



# European Association for Cancer Education

## 32nd Annual Scientific Meeting

### Workshop 4

#### IMPROVING OUTCOMES FOR SURGICAL CANCER PATIENTS THROUGH EDUCATION ON SAFE AND EFFECTIVE OPIOID SPARING PAIN CONTROL

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**Purpose:** Opioid use and misuse in the United States is one of the great tragedies of the 21<sup>st</sup> century. Opioid overprescribing, misuse, opioid transfer to family and friends has resulted in practice and policy changes for the prevention and control of pain in the surgical cancer patient. Thirty four percent of all overdose deaths involve prescription opioids and the past misuse of prescription opioids is the major risk factor for heroin use. For the opioid naive cancer patient receiving curative intent surgery, one in ten are opioid dependent at one year. Employing education focused on perioperative pain management strategies, the decreased use of opioids and safe use of alternatives can have profound downstream effect on the risk of abuse, misuse and overdose.

**Methods:** This workshop will use a surgical breast cancer case study and small group discussions to identify the extent and contributing factors of opioid use and misuse in the surgical cancer patient, describe the impact of professional and patient education programs focused on the safe transition of care with the intent of reducing long term opioid use by patients and family members. Alternatives, including the use of cannabis, now reported as being used by 10% of the US population and 43% of cancer patients will be presented in the case study. Both US and European data will be included.

**Outcomes:** All participants will be provided access to E-learning professional and patient education programs on safe and effective pain control for the surgical cancer patient. The case studies inclusive of opioid free, opioid dependent, opioid addicted, narcotic recovered and using methadone, and opioid naïve but avid marijuana user will be supported with decision aids and enhanced recovery polypharmacy protocols or guidelines for use as educational tools in training programs.

**Objectives:**

1. Describe the current patient safety and education requirements upon initiating opioid pain control and how to set appropriate patient expectations regarding postoperative pain, return to function, and recovery
2. Identify how guidelines and enhanced recovery protocols can reduce opioid over-prescribing, long term use and have significant improvement in surgical cancer patient outcomes.
3. Identify the Food and Drug Administration and the European monographs perspective on the use of cannabis for medical treatment. Consider pharmacokinetics, pharmacodynamics, delivery, carcinogens and medication interaction of marijuana prior to consideration as a treatment option.
4. Identify the use marijuana for pain control including dose, delivery and concerns

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