

APPENDIX 1

AIS Narcotic Prescribing Survey

Introduction:

On behalf of Texas Scottish Rite Hospital for Children, we appreciate your help in filling out this brief survey about pain control after scoliosis surgery. Our goal is to make sure that we are treating our patients' pain in an effective and responsible way to make their recovery as easy as possible. Your information is confidential, protected and will not be released to any outside parties.

1. Was your/your child's pain controlled after discharge from the hospital?
 - a. 1- very poorly controlled
 - b. 2- poorly controlled
 - c. 3- moderately well controlled
 - d. 4- well controlled
 - e. 5- very well controlled
2. How much narcotic pain medicine (e.g. oxycodone, hydrocodone) was prescribed upon discharge from the hospital
 - a. 1- far too little narcotic pain medication
 - b. 2- too little narcotic pain medication
 - c. 3- adequate amount of narcotic pain medication
 - d. 4- too much narcotic pain medication
 - e. 5- far too much narcotic pain medication
3. Did you use additional over the counter medications (e.g. ibuprofen, acetaminophen) to assist with pain control?
 - a. Yes
 - b. No
4. How long did your child require narcotic pain medication after discharge from the hospital?
 - a. 1-4 days
 - b. 5-7 days
 - c. 7-10 days
 - d. 10-14 days
 - e. Greater than 14 days
5. If you feel you were not given enough narcotic pain medication, did you get a refill of narcotic pain medication?
 - a. Yes
 - b. No
6. If you feel you were given too much narcotic pain medication, did you keep the remaining doses of medication?
 - a. Yes
 - b. No
7. If yes, are you aware of the current location of the medication?
 - a. Yes
 - b. No
8. If you do not still have the remaining medication, how did you dispose of the medication?
 - a. Free response

How to Taper Off Your Opioid (Narcotic) Pain Medicine

After surgery, your child may be given an opioid medicine for pain. Opioid medicines are much stronger pain medicines than over-the-counter medicines. They won't eliminate all pain but will make it easier to tolerate. Pain should improve slowly over time.

As the pain gets better, you will need to wean your child off the opioid pain medicine. This is important because this type of medicine can be addictive. This means slowly reducing the amount you give your child until he or she is not taking it anymore. Your child should continue to take the other pain medicines that have been prescribed, such as ibuprofen.

What is the best way to taper off the opioid medicine?

The following schedule will be helpful in reducing the number of doses you give your child over a ten-day period. Writing the doses down will be helpful to keep track of the doses you give.

- **Days 1-5** You may give 1 dose every 4 hours, up to 6 doses per day.
- **Day 6** You may give 1 dose every 4 hours during the daytime and bedtime, skipping the overnight dose, up to 5 doses per day.
- **Day 7** You may give 1 dose every 6 hours, up to 4 doses per day.
- **Day 8** You may give 1 dose every 8 hours, up to 3 doses per day.
- **Day 9** You may give 1 dose every 12 hours, morning and bedtime, up to 2 doses per day.
- **Day 10** You may give 1 dose per day if needed, at bedtime.

What if this taper schedule doesn't fit my child's needs?

You may need to give less opioid pain medicine than the above schedule:

- **If** your child is not experiencing a lot of pain.
- **If** your child is too sleepy to sit up, eat, or go to the restroom when taking the medication.
- **If** your child has been diagnosed with sleep apnea (short, repeated stops in breathing during sleep)

IF you have any trouble reducing your child's pain medicines, please contact your doctor or pharmacist for help.

IF your child needs more doses of medicine than listed above, please call your doctor's office.

Opioid medicines are not usually addictive if taken correctly for pain. However, they can lead to addiction if you do not manage them carefully. It is very important to wean your child off these medicines as soon as possible.

For the safety of your family and visitors, please discard all unused opioid medicine doses as explained on the enclosed *Medicine Disposal Information* sheet.