

Multimodal Anesthesia and Analgesia in Total Joint Arthroplasty: Where Do We Stand in 2019? A Collaborative Clinical Practice Guideline

Moderator: William G. Hamilton, MD

Faculty: Yale A. Fillingham, MD, Denis Nam, MD, MSc, James A. Browne, MD

Effective pain control after total joint arthroplasty (TJA) has been shown to improve outcomes including faster recovery, lower complication rates, reduced costs of care, and improved patient satisfaction. There are many anesthetic and analgesic options to control pain after TJA. Historically, opioids were a cornerstone of controlling pain after TJA. However, opioids have significant side effects and risks, including addiction, which has led to the opioid epidemic the United States is fighting today. Multimodal analgesic regimens in TJA have garnered significant interest because they limit the use of opioids perioperatively. Yet, today there is no consensus regarding the optimal anesthesia and anesthetic regimen for TJA that maximizes effective postoperative pain control and minimizes the risks associated with prescribing opioids. This symposium will present and discuss the initial findings of the Anesthesia & Analgesia in Total Joint Arthroplasty Clinical Practice Guidelines, which is a collaboration between the American Association of Hip and Knee Surgeons, American Academy of Orthopaedic Surgeons, American Society of Regional Anesthesia and Pain Medicine, the Hip Society, and the Knee Society. This will be the first of a two-part series presenting the findings on oral medications including opioids, nonsteroidal anti-inflammatories, acetaminophen, and gabapentinoids. We will discuss the current evidence for each of the medications and address current controversies, such as oral vs. intravenous acetaminophen, how to manage preoperative opioid users, and whether gabapentinoids should be used for both hip and knee arthroplasty.

Introduction

William G. Hamilton, MD

Opioids in Arthroplasty: The Many Challenges Facing Arthroplasty Surgeons in 2019

Denis Nam, MD, MSc

Acetaminophen: Is There a Difference Between Oral and IV?

William G. Hamilton, MD

Gabapentinoids: How Effective Are They and Which Medication Should We Use?

James A. Browne, MD

NSAIDs: How Much, How Long, and What About Ketorolac?

Yale A. Fillingham, MD

Discussion

All faculty

Learning Objectives:

1. To discuss the current controversies and the current evidence on acetaminophen, nonsteroidal anti-inflammatories, and gabapentinoids for the treatment of pain during and after THA and TKA
2. To understand the current opioid epidemic, the role of the arthroplasty surgeon, and how to minimize opioid use after THA and TKA
3. To discuss the challenges associated with patients taking opioids prior to THA or TKA and the best evidence-based methods for treating these patients and their pain both prior to and after surgery