

Not As Safe As We Thought

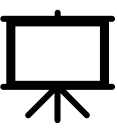


Perioperative opioid consumption in habitual cannabinoid users undergoing ankle surgery: a single center retrospective analysis



Authors

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PRESENTER:

Mohammad Al Nobani M.D

BACKGROUND:

- Cannabis is consumed for both recreational and medicinal purposes, often in its natural form or as extracts to induce relaxation and euphoria.
- The legalization of recreational cannabis in 24 U.S. states has led to increased use and a widespread perception of its safety.
- The impact of cannabinoid use on perioperative opioid requirements remains unclear.
- This study included patients who underwent ankle surgery at John H. Stroger, Jr. Hospital between 2021 and 2023 to investigate this relationship.

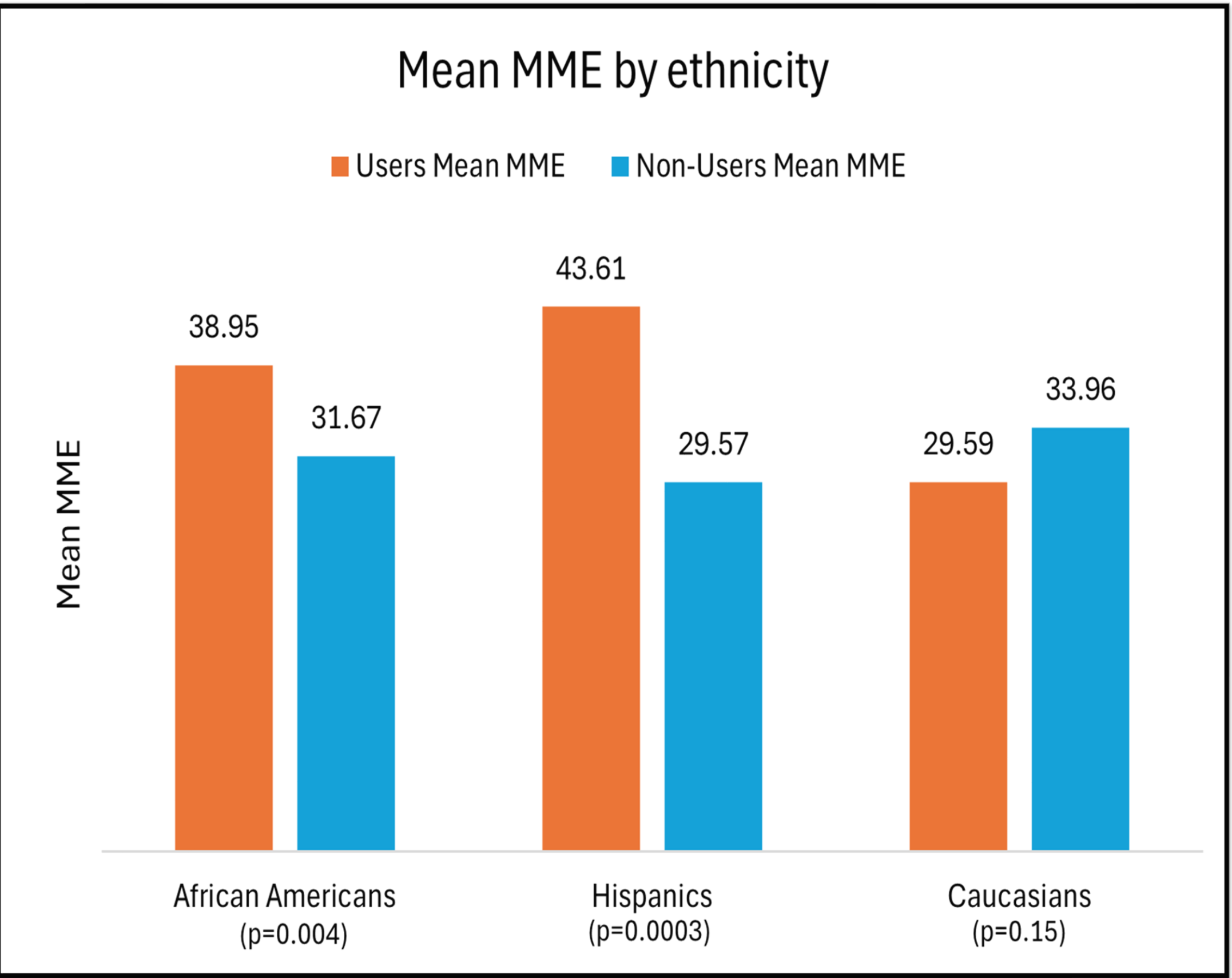
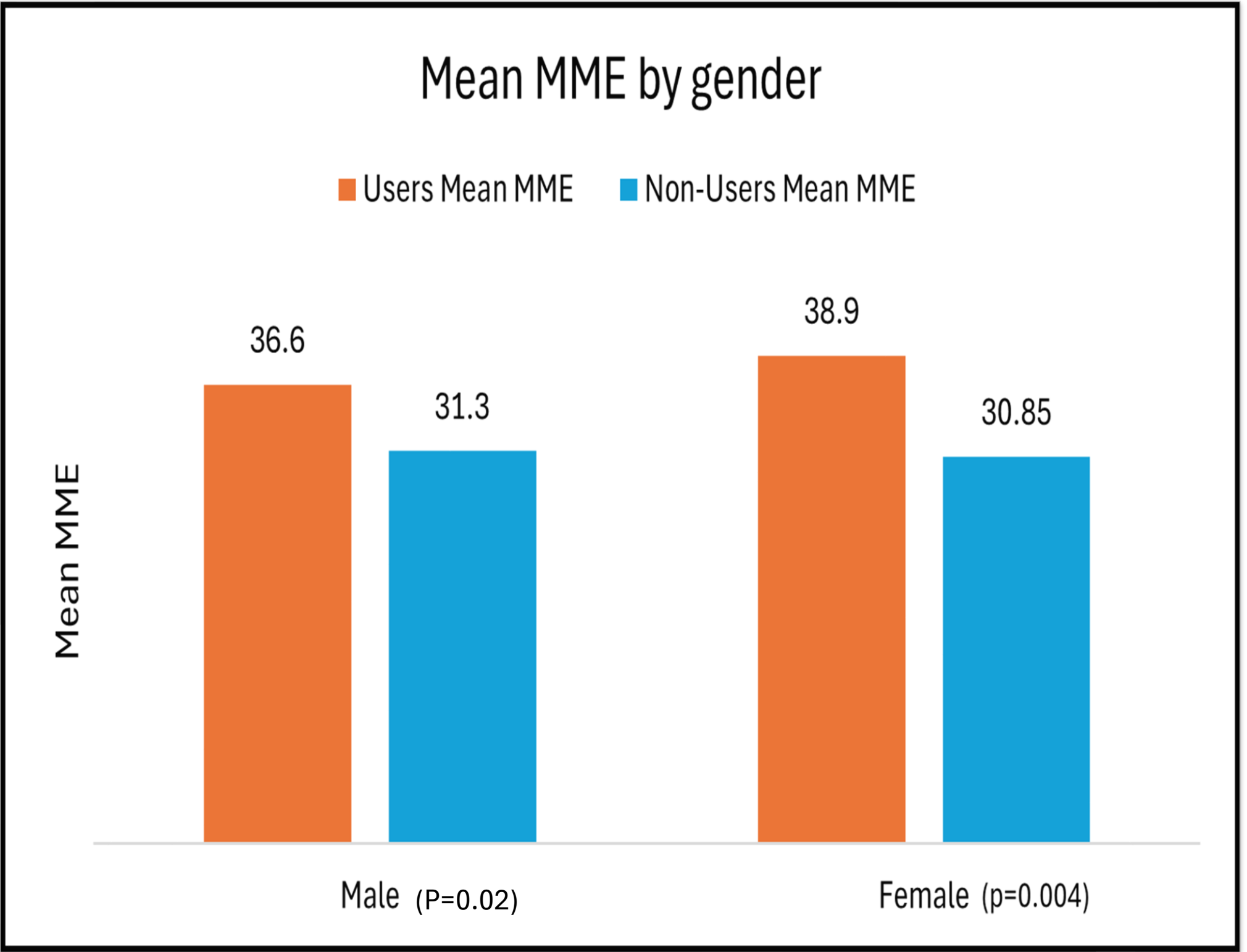
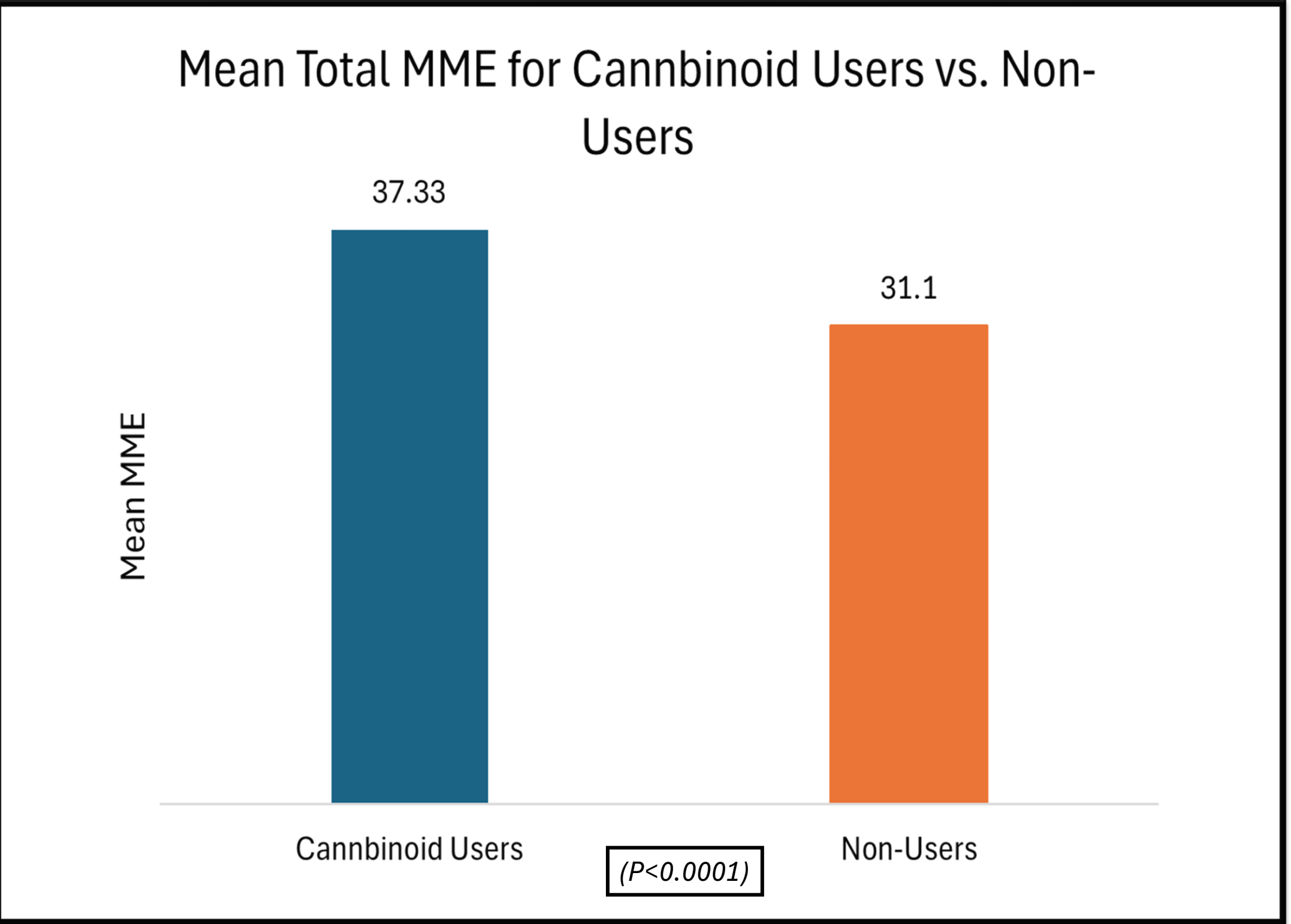
METHODS:

