

Patient-Reported Pain Outcomes Following Opioid-Free Prostatectomy and Nephrectomy

Hermoon Worku¹, Kody Armann¹, Natalie Pace¹, Devin Rogers¹, Kelly Pekala², Bruce Jacobs², Benjamin Davies²

¹School of Medicine, University of Pittsburgh, Pittsburgh, PA

²Department of Urology, University of Pittsburgh Medical Center, Pittsburgh, PA

INTRODUCTION

- The majority of drug-related deaths in the United States are due to opioid overdose.
- Opioids prescribed for post-surgical pain management are a significant contributor to the current opioid epidemic.
- Our department has started an initiative to reduce opioid prescribing.

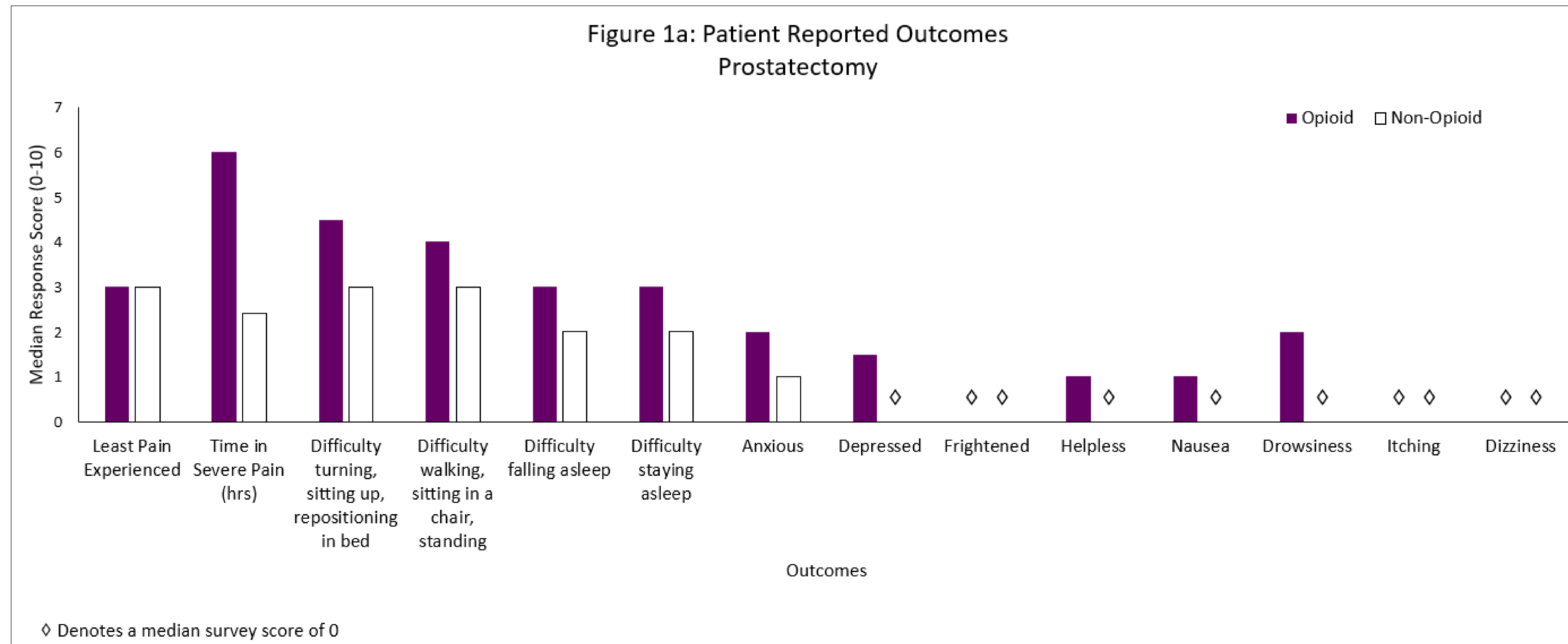
SPECIFIC AIMS

- To assess the effect of opioid prescription reduction on patient-reported pain outcomes, we employed a validated questionnaire and compared the results of patients who received opioid and opioid-free pain management following prostatectomy or nephrectomy.

