

THE ROTHMAN INSTITUTE

Foundation for Opioid Research & Education

YEAR IN REVIEW 2025

The Rothman Opioid Foundation supports and advances the highest quality research on opioids and alternative pain modalities in order to yield findings that can better inform patients, physicians, and the greater health care community in the most evidenced-based pain management strategies.



RESEARCH



EDUCATION



ADVOCACY

We are a private foundation dedicated to funding and advancing research and education aimed at finding solutions to the opioid epidemic.

THE ROTHMAN INSTITUTE FOUNDATION FOR
OPIOID RESEARCH & EDUCATION

825 Old Lancaster Road
Suite 100
Bryn Mawr, PA 19010
(610) 755-3711
rothmanopioid.org



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MESSAGE FROM THE PRESIDENT

In 2025, the Foundation continued its work of combatting the Opioid Crisis in our immediate region as well as nationally - focusing on research, education, and advocacy.

We organized multiple webinars with the Pennsylvania Pain Society educating prescribers on safe opioid prescribing strategies focused on opioid-sparing modalities. We also organized a symposium in Philadelphia focused on medical cannabis focused on understanding where we are and where we are going relative to medical cannabis use for pain management. The symposium brought together clinicians, surgeons, and policymakers to discuss evidence-based strategies and better determine gaps in knowledge.

Speaking of legislators, the Foundation board members engaged with various policymakers from Harrisburg to Washington, DC to discuss the opioid crisis and share potential evidenced-based policy strategies.

In June, we hosted our fifth annual Summer Research Fellowship, designed to train the next generation of physician leaders to champion opioid stewardship and evidence-based pain management. We received over 100 applications for only 30 spots.

Perhaps most importantly, using generous funds from the Appalachian Regional Commission and the Pennsylvania Legislature, we continued to offer a free online opioids and pain management curriculum targeting allied health professionals and medical students to complement their traditional education on pharmacology and prescribing.

In closing, I want to personally thank the Appalachian Regional Commission and the Pennsylvania Legislature for their commitment and support of our work. We are looking forward to another busy and engaging 2026 program.

ASIF ILYAS, MD, MBA

Asif Ilyas MD



Year in Review

SUMMER RESEARCH FELLOWS

A 4 week paid educational and research program for health care professional students focused on the Opioid Crisis in America.



RESEARCH ANALYSES

High level analyses of research for clinical decisions and policymaking.

Year in Review

ORIGINAL RESEARCH

Submitted and/or Published Research Manuscripts

Research Article

Application and Analysis of the Enhanced Recovery After Surgery Opioid Prescription Protocol in Arthroscopy and Arthroplasty Patients

Wali U. Pirzada, BS
Simran Shamith, BS
Thalia Le, BS
Terence L. Thomas, MD
Sina Ramtin, MD
Asif M. Ilyas, MD, MBA

ABSTRACT

Introduction: Surgery and postoperative opioid prescriptions are critical periods for potential drug dependence and diversion. Enhanced recovery after surgery (ERAS) pathways aim to improve patient outcomes by leveraging preoperative education, emphasizing nonopioid pain management, and using less invasive surgical

Journal of Hand Surgery Global Online 7 (2025) 100759



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Journal of Hand Surgery Global Online

journal homepage: www.JHSGO.org



Original Research

Opioid Use Patterns After Nonsurgical Management of Distal Radius Fractures: A Call for Opioid Stewardship

Sina Ramtin, MD, * Sara Khan, BS, ¹ Vijay Chhabra, BA, ¹ Wali Pirzada, BS, * Mohammad Khak, MD, * Asif M. Ilyas, MD, MBA ^{*,1,2,3}

* Rothman Institute Foundation for Opioid Research & Education, Philadelphia, Pennsylvania, USA

¹ Orthopedic Surgery Department, Drexel University College of Medicine, Philadelphia, Pennsylvania, USA

² Orthopedic Surgery Department, Sidney Kimmel Medical College at Thomas Jefferson University, Philadelphia, Pennsylvania, USA

³ Rothman Orthopaedic Institute at Thomas Jefferson University, Philadelphia, Pennsylvania, USA



Ilyas AM, Ramtin S, Ilyas EN, et al. Philadelphia Consensus on the Surgical Management of Xylazine-Associated Wounds in People Who Use Drugs. *SurgColl*. 2025;3(2). doi:10.58616/001c.140602

Guidelines

Philadelphia Consensus on the Surgical Management of Xylazine-Associated Wounds in People Who Use Drugs

Asif M. Ilyas, MD MBA^{1,2}, Sina Ramtin, MD¹, Erum N. Ilyas, MD, MBE², Mark K. Solarz, MD³, Andrew Miller, MD⁴, Lisa Rae, MD⁵, Jason Wink, MD⁵, Rachel Haroz, MD⁶, Lara Weinstein, MD, MPH, DrPH⁴, Katharine T. Criner-Woozley, MD⁶

¹ Rothman Institute Foundation for Opioid Research & Education, Philadelphia, PA, USA, ² Drexel University College of Medicine, Philadelphia, PA, USA, ³ Temple University Hospital, Philadelphia, PA, USA, ⁴ Thomas Jefferson University Hospital, Philadelphia, PA, USA, ⁵ Hospital of the University of Pennsylvania, PA, USA, ⁶ Cooper University Hospital, Camden, NJ, USA



RESEARCH ARTICLE

Discontinuation rates and predictors of Medical Cannabis cessation for chronic musculoskeletal pain

Mohammad Khak^{1*}, Sina Ramtin^{1,2*}, Juliet Chung^{1*}, Asif M. Ilyas^{1,2,3*}, Ari Greis^{1,2,4*}

