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Recent Publications Impacting Ambulatory Anesthesia Practice

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DISCLOSURE: Consultant Baxter International Inc.

1

Expansion in ambulatory surgery provides opportunity for anesthesiologists to expand our role as perioperative physicians

2

Ambulatory Surgery Centers and Their Intended Effects on Outpatient Surgery

Hoenenbeck BK, et al: Health Services Research DOI: 10.1111/1475-6773-12278

Objectives. To assess the impact of ambulatory surgery centers (ASCs) on rates of hospital-based outpatient procedures and adverse events.

Data Sources. Twenty percent national sample of Medicare beneficiaries.

Study Design. A retrospective study of beneficiaries undergoing outpatient surgery

- Opening an ASC in the hospital service area resulted in a decline in hospital-based outpatient surgery without increasing mortality or readmission
- ASC growth was greater than the decline in outpatient surgery use at their respective hospitals
- Opening ASCs increase surgical growth

3

Association of Race, Health Insurance Status, and Household Income With Location and Outcomes of Ambulatory Surgery Among Adult Patients in 2 US States

Janeway MG, et al: JAMA Surg 2020; 155: 1123-31

- 2011-2013 State Ambulatory Surgery and Services Databases of New York (n=5.6 million) and Florida (n=7.5 million)
- Surgery in free-standing ASC was lower in Blacks and Hispanics
- Patients with public insurance (Medicare & Medicaid) were less likely to receive surgery in ASC in both NY & FL
- 30-day unplanned hospital admission higher for public insurance
- No difference in unplanned hospital visits by race and ethnicity
- Unplanned visits after surgery in ASC were less than HOPD

4

Percutaneous Coronary Interventions in ASCs

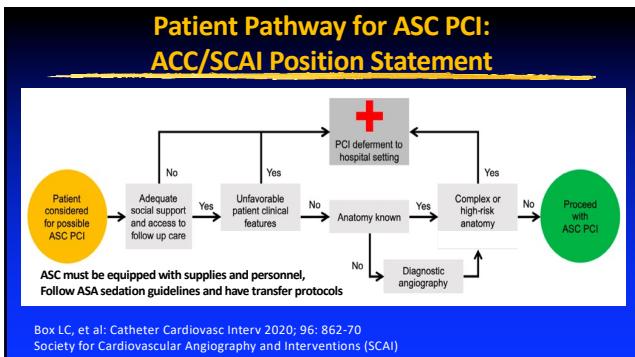
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Percutaneous Coronary Interventions in ASCs: A Bridge Too Far!

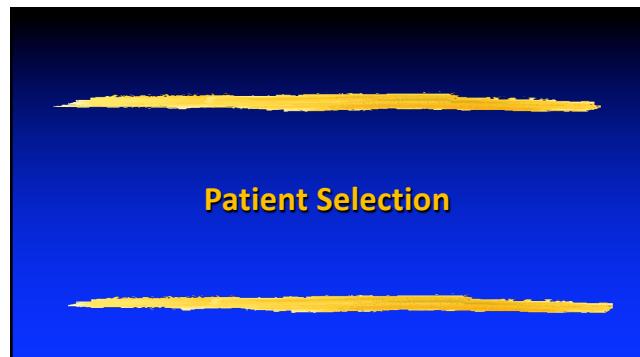
- In January 2020, CMS began reimbursement for PCIs in ASCs
 - Change based on evidence supporting safety of same-day discharge after PCI performed in hospitals
 - Patient selection is critical for safety
- When PCI was introduced, ORs were held open with cardiac surgeons standing by should complications occur
- PCI without on-site cardiac surgery is now accepted, but patients were hospitalized overnight for observation

