Minimizing Opioid Use in Anesthesia: Quality Improvement

Elexus Williams

Lakeview College of Nursing

N434: Evidence-Based Practice

Professor King

June 10th, 2023

Minimizing Opioid Use in Anesthesia: Quality Improvement

Quality improvement is vital in healthcare because it consistently evolves to fit modern-day society. Giving patients quality care and achieving results to improve the healthcare field we rely on as a society is essential. There are three critical components of quality improvement: knowledge, skills, and attitudes. Knowledge is primary in that it helps nurses improve patient outcomes with what they have learned and apply it (QSEN Institute, 2022). Skills in quality improvement with tools such as cause-effect diagrams and flowcharts to make various care procedures precise (QSEN Institute, 2022). The quality improvement attitude should be connected and synchronous with how healthcare evolves and fit the degree of it (QSEN Institute, 2022). A qualitative study does this quality improvement article to focus on the importance opioid sparing anesthetics and the role that it plays in perioperative pain control, depletion of opioid use, and the procedure of patient recovery beyond the post-anesthesia care unit (PACU) (Knell et al., 2022). Patients should avoid the use of opioids to reduce the risk of becoming addicted and relying on opioids when it is unnecessary to do so.

Article Summary

This qualitative article focuses on the benefits of opioid-sparing anesthesia medications, reducing the use of opioids in society, and patient recovery post-operatively (Knell et al., 2022). The article proposed that sixteen semi-structured interviews were conducted with Certified Registered Nurse Anesthetists (CRNA) and used as a sampling method to understand their experience with opioid-sparing anesthesia (Knell et al., 2022). The article advocates that opioid-sparing anesthesia has advantages, such as lessening the side effects of opioids, reducing the pain

stimulus but not the pain overall, and advancing the recovery process (Knell et al., 2022). Quality improvement is essential with this specific topic on anesthesia as it can help patients with satisfaction in the care they are receiving and surgeons and nurse anesthetists with satisfaction in the care they provide.

Introduction

This article studies the benefits of opioid-sparing anesthesia and patients' satisfaction (Knell et al., 2022). The article highlights the benefits of an opioid-sparing anesthetic that witnessed the perioperative period, including pre-, intra-, and post-operative periods. The other benefits discussed within the article were the expansion of surgeon satisfaction, surgeon-managed pain control, patient satisfaction improvement, the depletion of opioid use in the community, and CRNA awareness of the positive intended benefits of opioid-sparing anesthesia (Knell et al., 2022). These outcomes are all relevant to quality improvement because they can increase and improve the outcome of switching over to a more beneficial anesthesia process while still maintaining patient care satisfaction.

Overview

The article is making an initiative to inform individuals about opioid-sparing anesthesia which could advance the care given to patients that undergo surgery. Limiting the use of opioids will improve the healthcare industry and steer away from potential opioid addiction; therefore, this can assist society in more positive ways than not. This qualitative research article gathered data from interviews and considered that the CRNAs that participated in the interview had positive feedback from different perspectives on the use of opioid-sparing anesthesia (Knell et

al., 2022). This research article relates to QSEN competency using skills, such as the information from interviews, to improve patient outcomes for the care given within the population (QSEN Institute, 2022; Knell et al., 2022). The QSEN competency regarding attitude within the research article is the sixteen CRNAs that were interviewed and participated in the study (QSEN Institute, 2022; Knell et al., 2022). The researchers were informed of the CRNAs of patient outcomes and the benefits of opioid-sparing anesthesia (Knell et al., 2022).

Quality Improvement

This research article discusses the benefits of opioid-sparing anesthesia and gives insight to patients anticipating surgery satisfaction (Knell et al., 2022). Promoting opioid-sparing anesthesia practice will help the pre-implementation stage by educating society on the benefits and outcomes. The intra-implementation stage can involve the CRNAs closely monitoring the patient and charting the care that is provided to the patients and the outcomes of the care provided (Knell et al., 2022). Post-implementation stage consists of the sixteen CRNAs participating in interviews regarding the outcomes of the patients after receiving opioid-sparing anesthesia (Knell et al., 2022).

