

Rx

PRESCRIPTION

Safe Treatment of Post-Surgical Pain

A Consensus Statement of the Michigan Society of Anesthesiologists and the Michigan Association of Nurse Anesthetists

 **1700** opioid related deaths in Michigan in 2016

17 times the rate in 1999 

more than **115** opioid prescriptions written for every 100 Michigan residents each year 

The opioid crisis affecting so many Americans is frequently linked to post-surgical pain, and the medications provided to treat that pain. As frontline health care providers treating pain when it first occurs, **we present the following tenets for safe perioperative patient care:**

- 1 Non-opioid analgesic agents should always be the first option for patients experiencing pain.**
 - Non-opioids include acetaminophen, nonsteroidal anti-inflammatory agents, steroids, gabapentoids, NMDA receptor antagonists, alpha-2 agonists, local anesthetics, and others.
 - Opioids should be reserved for patients experiencing severe pain, and for those requiring rescue for pain not controlled with the aforementioned agents.
 - Opioid-free surgery is a viable option for many minor or minimally invasive procedures
 - Opioids should never be given as monotherapy for pain before, during, or after surgery.
- 2 All surgical patients should be educated regarding the severity, duration, and nature of expected post-surgical pain.** This education should be given by the surgical provider, and reinforced by the anesthesia and nursing teams caring for the patients during the perioperative period. Anesthesia providers should counsel patients on the appropriate use of scheduled and as-needed non-opioids, and discuss expected side effects of post-operative pain medications.
- 3 Information for the proper storage and disposal of unused opioids should be given to all surgical patients, and the risks of drug diversion and abuse should always be provided at the time of prescription.**

Members of the Michigan Society of Anesthesiologists and the Michigan Association of Nurse Anesthetists are resolved to combat the opioid crisis, and to provide safe, quality care to each of their patients.