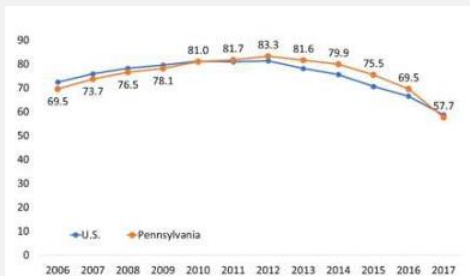


A Comprehensive Perioperative Approach to Addressing the Opioid Epidemic: Pennsylvania-New Jersey Surgical Opioid Stewardship Program (PENNJ-SOS)

- PENNJ-SOS was established to provide actionable data and resources to optimize opioid prescribing and use among perioperative patients.
- Diverse patient education materials including brochures and health literate videos were developed to address pain management, indications for perioperative opioids, setting realistic pain expectations, and opioid disposal.
- Expert led webinars and podcasts were recorded and disseminated to allow providers and the public to learn via a convenient and accessible format. (<https://penj-sos.org/>)

In 2018, the Pennsylvania National Surgical Quality Improvement Consortium and the Healthcare Improvement Foundation undertook an industry funded partnership to address perioperative opioid use. However, in late 2019, the globe was devastated with the COVID-19 virus. Now in this post-pandemic world, virtual communication and media have become a mainstay in both communication and education.



The U.S. and Pennsylvania Opioid Prescribing Rate per 100 persons.¹
<https://www.drugabuse.gov/opioid-summaries-by-state/pennsylvania-opioid-summary>

Remember

Your surgeon may prescribe an opioid for you after surgery. Opioids can have side effects and serious risks, including addiction.

To take opioids safely, you should:

- Take them only as directed.
- Take the lowest dose, for the shortest amount of time.
- Store them in the original container in a safe location.
- Stop taking them when you no longer need them.
- Safely dispose of unused pills.

Your care team is here to help you manage your pain and get back to healthy living. Ask questions and talk about your concerns.

To watch a video about managing your pain after you have surgery, go to <https://PENNJ-SOS.com/managingpain>

The material was provided by the Pennsylvania-New Jersey Surgical Quality Improvement Program and funded by the Healthcare Improvement Foundation.

Get Help

If you need assistance in finding a treatment provider or funding for addiction treatment, call 1-800-482-HELP (4357)

If you think someone may have overdosed, call 911 immediately.

MY DOCTOR
Name: _____
Telephone: _____

MY PHARMACY
Name: _____
Telephone: _____
Notes: _____

Updated September 2020

Managing Pain After Surgery with Opioids

Some pain after surgery is normal. Opioid medications are one option to help you manage severe pain. Learn how to manage your pain with opioids safely, to minimize your side effects and risks.

The goal of safe pain control after surgery is to minimize your pain, keep you moving, and help you heal.

Data Source/Population and Results:

- Podcasts:
 - Conversations on Pain
 - The Surgeons Role in Preventing Opioid Abuse
 - Best Practices for Surgical Residents
- Webinars:
 - Tools for Reviewing Patient Education Materials
 - Health Literacy Basics
 - Toward Opioid-Free Surgery in Michigan
 - Advancing Integrative Therapies
 - Opioid Ethics: Responsible Prescribing during a Drug Overdose Crisis
 - Preoperative Sedative Use and Outcomes after Surgery
- Brochures (English/Spanish):
 - Managing your pain after surgery
 - Opioids to Manage Pain after Surgery
 - Questions to ask before Surgery
 - Safely get rid of unused medications
 - Taking opioids after surgery FAQ

Lessons Learned

- The global COVID pandemic and now post-pandemic world, virtual communication and media have become a mainstay in both communication and education.
- Easy and accessible online resources can be a powerful tool in the education in both patient and practitioner.
- Utilization of various forms of education can be critical: readable brochures, online tool kit builders, and audible podcasts/webinars to cater to a more diverse audience.
- The potential for continued post-pandemic education on patients and practitioners is a growing and exciting new field of medical intervention