- **Study Design:**
 - Retrospective observational study at John H. Stroger, Jr. Hospital from 2021 to 2023.
- **Participants:**
 - 145 patients over 18 years old undergoing ankle surgery were included after excluding pediatric patients, aborted surgeries, and those who received neuraxial anesthesia.
- **Cannibanoind Use Classification:**
 - Patients were identified as cannabis users if they used cannabis preparations within 30 days before surgery.
- **Data Collection:**
 - Total perioperative opioid requirements were collected and converted to morphine milligram equivalents (MME).
- **Statistical Analysis:**
 - Independent t-tests were performed using Microsoft Excel; a p-value < 0.05 was considered statistically significant.

Ethical Approval:

- Institutional Review Board (IRB) approval was obtained according to Cook County Health Services policy.

RESULTS:



○ Patient Population:

- Out of the 145 patients, two patients were identified as outliers due to other injuries necessitating prolonged hospitalization.
- Therefore, 143 patients were analyzed, consisting of 84 males and 61 females.
- Mean age: 41.2 ± 12.9 years.

○ Cannabis Use:

- 31% of patients acknowledged using cannabinoids.

□ Key Finding:

- ***Our study demonstrates that cannabis use is associated with increased perioperative opioid requirements.***

DISCUSSION:

□ Cannabinoid users required higher perioperative opioid dosages compared to non-users.

- Suggests increased opioid tolerance or altered pain perception due to habitual cannabis use.

□ Most literature focuses on positive aspects of cannabinoids; undesirable effects remain under-investigated.

- Our study addresses this gap, highlighting potential challenges in perioperative pain management for cannabis users.

□ Clinical Implications:

- Awareness of increased opioid needs is crucial for anesthesiologists and surgeons.
- Pain management protocols may require adjustments for effective analgesia in cannabis users.

□ Limitations:

- Retrospective design limits causal inference.
- Self-reported cannabis use may introduce reporting bias.
- Single-center study may limit generalizability.

□ Future Directions:

- Further RCTs are required to confirm findings and explore underlying mechanisms.



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