Dehmer GJ: J Am Coll Cardiol Intv 2021; 14: 301-3

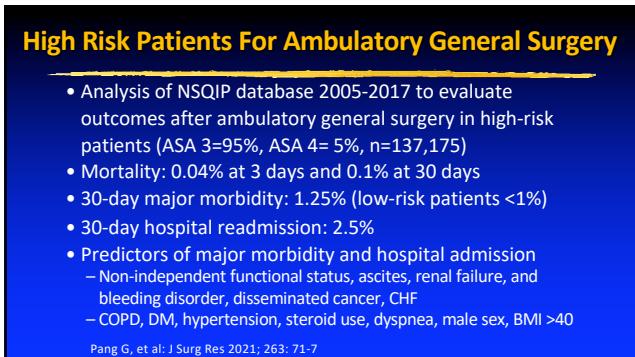
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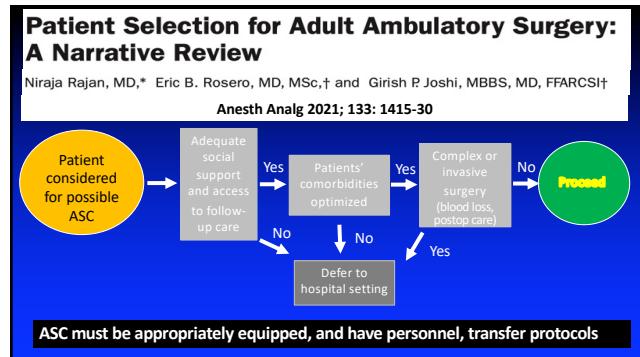
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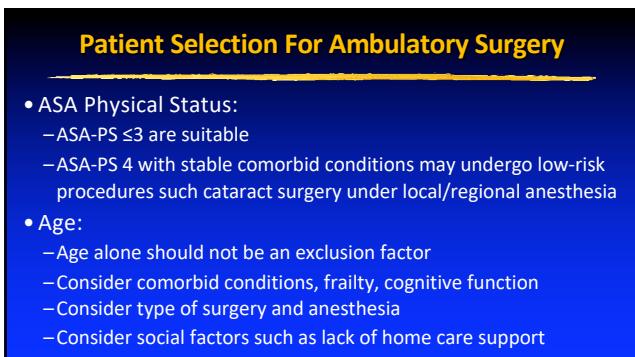
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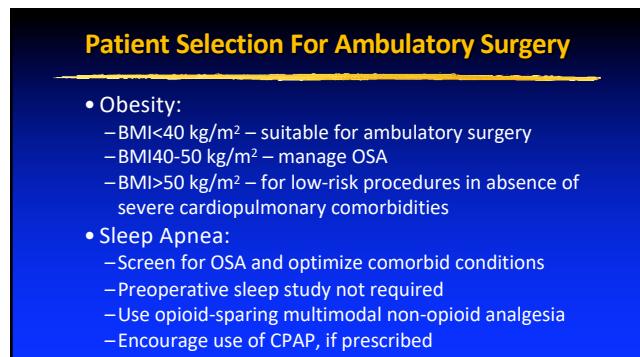
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10



11



12

Cardiac Patient Ambulatory Surgery

- Asymptomatic cardiac patients do not require preop testing
- Do not postpone surgery based solely upon BP
- Not suitable for ambulatory surgery
 - Within 30 days of acute MI
 - Decompensated, new onset, or untreated HF
 - Symptomatic patients (i.e., fatigue, dizziness, dyspnea, syncope, palpitations, chest pain, shortness of breath)
 - Patients with low (<35%) LVEF, new onset AF, or severe valvular disease
- Patients with CIED suitable if low potential for EMI
- Patients with coronary stents suitable if not on DAPT

13

Patient Selection For Ambulatory Surgery

- **COPD:** Exclude patients with severe disease
 - Optimize bronchodilator therapy, respiratory infection, smoking cessation
- **DM:** Exclude only if unstable metabolic conditions (e.g., DK)
 - Continue anti-diabetic drugs, as appropriate
 - Resume oral intake and hypoglycemic regimen as soon as possible
- **ESRD:** Exclude if not on dialysis
 - Accept anemia and asymptomatic hyperkalemia
- **TIA/Stroke:** Delay elective surgery for at least 3-6 months
 - Need to manage antiplatelet therapy
- **MH:** Proceed with non-triggering GA, No prophylactic dantrolene

14

Pro-Con Debate: Are Patients With a Cardiovascular Implantable Electronic Device Suitable to Receive Care in a Free-Standing Ambulatory Surgery Center?

