

Aspects of Pain Management



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Aspects of Pain Management

- At risk undertreated for pain
 - Cognitive impairment
- Undertreated pain
 - Higher risk of delirium
 - Slower to mobilise
 - Longer LOS

Aspects of Pain Management

- Multimodal Analgesia
- Regular paracetamol
- Opiates
 - Sedation, constipation
 - Associated with delirium

Postoperative delirium Chaput AJ Can J Anesth 2012; 59: 304 – 320

The Role of Postoperative Analgesia in Delirium and Cognitive Decline in Elderly Patients.

Fong H Anesth Analg 2006; 102: 1255 - 1266

Aspects of Pain Management

- Regional blocks
 - Superior analgesia
 - Reduce consumption of opiates
 - May reduce incidence of delirium
 - Shorten LOS
 - Decreased incidence of pneumonia

BMJ Quality Improvement Reports 2016

Effect of Supplemental Peripheral Nerve Blockade for Hip Fracture Surgery Rashiq S Can J Anesth 2013; 60: 230 - 243

Peripheral Nerve Blocks for Hip Fractures Cochrane Review. Guay J

Comparative Effectiveness of Pain Management Interventions for Hip Fracture: A Systematic Review. Abou-Setta A Ann Intern Med. 2011; 155: 234 - 245

Aspects of Pain Management

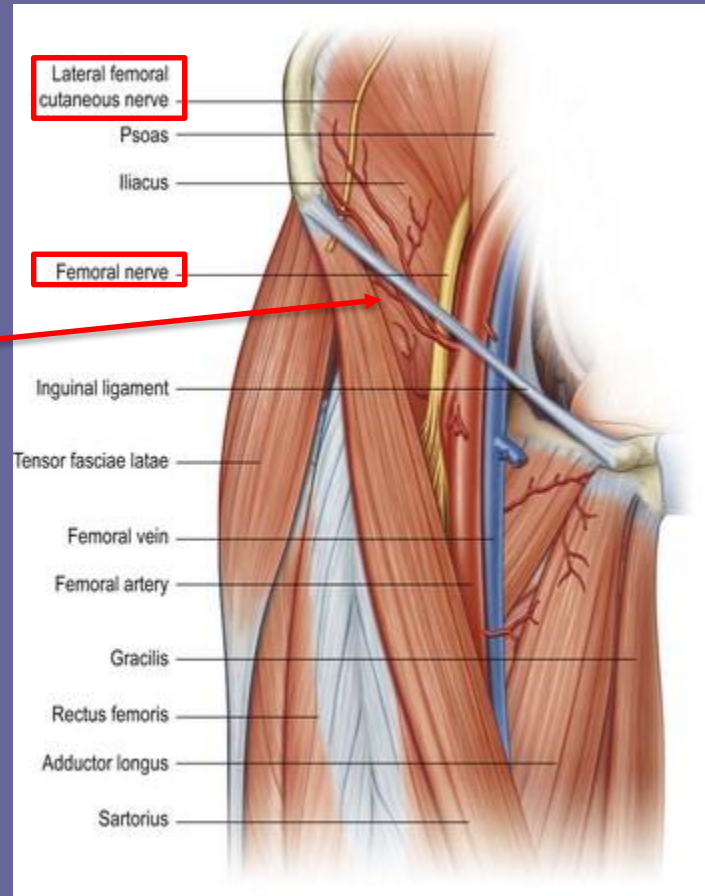
- Fascia Iliaca
 - First described by Dalens in 1989
 - As effective as Femoral NB
 - Safe
 - Quick, easy to insert
- Standard at Cairns Hospital since 2006
 - Anaesthetists, APS Nurses

Randomised trial of the Fascia Iliaca Block versus the 3 in 1 block for femoral neck fractures in the Emergency Dept. Reavley P Emergency Medicine Journal 2015; 32: 685 - 689

