

BACKGROUND

- Orthopaedic surgeons are among the highest prescribers of opioids
- We aimed to determine if a formal educational presentation providing evidenced-based information regarding opioid prescribing would have an impact on orthopaedic residents' attitudes towards opioid prescribing
- By targeting prescribers at an early stage, we hypothesized that we can improve resident knowledge base and therefore compliance with responsible opioid prescribing practices

METHODS

- Surveys were conducted with 49 orthopaedic residents from 3 urban academic institutions and all 5 post-graduate years
- A pre-survey was administered, followed by an educational lecture and case-based session covering the opioid epidemic, multimodal analgesia, opioid consumption in common procedures, and state regulations
- Following this intervention, residents completed a post-survey

RESULTS

	Pre-test	Post-test	P
Carpal Tunnel Release			
Non-opioid only	26	14	0.079
0-10 pills	22	30	
>10 pills	1	2	
Total Knee Arthroplasty			
0-10 pills	5	3	0.0005
11-20 pills	12	31	
21-30 pills	23	9	
>30 pills	9	3	
2-Level Lumbar Fusion			
0-10 pills	5	2	0.0002
11-20 pills	5	21	
21-30 pills	21	20	
31-40 pills	13	3	
>40 pills	5	0	
If seeing an adult patient in the emergency room, what is the limit for how long (in duration) can an opioid prescription be given for?			
Correct	12	28	0.0003
Incorrect	37	18	
If seeing a pediatric patient in the emergency room, what is the limit for how long (in duration) can an opioid prescription be given for?			
Correct	8	22	0.001
Incorrect	41	24	

	Pre-test	Post-test	P
People who are addicted to opioids commonly obtain opioids from valid prescriptions			
Agree	38	40	0.23
Disagree	11	6	
About how frequently do patients who have been prescribed opioids after surgery subsequently become addicted to opioids?			
Correct	28	34	0.086
Incorrect	21	12	
Identify the 3 states with the highest per-capita rates of opioid-related deaths			
≤1/3 correct	21	8	0.014
2/3 correct	20	22	
3/3 correct	8	16	
Identify the approximate number of overdose deaths in the US last year attributed to opioids			
Correct	17	23	0.13
Incorrect	32	23	
Identify the approximate number of overdose deaths in the US last year attributed to heroin			
Correct	2	29	<0.0001
Incorrect	47	17	
I have a broad knowledge of alternative therapies to manage pain without opioids			
Agree	35	41	0.031
Disagree	14	5	

RESULTS



Figure 1: Resident confidence levels on opioid prescribing (P=.031)

- There were no significantly different results relative to resident level of training (PGY year)

CONCLUSIONS

- The educational session significantly improved orthopaedic surgery residents' knowledge about opioids and prescribing habits
- Formal resident education on opioid knowledge and evidence-based prescribing strategies is an area of potential improvement to combat the opioid crisis