Eric B. Rosero, MD, MSc,* Niraja Rajan, MD,† and Girish P. Joshi, MBBS, MD, FFARCSI*

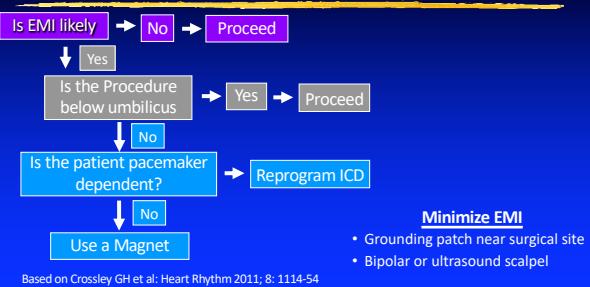
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CIED Patients Not Suitable for ASC

- Patients with unoptimized comorbidities
- CIED implanted within 3 months prior to the procedure
- Lack of CIED information
- Recurrent ICD shocks
- CRT devices in patients with LVEF ≤35%
- No access to CIED team to reprogram, when necessary
- Complex CIED patients undergoing procedures generating EMI

16

ICD Perioperative Management



17

Interrogation Prior to Discharge

- Patients with ICD programmed preoperatively
- Patients undergoing major cardiovascular/thoracic procedures
- Emergent/urgent above umbilicus surgery
- Patients with intraoperative hemodynamic instability
- Logistical problems preventing reliable device evaluation within one month of the procedure

Crossley GH et al: Heart Rhythm 2011; 8: 1114-54

18

Remote Control of CIEDs

- Program CIEDs remotely
 - Currently being used at UTSW Medical Center, Dallas Childrens Hospital, Parkland MRI Center
- FDA approved App perform remote control
- Saves personnel time
 - Waiting for MRI to start and finish and commuting to locations
- Program uses Bluetooth to communicate with CIED

Remote Control of Cardiac Implantable Electronic Devices: Exploring the New Frontier—First Clinical Application of Real-time Remote-control Management of Cardiac Devices Before and After Magnetic Resonance Imaging
Kloosterman EM, et al: *J Innov Cardiac Rhythm Manage* 2019; 10: 3477-84

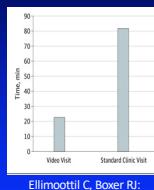


19

Telemedicine for preanesthesia evaluation: review of current literature and recommendations for future implementation

Omaira Azizad and Girish P. Joshi *Curr Opin Anesthesiol* 2021; 34: 672-7

- Telemedicine definition: audiovisual 2-way clinical encounter between physician and patients
- Since COVID-19 pandemic, burdensome regulations have been removed and payments have improved
- Telemedicine can reduce anxiety, improve patient satisfaction, reduce hospitalization, reduce costs



20

Fast-Track Anesthetic Technique

21

Consider Local/Regional Anesthesia

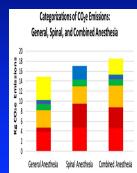
- Avoids airway manipulation
- Avoids residual effects of drugs used for GA
- Provides postop analgesia and reduces opioid use
- Allows shorter time to home readiness
- Suitable when
 - Airway easily accessible
 - Patient can tolerate surgical position
 - Surgery can be quickly terminated
- Use minimal or no sedation

22

Spinal anesthesia for ambulatory surgery: current controversies and concerns

Jesse Stewart, Irina Gasanova, and Girish P. Joshi
Curr Opin Anesthesiol 2020; 33: 746-52