METHODS

- We distributed the American Pain Society Patient Outcome Questionnaire to patients during their first postoperative office visit following prostatectomy and nephrectomy from January through June 2019.
- We supplemented and paired questionnaire data with patient demographics, postoperative pain prescriptions, hospital course, and surgeon characteristics.
- Questionnaire results between patients receiving opioid and opioid-free pain management were compared with Wilcoxon rank-sum test.

FIGURE 1



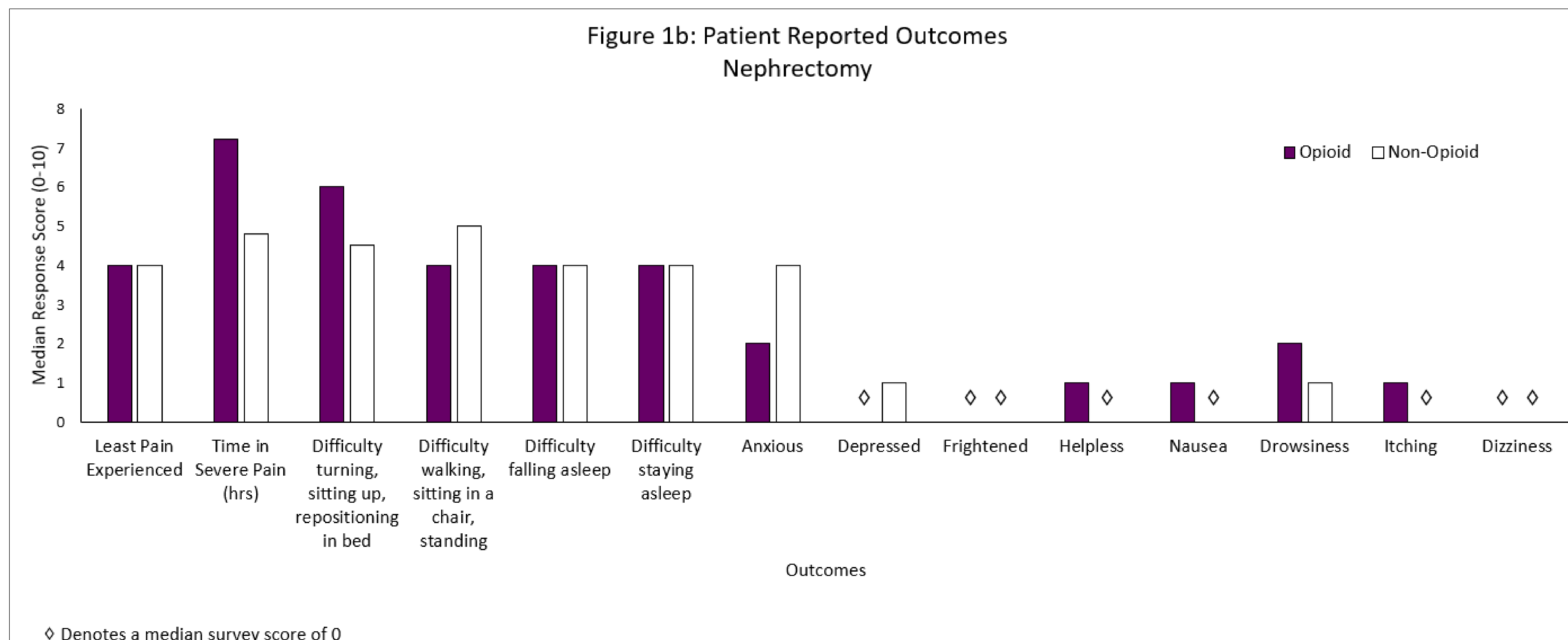
RESULTS

- A total of 99 patients completed the questionnaire following prostatectomy (n=57) or nephrectomy (n=42), with an overall response rate of 32%.
- There were no significant differences in measured pain outcomes between patients who received opioid or opioid-free pain management.
- Amount of pain experienced, time in pain and effect of pain on recovery and mood were all statistically similar ($p > 0.05$) between groups following both prostatectomy and nephrectomy (Figure 1).

CONCLUSIONS

- Based on patient questionnaire responses, patients can be managed without opioids to no deleterious effect on pain control.
- These results support the adoption of opioid-free prostatectomy for most patients.

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