Update
January 2019

AJH- Department of Surgery Opioid Initiative

Chronic Pain Patients, Acute Pain Patients
## Pre-Op

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Post-Op/Floor

**Opioid Naive Patients (ONP)**

*Offer Scheduled Tylenol/Toradol*

*Early Ambulation*

*Standard discharge planning >ISQIC*

**Chronic Pain Patients (CPP)**

*COWS Assessment (pending)*

*CPP Order Set > pain mgmt, SW (prn)*

*CPP on EMR banner> continuity of care*

*Query PDMP*

*Restart baseline medications early*

*Pain service >early rounds, methods to <LOS*
Discharge

Opioid Naive Patients (ONP)

Recommendations on Weaning/Disposal

Query for pills already at home > prescribe accordingly

Chronic Pain Patients (CPP)

Primary Pain MD > Plan of Care

Limit AJH Surgical Team scripts
Auditing Process

PRE-OP: Follow Order-Set activation for CPP identified patients

*Gap- Patients via ER

INTRA-OP: BARI-BLOCK Study (ACS Q/S)

FLOOR: OB Audit tool > narcotics & non-narcotics prescribed vs. given (customize for Gen. Surgery)

Selected surgical procedures > comparison of narcotic scripts in 2017 and 2018 (ACS Q/S)

Follow LOS and inpatient narcotics prescribed for CPP after identified to those prior to ID
IMPORTANT CONTACT INFORMATION REGARDING OPIOID DISPOSAL AND TAKE-BACK LOCATIONS

Any expired or unwanted medications should be properly disposed of at a designated take-back location.

- Abington Hospital – Alliance Pharmacy, 215-481-4318
- Bucks County Drug & Alcohol Commission, Inc. 215-733-9313, Option 2, Ext. 2730 buckscounty.org/LivingAndWorking/DrugAndAlcoholCommission
- Center for Disease Control – Opioid Overdose cdc.gov/DrugOverdose
- Chester County, 1-866-286-3767 chescos.org/216/Drug-and-Alcohol
- Delaware County, 610-713-2365 co.delaware.pa.us
- Montgomery County Drug & Alcohol Information and Advocacy Service, 1-800-221-6333, monicopa.org
- PA Commonwealth Prevention Alliance, pastop.org
- PA Department of Drug and Alcohol Programs (includes Philadelphia locations), ddapp.pa.gov
- U.S. Food & Drug Administration – Resources fda.gov/drugs/ResourcesForYou

Are you or someone you know suffering from a prescription drug or heroin problem?

HOTLINE FOR HELP: 1-800-662-HELP (4357)

ALTERNATIVES FOR MANAGING ACUTE PAIN

Opioids are not the only option for controlling pain. There are other medications and treatments that can be very effective in managing your pain. These can include non-opioid medications and non-pharmacologic treatments. These two options can be used alone, or together, to help manage your pain.

Non-Opioid Medications
- Acetaminophen i.e. Tylenol
- Ibuprofen i.e. Motrin
- Naproxen i.e. Aleve
- Some medications that are also used for depression and seizure control

Non-Pharmacologic Treatments, Per Your Doctor’s Approval
- Physical Therapy/Exercise/Stretching
- Acupuncture or massage
- Cognitive behavioral therapy (CBT)
- Application of heat, or ice to the affected area

When to Seek Help
If you are having side effects that are preventing you from your usual activities (nausea, vomiting, dizziness, constipation, upset stomach, depression/confusion) call your healthcare provider. Contact your provider if the opioids are not helping with the pain or if you have questions or concerns about the medication.

WHEN TO CALL FOR EMERGENCY HELP...

You and your caregiver should call for help when your heart is acting differently than normal (beating too slow, too fast or is irregular), you experience a seizure, you experience severe muscle pain or weakness.
IMPORTANT CONTACT INFORMATION REGARDING OPIOID DISPOSAL AND TAKE-BACK LOCATIONS

- Abington Hospital – Alliance Pharmacy
  215-481-4318
  www.abingtonhealth.org/Healthy-Living/CommunityHealth/Community-Resources

- Bucks County Drug & Alcohol Commission, Inc.
  267-735-9333, Option 2, Ext. 2730
  http://www.buckscounty.org/LivingAndWorking/DrugAndAlcoholCommission

- Center for Disease Control – Opioid Overdose
  www.cdc.gov/DrugOverdose

- Chester County
  1-866-286-3767
  https://www.chesco.org/216/Drug-and-Alcohol

- Delaware County
  610-715-2365
  www.co.delaware.pa.us

- Montgomery County Drug & Alcohol Information and Advocacy Service
  1-800-221-6333
  www.montcopa.org

- PA Commonwealth Prevention Alliance
  www.pasop.org

- PA Department of Drug and Alcohol Programs
  (includes Philadelphia locations)
  www.dtpa.pa.gov

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**MANAGING ACUTE PAIN**

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**Abington Jefferson Health.**

1200 Old York Road, Abington, PA 19001
215-481-2000
JeffersonHealth.org/Abington
**THE PROS**

**WITH GOOD PAIN CONTROL...**
- You will be able to gain your strength back and go home from the hospital sooner.
- You will get a good night’s sleep. Feeling rested will give you more energy to feel active.
- You will be able to get out of bed and walk around to help you heal faster.
- You will feel more comfortable to cough and deep breath (this helps to avoid lung problems like pneumonia).

**THE CONS**

**SIDE EFFECTS...**
- Nausea and vomiting
- Dry mouth
- Sleepiness/dizziness
- Upset stomach/constipation
- Confusion/Depression
- Itching
- Physical dependence
  (meaning withdrawal symptoms can happen)

**THE DO’s & DON’Ts**

**DO**
- DO take opioids* ONLY as directed.
- DO give your healthcare provider a list of your current medications.
- DO talk to your doctor about the safety of combining your pain medication with other medications, herbal supplements and herbal patches.
- DO know how much, and how often to take the pain medication.
- DO store opioids in a secure place.
- DO prevent constipation by using a laxative such as Miralax.
- DO follow up with your healthcare provider as directed.
- DO refer to the back of this brochure for resources and contact information regarding proper medication disposal and local Take-Back locations.

**DON’T**
- DON’T take opioids in higher amounts or more often than prescribed.
- DON’T sell or share prescription opioids.
- DON’T drive or operate heavy machinery while taking opioids.
- DON’T combine opioids with alcohol.

*Examples of opioids include: oxycodone, morphine, Vicodin, Percocet, codeine, hydromorphone

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