- Benefits over fast-track GA technique questionable
- Delay in start time: placement/onset time, failure
- Delay in ambulation and discharge home
 - Delayed recovery of motor function
 - Postural hypotension (orthostatic intolerance)
 - Urinary retention in older male patients
- SA and GA have similar carbon footprint
 - McGain F, et al: *Anesthesiology* 2021; 135: 976-91



23

Spinal versus general anesthesia for patients undergoing outpatient total knee arthroplasty: a national propensity matched analysis of early postoperative outcomes

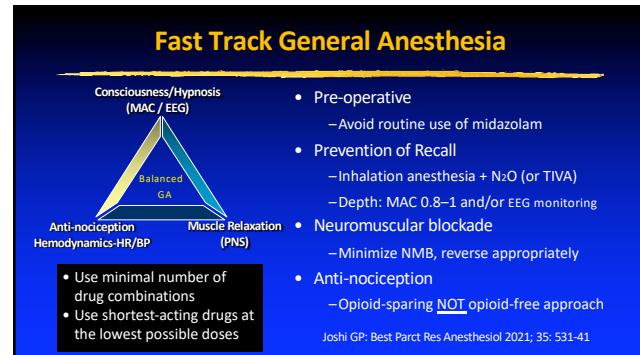
Kendall MC, et al: *BMC Anesthesiol* 2021; 21: 226

- ACS-NSQIP database (2005-2018) queried for outpatient TKA
 - Of these, GA (n=2034) and SA (3540), propensity matching (n=1962)
- No differences between GA and SA for serious adverse events at 72 h after surgery
 - Composite of return to OR, SSI, VTE, ARF, MI, cardiac arrest, stroke or CVA, on ventilator >48 h, unplanned intubation, sepsis/septic shock, death
- Minor adverse events greater with GA
 - Blood transfusion, pneumonia, wound dehiscence, UTI, renal insufficiency
- Use of TXA, VTE prophylaxis, avoidance of urinary catheter, fast-track GA technique (opioid sparing) should address minor events
- Overall, no differences between GA and SA

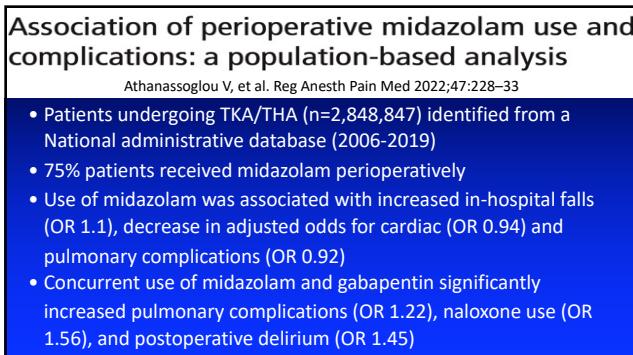
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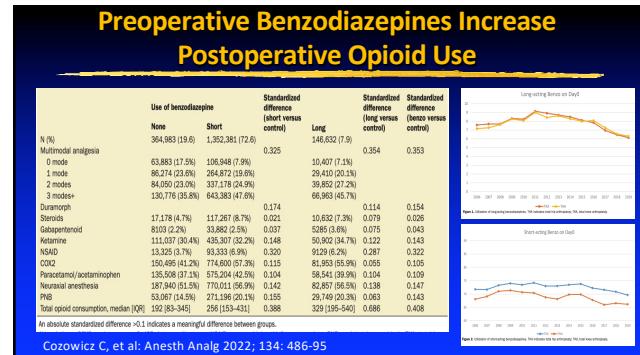
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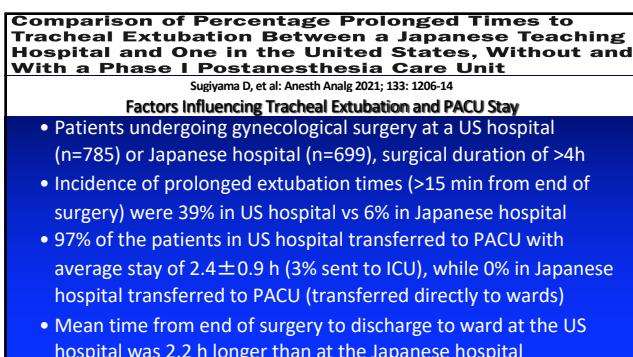
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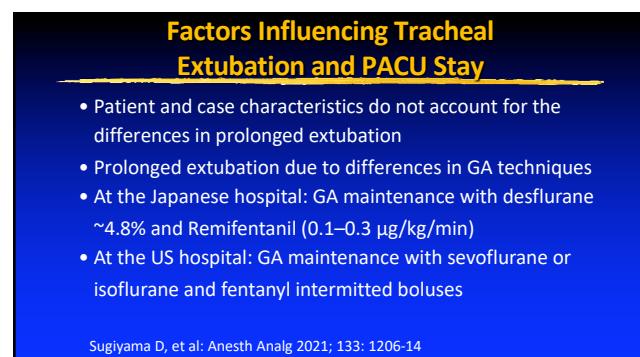
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28



