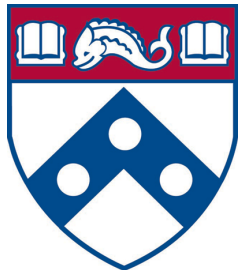


# Enhanced Recovery After NeuroSurgery: Opioid Management in Spinal Surgery

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Michigan Spine Surgery Improvement Collaborative  
August 2, 2019



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◆ **No relevant disclosures**

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# Prescribing Guidelines for Pennsylvania

A grayscale photograph of a person's back and shoulder, with a red glow highlighting the lower back area to indicate pain. The person's hand is resting on their lower back.

## TREATING CHRONIC NON-CANCER PAIN

# Incidence of and Risk Factors for Chronic Opioid Use Among Opioid-Naive Patients in the Postoperative Period

Eric C. Sun, MD, PhD; Beth D. Damall, PhD; Laurence C. Baker, PhD; Sean Mackey, MD, PhD

**IMPORTANCE** Chronic opioid use imposes a substantial burden in terms of morbidity and economic costs. Whether opioid-naive patients undergoing surgery are at increased risk for chronic opioid use is unknown, as are the potential risk factors for chronic opioid use following surgery.

**OBJECTIVE** To characterize the risk of chronic opioid use among opioid-naive patients following 1 of 11 surgical procedures compared with nonsurgical patients.

**DESIGN, SETTING, AND PARTICIPANTS** Retrospective analysis of administrative health claims to determine the association between chronic opioid use and surgery among privately insured patients between January 1, 2001, and December 31, 2013. The data included 11 surgical procedures (total knee arthroplasty [TKA], total hip arthroplasty, laparoscopic cholecystectomy, open cholecystectomy, laparoscopic appendectomy, open appendectomy, cesarean delivery, functional endoscopic sinus surgery [FESS], cataract surgery, transurethral prostate resection [TURP], and simple mastectomy). Multivariable logistic regression analysis was performed to control for possible confounders, including sex, age, preoperative history of depression, psychosis, drug or alcohol abuse, and preoperative use of benzodiazepines, antipsychotics, and antidepressants.

**EXPOSURES** One of the 11 study surgical procedures.

**MAIN OUTCOMES AND MEASURES** Chronic opioid use, defined as having filled 10 or more prescriptions or more than 120 days' supply of an opioid in the first year after surgery, excluding the first 90 postoperative days. For nonsurgical patients, chronic opioid use was defined as having filled 10 or more prescriptions or more than 120 days' supply following a randomly assigned "surgery date."

**RESULTS** The study included 641 941 opioid-naive surgical patients (169 666 men; mean [SD] age, 44.0 [12.8] years), and 18 011 137 opioid-naive nonsurgical patients (8 849 107 men; mean [SD] age, 42.4 [12.6] years). Among the surgical patients, the incidence of chronic opioid in the first preoperative year ranged from 0.119% for Cesarean delivery (95% CI, 0.104%-0.134%) to 1.41% for TKA (95% CI, 1.29%-1.53%). The baseline incidence of chronic opioid use among the nonsurgical patients was 0.136% (95% CI, 0.134%-0.137%). Except for cataract surgery, laparoscopic appendectomy, FESS, and TURP, all of the surgical procedures were associated with an increased risk of chronic opioid use, with odds ratios ranging from 1.28 (95% CI, 1.12-1.46) for cesarean delivery to 5.10 (95% CI, 4.67-5.58) for TKA. Male sex, age older than 50 years, and preoperative history of drug abuse, alcohol abuse, depression, benzodiazepine use, or antidepressant use were associated with chronic opioid use among surgical patients.

**CONCLUSIONS AND RELEVANCE** In opioid-naive patients, many surgical procedures are associated with an increased risk of chronic opioid use in the postoperative period. A certain subset of patients (eg, men, elderly patients) may be particularly vulnerable.

JAMA Intern Med. 2016;176(9):1286-1293. doi:10.1001/jamainternmed.2016.3298  
Published online July 11, 2016. Corrected on August 8, 2016.

