

FOR IMMEDIATE RELEASE

MN Health Collaborative physicians working together to refine benchmarks for post-operative opioid prescription

Surgeons across major healthcare systems collaborating on effort to create stronger, patient-centered prescription practices for opioids

Bloomington, Minn. – June 19, 2018 - Representatives from the MN Health Collaborative, a group of 14 Minnesota healthcare systems, announced they are currently developing an innovative approach to prescribing opioids for post-operative pain. The new approach addresses the unique needs of patients based on their past health histories, current diagnoses, and required surgical and post-operative treatment needs.

Changing current post-operative prescription standards is a critical step to ensure that patients do not receive more than the required number of pills needed for pain management as overprescribing opioids may lead to side effects and potential dependence for some individuals. Surplus opioid medications also increase the risk of these drugs being diverted from intended use and distributed illegally within the community.

To combat these potential problems, surgeons within the MN Health Collaborative have begun a collaborative effort that uses a specific, nuanced approach to post-surgical opioid prescription. Developed in part as an answer to the lack of evidence-based guidelines for post-operative opioid use, the approach is based on available literature, expert consensus and community data relevant to the effort. These best practices and learnings will also be distributed to the healthcare community at large as our efforts progress.

“My colleagues within the MN Health Collaborative and I are working closely in a transparent way to better learn from each other’s experiences and more rapidly implement new, shared benchmarks for care,” said Dr. Tad Mabry, a board-certified orthopedic surgeon practicing at the Mayo Clinic. “We’re already making considerable progress toward introducing new benchmarks for post-operative opioid prescriptions. This has been some of the most meaningful work of my career. Working with the MN Health Collaborative, it has become clear that we can balance reductions in the amount of opioid pain medication prescribed while maintaining a patient-centered approach to pain management.”

The MN Health Collaborative’s charter includes a specific goal to help reduce and eventually eliminate opioid overdose deaths, as well as provide better prevention and treatment practices for opioid addiction. These practices require a multi-pronged approach including stricter prescription guidelines, improved drug disposal, true care coordination, and stronger education and support for both patients and providers. The new approach to post-operative opioid

prescription expands upon the State of Minnesota's Department of Human Services (DHS) newly released guidelines.

"We applaud DHS on its new guidelines, and want to build on that foundation by testing the approach recommended by surgeons within the MN Health Collaborative," said Claire Neely, M.D., Chief Medical Officer for ICSI. "We believe this work will provide a clearer determination of the varying pain management needs required by different surgical procedures. This effort will help support a significant need to develop more patient-centered prescription practices where opioids are concerned."

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About the MN Health Collaborative: The MN Health Collaborative is a new initiative spearheaded by the Institute for Clinical Systems Improvement (ICSI). The MN Health Collaborative includes physicians and other representatives from major healthcare organizations working together to address major health topics affecting Minnesota communities today including opioid misuse and addiction, and system improvements for broader mental health care needs. Health systems in the MN Health Collaborative currently include Allina Health, CentraCare Health, Children's Hospitals and Clinics of Minnesota, Essentia Health, Fairview Health Services, HealthPartners, Hennepin Healthcare, Mayo Clinic, Medica, North Memorial Health, Ridgeview Medical Center, Sanford Health, UCare, and University of Minnesota Health/University of Minnesota Physicians.

About ICSI: The Institute for Clinical Systems Improvement (ICSI) is an independent, nonprofit health care improvement organization based in Minnesota with 25 years of experience in convening medical groups, hospitals, non-profit health plans, employers, and consumers working to bring innovation and urgency to improve health, the patient experience and quality, and affordability of care, also known as the Triple Aim. For more information about the MN Health Collaborative and ICSI visit ICSI.org.

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