29



Effect of therapeutic suggestions during general anaesthesia on postoperative pain and opioid use: multicentre randomised controlled trial

Nowak H, et al: BMJ 2020; 371: m4284

- Blinded randomized controlled trial
 - Hypnotherapeutic principles; Intraoperative audio – music and positive suggestion played repeatedly for 20 min followed by 10 min silence
 - Control Group: blank tape
- Lower opioid 24-h use in intervention group median 4 mg (0-8 mg) vs. 5.3 mg (2-12 mg) morphine units
- Number patient requiring opioid 63% vs. 80%
- Number needed to treat to avoid opioid requirements = 6
- Pain scores 25% lower in the intervention group
- Care about the background noise in the OR

31

Effects of Intraoperative Auditory Stimulation on Pain and Agitation on Awakening After Pediatric Adenotonsillectomy
A Randomized Clinical Trial

Enrico Muzzi, MD, AM; Luca Ronfani, MD, PhD; Benedetta Bossini, MD; Cecilia Lezzano, MD; Eva Orzan, MD; Egidio Barbi, MD

JAMA Otolaryngol Head Neck Surg 2021 147: 638-45

- Randomization: auditory stimulation with music, with noise, ambient noise insulation with masking earplugs, and control group receiving no intervention
- Intraoperative music resulted in clinically meaningful reduction in severe pain on awakening and emergence delirium in the immediate postoperative period

32

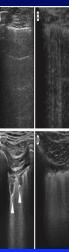
Pressure Support Ventilation During Emergence

ANESTHESIOLOGY

Pressure Support versus Spontaneous Ventilation during Anesthetic Emergence—Effect on Postoperative Atelectasis: A Randomized Controlled Trial

Hojeon Jeong, M.D., Poliphasevere Taksiporn, M.D., Hyun-Joo Ahn, M.D., Ph.D., Mayeng Yeng, M.D., Ph.D., Je-ak Kim, M.D., Ph.D., Hyun-Yeol, M.D., Wooye Kim, M.D.
Anesthesiology 2021; 135:1034-14

- RCT patients undergoing laparoscopic surgery in Trendelenburg position
 - Intermittent manual vs. PSV during emergence (end of surgery to extubation)
- Outcomes:
 - Primary outcome: incidence of atelectasis diagnosed by ultrasound in PACU
 - Secondary outcome: PaO₂ in PACU and SaO₂ <92% during 48 h postop
- Conclusions:
 - No difference in emergence times
 - Atelectasis in PACU lower in PSV group (33% vs. 57%)
 - PaO₂ were higher with PSV, no difference in SaO₂



