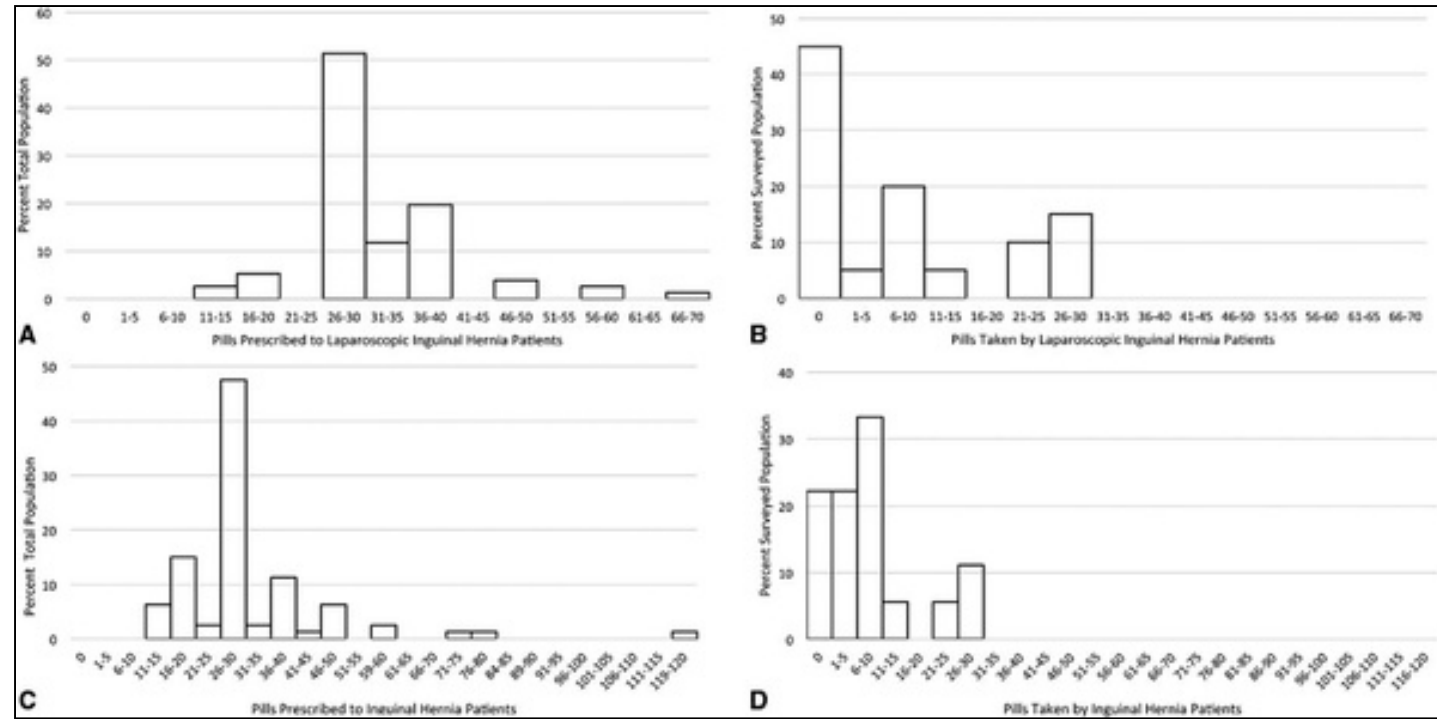
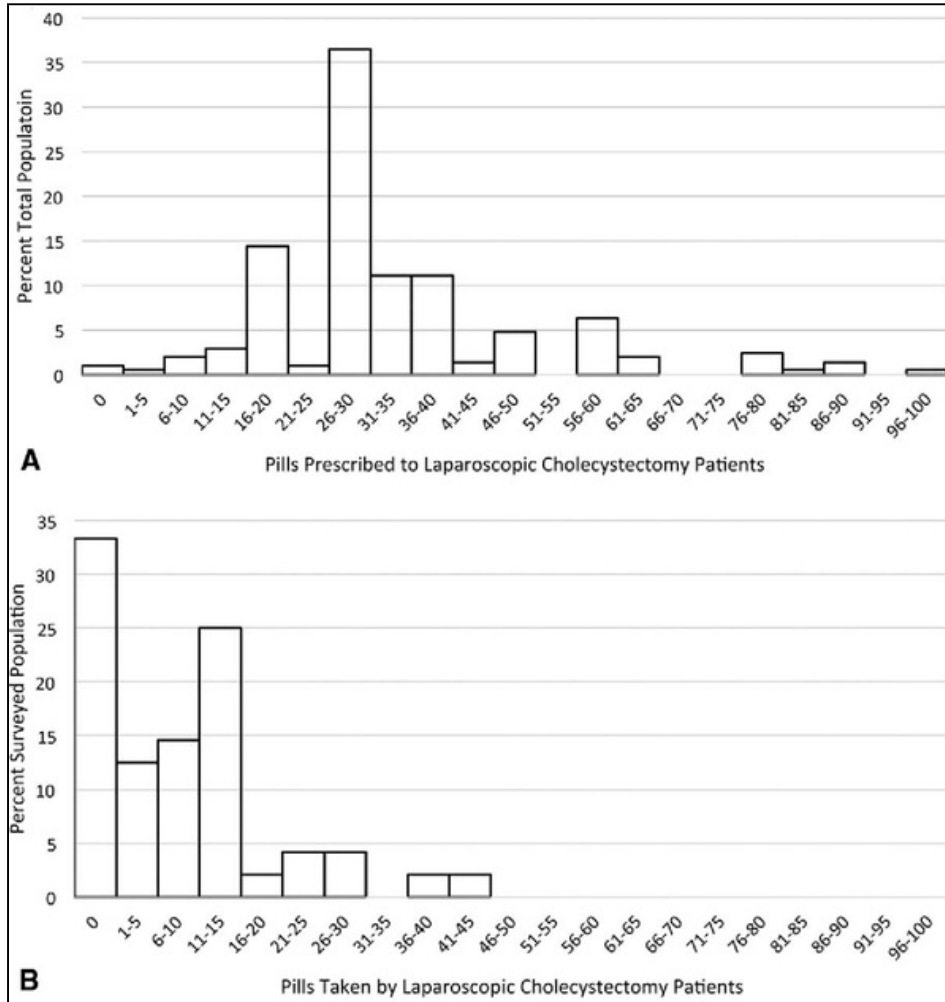


