VISN 6 Governor’s Work Group Update
5/24/2018

Linda Exner, Acting Deputy Network Director
The Opioid Crisis: VISN 6 Best Practices and Innovations

Two Examples from the 2018 VA “Shark Tank Competition”

- Durham Evidence-based intervention using Music to address the twin epidemics of opioid overuse and pain in Veterans undergoing surgery.
  - https://youtu.be/hpeUtvr-iCY

- Asheville Total Knee Arthroscopy Pilot

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Opioid use in total knee arthroplasty
April 2017 – May 2018

Average MME per patient

Month
Enhanced Recovery After Surgery pathways (ERAS)

Charles George VA Medical Center, Asheville, NC

**Outcomes**

- A 32% decrease in use of hydromorphone
- Approx. 21% decrease in overall opioid use.
- Decrease in LOS .55 days resulting in $150,000 savings in one quarter of implementation est. annual savings: $600,000

**Multimodal analgesia, incorporating nonopioid techniques is an integral part of these pathways. Less emphasis on opioid analgesia. More emphasis on regional anesthesia, non-opioid medications, and other non-medicinal therapies.**

**Multimodal analgesia medication**

*Protocol Developed*

**Preoperative Medications:**
- Gabapentin 600 mgs PO (on admission to day surgery)

**Intraoperative Medications:**
- IV Tylenol 1000 mg
- Magnesium 30 mg/kg (2-3 gms)
- Ketorolac 15-30 mgs (if appropriate)
- Ketamine 0.5 mgs/kg
- Dexmedetomidine 0.2-0.7 mcg/kg/hr
- Zofran 4mg

**Local Anesthesia Per Surgeon - Generally longer acting agents preferred (eg. Bupivacaine)**

**Total Knee Arthroplasty (TKA) Protocol**

**Preoperative Meds:**
- Gabapentin 600 mg on admission to day surgery

**Intraoperative Meds:**
- IV Tylenol 1000 mg
- Magnesium 30 mg/kg (2-3 gms)
- Ketorolac 15-30 mgs (if appropriate)
- Ketamine 0.5 mgs/kg
- Dexmedetomidine 0.2-0.7 mcg/kg/hr
- Zofran 4mg

**Postoperative Meds:**
- Multimodal Analgesia
- Early nutrition
- Early PT and mobilization - PMRS seeing 100% of ERAS TKA Veterans post-op day 0

**Enhanced Recovery After Surgery Pathways (ERAS)** have emerged as one of the best strategies to improve the value and quality of Surgical Care and have been increasingly adopted for a broad range of Surgical procedures.

**Implementation**

**Total Knee Arthroplasty Pilot ERAS Implementation Actions:**

- **Pre-Operative:**
  - Developed patient education booklet; includes all appointments, care, education, and follow up
  - Veteran is engaged; brings booklet to all pre-op visits

- **Intra-Operative:**
  - Opioid sparing multimodal analgesia
  - Avoid tubes and drains
  - Increase in use of spinal and regional analgesia

- **Post-Operative:**
  - Cryotherapy implementation
  - Multimodal analgesia
  - Early nutrition
  - Early PT and mobilization - PMRS seeing 100% of ERAS TKA Veterans post-op day 0

**Our ERAS Multi-disciplinary Implementation Team**

- Vada Campbell, RN, Inpatient Pain Management Case Manager, ERAS Workgroup Chair
- Sheri Norman, RN, PACU/Day Surgery, ERAS Workgroup Vice Chair
- Susan Bazemore, CRNA, Surgery Services
- Sidney Carter, RN, Orthopedics Case Manager
- Ginger Codd, Clinical Dietician
- Tamara Cornell, PT, DPT, Clinical Program Manager
- Eileen Ferrell, MSN, Nursing Education
- Sherry Goar, FNP, Pre-Anesthesia
- Amanda Graves, RN, Nurse Manager, Surgical Floor
- Douglas Huntley, MD, Assistant Chief of Surgery
- Joe Kelley, MD, Anesthesiologist
- Jill Kerik, FNP, Hospitalists
- Libby Libner, RN, Orthopedics Case Manager
- Chris Nagy, MD, Chief of Orthopedics
- Miranda McKinley, Clinical Dietician
- Natalie Micali, Clinical Dietician
- Angela Padgett, CNL, Surgical Floor
- Craig Powell, MD, Chief of Surgery Services
- Caitlin Rawlins, RN, Surgical Floor
- Troy Schmidt, MD, Orthopedic Surgeon
- Shirley Trantham, RN, Utilization Management
- Josh Walbert, DPT, PM&RS
- Auburn Wigginton, PharmD

**Moving on – what’s up next?**

Total hip arthroscopy protocols
- Expand ERAS to all surgical services.
- Integrative therapies: Expansion of healing touch, addition of virtual reality, other CIH
- Implement minimal fasting
Upcoming Events Calendar Preview

May 28th  
Senator Tillis – Huntersville Veterans Park Dedication  
**Location:** Huntersville, NC  
**Time:** 10:30 – 12:30p

June 4th  
NC Veterans Advisory Committee (VAC) Meeting  
**Location:** V6 HQ Durham, NC  
**Time:** 11a – 1p

June 5th  
VA Veterans Advisory Committee (VAC) Meeting  
**Location:** Richmond, VA  
**Time:** 11a – 1p

Acting Secretary Veterans Affairs – Durham VA Medical Center

June 6th  
VA Veterans Advisory Committee (VAC) Meeting  
**Location:** Salem, VA  
**Time:** 11a – 1p

Acting Secretary Veterans Affairs – Medical, Biomedical & Biodefense: Support to the Warfighter Symposium  
**Location:** Chapel Hill, NC

June 21st  
Acting Secretary Veterans Affairs - VA Regional Outreach Event for Faith-based, Nonprofit, Community/Neighborhood Leaders and Organizations  
**Location:** Goodwill Industries – Winston-Salem, NC  
**Time:** 8a – 4:30p