

Over 130 people die each day from opioid (narcotic) overdoses.¹



- Healthcare facilities are facing issues around the use of opioids in every practice setting because of the ongoing opioid epidemic.
- Addressing this complex and multifaceted issue can be overwhelming in scope and scale for any one organization.
- Persistent Postoperative Opioid Use, referred to as PPOU, is the most common postsurgical complication among previously opioid naïve patients in the U.S.^{2,3}
- PPOU in opioid naïve patients is defined as using opioids for 60 days during the postoperative time frame of 90-365 days post surgery.⁴
- This complication contributes to the opioid epidemic in the U.S.
- Recent studies show that 6 to 19% of opioid naïve individuals persist in use of opioids following surgery beyond a reasonable time period.^{2,5-11}

Opioid Stewardship: We must all do our part to be part of the solution



The Kentucky Association of Nurse Anesthetists (KyANA) is the professional resource for Kentucky's Certified Registered Nurse Anesthetists (CRNA).

- CRNAs are Advanced Practice Registered Nurses (APRNs) who safely administer nearly 50 million anesthetics in the United States every year.¹²
- CRNAs are registered nurses who have chosen to become experts in the field of anesthesiology
- By 2022 all Nurse Anesthesia educational programs will be doctoral level.
- These healthcare providers are well-trained individuals who provide cost-effective and efficacious care to patients.¹³
- Nationally there are over 54,000 CRNAs in the U.S., but more importantly there are over 1,000 practicing here in Kentucky in both urban and rural settings.^{12,14}
- Right now, CRNAs are providing anesthesia services in every county in Kentucky that has hospitals or surgery centers with surgical services, that's 75 counties.
- CRNAs are critically important to Kentucky because, they are the sole providers of anesthesia services in nearly half of these counties, including the 17 Critical Access Hospitals located in the state.



Transitioning surgical patients to the outpatient settings offers an opportunity to reduce Persistent Postoperative Opioid Use.¹¹

As such, the KyANA is launching an *Opioid Stewardship Initiative* that will allow us to have an impact on our patients when they are being discharged home with an opioid prescription.



Opioid Stewardship Initiative

- Our program will aspire to provide patients who are being given a filled opioid prescription with an educational brochure about the safe use of opioids, and a DisposeRX packet to safely dispose of any unused opioids.
- We believe that by creating an environment where acute surgical pain is well managed without the primary reliance on opioid medications allows for a more responsible utilization of opioids in our patients.
- We want to have an impact on the 6% of surgical patients who develop new persistent opioid use after a surgical procedure, and we believe that this program will take the first steps in reducing this known surgical complication.

Reduce Persistent Postoperative Opioid Use (PPOU) in surgical patients who are discharged home with an opioid prescription

Discharging patients with effective acute pain management can be accomplished with the use of over the counter medications, continuous peripheral nerve catheters when appropriate and, as needed, opioids.¹¹

Educating surgical patients, as well as other pharmacy opioid prescription recipients, with information about the safe use of opioids. This brochure or postcard are an important part of helping patients understand how to manage their pain at home and properly taper opioids after the acute pain has resolved.

Providing education and tools for safe opioid disposal

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KyANA Opioid Stewardship Program

Follow these tips

- Opioids should not be the first treatment you try for pain relief. Over the counter pain medicines, ice, physical therapy, massage, etc. are better options.
- If your doctor prescribes an opioid, you should take it for the shortest amount of time possible.
- Do not use opioids for other conditions.
- Do not share the medicine with family or friends.
- Do not drink alcohol or take other medications that can cause drowsiness while taking opioids.
- Overdoses can be accidental. Be sure to talk with your pharmacist about the availability of naloxone.
- Store your opioid in a secure location away from children and teenagers to protect them from poisonings or misuse.
- Dispose of any unused medication as quickly as possible. Your pharmacist can provide a DisposeRX packet for disposal of unused opioids.
- How do I use the DisposeRX packet?

1. Add warm tap water until vial is up to 2/3 full



2. Empty contents into vial, replace cap and shake for 30 seconds. Then discard in trash.



Unused opioids that remain in the medicine cabinet are a potential for opioid misuse and diversion into our community.

- Data from the National Survey of Drug Use and Health (NSDUH) states that nearly one-third of people aged 12 and over who used drugs for the first time began by using a prescription drug for non-medical purposes.¹⁵

Once the acute pain has resolved, any unused opioids should be properly disposed of with disposal kits such as DisposeRX packets, opioid disposal bins, or opioid take back events.¹¹