Institutions in healthcare can also reap the benefit of opioid-sparing anesthesia by conserving money on opioids and putting money towards other necessities. Patient satisfaction could potentially increase due to the reduction of side effects that opioids cause. Nursing satisfaction has the potential to increase because of the fewer interventions that must take place with opioid-sparing anesthesia. Patient safety has the potential to increase because opioid-sparing anesthesia can provide a faster recovery process, contribute to early mobilization and bowel function, and reduce the risks of clots from resting in bed (Knell et al., 2022). Nursing safety could increase

using opioid-sparing anesthesia by limiting the chances of overdose and decreasing the incredible responsibility that comes with the administration of opioids.

Application to Nursing

The most significant component discussed in the article of pushing toward opioid-sparing anesthesia is ensuring patient safety from various aspects. A variety of medications are accessible in the nursing practice and can minimize opioid use in society. Education is crucial in aiding in the reduction of opioids by giving patients the pros and cons of both the use of opioids and opioid-sparing anesthesia. More research is needed to examine a positive long-term change in the use of opioid-sparing anesthesia relating to patients' overall well-being and health.

Practice

The article discussed many benefits of opioid-sparing anesthesia and how it impacts nursing practice. Many of the population in the United States suffer from opioid overdose or abuse. Over 210,000 individuals that have used prescribed opioids have experienced death from 1990 to 2017 (Knell et al., 2022). One of the article's most essential components is ensuring patient safety. The best practice in nursing for this component is for CRNAs to suggest and educate their patients on the other alternatives that can replace opioids. CRNAs can offer alternatives such as substance P inhibitors, NMDA antagonists, and local anesthesia resulting in blocking the pain stimulus (Knell et al., 2022). The outcome of opioid-sparing medications can significantly impact patient satisfaction and safety, provider satisfaction, and the healthcare system.

Education

Society could benefit from opioid-sparing anesthesia with knowledge and education on the subject from their provider (Knell et al., 2022). CRNAs are obligated and responsible for considering the patient's needs and withholding their quality of life (Knell et al., 2022). The best route for combating the primary concern for the plethora of opioid use in the community and the high risks of addiction is for CRNAs to commence educating patients on the significance of opioid-sparing anesthesia, the faster recovery process, and lessen side effects that come with the use of opioid-sparing anesthesia, and the consequences of using opioids for pain management (Knell et al., 2022). Patient education can be beneficial long term for improving their health and transforming society overall.

Research

The opioid-sparing anesthesia study pinpoints the significance of reducing opioid use in the community and the many people who suffer from addiction or have died from the use of opioids (Knell et al., 2022). With a significant change in patient care and pain management in healthcare, society has the potential to witness a reduction in opioid overdose, abuse, and death rates. Further research on the topic should consist of the numerical aspect of the reduction in opioid use in the United States, a change in institutions regarding their financial status, and the impact on the opioid epidemic from switching to opioid-sparing medications.

Conclusion

Quality improvement, especially in healthcare, is imperative as healthcare is accountable for the many lives involved. Society is dependable on healthcare and relies on the most up-to-date medical practice to assist them. The quality improvement consists of evidence on outcomes of care to constantly make progress in the quality and safety of patients (QSEN Institute, 2022).

The knowledge of quality improvement strives to have various approaches for reconstructing processes of care (QSEN Institute, 2022). The skills in quality improvement use quality to acknowledge performance (QSEN Institute, 2022). The attitude in quality improvement focuses on continuity of improvement is essential to all healthcare professionals (QSEN Institute, 2022).

Opioid use in anesthesia can cause potential harm to individuals' long-term health and well-being (Knell et al., 2022). Quality improvement for opioid-sparing anesthesia is crucial to counter the use of opioids. Quality improvement regarding opioid-sparing anesthesia can potentially change patient outcomes by lowering the risks associated with opioids, such as addiction, overdose, and death. Improvement in opioid-sparing anesthesia can be a result of increasing the patient recovery process post-operatively, such as contributing to early mobilization, fewer issues with blood pressure, and functioning of the bowels, while also aiding in the reduction of the timeframe in which the individual has stayed in the hospital post-operatively (Knell et al., 2022). Essentially, nursing practice, education, and further research on opioid-sparing anesthesia are crucial for quality improvement to minimize the use of opioids in anesthesia.

References

Knell, S. L., Marks, L. E., Sauri, A., & Simonovich, S. D. (2022). A qualitative examination of opioid sparing anesthesia practices among CRNAs. *Journal of PeriAnesthesia Nursing*, 0(0), 1-7. https://doi.org/10.1016/j.jopan.2022.11.012

QSEN Institute. (2022). *QSEN competencies*. https://qsen.org/competencies/pre-licensure-ksas/#quality_improvement