

Reduction in Post-Operative Opiates after Opiate-Free Anesthesia

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Financial Disclosure Slide

- I have nothing to disclose

Why Opioid Free? Avoid opioid side effects:

- Respiratory Depression
- Opioid induced hyperalgesia, acute opioid tolerance
- Addiction
- Immunosuppression and cancer
- Nausea, Vomiting
- Constipation, ileus, urinary retention

Headlines

Spike in heroin deaths leaves a trail of tragedy in the Tampa Bay area

Inside a Killer Drug Epidemic: A Look at America's Opioid Crisis

The opioid epidemic killed more than 33,000 people in 2015. What follows are stories of a national affliction that has swept the country, from cities on the West Coast to bedroom communities in the Northeast.

JAN. 6, 2017

Counterfeit pills found at Prince's home contain powerful opioid fentanyl

A young couple died of overdose, police say. Their baby died of starvation days later.

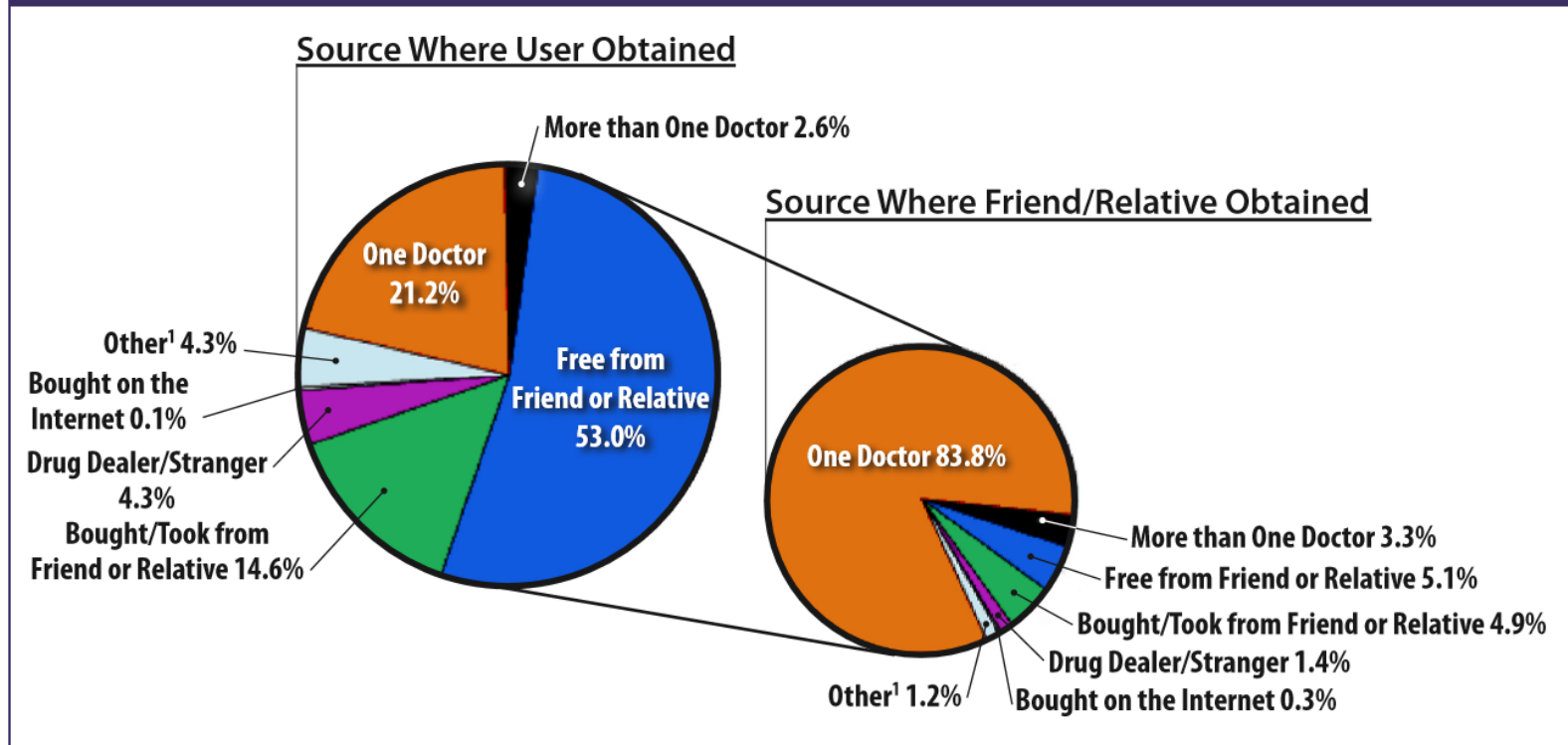
September 22, 2016
Contact: DEA Public Affairs
(202) 307-7977

