug-related in 2021, including illicit drugs and prescription opioids.¹
- Excess postoperative opioid prescription plays a central role in the opioid epidemic, leading to the implementation of a standardized pain protocol

OBJECTIVES

- Create and implement a standardized pain protocol for common outpatient surgical procedures.
- Reduce narcotic over-prescription and surplus in community.
- Assess postoperative pain control

METHODOLOGY

- Single institutional prospective observational study.
- Based on the Michigan OPEN network guidelines.
- Surgical procedures included were laparoscopic/robotic cholecystectomies, appendectomies and herniorrhaphies.
- Patients prescribed predetermined number of narcotic tablets by surgery type with scheduled Tylenol/Ibuprofen.
- Patients surveyed 1-4 weeks post-op regarding pain control, utilization of prescription and need for refill.
- Chart review of all patients in study was done for refill of narcotic prescription.

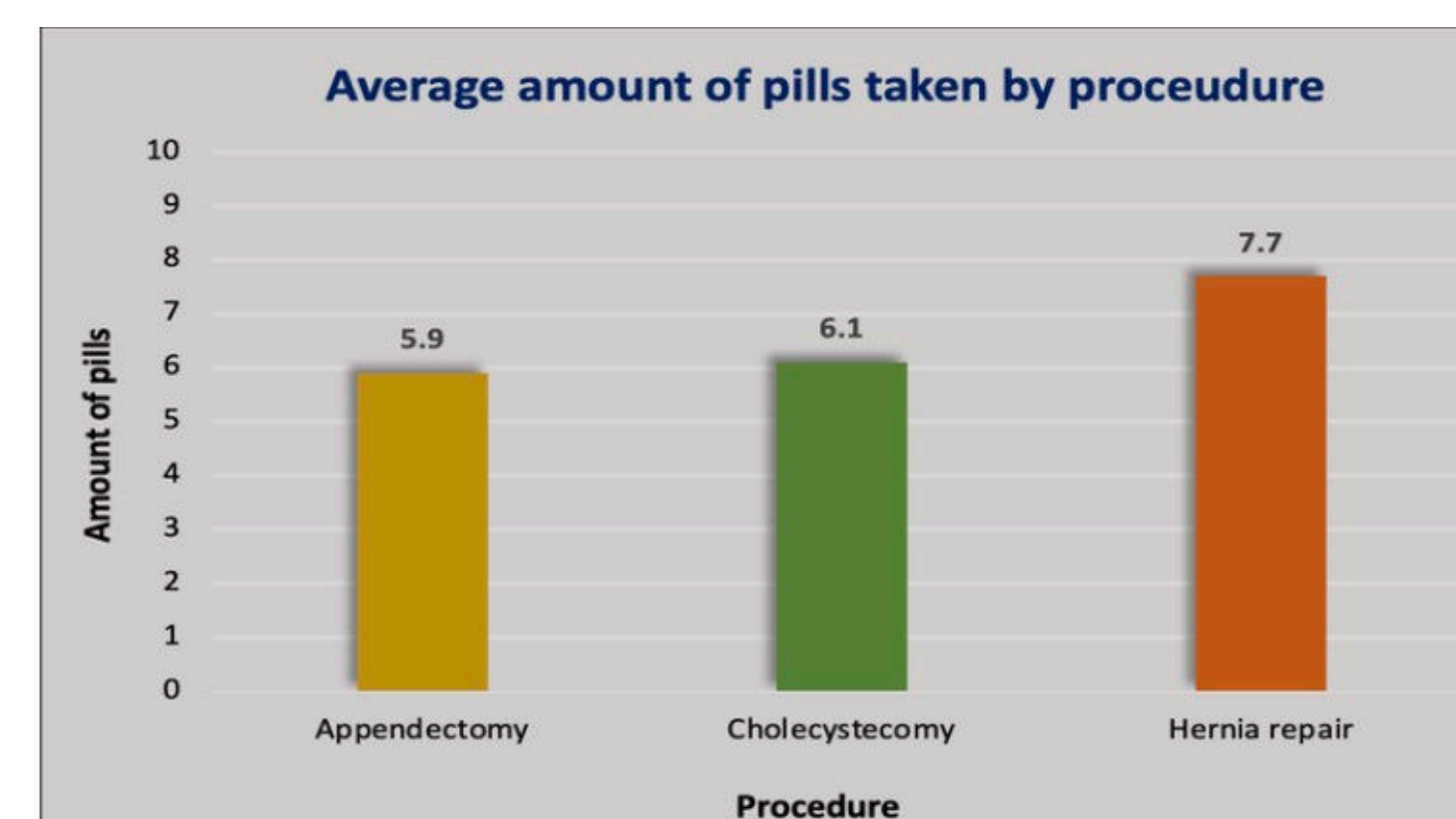
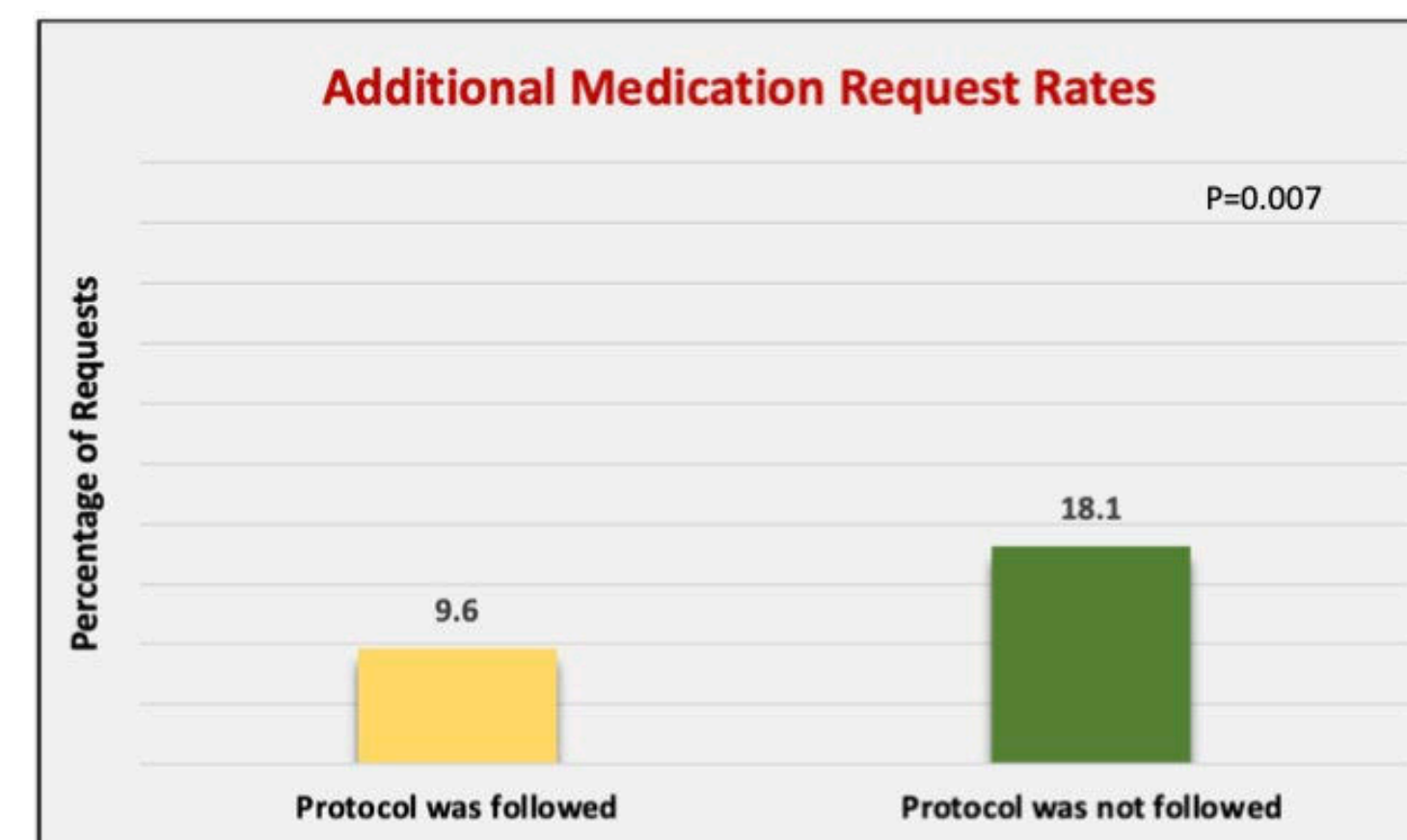
RESULTS

Intervention:

- July 1st - October 28th 442 patients were included.
- 40% of patients (178) responded to survey.
- 56% of patients (249) had provider compliance with established pain control.

Pain Control

- Patients whose provider followed protocol requested additional medications 9.6% of the time and patients whose provider did not request it 18.1% of the time.
- When surveyed, patients whose provider followed protocol were prescribed an average of 8.4 pills and took an average of 5.0 pills, while those whose providers did not were prescribed 18.9 pills and took an average of 11.8 pills.



CONCLUSION

- Postoperative opioid prescriptions can be decreased by implementing a standardized pain protocol incorporating a multimodal regimen while adequately controlling pain.
- Patients take fewer opioid pain pills when fewer are available to them.
- Patients can alleviate pain using multimodal pain control methods.
- Better provider compliance is still warranted.

RECOMMENDATIONS

- Implement a multimodal regimen for patients undergoing general surgical procedures to reduce opioid prescriptions
- Encourage providers to follow by making it accessible such as dot phrases on epic and benefits for doing so

ACKNOWLEDGEMENTS

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References:
1. <https://nida.nih.gov/research-topics/trends-statistics/overdose-death-rates>