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Paragon Orthopedic Center  
Grants Pass, Oregon

## Dr. Van Horne Nationally Recognized for Research on Post-Op Pain Control

Paragon Orthopedic Center's own Dr. Jim Van Horne has been studying his patients in Southern Oregon for more than two years to come up with a way to decrease the amount of opioids used post-operatively and find great surgical success for them. His study, while it isn't yet published, is making headlines around the nation. You might have caught the recent segments two local television stations have done on him. People are taking notice because overuse of opioids has become a national crisis. In Oregon alone, an average of FIVE Oregonians die EVERY WEEK from opioid overdoses. Opioids are highly addictive, yet needed for pain management after surgeries. The CDC recommends no more than 7 days of narcotic use, but it doesn't take even that much to affect your brain. Here are the impressive highlights of the study:

- Eighty-four percent of his patients were discharged home the same day
- Patients reported a high satisfaction rate with their surgical experience
- Only 2% required additional opioids after 7 days

Dr. Van Horne is using a medication called Exparel that is a slow-release, non-narcotic, non-opioid pain reliever. Because it is released over a period of time, it covers the need for pain relief when opioids have usually been given soon after surgery. With Dr. Van Horne's success of getting people's pain under control without opioids, he is able to get his patients moving quicker on their range of motion exercises, resulting in better outcomes. His program also includes a lot of patient education that requires the patient to have an active role before and after the surgery. This accountability creates a partnership with the surgeon and motivates patients to aim for success. This is all very exciting and Dr. Van Horne is continuing his research to make this program workable for other surgeons. Paragon Orthopedics is proud of Dr. Van Horne's efforts to create this highly successful alternative treatment plan that will help many, many patients.

The following articles were referenced for this newsletter:

<https://ryortho.com/breaking/medicare-patients-use-less-opioids-after-exparel-new-study/>

<https://www.oregon.gov/oha/PH/PreventionWellness/SubstanceUse/Opioids/Pages/index.aspx>

<https://www.exparel.com/patient/faq>