

SPECIFIC AIMS

- This initiative aims to reduce unnecessary opioid exposure by: (1) standardizing prescribing protocols, (2) surveying patients on postoperative use, (3) assessing regional anesthesia differences, and (4) optimizing prescriptions based on use and anesthesia practices.

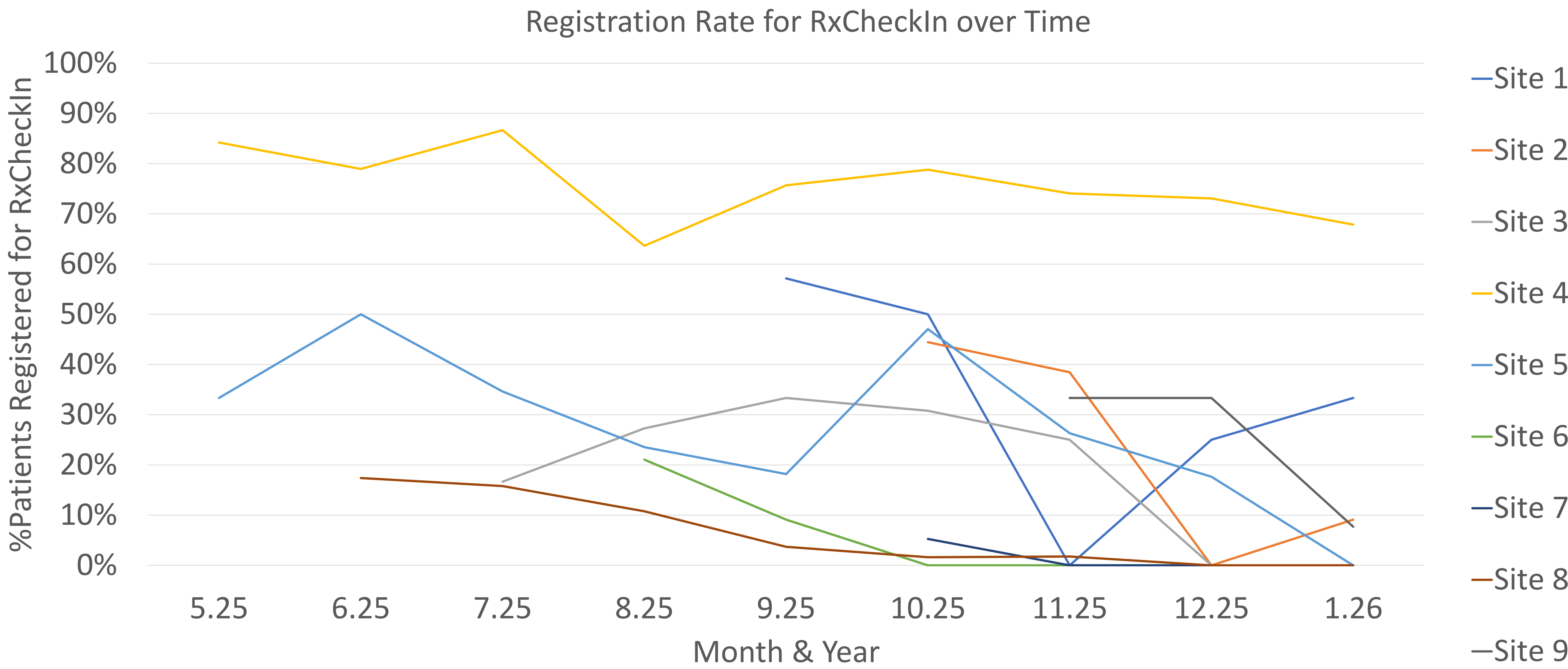
BACKGROUND

- In 2023, an estimated 8.6 million Americans aged ≥12 years reported prescription opioid misuse.¹
- Most opioids prescribed after pediatric orthopedic sports surgery go unused.²
- Internal data from our national pediatric orthopedic system revealed wide variation in prescribing for similar procedures, with no correlation between initial volume and refill rates.

METHODS

- In May 2025, a quality improvement project was launched across 10 sites systemwide.
- Two sites started in May with a gradual roll-out over the remainder of 2025 due to facility training.
- The first intervention included a suggested discharge sports analgesic order set: scheduled acetaminophen and ibuprofen, optional gabapentin, and as needed oxycodone every 6 hours (21-41 kg: 2.5 mg, #7 doses; 41-70 kg: 5 mg, #10 doses; > 70 kg: 5 mg, #15 doses).
- Adolescent patients were also offered enrollment in RxCheckIn, a third-party platform delivering daily text message surveys from postoperative day 1–7 to assess opioid use, pain intensity, and satisfaction with pain control.
- System-wide data to be reviewed every 6 months by the systemwide Opioid Stewardship committee.

RESULTS



Figure