¹ Rothman Institute Foundation for Opioid Research & Education, Philadelphia, Pennsylvania, United States of America, ² Rothman Orthopaedic Institute at Thomas Jefferson University, Philadelphia, Pennsylvania, United States of America, ³ Drexel University College of Medicine, Philadelphia, Pennsylvania, United States of America, ⁴ Cooper University Hospital, Camden, NJ, USA



Part of SPRINGER NATURE

Open Access Original Article

Patterns, Efficacy, and Cognitive Effects of Medical Cannabis Use in Chronic Musculoskeletal Pain Patients

Mohammad Khak¹, Sina Ramtin², Juliet Chung^{3,4}, Asif M. Ilyas⁴, Ari Greis⁵

Review began 05/05/2025
Review ended 05/12/2025
Published 05/14/2025

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¹ Department of Orthopaedic Surgery, Rothman Orthopaedic Institute, Philadelphia, USA ² Department of Orthopaedic Surgery, Rothman Orthopaedic Institute Foundation for Opioid Research & Education, Philadelphia, USA ³ Department of Orthopaedic Surgery, Penn State College of Medicine, Hershey, USA ⁴ Department of Orthopaedics, Rothman Orthopaedic Institute, Thomas Jefferson University, Philadelphia, USA ⁵ Department of Medical Cannabis, Rothman Orthopaedic Institute, Thomas Jefferson University, Philadelphia, USA



RESEARCH ARTICLE

Utility of enhanced recovery after surgery protocols in reducing postoperative opioid use across different surgical specialties—An analysis of Iowa's billion pill pledge program

Wali U. Pirzada^{1,2}, Simran Shamith¹, Roland N. Leyson¹, Sara A. Khan², Sina Ramtin^{1,2,3}, Asif M. Ilyas^{1,2,4}

¹ Rothman Opioid Foundation, Philadelphia, Pennsylvania, United States of America, ² Drexel University College of Medicine, Philadelphia, Pennsylvania, United States of America, ³ University of Texas, Austin, Texas, United States of America, ⁴ Rothman Orthopaedic Institute, Philadelphia, Pennsylvania, United States of America

Year in Review

MEDIA

Press coverage for Rothman Opioid Foundation



OPINION

Doctors unite to tackle xylazine wounds in opioid crisis | Opinion

Published: Nov. 06, 2025, 10:00 a.m.

REGIONAL

Legislators Take Center Stage at Philadelphia Medical Cannabis Symposium, Linking Policy with Practice

October 16, 2025 - by Steven Infanti



CBS NEWS



Doctors recommend medical marijuana use as more patients seek safer alternative to opioids (02:25)

Health

Philadelphia-area doctor recommends patients use medical marijuana for pain relief as safer alternative to opioids

By Stephanie Stahl

October 23, 2025 / 6:17 PM EDT / CBS Philadelphia



LIFESTYLE > VICES

Cannabis-Based Drug Works Better Than Opioids—Could It Change How We Treat Pain?

By Sarah Sinclair, Contributor. © Sarah Sinclair is an award-winning journalis...

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Published Oct 07, 2025, 02:34pm EDT, Updated Oct 10, 2025, 06:35am EDT

OPINION

Too many have died already. N.J. should be national leader in the fight against opioids | Opinion

Updated: Oct. 05, 2025, 11:14 p.m. | Published: Oct. 05, 2025, 12:01 p.m.



SECTIONS



NEW YORK POST

LOG IN

HEALTH EXCLUSIVE

Horrific images show how flesh-eating 'zombie' drug 'mummifies' addicts — and causes their limbs to drop off

By Tracy Swartz

Published Oct. 15, 2025, 6:00 a.m. ET

225

Year in Review

WEBINARS

Online Free Educational Lectures

**Free ACCME Accredited Online
Webinar Series in Pain Management**

Supported by
The Pennsylvania Pain Society and
The Rothman Orthopaedic Foundation
for Opioid Research



2025 Webinar Series in Pain Management Encore Presentations from the Pennsylvania Pain Society 2025 Annual Meeting

Earn up to 6 CME / CEU - Information on CME is below

*The Webinar Series is made possible by and in collaboration with
The Rothman Orthopaedic Institute Foundation for Opioid Research
which is the recipient of a grant funded by the Appalachian Regional
Commission.*

Jointly provided by Amedco

Joint Accreditation Statement

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and The Pennsylvania Pain Society. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Professions in scope for this activity are listed below.

Amedco Joint Accreditation Provider Number: 4008163

Year in Review

PODCASTS

**PODCAST**



Opioids, reform & responsibility
with Dr. Asif Ilyas
Rothman Orthopaedic Institute

.....

LISTEN NOW

THE ROTHMAN INSTITUTE
Foundation for Opioid Research & Education

**PODCAST**



Tackling the Opioid Crisis
with Dr. Asif Ilyas
Rothman Orthopaedic Institute

.....

LISTEN NOW

THE ROTHMAN INSTITUTE
Foundation for Opioid Research & Education

Year in Review

SYMPOSIUMS

In Person Collaborations with Researchers,
Healthcare Professionals, & Policy Makers



Year in Review

RESEARCH FELLOWS



ANTHONY CASTRO
Lewis Katz School of Medicine at Temple University

CHRIS SUN
Case Western Reserve University School of Medicine

ZACK DEMETRIOU
Ponce Health Sciences University (PHSU)

KIMBERLY DONG
Donald and Barbara Zucker School of Medicine at Hofstra/Northwell

Donate

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Thank you for your support!

The Rothman Orthopaedic Institute Foundation for Opioid Research & Education is a non-profit 501c3 organization dedicated to raising awareness of the risks and benefits of opioid, educate physician / physicians / policymakers on safe opioid use, and support research and education aimed to advance innovative pain management strategies that can decrease opioid use.