POSITION STATEMENT 15
American Society of PeriAnesthesia Nurses

A Position Statement on Opioid Stewardship in Perianesthesia Practice

The American Society of PeriAnesthesia Nurses (ASPAN) has the responsibility for defining the principles of safe, quality nursing practice in the perianesthesia setting. ASPAN, therefore, sets forth this position statement to acknowledge the need for opioid stewardship in perianesthesia settings and to further stress the scope of safety in perianesthesia practice.

Background
For several decades, providers have observed an alarming upsurge in the incidence of opioid abuse, chemical addiction, and associated deaths. Statistics demonstrate a rapidly escalating rise in the number of adverse events.\(^1\)\(^-\)\(^6\) According to Bulloch and Hanna,\(^7\) the rate of opioid-related deaths has nearly quadrupled in the past 15 years. Drug overdose deaths and opioid involved deaths continue to rise in the United States.\(^2\) The Centers for Disease Control and Prevention (CDC) estimates that six out of every 10 drug-related deaths are directly related to opioids.\(^8\) This alarming increase is attributed in part to a culture of liberal opioid prescribing, the availability and demand for illicit controlled substances, and the development of newer and more potent opioids. Once the staple of pain management interventions, opioids now require careful governance and judicious utilization. Used appropriately, prescription opioids can provide pain relief, but they are not without risk. The Joint Commission released the 2012 Sentinel Event Alert entitled, “Safe use of opioids in hospitals.”\(^9\)\(^-\)\(^12\) The basis for this alert involved countless adverse effects and events directly linked to permissive prescribing, administering, and inadequate monitoring practices related to these potent analgesics. In addition, consumers are poorly informed about the risks of opioid therapies. There are four primary conditions for safe opioid management. These include appropriate prescribing practices, patient and provider education, risk stratification, and screening for patients in jeopardy of abuse and patient monitoring.\(^1\)^\(^-\)\(^9\)

Position
It is ASPAN’s position that perianesthesia providers remain highly committed advocates for the principles of safe perianesthesia care in all perianesthesia practice settings. These principles exist not only for the nurse and the healthcare team, but, most importantly, for the patient. ASPAN supports the application of the principles of opioid stewardship in the perianesthesia setting. It is, therefore, the position of ASPAN that perianesthesia nurses consider the following principles related to opioid stewardship:

- Solicit a comprehensive patient medication history during preoperative nursing and anesthesia assessments
"Common recommendations for disposing unused medication include:"

- Accessing the local community’s 'take-back' program
- Mixing the medications (without crushing them) with substances such as dirt, kitty litter, or used coffee grounds, placing the mixture in a container such as a zip-top or sealable plastic bag and throwing the container away in household trash
- Remove any personal information on the prescription label to make it unreadable
- Depending on the geographic location, certain medications can be flushed because the environmental impact is not as detrimental as having them around

"Potential adverse events related to the sharing of prescription medications include, but are not limited to:"

- Potential side effects
- Allergies
- Threat to life
- Possibility of dangerous polypharmacy
- Legal ramifications, including felony charges, if discovered

- Support research and education on an evidence-based approach or practices to/or pain management
- Provide education to patients/families regarding opioid therapy
- Educate patients regarding safe handling of prescription medications
  - Discuss methods to store controlled substances in the home
  - Teach proper methods to dispose of leftover medications
  - Advise against sharing medications as both a federal crime and a potential health risk
- Improve quality of overall pain management
  - Advocate for multimodal analgesia techniques in the perianesthesia setting
- Recommend non-pharmacologic methods to maximize comfort including, but not limited to, heat and cold therapies (as prescribed by provider), repositioning, and encouraging patients to be actively involved in their care and therapies
- Recommend behavioral therapies to support comfort including, but not limited to, psychotherapy, peer support, meditation, and distraction
- Participate in opportunities to promote further research and safe pain management practices
- Have knowledge of specific institutional and regulatory policies related to the current opioid epidemic

**Expected Outcomes**

Perianesthesia nurses will familiarize themselves with the principles of opioid stewardship and will advocate for safe opioid practices.

**Approval of Statement**

This statement was endorsed by a vote of the ASPAN Directors on April 9, 2016, in Philadelphia, Pennsylvania, and approved by a vote of the ASPAN Representative Assembly on May 15, 2016.

This position statement was updated and revised at the October 2017 meeting of the Standards and Guidelines Strategic Work Team in Dallas, Texas.

**REFERENCES**


**BIBLIOGRAPHY**
