

C-34 Opioid-free Anesthesia: A Myth or Reality?

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Objective

After completion of this session, the participant will be able to:

- Evaluate and manage an inadequate spinal anesthetic.

Case Stem Question

A 55 year old patient with hepatic carcinoma presents for open hepatectomy. In the preoperative area, he is anxious about pain management as he recently came across some information that intravenous opioid use during the perioperative period could result in cancer recurrence. He requests that opioids should not be used during or after this surgery. His past medical history is significant for obstructive sleep apnea and hypertension.

Guiding Questions for Discussion

Do you agree with the patient?

What are your options for perioperative pain management in this patient?

Are opioids a crucial part of balanced anesthesia? What are the risks and benefits of using opioids in perioperative period?

What is opioid free anesthesia (OFA)? Are the benefits real? Where is the evidence?

Are gabapentinoids indicated in all patients as a component of multimodal analgesia?

What is the safety profile of multimodal analgesia protocols?

References

1. Evan D. Kharasch, J. David Clark; Opioid-free Anesthesia: Time to Regain Our Balance. *Anesthesiology* 2021; 134:509–514 doi: <https://doi.org/10.1097/ALN.0000000000003705>
2. Lirk P, Rathmell JP: Opioid-free anaesthesia: Con: It is too early to adopt opioid-free anaesthesia today. *Eur J Anaesthesiol.* 2019; 36:250–4
3. Lavand'homme P: Opioid-free anaesthesia: Pro: Damned if you don't use opioids during surgery. *Eur J Anaesthesiol.* 2019; 36:247–9