

# JAMA<sup>®</sup>

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## “Increased Risk for Chronic Opioid Use After Surgery”

TEASE RUNS :03 (opioid medication being counted)  
Risks of chronic opioid use after surgery...that’s next.

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**INTRO:** Chronic use of prescription pain medications known as opioids is increasing in the United States. Many patients who have not previously taken this type of medication are prescribed these drugs to help manage pain after surgery. A new study examined whether these patients are also at an increased risk for using opioids long-term. Catherine Dolf has more in this week’s JAMA Report.

<b>B-ROLL</b> Wide shot of surgery	<b>EACH DAY, THOUSANDS OF SURGERIES ARE PERFORMED ACROSS THE UNITED STATES.</b>
<b>SOT/FULL</b> Eric C. Sun, M.D., Ph.D., - Stanford University School of Medicine Super@:04 Runs:06	<b>“It’s pretty normal to get a pain killer after you, after you go home from your surgery and during your surgery.”</b>
<b>B-ROLL</b> Various shots of medication, Dr. Sun walking down steps, various shots of Dr. Sun sitting at desk looking at computer, surgery shots	<b>WHAT’S NOT NORMAL IS TO STILL BE TAKING THOSE PAIN MEDICATIONS MANY MONTHS AFTER SURGERY. DR. ERIC SUN AND HIS COLLEAGUES AT THE STANFORD UNIVERSITY SCHOOL OF MEDICINE REVIEWED THE RECORDS OF MORE THAN 641 THOUSAND PATIENTS WHO WERE NOT TAKING PAIN MEDICATION DURING THE YEAR PRIOR TO SURGERY. THEY HAD ONE OF 11</b>

	<b>COMMON OPERATIONS, INCLUDING JOINT REPLACEMENTS, GALL BLADDER REMOVAL, AND C-SECTIONS, DURING A 12-YEAR-PERIOD.</b>
<b>SOT/FULL</b> Eric C. Sun, M.D., Ph.D., - Stanford University School of Medicine Super@:32 Runs:15	<b>“We wanted to see at the year out after their surgery, were they at increased risk of using opioids chronically compared to patients who didn’t get surgery. Some opioid use is to be expected shortly after surgery, so we did exclude the first 90 days following their surgery.”</b>
<b>B-ROLL</b> Various shots of pharmacy and medication	<b>CHRONIC USE WAS DEFINED AS FILLING AT LEAST 10 PRESCRIPTIONS, OR MORE THAN 120 DAYS WORTH OF OPIOIDS, DURING THE FIRST YEAR AFTER SURGERY.</b>
<b>GFX FULL</b> JAMA INTERNAL MEDICINE LOGO	<b>THE STUDY APPEARS IN JAMA, INTERNAL MEDICINE.</b>
<b>SOT/FULL</b> Eric C. Sun, M.D., Ph.D., - Stanford University School of Medicine Super@:57 Runs:15	<b>“Patients who didn’t use opioid prior to surgery were at an increased risk for chronic opioid use following their surgery. The risks range from about one and a half to five times depending on the surgery. Overall, the risk is pretty low, it was about less than one percent for most of the surgeries we looked at.”</b>
<b>B-ROLL</b> Various shots of opioid medications	<b>MEN AND OLDER PATIENTS WERE AT AN INCREASED RISK OF CHRONIC OPIOID USE ALONG WITH PATIENTS WITH A HISTORY OF CERTAIN MEDICAL CONDITIONS.</b>
<b>SOT/FULL</b> Eric C. Sun, M.D., Ph.D., - Stanford University School of Medicine Super@ 1:19 Runs:10	<b>“Patients who use benzodiazepines, that’s a fairly common drug people use for anxieties and also patients with a history of drug abuse and alcohol abuse are at high risk for chronic opioid use following their surgery.”</b>
<b>B-ROLL</b> Various shots of surgery	<b>DR. SUN SAYS PHYSICIANS SHOULD BE AWARE OF THIS RISK EVEN THOUGH THE OVERALL RISK IS SMALL.</b>
<b>SOT/FULL</b> Eric C. Sun, M.D., Ph.D., - Stanford University School of Medicine Super@ 1:38 Runs:10	<b>“Physicians should closely monitor their surgical patients to see how much opioid they are or aren’t taking, and just be aware that they may be at high risk for using opioids chronically.”</b>

(Video covering end of bite: Medication on counter)	
B-ROLL Medication on counter	CATHERINE DOLF, THE JAMA REPORT.

**TAG: STUDY AUTHORS SAY MORE RESEARCH IS NEEDED TO BETTER MANAGE THE PAIN PATIENTS EXPERIENCE AFTER SURGERY.**

Please see the complete study for additional information, including other authors, author contributions and affiliations, financial disclosures, funding and support, etc.

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**ADDITIONAL SOUNDBITES:**

**Eric C. Sun, M.D., Ph.D., - Stanford University School of Medicine**

**QUOTE 1 Runs:10**

**“In general, males were more likely to be at increased risk. Elderly people were more likely to be at increased risk and patients with certain types of histories were also more likely to be at increased risk.”**

**QUOTE 2 Runs:09**

**“If you know a patient’s undergoing surgery, you really want to keep an eye on them and see how much opioid they are or aren’t using following their surgery, particularly if they’re one of the higher risk groups that we found.”**

**QUOTE 3 Runs:17**

**“We looked at knee replacements, hip replacements, C-sections. We looked at gallbladder removal and appendix removals. We also looked at like nose surgeries, sinus surgeries, so we looked at pretty common surgeries that a lot of people are getting.”**