



5-Step Implementation Tool

Step 1: Understanding Perioperative Opioid Stewardship

Perioperative opioid stewardship is a multidisciplinary approach to optimizing pain management and minimizing opioid-related risks for surgical patients. It extends beyond simply reducing opioid prescriptions, encompassing a comprehensive strategy that spans the entire patient journey – from preoperative assessment and education to intraoperative techniques, multimodal analgesia, and responsible postoperative prescribing and disposal. The goal is to deliver effective pain control while mitigating the potential for opioid dependence, misuse, and diversion, ultimately enhancing patient safety and improving long-term outcomes. This implementation tool outlines evidence-based strategies for surgeons, clinicians, surgery centers, and hospitals to effectively implement these vital stewardship principles.

- [Guidelines on Limiting Opioid Use in the Perioperative Setting](#)

Step 2: Policy and Protocol Guidance

Effective perioperative opioid stewardship hinges on clear, evidence-based policies and protocols. This section provides a framework for developing and implementing guidelines that standardize best practices across your institution, ensuring consistent patient care. This proactive approach to formalizing care pathways is essential for reducing unwarranted variation in opioid use and pain control strategies and fostering a safer environment for all surgical patients.

- [Multimodal Analgesia Guidelines for Surgical Practice](#)
- [Perioperative Management of Patients on Opioids](#)
- [Patient Controlled Analgesia Sample Policy](#)
- [Epidural or Spinal \(Neuraxial\) Anesthesia, With or Without PCEA, Sample Policy](#)
- [Local Anesthetic Systemic Toxicity \(LAST\) Sample Protocol](#)
- [Ketamine: Pain vs Anesthetic Dosing Sample Policy Language](#)

Step 3: Bedside Guidance: Adopting Components into Your Practice

Translating policy into practice requires actionable strategies at the patient's bedside. This section offers practical guidance for surgeons, nurses, anesthesiologists, and other hospital clinicians to directly implement perioperative opioid stewardship principles. It focuses on the crucial touchpoints in patient care, from thorough preoperative patient education and risk assessment to the judicious application of multimodal analgesia intraoperatively, and finally, responsible opioid prescribing and patient counseling for discharge. By integrating these evidence-based components

into daily routines, clinicians can significantly impact pain management outcomes, reduce opioid exposure, and foster a safer, more patient-centered approach to surgical recovery.

- [CME Accredited Provider Facing Education through iCompass Academy- 2.5 credit hour lecture bundle](#)
Videos available with open access by the links below, but **must be watched through iCompass Academy (link above) if desiring CME credit.**
 - [Lecture 1: Comprehensive Perioperative Pain Management](#)
 - [Lecture 2: Preoperative Care & Special Considerations](#)
 - [Lecture 3: Multimodal Analgesia: Part 1A: Medications](#)
 - [Lecture 4: Multimodal Analgesia: Part 1B: Medications](#)
 - [Lecture 5: Multimodal Analgesia: Regional Anesthesia](#)
 - [Lecture 6: Postoperative Pain Management & Persistent Post-Surgical Pain](#)
- Provider-facing toolkit resources:
 - [Medication Quick Guide](#)
 - [Opioid Medication Dictionary](#)
 - [Non-Opioid Medication Dictionary](#)
 - [Link to Full Provider Toolkit](#)
- [Monthly Learning Sessions: Compass SHARP Lunch and Learn Series Registration](#)
- Monthly Newsletters
 - [Past Editions](#)
 - [Sign up Link](#)
- [Additional resources available through the Compass Opioid Stewardship Program Resource Page](#)

Step 4: Patient Guidance: How to Engage Patients and Families in Their Recovery and Convey Education on Pain Management and Opioid Safety

Empowering patients and their families is a cornerstone of effective perioperative opioid stewardship. This section provides strategies for comprehensive patient education, beginning preoperatively and continuing through discharge. It emphasizes shared decision-making, setting realistic expectations for pain, and discussing multimodal pain management options that reduce reliance on opioids. It outlines how to clearly convey vital information on safe opioid use, including proper storage, disposal, and the recognition of potential risks like misuse or dependence. By actively engaging patients and their support networks, we can foster a deeper understanding of their pain management plan, enhance adherence, and ultimately improve the safety and success of their surgical recovery.

- [Opioid Patient Scripting Tool: Communicating with Patients: Postoperative Pain Relief](#)
- General patient-facing toolkit resources:
 - [Making Sense of Pain](#)
 - [Managing Pain After Surgery](#)
 - [Preparing for Surgery](#)

- Procedure-specific postoperative instruction resources:
 - [Laparoscopic Cholecystectomy](#)
 - [Sinus Surgery](#)
 - [Joint Replacement Surgery](#)
 - [Hernia Repair](#)
 - [Orthopedic and Sports Medicine](#)
 - [General Abdominal Surgery](#)
- Patient resource video series (patient-facing videos around 5 minutes in length)
 - [What is Pain?](#)
 - [Understanding Opioids](#)
 - [Preparing for Surgery](#)
 - [Postoperative Pain: Pharmacologic](#)
 - [Postoperative Pain: Non-pharmacologic](#)
 - [Patient-facing handout with QR codes to videos](#)

Step 5: Measurement and Quality Improvement Guidance

- Effective opioid stewardship practices necessitate measurement and quality improvement (QI) strategies. Measurement recommendations include:
 - Self-assessment of ERAS protocol utilization
 - Number of opioids prescribed
 - Number of alternatives to opioid medications prescribed
 - Number of Naloxone kits prescribed
 - Changes in patient satisfaction scores
- As hospitals work through the Compass SHARP program, it is recommended that they do so within a framework of QI - and what drives QI in their institution. This may include:
 - Implementing standardized protocols for perioperative pain management
 - Utilizing data to identify areas for improvement
 - Reviewing current practices against evidence-based guidelines and patient-centered goals
 - Fostering a culture of continuous learning and collaboration, ensuring optimal outcomes for patients

Toolkit developed in collaboration with [The Compass Healthcare Collaborative](#), a product of [Stader Opioid Consultants](#).