33

Blood Management and TXA

34

Blood Management: Ambulatory Surgery

- Leading complication after outpatient TJA in the Medicare population was blood loss requiring blood transfusion
 - Greenky MR, et al: J Arthroplasty 2019; 34: 1250-4
- Blood Management
 - Presurgical hemoglobin >12 gm/dL
 - Administration of TXA
 - Use of bipolar sealers
 - Intraoperative blood pressure control
 - Reduced surgical duration
 - Acceptance of lower postoperative hemoglobin
 - McClatchy SG, et al: Orthop Clin N Am 2021; 52: 201-8

Tranexamic Acid (TXA)

- 1 gm IV after induction and 1 gm IV at the end of surgery
- Potential adverse effects: DVT, PE, MI, seizures
- Potential contraindications
 - Anticoagulant therapy, coronary stents, stroke, subarachnoid hemorrhage, h/o PE or DVT, hypercoagulable diseases, acquired defective color vision
- If IV c/i: topical or add to LIA solution

Comparison of topical versus intravenous tranexamic acid in primary total knee arthroplasty: A meta-analysis of randomized controlled and prospective cohort trials

Wong H, et al: The Knee 2014; 21: 987-93

In primary TKA-topical TXA has similar efficacy to IV TXA in reducing blood loss and transfusion rate without sacrificing safety

Association of Intravenous Tranexamic Acid With Thromboembolic Events and Mortality: A Systematic Review, Meta-analysis, and Meta-regression
Taeuber I, et al: JAMA 2021 (Epub)

IV TXA, irrespective of dosing, is not associated with increased risk of any thromboembolic events

35

36

ANESTHESIOLOGY

Safety of Tranexamic Acid in Hip and Knee Arthroplasty in High-risk Patients

Jashwant Preran, M.D., Ph.D., Jimmy J. Chan, M.D., Nicolle Zubizarreta, M.P.H., Madhu Mazumdar, Ph.D., Leesa M. Galatz, M.D., Colin S. Moucha, M.D.
Anesthesia 2021; 135:57-68

- Database analysis of patients undergoing THA/TKA (n=404,974) receiving TXA
 - Group 1: h/o VTE, MI, seizures, or ischemic stroke/TIA (n=27,890)
 - Group 2 h/o renal disease (n=44,608)
 - Group 3 h/o AF (n=45,952)
- TXA associated 70% adjusted relative reduction in transfusion (15-23% to 5-9%)
- TXA reduced hospital LOS and costs
- No increase in thromboembolic and ischemic complications
- Higher TXA dose in high-risk patients did not increase complication rate

37

Association of Intravenous Tranexamic Acid With Thromboembolic Events and Mortality A Systematic Review, Meta-analysis, and Meta-regression

Taeuber I, et al: *JAMA* 2021 156(6):e210884

- RCTs (n=216, including 125,550 patients) comparing IV TXA with placebo/no treatment
- TXA was not associated with increase thromboembolic events (VTE, PE, MI or ischemia, and cerebral infarction or ischemia)
- TXA reduced overall mortality and bleeding mortality, but not non-bleeding mortality
- TXA is safe, irrespective of dose (0.5 to 5 g or 10 to 100 mg/kg),

38

Prophylactic Topical Tranexamic Acid Versus Placebo in Surgical Patients

*A Systematic Review and Meta-Analysis**

Teoh WY, et al: *Ann Surg* 2021 (Epub)

- RCTs (n=71) including orthopedic (n=5450) and non-orthopedic (n=1909) participants receiving topical TXA vs. placebo
- Topical TXA reduced intraoperative blood loss, total blood loss, and need for blood transfusion (by 70%)
- TXA reduced hospital LOS
- TXA was not associated with no adverse events (i.e., mortality, PE, DVT, MI, stroke)
- TXA dose ranged from 0.5gm to 3 gm in 20-40 mL saline

39

Cefazolin in Penicillin Allergy

Assessment of the Frequency of Dual Allergy to Penicillins and Cefazolin A Systematic Review and Meta-analysis

