

Reduced Opioids After Total Joint Replacement Surgery (REPAIRS): A pilot randomised controlled trial

ACTRN12623001070628

Status	RECRUITING
Phase	Phase 4
Sponsor	Royal Prince Alfred Hospital
Enrollment	50 participants

Plain Language Summary

Hip and knee replacement surgery is one of the most commonly performed and successful orthopaedic procedures, but recovery involves real pain — and opioid pain medications are often prescribed to manage it. There is growing recognition that many patients may not need as many opioids as are routinely prescribed, and that reducing opioid use after surgery can lower the risk of dependence and other side effects. The REPAIRS pilot trial tests whether a reduced opioid regimen is just as effective as the standard approach.

About 50 patients going home after hip or knee replacement will be randomly assigned to either a standard or a reduced opioid prescription, with both groups also receiving a full non-opioid pain management regimen. Researchers will track pain levels, medication use, and patient satisfaction over six weeks. All participants and some key staff will also be interviewed about their experience of the study.

You may be eligible if you are 18 or older, are being discharged home after a total hip or knee replacement, and do not have a history of opioid use or contraindications to common pain medications. The pilot trial is run by Royal Prince Alfred Hospital.

Key Eligibility Criteria

Inclusion (2)

- Adult (aged 18 years and older) patients being discharged home from the acute surgical ward post unilateral total hip or knee replacement (THR / TKR) of any sex/gender.
- English proficiency required to complete questionnaires.

Exclusion (7)

- Patients with contraindications for opioid analgesics (e.g. history of abuse)
- Patients with contraindications for non-steroidal anti-inflammatories (NSAIDs) (e.g. renal disease, allergy, gastrointestinal or peptic ulcer disease, or cardiovascular contraindications)
- Patients with contraindications for paracetamol (e.g. liver disease, allergy)
- Patients who have a body weight of less than 50 kilograms or greater than 120 kilograms (to avoid needing to adjust the medication dose)
- Patients who have been on a regular opioids in the previous 30 days prior to screening (have taken more than 15 morphine milligram equivalents (MME) per day for more than 5 consecutive days)

... and 2 more (see full listing online)

Locations (1 total)

Royal Prince Alfred Hospital - Camperdown, NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12623001070628>

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