DEA Issues Carfentanil Warning to Police and Public
Dangerous opioid 10,000 times more potent than morphine and 100 times more potent than fentanyl

Elephant Tranquilizer Could Be Linked to Wave of Heroin Overdoses in Midwest

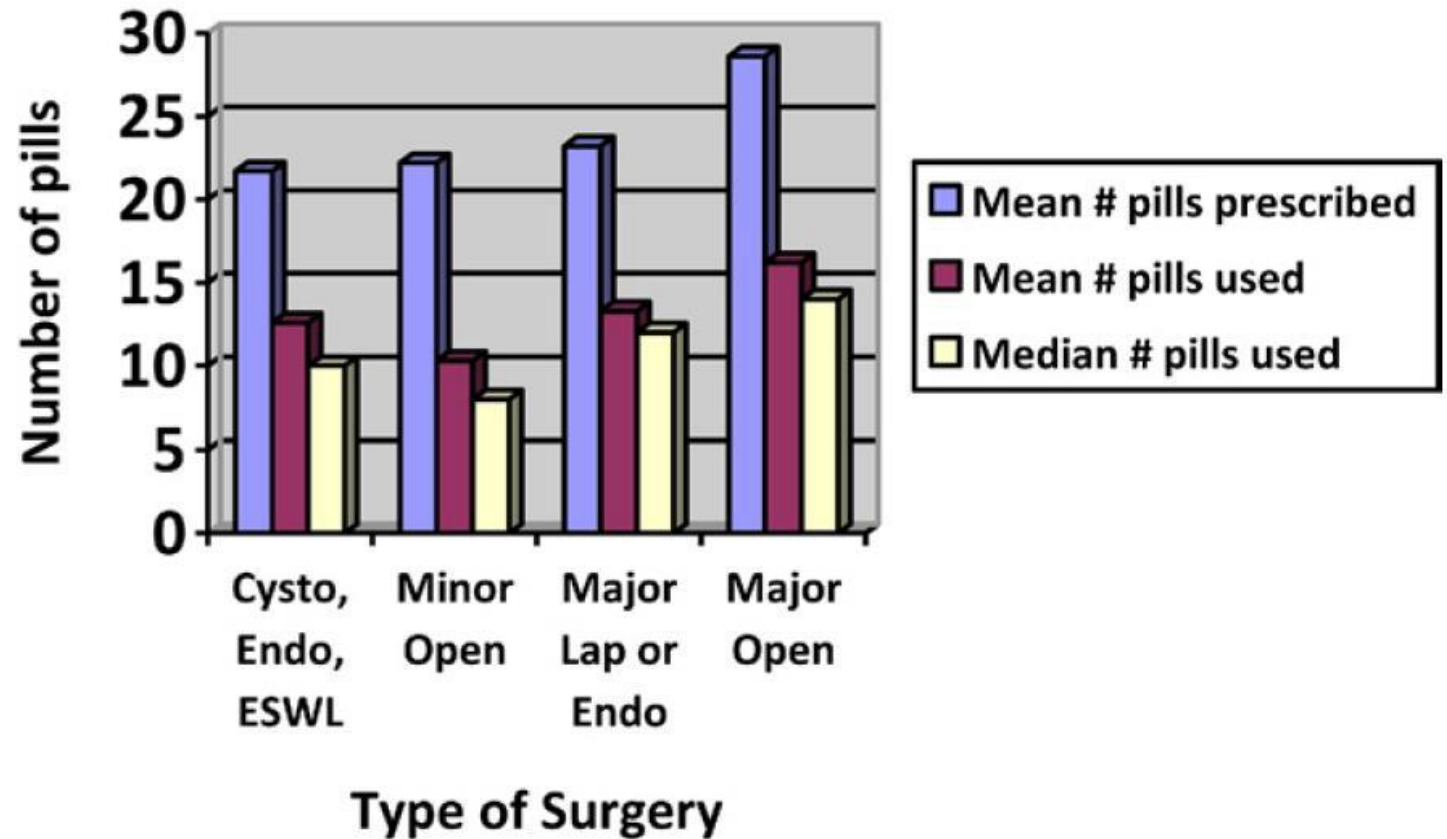
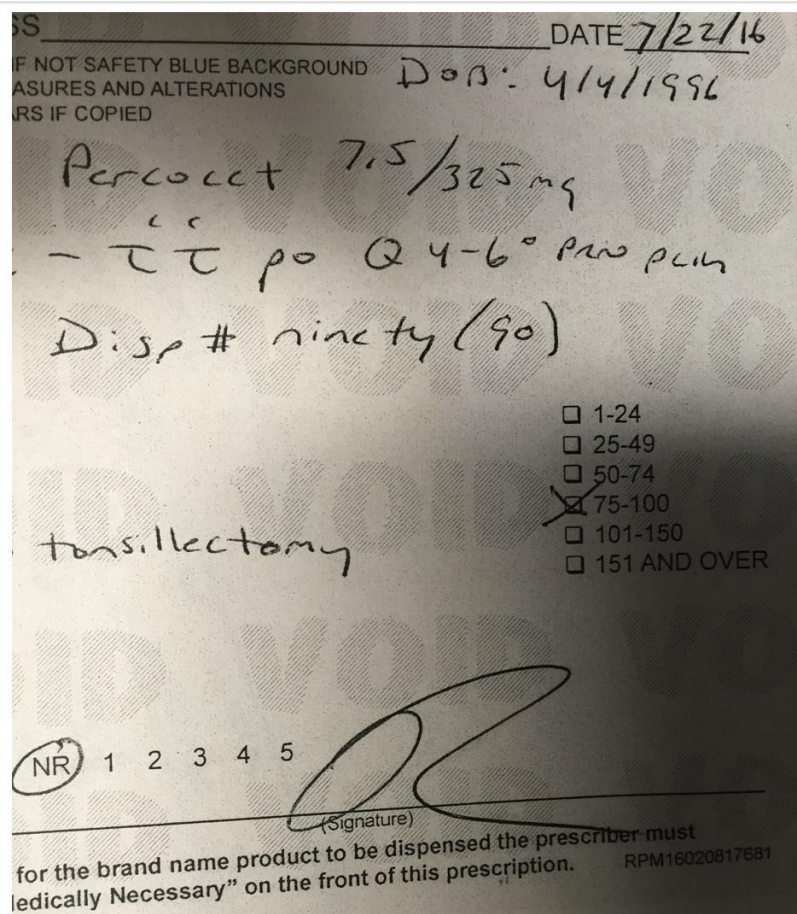
Diversion from the Medicine Cabinet

