

Improving Care of Children and Young Adults after ACL Surgery: Implementation of Best Practice

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BACKGROUND

- Opioid overprescribing after surgery and lack of knowledge about proper disposal may contribute to opioid misuse and overdose through medication availability.
- Adolescents and young adults (AYA) (n=100) following anterior cruciate ligament (ACL) reconstruction reported use of only 36% of prescribed oxycodone and 30 tablets of 5mg oxycodone would be adequate for most (Taylor, Killilea, Dugan-Frost, Solodiuk, 2017).
- Duration of a prescription rather than opioid dosage was more strongly associated with ultimate misuse in the early postsurgical period (Brat et al., 2018).
- 65% of patients/families reported not knowing what to do with the remaining oxycodone tablets (Taylor, Frick, Killilea, Dugan-Frost, Solodiuk, 2017).



OBJECTIVES

- To implement evidence based quality improvement efforts related to pain management after day surgery s/p ACL surgery.
- To improve discharge education for patients and families regarding the use and safe disposal of controlled substances.

PROCESS OF IMPLEMENTATION

- Research findings disseminated to nursing and physician leadership and pertinent staff members.
- Written family education developed on pain management after surgery outlining:
 - Safe use and subsequent disposal of unused opioids
 - Use of non-opioid analgesics
 - Alternative pain management techniques such as ice and relaxation
- PACU nurse verbally reviewing pertinent information with patient and families before discharge
- Education is documented in the electronic medical record.

MEASURES OF SUCCESSFUL PRACTICE

Figure 1 Change in Amount of Oxycodone 5 mg Tablets Prescribed over Time (2014 – 2017)

