

# OPIOIDS & OSTEOARTHRITIS (OA)

OPIOID USE IN OA IS COMMON, BUT SHOULD BE AVOIDED<sup>1</sup>

OA AFFECTS APPROXIMATELY **1 IN 8 U.S. ADULTS** <sup>2,3</sup>



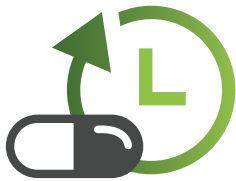
Treatment guidelines are cautious to recommend opioids, or recommend them only after failure of other therapies,<sup>4-9</sup> however:



**>25%** of patients with OA are prescribed opioids<sup>10</sup>



**36%** of OA patients prescribed opioids have at least 1 risk factor for misuse<sup>11</sup>



## CHRONIC OPIOID USE

is associated with increased risk of **adverse events**, including:

- abuse<sup>12</sup>
- falls, fractures & injury<sup>13-17</sup>
- morbidity & mortality<sup>12-14,18,19</sup>
- addiction<sup>13,15</sup>
- gastrointestinal AEs<sup>20,21</sup>
- delirium<sup>14</sup>

in chronic musculoskeletal conditions & in the elderly

## RISKS OF PREOPERATIVE OPIOID USE IN OA PATIENTS UNDERGOING TOTAL JOINT ARTHROPLASTY INCREASED:



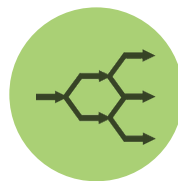
Persistent post-surgical opioid use<sup>22-27</sup>



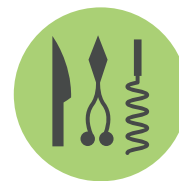
Post-operative chronic pain<sup>28</sup>



Health care utilization<sup>22,23,29</sup>



Complication rates<sup>29</sup>



Revision rates<sup>30,31</sup>



Impairment of functional and patient-reported outcomes<sup>22,27,29,31,32</sup>

## AN ANALYSIS OF OPIOIDS FOR THE MANAGEMENT OF OA SHOWED OPIOIDS:<sup>33-35</sup>



- Demonstrated limited efficacy on pain and function;
- Contributed no measurable benefit to quality of life, and;
- Showed an increased risk of harm.



**NON-OPIOID TREATMENT STRATEGIES SHOULD BE THE PREFERRED OPTIONS IN THE MANAGEMENT OF OA PAIN**

# Opioid Use in OA

## References

1. Position statement of the AAHKS. <http://www.aahks.org/positionstatements/opioduse-for-the-treatment-of-osteoarthritis-of-thehip-and-knee/>. 2019.
2. Cisternas MG et al. *Arthritis Care Res* (Hoboken). 2016;68(5):574-80.
3. US Census data. <https://www.census.gov/quickfacts/fact/table/US/PST045218>. 2018.
4. Chou R. *Pol Arch Med Wewn*. 2009;119(7-8):469-77.
5. Hochberg MC et al. *Arthritis Care Res*. 2012;64(4):465-74.
6. Zhang W et al. *Ann Rheum Dis*. 2005;64(5):669-81.
7. Jevsevar DS et al. *J Bone Joint Surg Am*. 2013;95(20):1885-6.
8. Dowell D et al. *MMWR Recomm Rep*. 2016;65(1):1-49.
9. Bannuru RR et al. *Osteoarthritis Cartilage*. 2019. doi:10.1016/j.joca.2019.06.011.
10. Alamanda VK, et al. *Arthritis Care Res*. 2019;doi:10.1002/acr.23933.
11. Alamanda VK et al. *Arthritis Care Res* (Hoboken). 2019. doi: 10.1002/acr.23933.
12. Menendez ME et al. *Clin Orthop Relat Res*. 2015;473(7):2402-12.
13. Solomon DH et al. *Arch Intern Med*. 2010;170(22):1968-76.
14. O'Neil CK et al. *Am J Geriatr Pharmacother*. 2012;10(6): 331-42.
15. Smith H et al. *Drugs Aging*. 2010;27(5):417-33.
16. Lo-Ciganic WH et al. *Osteoarthritis Cartilage*. 2017;25(9):1390-8.
17. Rolita L et al. *J Am Geriatr Soc*. 2013;61(3):335-40.
18. da Costa BR et al. *Cochrane Database Syst Rev*. 2014;17(9):CD003115.
19. Megale RZ et al. *J Pain*. 2018;19(5):475.e1-24.
20. Chokhavatia S et al. *Drugs Aging*. 2016;33(8):557-74.
21. Fuggle N et al. *Drugs Aging*. 2019;36(Suppl 1):129-43.
22. Pivec R et al. *Int Orthop*. 2014;38(6):1159-65.
23. Zarling BJ et al. *J Arthroplasty*. 2016;31(10):2081-4.
24. Kim SC et al. *Osteoarthritis Cartilage*. 2017;25(9):1399-1406.
25. Hernandez NM et al. *J Arthroplasty*. 2018;33(7S):S142-6.
26. Bedard NA et al. *J Arthroplasty*. 2017;32(8):2390-4.
27. Franklin PD et al. *J Arthroplasty*. 2010;25(6 Suppl):12-6.
28. Rozet I et al. *Anesth Analg*. 2014;119(2):454-9.
29. Morris BJ et al. *J Shoulder Elbow Surg*. 2016;25(4):619-23.
30. Ben-Ari A et al. *J Bone Joint Surg Am*. 2017;99(1):1-9.
31. Zywił MG et al. *J Bone Joint Surg Am*. 2011;93(21):1988-93.
32. Nguyen LC et al. *J Arthroplasty*. 2016;31(9 Suppl):282-7.
33. Kidner CL et al. *J Bone Joint Surg Am*. 2009;91(4):919-27.
34. Smith SR et al. *Arthritis Care Res*. 2017;69(2):234-2.
35. <https://doi.org/10.1002/acr.24363>.