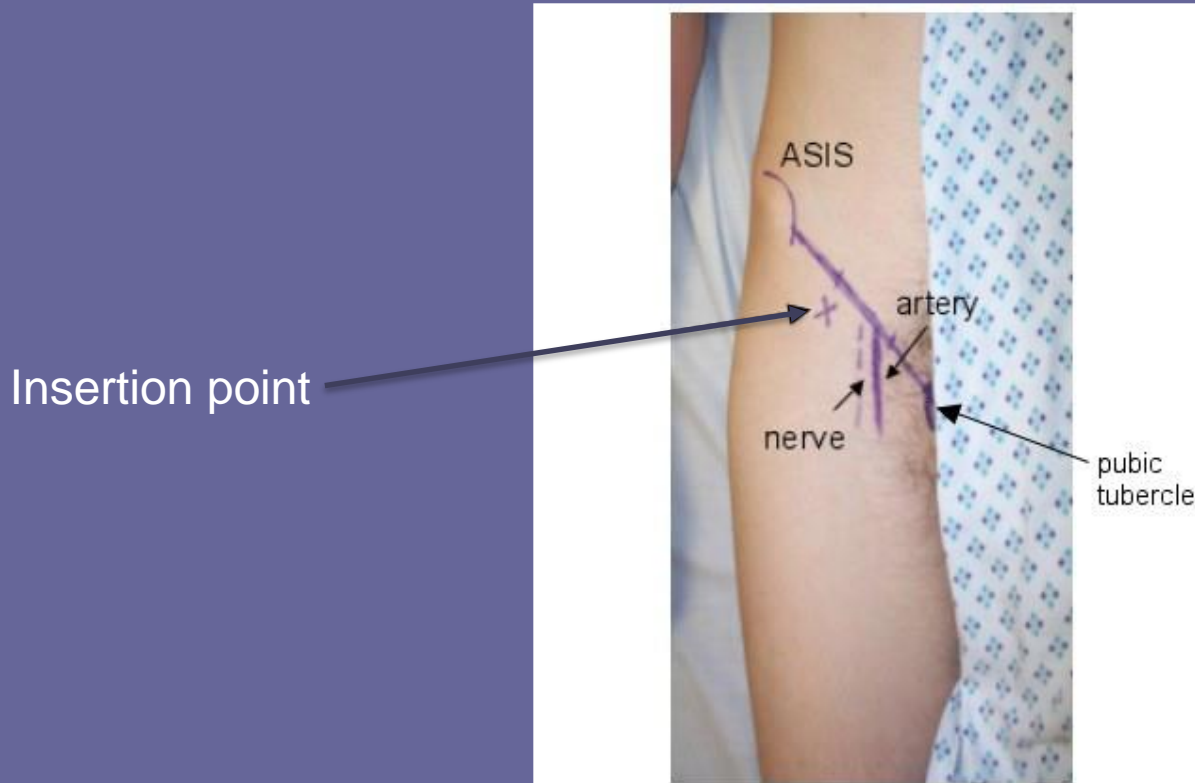
Comparison of the Fascia Iliaca Compartment Block with the 3 in 1 Block in Children. Dalens B Anesth Analg 1989; 69: 705 - 713

