Multimodal Approach to Post-Operative Pain Management after Spine Surgery: The Back-up Plan
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Disclaimer
• No financial interest/affiliation or conflict of interest that would impact this presentation.

Objectives
Condell

- Level I Trauma
- 277 Beds
- Spine surgeries per year
  - T/L/S surgeries
  - ACDF/PCDF not included
- Magnet designation
- Blue Distinction

Background

- Historical
- Current State

Evidence

- Literature Review
  - ERAS
  - Nutrition, Prescreening, and Pain Management
Enhanced Recovery Is...

- Standardized clinical pathways
- Multidisciplinary team
- Focused on patient outcomes
- Better for patients and the healthcare system
- Everyone working together

STAAR

- What it is
- Key elements

Pain Management

- Multimodal
- Preoperative
- Intraoperative
- Postoperative
Pain Management

• Challenges
  – Family / Patient
  – Healthcare Team

Prescreening Optimization

• Challenges
  – Time
  – Resources
  – Buy-in

Special Considerations

• Renal insufficiency
• Opioid tolerant / naïve
• Elderly / frail
Pilot

• Lumbar fusions - elective
• Dr. STAAR Champion
• Evaluate
• Revise
• Implement

Metrics

Pilot Outcome
Lessons Learning…

• “If you don’t have a plan for what you want, then you will probably find yourself buying into someone else’s plan and later find out that was not the direction you wanted to go. You’ve got to be the architect of your life.”
• - John Rohn

Questions

Thank You!