Sousa-Pinto B, et al: *JAMA Surg*, 2021;156(4):e210021

- 77 studies with 6147 patients
- Hypersensitivity reactions to cefazolin occur in less than 1% of patients with unconfirmed penicillin allergy and in 3% of patients with allergy confirmation
- Hypersensitivity reaction in patients with unconfirmed penicillin allergy receiving cefazolin is 1 in 1000
- Most patients should receive cefazolin regardless of penicillin allergy history

41

40

Post-Discharge Opioid

Ambulatory Surgery: Opioid Stewardship

Opioids Are Infrequently Required following Ambulatory Otologic Surgery

Mavrommatis MA, et al: Otol Neurotol 2021; 42: 1360-15

Assessment of Unused Opioids Following Ambulatory Surgery

Dixit AA, et al: Am Surgeon 2002; 86: 652-8

Opioid prescribing and unused opioid prescription are prevalent in ambulatory surgical population

43

Patient and Surgeon Education

Nudging patients and surgeons to change ambulatory surgery pain management: Results from an opioid buyback program

Liu JY, et al: Surgery 2021; 170: 485-92

Patient-Centered Decision-making for Postoperative Narcotic-Free Endocrine Surgery

A Randomized Clinical Trial zhu DY, et al. JAMA Surg 2021;156(11):e214287.

- Preoperative counseling combined with a patient-choice strategy for prescribing opioid analgesics reduced the number of opioids prescribed without worsening postoperative pain or health-related quality of life
- Allow patients to choose whether to include opioids

44

Opioid Prescribing Recommendations For Opioid-naïve Patients

Patient- and procedure-specific opioid prescription (dose and duration), partial fills when available

Procedure	Oxycodone* mg/Unit
Laparoscopic Cholecystectomy	10
Open Cholecystectomy	15
Appendectomy - Lap or Open	10
Hernia Repair - Major or Minor	10
Colostomy - Lap or Open	15
Ileostomy/Colostomy Creation, Re-siting, or Closure	15
Open Small Bowel Resection or Enterolysis	20
Open Colon Resection	20
Abdominal Gastrectomy	10
Proctectomy	10
Laparoscopic Anti-reflux (Nissen)	10
Laparoscopic Donor Nephrectomy	10
Cardiac Surgery via Median Sternotomy	15

Procedure	Oxycodone* mg/Unit
Hysterectomy - Vaginal, Lap/Robotic, or Abdominal	15
Cesarean Section	15
Breast Biopsy or Lymphectomy	5
Lumpectomy + Sentinel Lymph Node Biopsy	5
Sentinel Lymph Node Biopsy Only	5
Wide Local Excision + Sentinel Lymph Node Biopsy	20
Simple Mastectomy + Sentinel Lymph Node Biopsy	20
Modified Radical Mastectomy or Axillary Lymph Node Dissection	30
Gastric Endarterectomy	10
Total Hip Arthroplasty	30
Total Knee Arthroplasty	50
Dental	0

opioidprescribing.info

45

Postoperative Opioid Use: Educate Surgeons

- Communication between anesthesiologists and surgeons critical
- Primary aim to promote return of function
- Avoid sedating medications
 - Benzodiazepines, muscle relaxants, gabapentinoids
- Wean opioids first (reverse ladder)
- Refer pain specialist for complex pain or opioid-tolerant patients
- Plan pain and opioid therapy transition to primary service
- Patient education for discharge planning, pain management, and opioid use, storage, disposal/return

Kharasch ED, et al: Anesthesiology 2022; 136: 10-30

46

Post-Discharge Monitoring

- Create and enable triggers to aid identification of chronic and high-risk opioid users
- Recognize and monitor high risk opioid users
 - >90 days use in opioid naïve patients
- Implement strategies to ensure safe prescribing and dispensing of opioids
 - Check the prescription monitoring program (PMP)
 - E-prescribing for all controlled substances
- Mitigate overdose risks
- Implement transitional pain service

