

Appendix 1.

SHARED DECISION-MAKING FOR PRESCRIPTION OPIOIDS AFTER CESAREAN DELIVERY



Prabhu M, McQuaid-Hanson E, Hopp S, Bruns SM, Leffert LR, Landau R, et al. A shared decision-making intervention to guide opioid prescribing after cesarean delivery. *Obstet Gynecol* 2017;130.

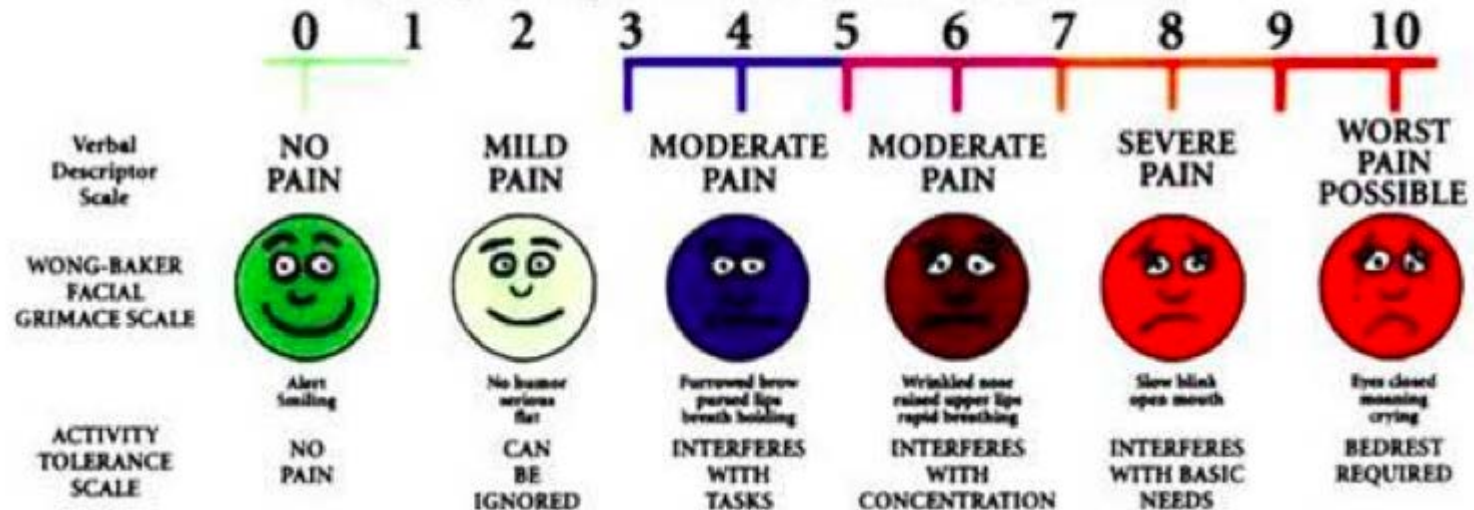
The authors provided this information as a supplement to their article.

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WHAT IS PAIN?

UNIVERSAL PAIN ASSESSMENT TOOL

This pain assessment tool is intended to help patient care providers assess pain according to individual patient needs. Explain and use 0-10 Scale for patient self-assessment. Use the faces or behavioral observations to interpret expressed pain when patient cannot communicate his/her pain intensity.



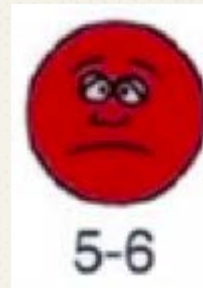
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HOW MUCH PAIN DO WOMEN USUALLY HAVE AFTER A C-SECTION?

During hospitalization, the average pain score that women report is 5.



HOW MUCH PAIN DO WOMEN USUALLY HAVE AFTER A C-SECTION?

1 week after hospitalization, the average pain score that women report is 3.



HOW MUCH PAIN DO WOMEN USUALLY HAVE AFTER A C-SECTION?

2 weeks after hospitalization, the average pain score that women report is 2.



WHAT PAIN MEDICINES WORK BEST AFTER A C- SECTION?

We don't know, which is why we are doing this study.



We know that each of these medications has benefits and side effects.

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WHAT ARE THE BENEFITS AND SIDE EFFECTS OF EACH MEDICATION?