# Improving disposal of unused opioids post-operatively

Tudor Borza, MD, MS  
SCW Member Meeting  
July 18, 2019

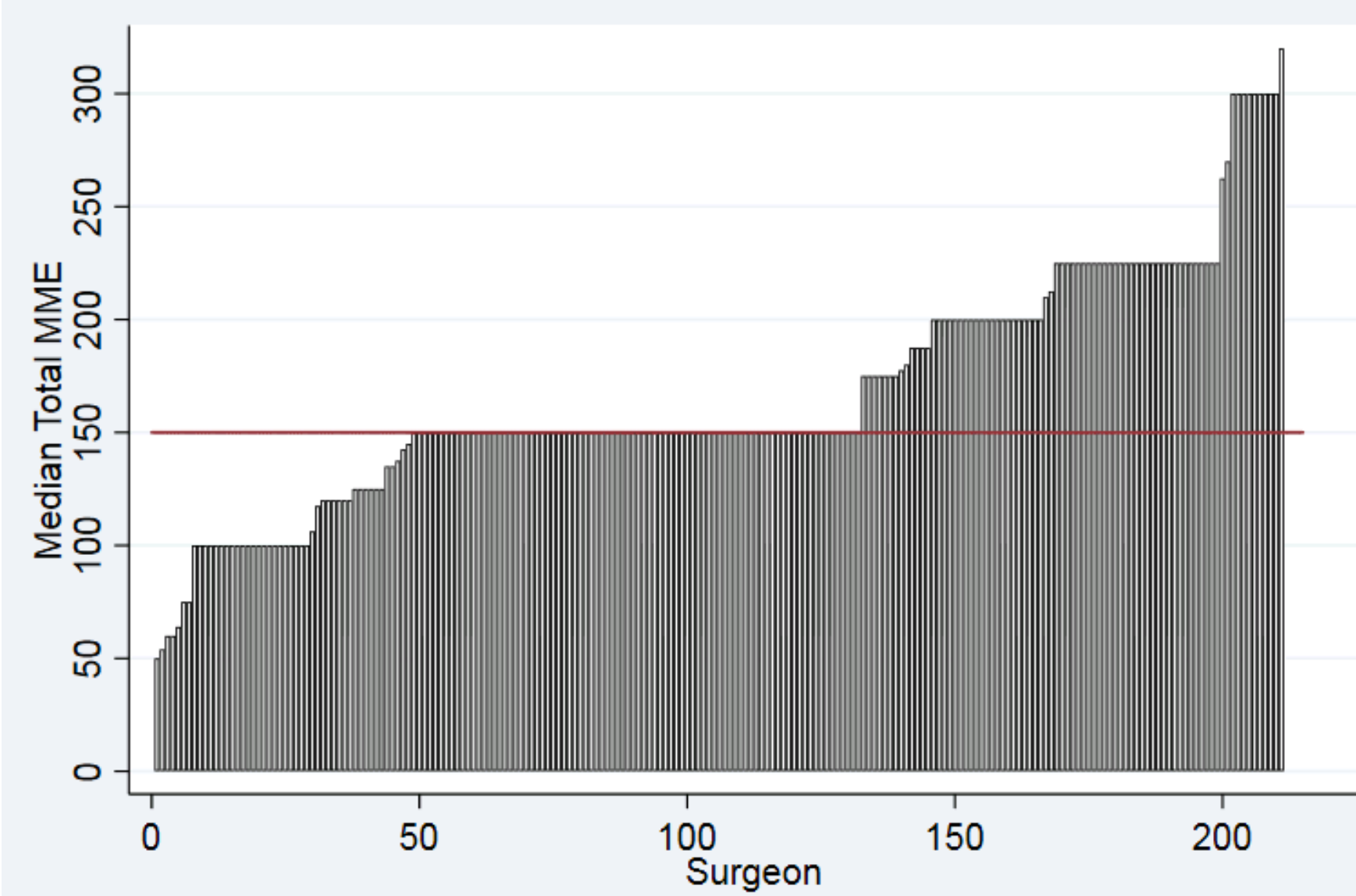


# Overprescribing common post-operatively

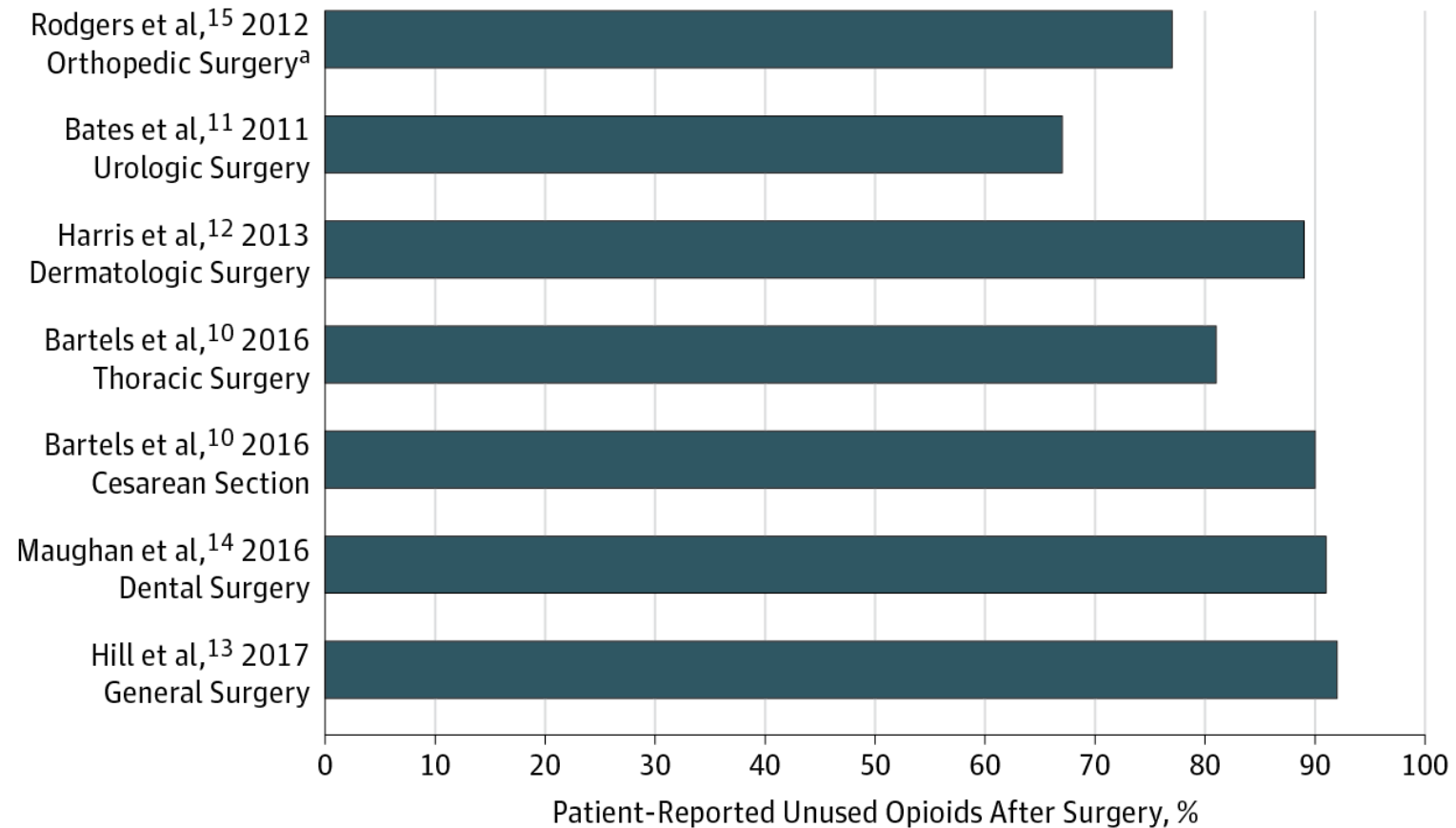


# Wisconsin data with similar picture

- Median dose prescribed was 30 tablets of Norco
- Patients likely use <10

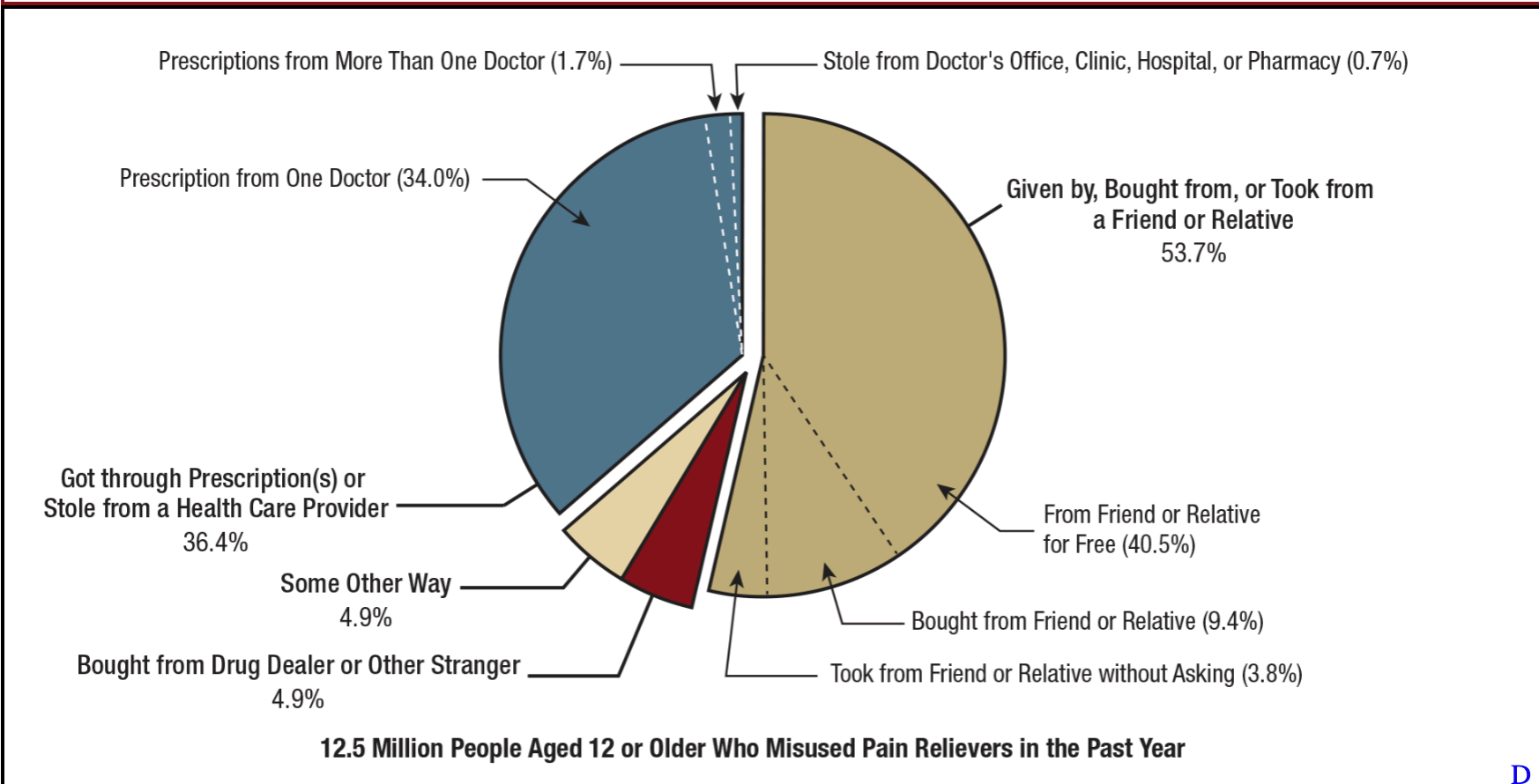


# Systematic review demonstrates majority of opioids unused



# 90% of opioids abused originate from physician prescriptions

**Figure 24. Source Where Pain Relievers Were Obtained for Most Recent Misuse among People Aged 12 or Older Who Misused Prescription Pain Relievers in the Past Year: Percentages, 2015**



Note: The percentages do not add to 100 percent due to rounding.

