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"Opioid Reduction in Orthopaedic Surgery (OREOS): A Multicentre Feasibility Randomized Controlled Trial in Knee Replacement Patients"

Knee replacements are the second most common surgery in Canada. Most patients recover very well but research consistently shows that 1 in 5 patients still have pain many months after surgery. Doctors often prescribe opioid medications for pain after surgery (e.g. Percocet, hydromorphone, codeine). These medications can be helpful for many people, but they can also cause unwanted side effects, particularly when used for a long time. Many patients don't like the way opioids make them feel and would prefer alternative pain management strategies. Some people become addicted to opioids, have a difficult time reducing the dose of opioids, or have lasting health problems after using them. People in our study will be randomized to either have usual care or a new pathway that we designed to improve pain control and decrease opioid use after knee replacements. We will have an intervention coordinator who will assess patients before surgery and who will follow up with patients regularly after surgery to help them control their pain and to avoid long-term opioid use. We will use education, physiotherapy, psychological therapy, ice/cold, and non-opioid pain medications. As pain medications may work differently in different patients, the coordinator will check on each patient regularly after surgery. Our study will help people have safer and more effective pain management after surgery which we hope will lead to better recovery, higher satisfaction, and a lower risk of being harmed by opioids after surgery.