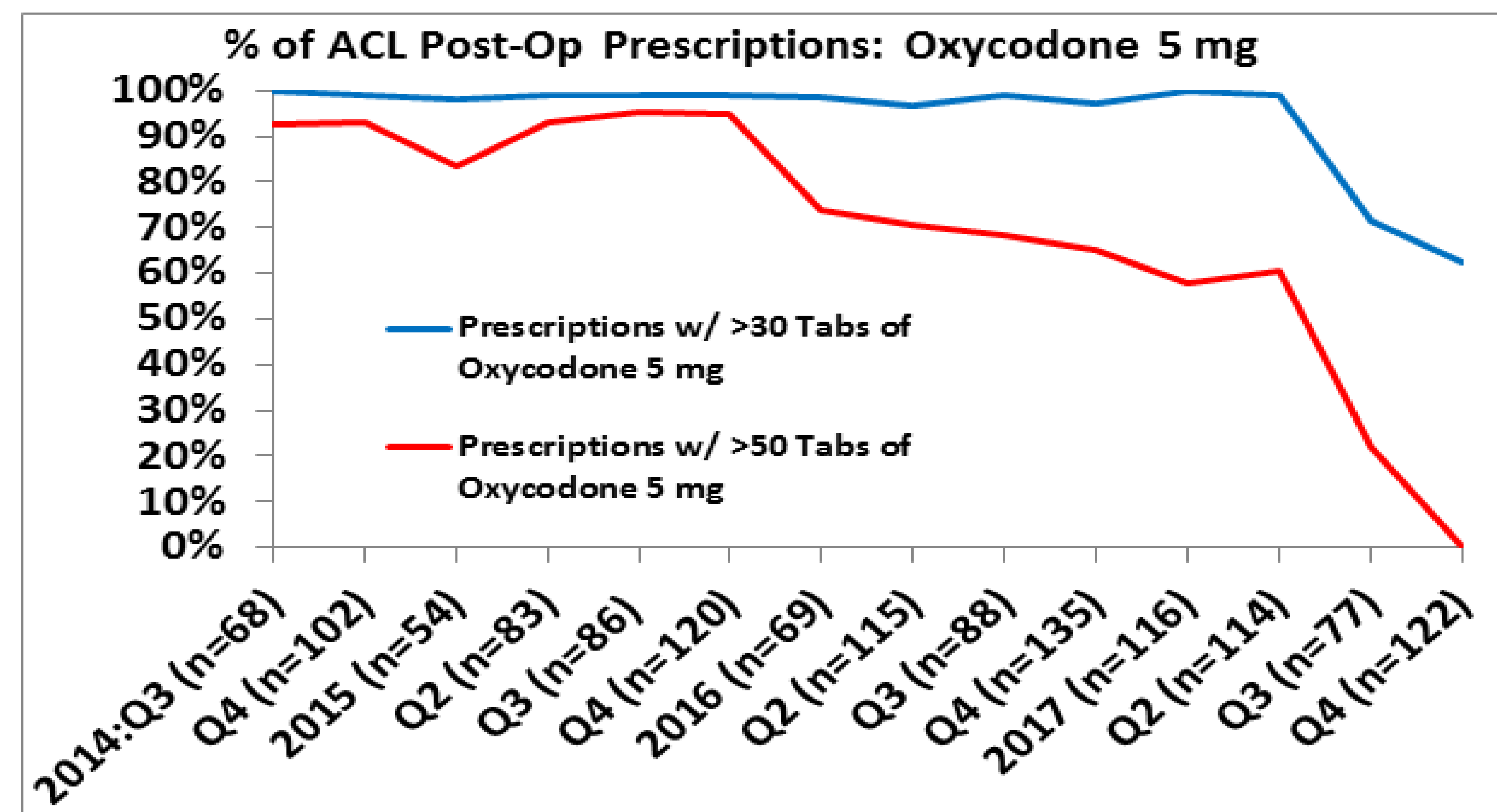
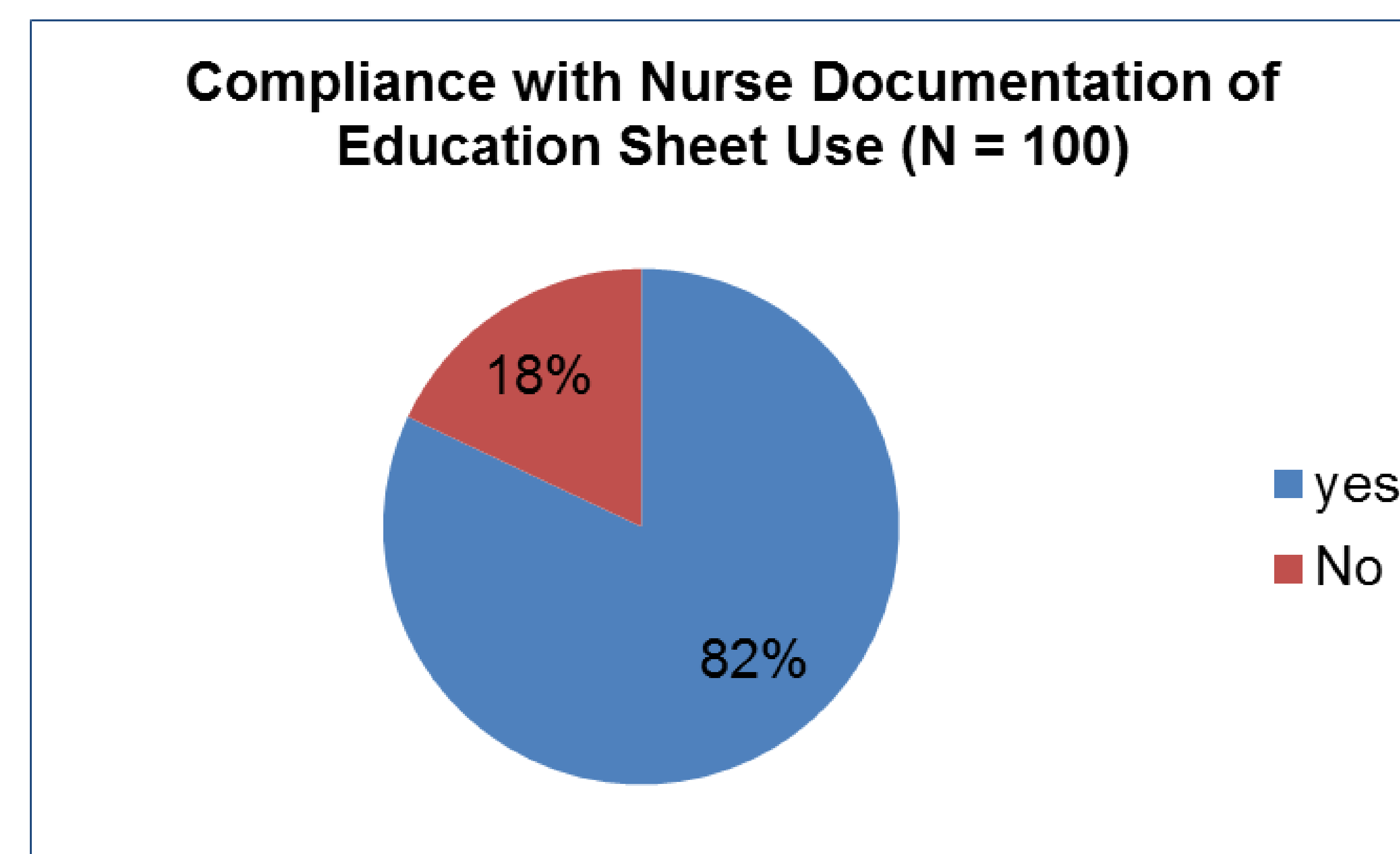


