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## POSTOPERATIVE PAIN MANAGEMENT AND PAIN REFERRED BY ADULT PATIENTS 24 HOURS AFTER SURGERY AND ONE MONTH AFTER DISCHARGE

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### OBJETIVE

To describe **postoperative pain treatment**, proportion of patients who referred **moderate-severe pain** 24 hours after surgery and one month after discharge. We also present the number of **visits** to the **primary care physician**, the **emergency room (ER)** or **re-admissions related to postoperative pain** during the first month after surgery.

### CONCLUSIONS

- Most patients were prescribed a NSAID, acetaminophen or dipyron as around-the-clock and a strong opioid as a rescue if more pain.
- **Rescue medication was under-prescribed and under-administered**, which may partially explain **the insufficient pain control within the first month** after discharge.

### METHODS

#### Type of study

observational,  
descriptive, prospective

#### Inclusion period

February – September  
2018

#### Eligible criteria

Adult patients, who  
were admitted in the  
surgery departments 24  
h after surgery

### RESULTS

**N= 133 patients**

#### Treatment

##### Around-the-clock treatment

**117 patients** were prescribed an analgesic as **around-the-clock**.  
**98 of them** were prescribed **acetaminophen, dipyron or a NSAID**.

##### Type of rescue medication

38,8% of them were prescribed a potent opioid  
28,6%: a weak opioid  
7,1%: another non-opioid drug

##### Omission of rescue medication

**24,1% were not prescribed any drug as a rescue.**

#### Reported pain

##### 24 h after surgery

**63,9%** reported **moderate-severe pain** within 24 hours after surgery.  
**35,3%** of them were administered **one or more rescue medication**

##### 30 days after discharge

**23,3%** reported **moderate-severe pain** within 30 days after discharge.

#### Health-system resources after discharge

**6,0%** attended the **primary care physician** consult due to **postoperative pain** during the first month

**2 patients (1,5%)** went to the **ER** and/or were **readmitted** due to postoperative pain



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