

# Comparing Reality to Consensus: Reported Opioid Use vs. Clinician Consensus Recommendations

Kortney A Robinson MD, Aaron Fleishman MS, Sarah Duncan BA, Jasmine Austrie BA, Alind Amedi BA, Michaela Carroll BA, Stephanie Ward BA, Mario Feranil BS, Charles D'Alessandro BS BA, Larry A Nathanson MD, Gabriel Brat MD MPH

## Beth Israel Deaconess Medical Center

### Introduction/Problem

More people currently die every year from overdoses than the number of people that died from AIDS at the peak of the AIDS epidemic. In 2016, >42,000 Americans lost their lives from an opioid overdose. Non-fatal overdoses are 7-11 times more common than fatal overdoses. ~80% of general surgery patients have unused opioids after surgical discharge, and most patients (>70%) store them unlocked at home. This fact is underscored by the problems associated with drug diversion: up to 80% of overdose patients report that their initial exposure to opioids was either prescribed to them or to a friend/family member. Therefore, surgeons and surgical providers must be provided with actual use data to help them prescribe more accurately.

### Aim/Goal

- Collect actual patient use across surgical specialties and procedures
- Compare patient use with consensus document recommendations
- Create a reference resource of actual patient use that providers can have readily available on their computers and smart phones

### The Team

- PI: Gabriel Brat MD MPH
- Co-Investigator: Larry Nathanson
- Fellow: Kortney Robinson MD
- Biostatistician: Aaron Fleishman MPH
- Research Coordinator: Claire Rossenwasser MS
- Research Assistant: Sarah Duncan BA
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### Data Collection

From 10/2017-2/2018, postoperative patients across most major specialties from a single institution were contacted within a month after surgery to obtain unused medication pill counts, pain ratings, patient experience, and medication disposal methods.

### Results/Progress to Date

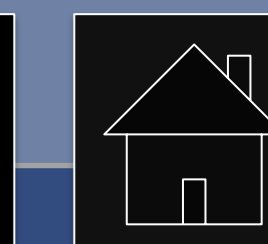
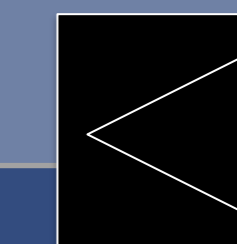
- 1529/2094 (73%) of patients completed the survey.
- 46% reported not taking a single opioid pill after discharge from the hospital.
- >20,000 pills prescribed were unused.
- For several procedures, a fraction of the pills prescribed were used for postoperative pain:
  - Laparoscopic Appendectomy- 31% of pills were used
  - Laparoscopic Cholecystectomy-25% of pills were used
  - Sternotomy- 42% of pills were used
- Patients with known risk factors for misuse--anxiety, depression, ADHD, mood disorders, and alcohol abuse--do consume more opioids than patients without these diagnoses.
- Compared to a common consensus document, our patient data suggested median and third quartile consumption of less than 50% of current consensus recommendations. Please see table for details.

Procedure	Number of 5mg Oxycodone Tablets			
	Consensus Document Recommendation	Patient Use Median	25 <sup>th</sup> Percentile	75 <sup>th</sup> Percentile
Partial Mastectomy	10	0	0	0.5
Laparoscopic Cholecystectomy	10	1.5	0	5.0
Laparoscopic Appendectomy	10	1.0	0	5.0
Laparoscopic Colectomy	20	0	0	9
Thyroidectomy	5	0	0	2.5

Table 1: Comparison of median, 25<sup>th</sup> and 75<sup>th</sup> percentile of opioid consumption after discharge in our patients compared with the consensus recommendations for prescribing.

**For more information, contact:**

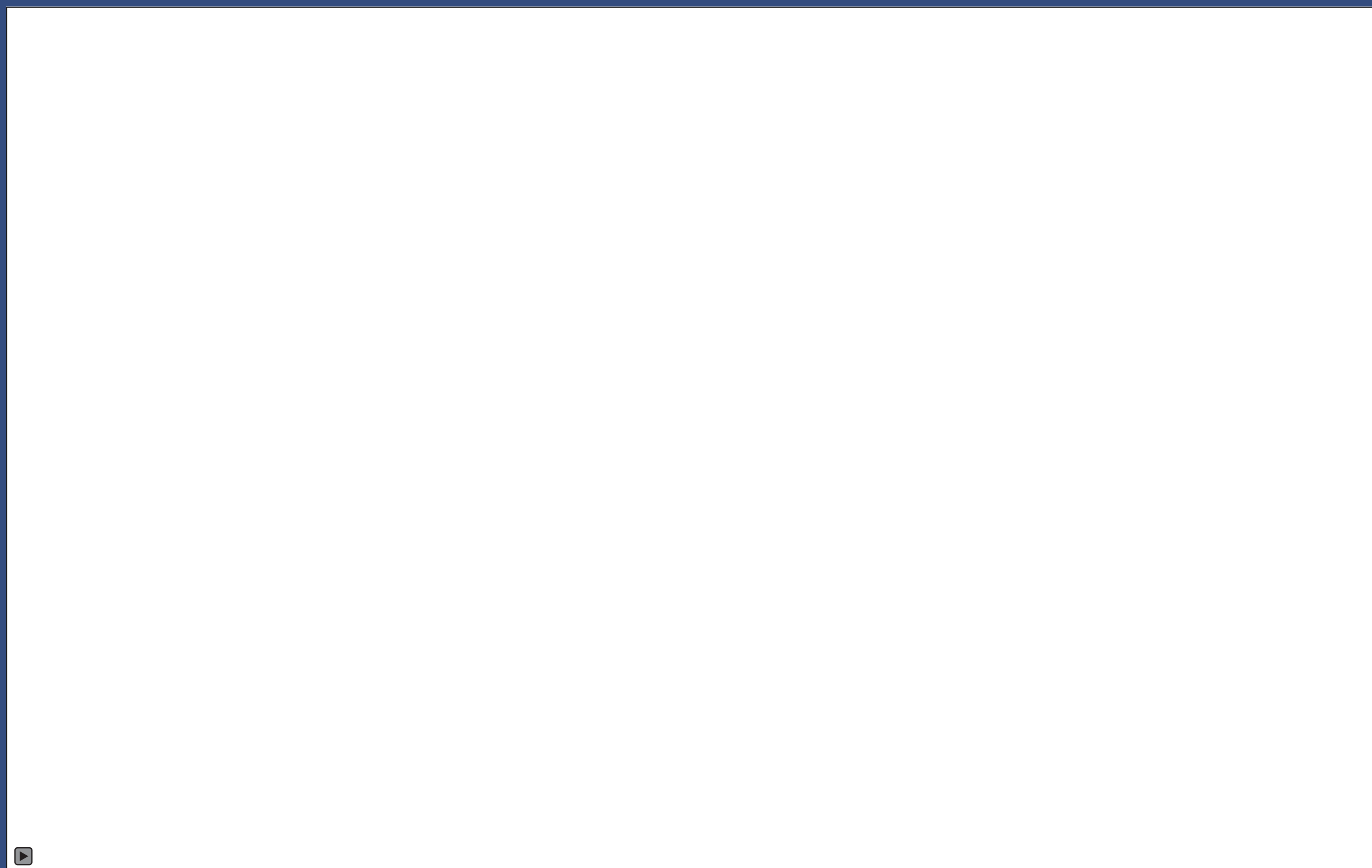
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## Progress to Date- Our Local Website



## Next Steps

- Currently adding new sites for data collection
- Incorporate their data for a national representation

***For more information, contact:***

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