# Penn Neurosurgery ERAS Protocol

## Pre-op

Surgical Education & Expectation Management

Surgical Site Education

Nutrition Optimization

Diabetes Management

Smoking Cessation

Narcotic/Alcohol Use

Obstructive Sleep Apnea

Discharge Planning

## Peri-op

Metabolism Management

Multimodal Analgesia

Surgery Checklist

Early Mobilization

Wound Care Management

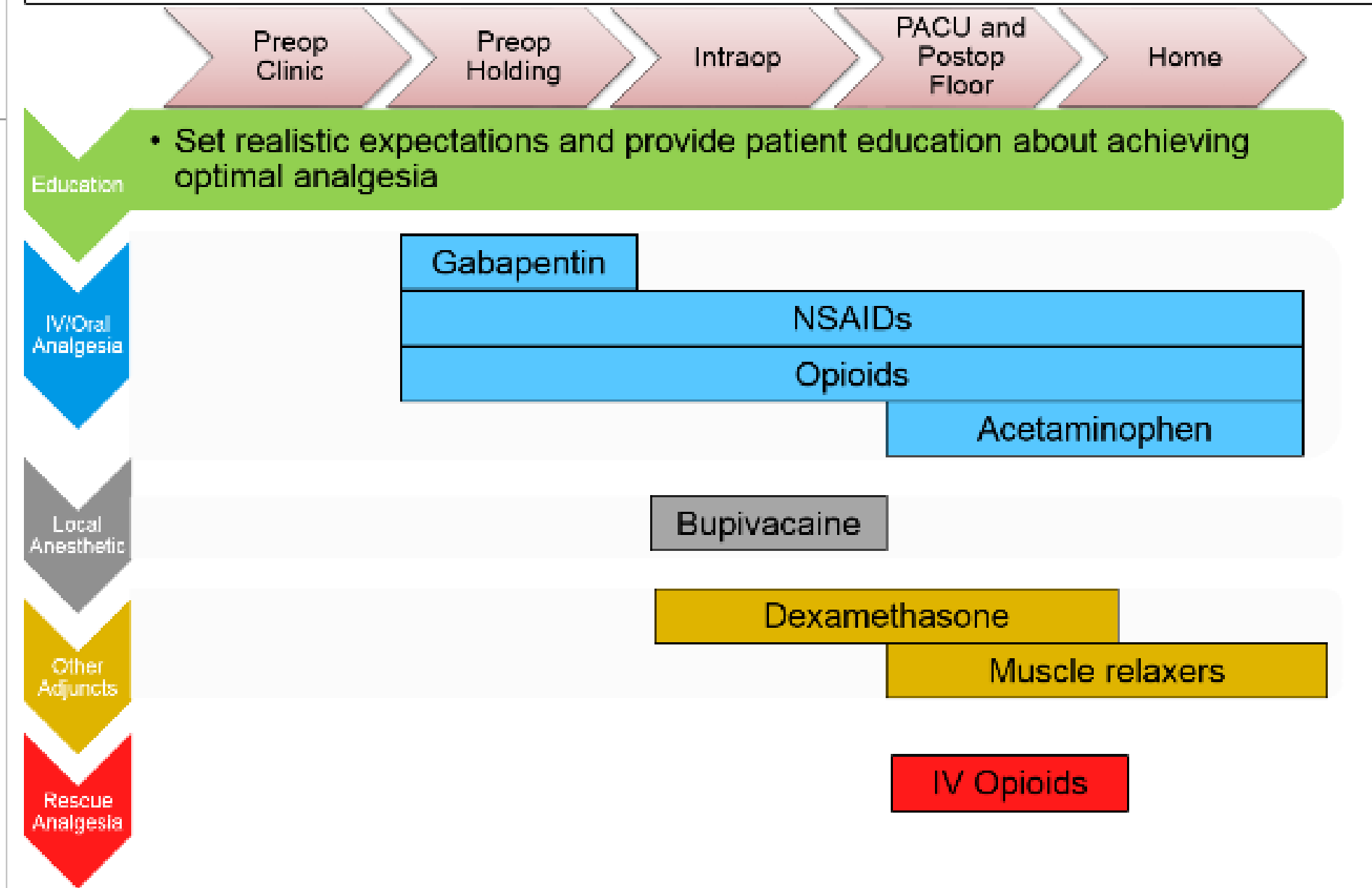
## Post-op

Clinical Team Communication

Wound Care Management

Post Acute Care Resource Utilization

# Penn Neurosurgery ERAS Pain Management Protocol



# Penn Neurosurgery ERAS Study: Patient Inclusion and Exclusion Criteria/Outcomes

## Inclusion Criteria:

- ◆ Have a clinical history and diagnostic imaging supporting the need for elective spine or peripheral nerve surgery
- ◆ Be over 18 years of age
- ◆ Ability to understand and actively participate in the program as deemed by the attending neurosurgeon

## Exclusion Criteria:

- ◆ Contraindications to elective spine or peripheral nerve surgery
- ◆ Diagnosis of liver disease
- ◆ Pregnancy

## Primary Outcomes:

- ◆ Opioid and non-opioid consumption on POD 1
- ◆ Need for opioid use at one month post-operatively
- ◆ Patient-reported pain scores

## Secondary Outcomes:

- ◆ Length of stay (days)
- ◆ Need for ICU admission
- ◆ Discharge status
- ◆ Re-admission within 30 days
- ◆ Re-admission within 90 days

## Statistics:

- ◆ Independent two-sample t-tests for continuous variables and Fisher's exact test for categorical variables
- ◆ All data for the study were collected and analyzed by independent observers in collaboration with a biostatistician

