

MaineHealth

## MaineHealth Knowledge Connection

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MaineHealth Performance Improvement

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### Standardization of Opioid Prescribing

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### Problem/Impact Statement

Opioid abuse continues to be a major problem in our state and prescriptions are considered by some to be a source. Opioid prescriptions are not standardized among providers for common surgical procedures.

### Scope

Prescribing patterns were assessed for all patients who underwent one of the defined surgeries Oct 2019 through May 2020.

### Goal/Objective

All of our patients will receive adequate post-op pain control, including narcotics as necessary. We will reduce the number of unused pills in the general population.

### Baseline Metrics/Current State

Baseline data collected June 2019 through September 2019

Procedure	# of cases	Avg. # pills prescribed at discharge	Avg. # pills left at 2 weeks postop
27814 – Bimalleolar Ankle	15	40	20
25607 – Extra-articular Wrist Fx	17	44	22
27535 – Tibia Plateau Fx	8	36	minimal data
27792 – Lateral Malleolus Fx	15	39	minimal data

### Q1 & Q2

Procedure	# of cases	Avg. # pills prescribed at discharge	Avg. # pills left at 2 weeks postop
27814 - Bimalleolar Ankle	11	40	12
25607 - Extraarticular Wrist Fx	18	25	17
27535 - Tibia Plateau Fx	13	44	20
27792 - Lateral Malleolus Fx	11	33	21

### Q3

Established new prescribing protocol – providers will prescribe 20 tablets to patients at discharge for the following procedures (excluding patients with multiple injuries):

- ORIF Bimalleolus Ankle (27814)
- ORIF Distal Radius (25607)
- ORIF Lateral Tibia Plateau (27535)
- ORIF Lateral Malleolus Ankle (27792)

### Q4

Procedure	# of cases	Number of pills prescribed at discharge	Number of patients requesting refill
27814 - Bimalleolar Ankle	1	20	0
25607 - Extraarticular Wrist Fx	9	20	1
27535 - Tibia Plateau Fx	5	20	0
27792 - Lateral Malleolus Fx	0	n/a	n/a

### Countermeasures

By When & Status*	Who	Deliverable
End Q1	Ortho Trauma staff & Practice Manager	Measure patient opioid consumption and correlate with opioid prescribing patterns for defined surgeries: (27535 Lateral tibial plateau fracture, 27792 Lateral Malleolus fracture, 25607 Extra-articular wrist fracture, 27814 Bimalleolar Ankle fracture)
End Q2	Ortho Trauma staff & Practice Manager	Continue to measure patient opioid consumption and correlate with prescribing patterns for defined surgeries
End Q3	Ortho Trauma Providers	Establish new prescribing guidelines, educate providers and begin using new guidelines
End Q4	Ortho Trauma staff, providers & Practice Manager	Measure new prescribing patterns and compare to patient opioid consumption, refine as needed

### Outcomes

Based on provider's previous prescribing patterns compared with prescribing patterns following new protocol, we effectively reduced the number of prescribed narcotic tablets to patients postoperative from the defined procedures.

The provider group reduced number of prescribed tablets by an average of 30% and identified 20 tablets is appropriate number of narcotic tablets for the defined surgical procedures. Our data shows that less than 6% of patients request a refill with established guidelines.

### Next Steps

- Continue with newly established prescribing guidelines
- Consider standardizing prescribing patterns for all outpatient fracture procedures