Figure 2 Nurse Use of Opioid Pain Management After Surgery Family Education Sheet

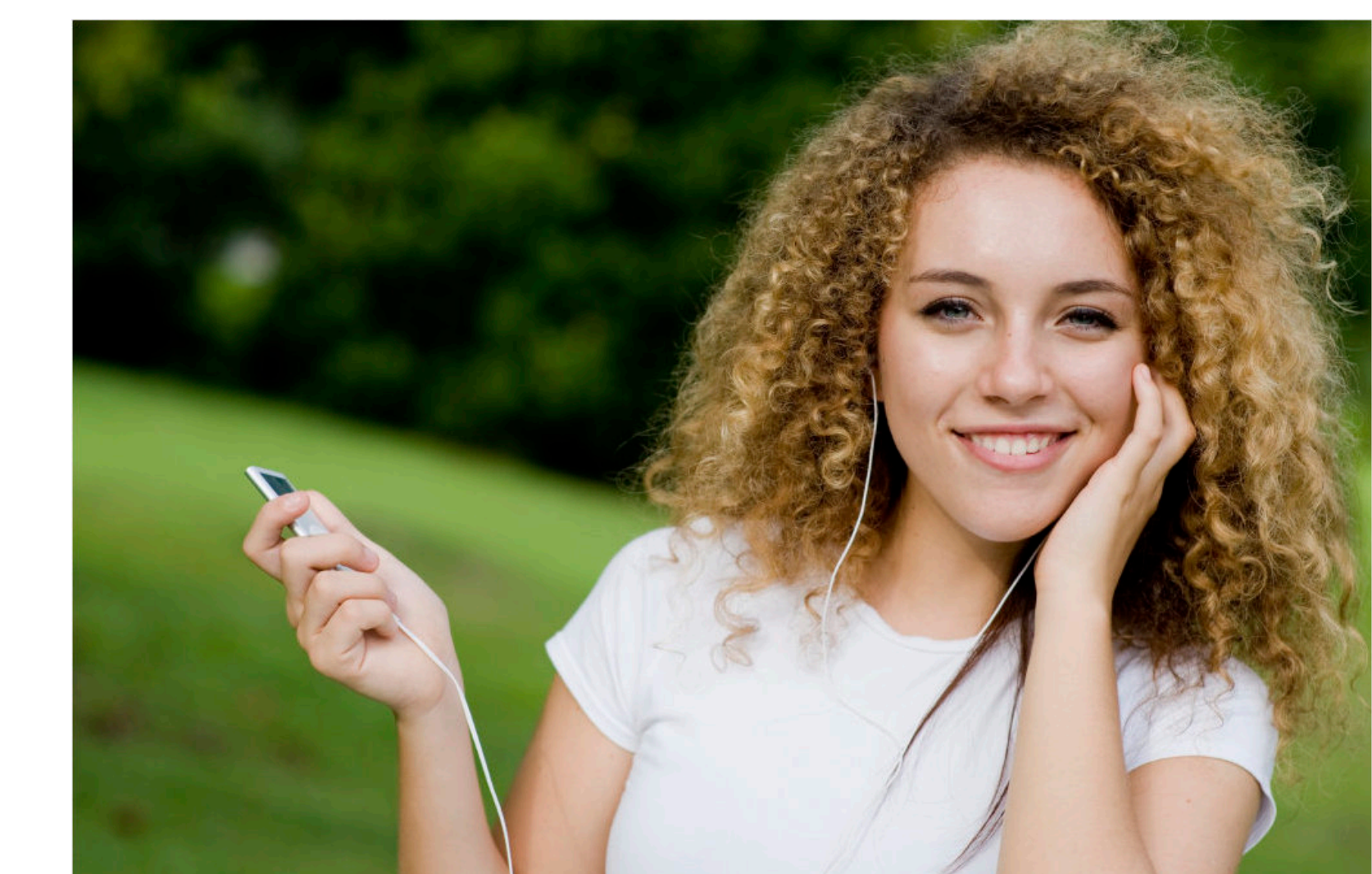


RESULTS

- After dissemination of knowledge, there was a decrease in the number of tablets prescribed to patients after ACL surgery.
- Nurses use the written education for to educate patients/families 90% of the time.

IMPLICATIONS

- PACU nurses play a vital role in:
 - Generating evidence based practice.
 - Consistently providing evidence based discharge education about pain management after surgery.
- Education should include the safe use of opioids, alternative pain management medications and techniques and the proper disposal of unused prescription medications.



References