Note: Respondents with unknown data for the Source for Most Recent Misuse or who reported Some Other Way but did not specify a valid way were excluded.

- Disposal of unused opioids rare
- Educational interventions with limited effect
- Providing activated charcoal disposal bag increased disposal by 3.8 fold

Table. Participant Characteristics and Outcomes by Group

Postoperative Opioid Disposal	No. (%)			P Value
	Usual Care	Educational Pamphlet	Activated Charcoal Bag	
No.	63	75	70	
Self-reported opioid disposal 4-6 wk after surgical procedure	18 (28.6)	25 (33.3)	40 (57.1)	.001
Preoperative characteristics				
Age, mean (SD), y	46.92 (14.91)	46.00 (15.22)	45.10 (15.13)	.79
Female sex	40 (63.5)	54 (72.0)	45 (64.3)	.49
White race/ethnicity	52 (82.5)	70 (93.3)	61 (87.1)	.15
Surgical service				
Gynecology	4 (6.4)	8 (10.7)	9 (12.9)	.44
Plastic	13 (20.6)	14 (18.7)	10 (14.3)	
Orthopedic	22 (34.9)	28 (37.3)	24 (34.2)	
Oncology	7 (11.1)	12 (16.0)	11 (15.7)	
Otolaryngology	8 (12.7)	8 (10.7)	3 (4.3)	
Other	9 (14.3)	5 (6.7)	13 (18.6)	
Disposal method				
No.	18	25	40	
In home				
Garbage	2 (11.1)	1 (4.0)	0	<.001
Garbage after mixing with unpalatable substance	2 (11.1)	5 (20.0)	2 (5.0)	
Activated charcoal bag	0	0	35 (87.5)	
Flushed down the toilet	3 (16.7)	5 (20.0)	2 (5.0)	
Out of home				
Law enforcement	5 (27.8)	5 (20.0)	0	
Authorized pharmacy or hospital	4 (22.2)	6 (24.0)	1 (2.5)	
Take-back drive	0	1 (4.0)	0	
Other <sup>a</sup>	2 (11.1)	2 (8.0)	0	

# Activated Charcoal Disposal bags

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- Easy to use in home
- Inexpensive
- Environmentally safe



# Pilot project funded by Wisconsin Department of Health Services

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- GOAL to determine feasibility of distributing disposal bag in surgical clinics and use by surgical patients
- DHS provided funding to purchase and distribute disposal bags
- Plan to pilot use of bags in 3 surgical practices
  - LOOKING for 1 more volunteer
- Anticipate distribution of bags with pre-operative materials
- Measure disposal and use of bags post-operatively
- Interviews with surgeons and clinic staff to determine optimal way to implement intervention



# Future directions

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- Identify several workflow options for implementation of intervention in surgical clinics
- Scale intervention to involve all SCW member sites
- Increase safe disposal of unused opioids in Wisconsin