Oregon Nursing Research and Quality Consortium

Opioid-Crisis Intervention: Mitigating Opioid Misuse After Surgery Using Video-Animation Educational Tool

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Rationale

At least 2 million surgical patients will chronically misuse opioids after surgery, every year in the U.S. Paucity in patient education is a major contributor to this misuse.

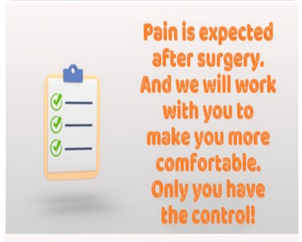
Purpose/Aims

This project aimed to:

Inform surgical patients of opioid dangers

Provide expectations of surgical pain, and

Describe alternative therapies for pain management.



Given the wide range of healthcare literacy between patients, audio, and visual aids - specifically cartoon animations- have been proven to enhance learning and engagement in patient education.

Methods

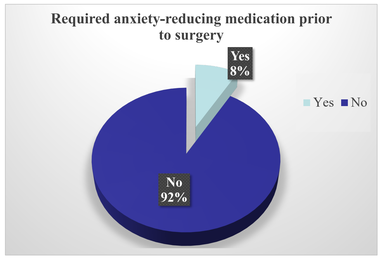
A high-quality video-animation educational tool was developed. 12 patients were individually invited to view the video in preoperative area between June-August 2022. Surgical cases which do not produce lasting pain were excluded. Intervention's influence on patients' anxiety related to surgical-pain management was assessed by direct questioning of patients. Electronic health records were reviewed for reports of anxiety, pain scores, and achieving early discharge criteria.

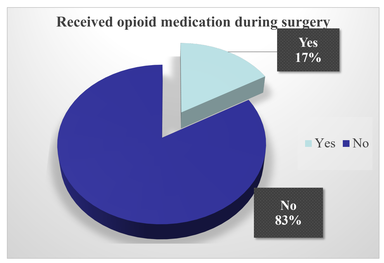
1. Ambulated early (on day of surgery or the next morning), 2. Lacked complaints of nausea and vomiting, 3. Tolerated self-care activities. 4. Reported minimal or no drowsiness, and 5. Reported readiness for discharge to home.

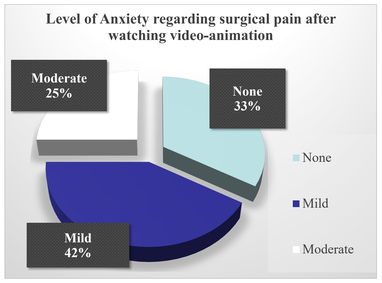
Results

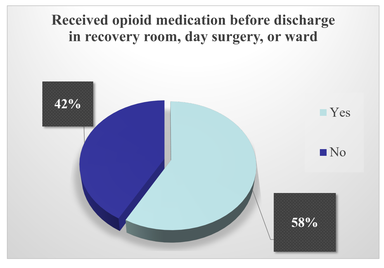
Patients ranged in age between 28-71. 5 patients self-identified as male, 5 as female, and 2 as transgender.

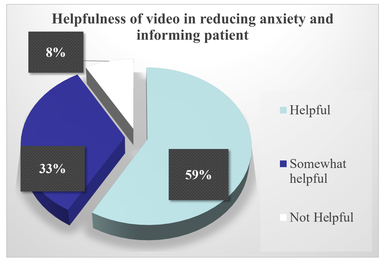
67% of participants reported not receiving education about surgical pain management prior to the intervention

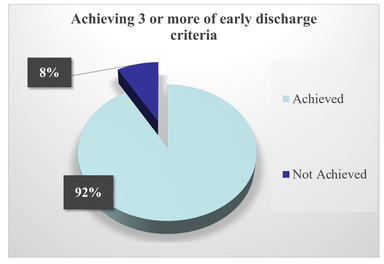












Clinical Relevance

Patient-focused video-animation education prior to surgery regarding pain management could be a helpful tool in alleviating anxiety and reducing opioid consumption after surgery. This could result in reducing opioid-misuse and opioid-dependence in the community.

Scan for references