47

Telemedicine and Remote Monitoring: Ambulatory Surgery

48

Technology and Post-discharge Monitoring

- Post-discharge telephone calls (traditional approach) are insufficient in identifying potential impending complications
- Modern digital technology (text messaging, videoconferencing, smart phone applications, web-based platforms, e-connected devices) increases connectivity with patients and their caregiver
- Technology can be adapted for surveillance of patients at home and optimize surgical care, quality, and value
- Electronic patient symptom reporting daily survey with clinical alerts reduced potentially avoidable urgent care visits

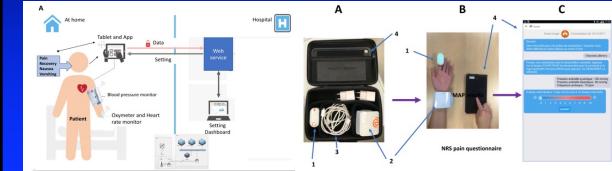
– Simon BA, et al: JAMA Surg 2021; 156: 740-6

49

Feasibility of remote digital monitoring using wireless Bluetooth monitors, the Smart Angel™ app and an original web platform for patients following outpatient surgery: a prospective observational pilot study

Chevallier T, et al: BMC Anesthesiol 2020; 20: 259

Patients completed a self-report questionnaire (pain, comfort, nausea, vomiting) and recorded MAP, HR, and SpO₂, which was transmitted remotely

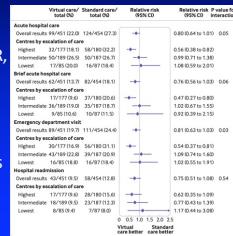


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Post-discharge after surgery Virtual Care with Remote Automated Monitoring-1 (PVC-RAM-1) technology versus standard care: randomised controlled trial

McGillion MH, et al: BMJ 2021; 374: n2209

- Study group (n=451) received a tablet computer and remote automated monitoring (RAM) technology for daily biophysical measurements (HR, BP, RR, SaO₂, temp, weight) and wound photos
- Primary outcome: days alive at home during 31 days of follow-up
- Secondary outcomes: acute care, detection and correction of drug errors, pain at 7, 15, and 30 days
- Use of technology reduced acute care visit (by 5.3%), drug errors (by 24.4%), pain (by 13.9%), but did not affect days alive at home



51

A Randomized Controlled Trial Evaluating Electronic Outpatient Symptom Monitoring After Ambulatory Cancer Surgery

Andrea L. Pusic, MD, MHS, Lorissa K. Temple, MD, MSc, Jeanne Carter, PhD, Cara M. Stabile, MPH, Melissa J. Assel, MS, Andrew J. Vickers, PhD, Kate Niehaus, ** Jessica S. Ancker, PhD, MPH, Taylor McCready, Peter D. Stetson, MD, MA, and Brett A. Simon, MD, PhD,

Ann Surg 2021;274:441–448

Association Between Electronic Patient Symptom Reporting With Alerts and Potentially Avoidable Urgent Care Visits After Ambulatory Cancer Surgery

Brett A. Simon, MD, PhD; Melissa J. Assel, MS; Amy L. Tin, MA; Priyanka Desai, MPH; Cara Stabile, MPH; Roberta H. Baron, MSN; Jennifer R. Cracchiolo, MD; Rebecca S. Twersky, MD, MPH; Andrew J. Vickers, DPhil; Vincent P. Laudone, MD

JAMA Surg 2021; 156: 740-6

52

Summary

- Growth in ASC provides us with an opportunity to play a pivotal role in perioperative care, including post-discharge care
- Develop evidence-based procedure- and patient-specific pathways with multidisciplinary input
- Elements that influence outcomes after ambulatory surgery
 - Preoperative: patient selection, preoperative evaluation, and optimization
 - Fast-track anesthetic technique, aggressive pain and PONV prophylaxis
 - Post-discharge care: Patient education and monitoring for early identification of complications using modern technology

53

Thank You. Questions?

Insanity is doing the same things the same way and expecting different results.

Albert Einstein

54