(U) CHART 6. SOURCE WHERE PAIN RELIEVERS WERE OBTAINED FOR MOST RECENT NONMEDICAL USE AMONG PAST YEAR USERS AGED 12 OR OLDER: 2012 - 2013



Source: NCSIIH

Physicians are over prescribing opioids for postop pain --> more opioids in the medicine cabinet



Our Study Paradigm

- Retrospective Chart Review
- 4 surgeons + 1 anesthesiologist with an evolving anesthesia regimen
 - Opiate-sparing anesthesia (OSA):
November 2014 – December 2014
 - Opiate-free anesthesia (OFA):
November 2015 – December 2015
 - Opiate Anesthesia (OA)

Anesthesia Regimens

- General Anesthesia (inhaled agent, Sevoflurane)

Followed by:

- **OA:** Opioids intraoperatively (average of 17mg morphine equivalents)
- **OSA:** Fentanyl intraoperatively (average of 1.8mg morphine equivalents)
- **OFA:** preoperative oral medications (1000mg acetaminophen, 400mg gabapentin, and 400mg celecoxib)

Results

Regimen	# Pts	Avg. Age	Duration of Surgery	Avg. BMI	Avg. PACU	Narcotic Usage Intraoperatively	Narcotic Usage in PACU	Narcotic Usage in SPU	Zofran in PACU	Zofran in SPU
Opiate Anesthesia (OA) - Control	36	54.0	1:21	29.7	3:24	17.4 ± 14.6	4.5 ± 6.1	0.19 ± 0.4	0.78 ± 1.7	0
Opiate-Sparing Anesthesia (OSA)	143	54.4	1:39	28.5	1:52	1.8 ± 2.6	5.03 ± 6.5	0.25 ± 0.4	0.73 ± 1.6	0.11 ± 0.7
Opiate-Free Anesthesia (OFA)	177	54.6	1:38	29.2	1:51	0	2.05 ± 4.2	0.062 ± 0.2	0.59 ± 1.5	0.11 ± 0.7

Discussion

- Opiate-Free anesthetic patients received less than half the opiate in the recovery room (PACU)
- The trend continued in the second stage recovery room (SPU)
- 73% of OFA patients received no opiates postoperatively compared to 52% OA patients and 37% OSA patients.
- Even small doses of Fentanyl can lead to higher opiate needs postoperatively