	EFFECT ON PAIN	SIDE EFFECTS	SAFE IN BREAST-FEEDING?
TYLENOL	MODERATE	MINIMAL <i>With overdose:</i> Liver Damage (rare)	YES
IBUPROFEN (MOTRIL OR ADVIL)	STRONG	HEARTBURN OR UPSET STOMACH (10%) WATER RETENTION <i>With overdose or long-term use:</i> Kidney damage or Stomach ulcer (rare)	YES
OXYCODONE (OPIOID)	STRONG	DROWSINESS, CONSTIPATION, ITCHING, NAUSEA, VOMITING, DIZZINESS <i>With overdose:</i> Oversedation (rare)	YES

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WHAT ARE SOME OTHER RISKS OF MEDICATIONS LIKE OXYCODONE?



Some patients who are prescribed opioids like oxycodone after a C-section can become addicted to them, but this risk is low.

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WHAT ARE SOME OTHER RISKS OF MEDICATIONS LIKE OXYCODONE?

Opioid misuse and abuse is a major current health problem in the U.S.



Opioids that are misused are often obtained from a friend or relative - usually without the knowledge of the person to whom it was prescribed.

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WHAT ARE YOUR OPTIONS FOR MANAGING YOUR PAIN AT HOME?

At this institution, most women who have a C-section are given a prescription for 40 tablets of oxycodone. They are also recommended to use ibuprofen and Tylenol.



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WHAT ARE YOUR OPTIONS FOR MANAGING YOUR PAIN AT HOME?

We have recently finished a study at this institution on how many oxycodone tablets women use at home after cesarean.



On average, women only use **20** tablets and are satisfied with their pain control.

WHAT ARE YOUR OPTIONS FOR MANAGING YOUR PAIN AT HOME?



If their in-hospital pain scores were 3-4,
they used **15** tablets of oxycodone at home...



If their in-hospital pain scores were 5-6,
they used **23** tablets of oxycodone at home...

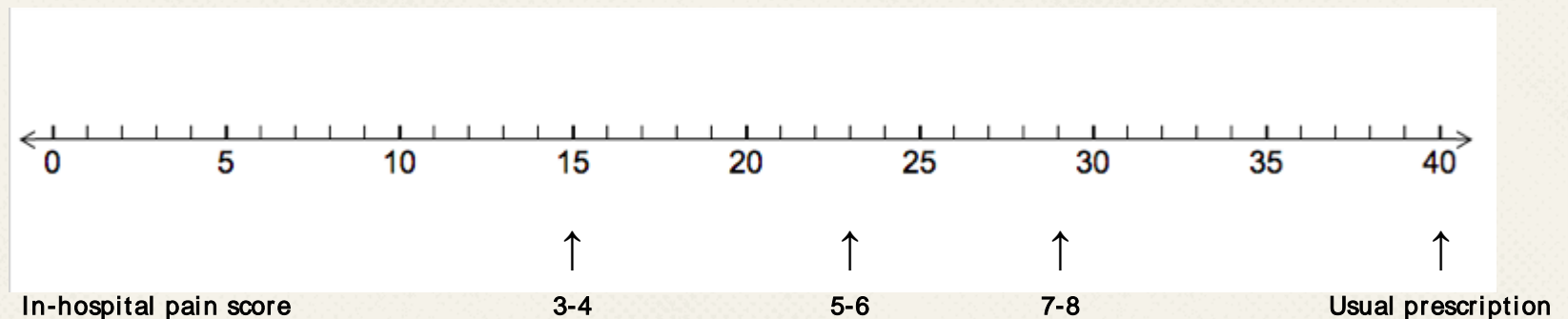


...and if their in-hospital pain scores were 7-8,
they used **29** tablets of oxycodone at home.

WHAT ARE YOUR OPTIONS FOR MANAGING YOUR PAIN AT HOME?

Please think about your average pain score while you have been in the hospital, and how many tablets of oxycodone you would like.

You can choose to receive a prescription for any number between 0 and 40 tablets of oxycodone.



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WHAT DO I DO IF I RUN OUT OF OXYCODONE AT HOME?

(A) Call your doctor or midwife's office to schedule an appointment.



(B) You can **always** call (555) 555-5555 to speak to an on-call provider. They are available 24 hours a day to give you advice if you're having pain.



You should know that to get a refill of oxycodone, you will need to be seen in person.

WHAT DO I DO WITH ANY EXTRA OXYCODONE LEFT OVER?

You can dispose of oxycodone at most police stations and some pharmacies. Check with your pharmacy and local police station.

If these are not options for you, you can always flush your leftover oxycodone down the toilet.





Do you have any questions
about any of the things we
have discussed?

**HOW MANY TABLETS OF OXYCODONE WOULD
YOU LIKE TO BE PRESCRIBED WITH?**

As a reminder, you can choose any number
between 0 and 40 tablets.

THANK YOU FOR PARTICIPATING IN OUR STUDY!