



200 First Street SW
Rochester, Minnesota 55905

Statement of Commitment to Action – National Academy of Medicine

Mayo Clinic is taking a deliberate, multi-faceted approach to address the drug abuse and opioid crisis across our enterprise and in our communities, drawing upon our expertise in integrated clinical care, research and education. Our efforts embrace a broad range of pain treatment and management tools in our medical practice, where care delivery methods are put through scientific rigor to determine whether they improve patient care and outcomes, as well as development of clinical guidelines that minimize the risk of addiction and abuse with minimal impact on patient experience. We recognize that this crisis will only be solved with a collaborative approach and Mayo remains committed to serving as a partner in addressing this crisis.

Pain management is a very individualized practice of medicine. No patient is the same as another, and therefore each condition, treatment, and surgery has a unique impact. To ensure patients continue to receive appropriate pain treatment while guarding against overprescribing, the Mayo Opioid Stewardship Program was created to review prescribing practices of Mayo practitioners for both acute and chronic pain to assess how we could best support our clinicians in managing the pain needs of our patients. Paired with the development of educational tools for Mayo Clinic providers and patients and increased monitoring of opioid prescribing behavior across our organization, this initiative allowed us to realize a dramatic reduction in the amount of opioids provided to our patients with minimal complaints.

The resulting prescription guidelines, developed after extensive research on the existing prescribing practices of our clinicians as well as the experience and needs of our patients, are available to all Mayo care team members and are shared externally as well. This research by a cross-specialty team reviewed more than 7,000 opioid prescriptions following 25 common surgical procedures at our campuses and interviewed more than 3,000 patients. The recommendations reflect our consensus based on physician data review, extensive patient surveys and existing guidelines, but are not a replacement for clinical judgment. We are continuously talking to the members of our care teams to adjust our protocols and integrated effective workflow tools to support adoption of recommended practices on Mayo's single electronic health record platform. Early results from implementation of these efforts demonstrate more appropriate acute and chronic care prescribing practices, improved pain management for our patients, and a drastic reduction in excess opioid availability with some specialties reducing opioid prescription by close to 50 percent for surgical patients.

Mayo understands it cannot solve the crisis in our communities on our own and has and continues to engage community partners. For example, in 2018, Mayo Clinic Rochester co-sponsored and hosted two successful National Prescription Drug Take Back events that together collected more than 2,100 pounds of unused prescriptions.

Mayo Clinic remains committed to addressing the opioid and drug abuse epidemic, and we look forward to collaborating with other committed partners to achieve the same objectives.