# Penn Neurosurgery ERAS Study: One Year Data

- ◆ **Prospective enrollment of 805 ERAS patients (April 2017 – June 2018)**
- ◆ **PAH Historical Control n=149 (September – December 2016)**
  - Traditional surgical care at the discretion of the attending neurosurgeon in a non-standardized fashion, including routine post-operative pain management with patient-controlled analgesia (PCA) from POD 0-1



# Conclusions

- ◆ ERAS engages each aspect of the patient's surgical journey in order to improve outcomes in a multi-disciplinary, multi-modal approach.
- ◆ In the elective spinal and peripheral nerve surgical patient, ERAS is feasible and necessary.
- ◆ The present study has shown that our ERAS protocol, and, in particular, our ERAS pain management protocol has the potential to safely reduce opioid use both in the peri-operative period as well as at one, three, and six months after surgery.
- ◆ ERAS patients demonstrated reduced hospital length of stay.
- ◆ Re-admission rates at 30 and 90 days were not found to be significantly different.

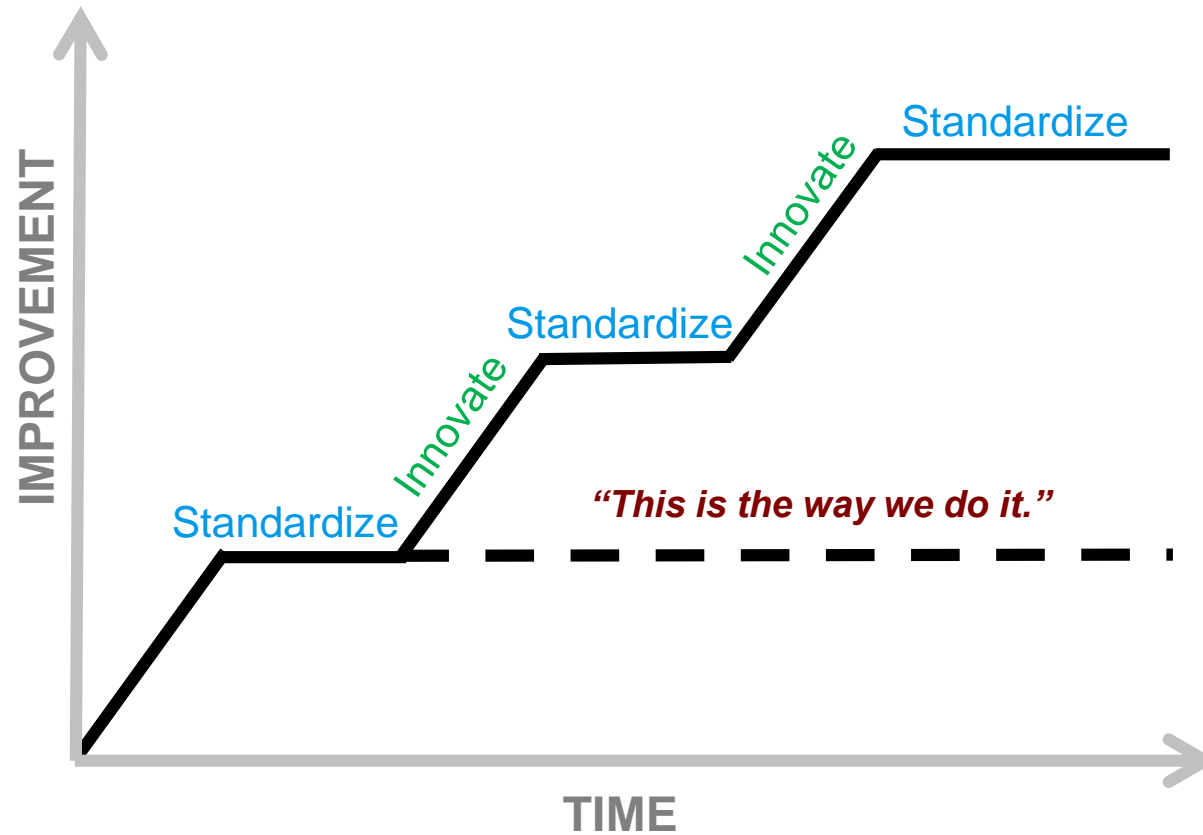
# Limitations

- ◆ Opioid data monitoring
- ◆ Retrospective data analysis, randomization and blinding not performed

.....Penn Neurosurgery ERAS Randomized Clinical Trial

# ERAS:

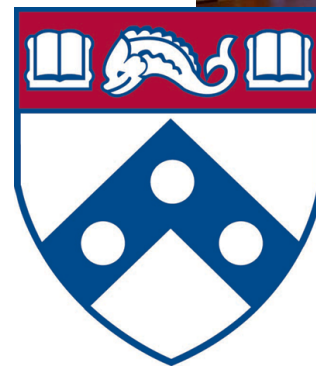
## An Iterative Process of Quality Improvement, From Bench to Bedside and BEYOND



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