



# The Evolving Multimodal Management Plan for Postoperative Ileus

## APPLICATIONS IN PRACTICE EDUCATIONAL RESOURCE

### CME/CPE Attestation/Evaluation Form

In order to obtain up to 2 AMA PRA Category 1 Credits™ or 0.2 CPEUs, participants are required to:

1. Read the learning objectives and review the activity in its entirety.
2. Complete the CME/CPE form and fax or mail it to the address listed below.

Activity Completed (number of AMA Category 1 Credits™):  Newsletter (0.5)  Clinical Pearls (0.5)  Performance Improvement Tools\* (1.0)

\*Please note: you must return your Performance Improvement (POI retrospective review) Tool with this form to receive credit for this component

Name and Degree: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

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Please indicate the number of credits you are claiming \_\_\_\_\_ (may not exceed 2)

Signature: \_\_\_\_\_ Date \_\_\_\_\_

I certify that I have completed this CME/CPE activity as designated

Was this activity fair, balanced, and free from commercial bias?  Yes  No

If no, please state reason(s) \_\_\_\_\_

Do you intend to make changes or apply new information to your practice as a result of this activity?

\_\_\_\_\_ Yes, I plan to make changes\*

\_\_\_\_\_ I'm not sure, but I'm considering changes\*

\_\_\_\_\_ No, I already practice these recommendations

\_\_\_\_\_ No, I don't think this applies to my practice

\*If yes or are considering changes, please list what you intend to do differently or incorporate into your clinical practice as a result of this educational activity.

\_\_\_\_\_ Work with multidisciplinary team members to implement a multimodal management plan for patients undergoing bowel resection procedures

\_\_\_\_\_ Incorporate evidence-based therapeutic options for the management of postoperative ileus

\_\_\_\_\_ Other \_\_\_\_\_

### Posttest Questions

1. Prolonged postoperative ileus is associated with:

- A. Abdominal pain, nausea, and vomiting
- B. Delayed passage of flatus and stool
- C. Prolonged hospitalization
- D. A and B
- E. All of the above

3. A multimodal management approach for patients undergoing bowel resection procedures may include early ambulation, early enteral/oral feeding, laparoscopic techniques, and opioid sparing analgesia. Which of these interventions has NOT been demonstrated to reduce the duration of postoperative ileus?

- A. Early ambulation
- B. Early enteral/oral feeding
- C. Laparoscopic techniques
- D. Opioid sparing analgesia
- E. All of the above; these only work when they are combined

2. True or False? According to several analyses, the cost per hospital stay for a patient with coded POI associated with abdominal surgery may be 1.5–2 times the cost of a similar patient without coded POI.

- A. True
- B. False

4. Why are peripheral-acting  $\mu$ -opioid receptor antagonists beneficial for POI?

- A. They are active in the gastrointestinal tract and also cross the blood-brain barrier
- B. They directly stimulate segmental contractions in the large intestine
- C. They stimulate release of nitric oxide from the muscularis externa
- D. They have a lower affinity for the  $\mu$ -opioid receptor than morphine
- E. They reverse GI opioid side effects without compromising analgesia