Fascia Iliaca Block

Insertion
point



Surface Markings

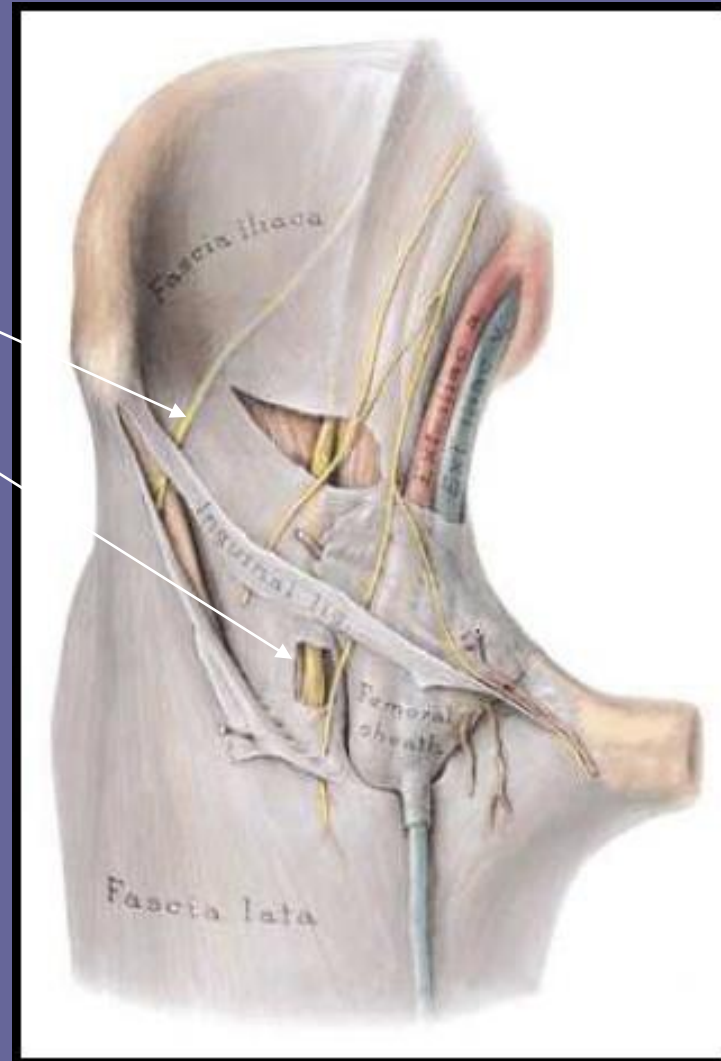


Outer third, drop 1 cm and check well away from the artery

Fascia Iliaca Block

Lat Cut nerve

Femoral nerve

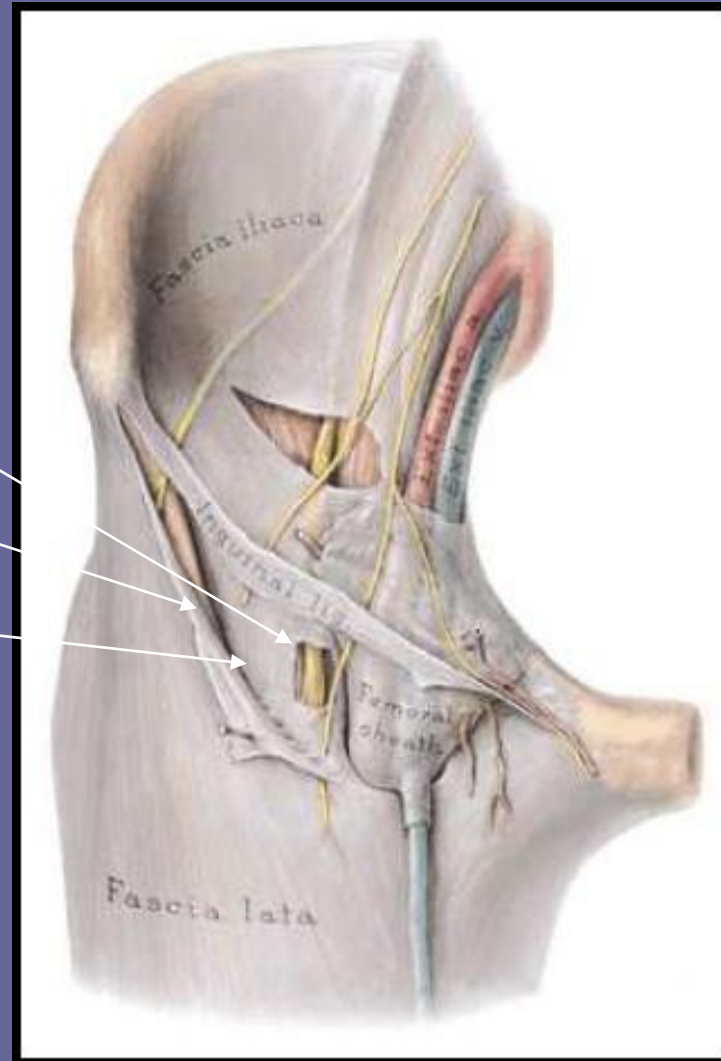


Lat Cut nerve

Femoral nerve

Fascia lata
(first pop)

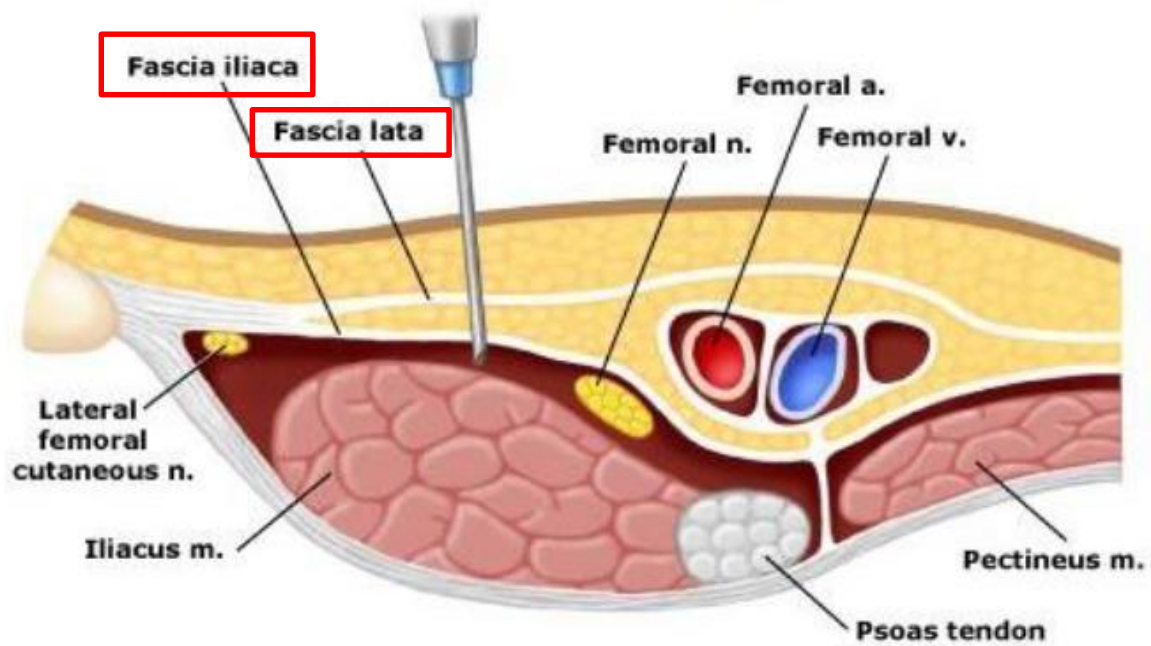
Fascia iliaca
(second pop)

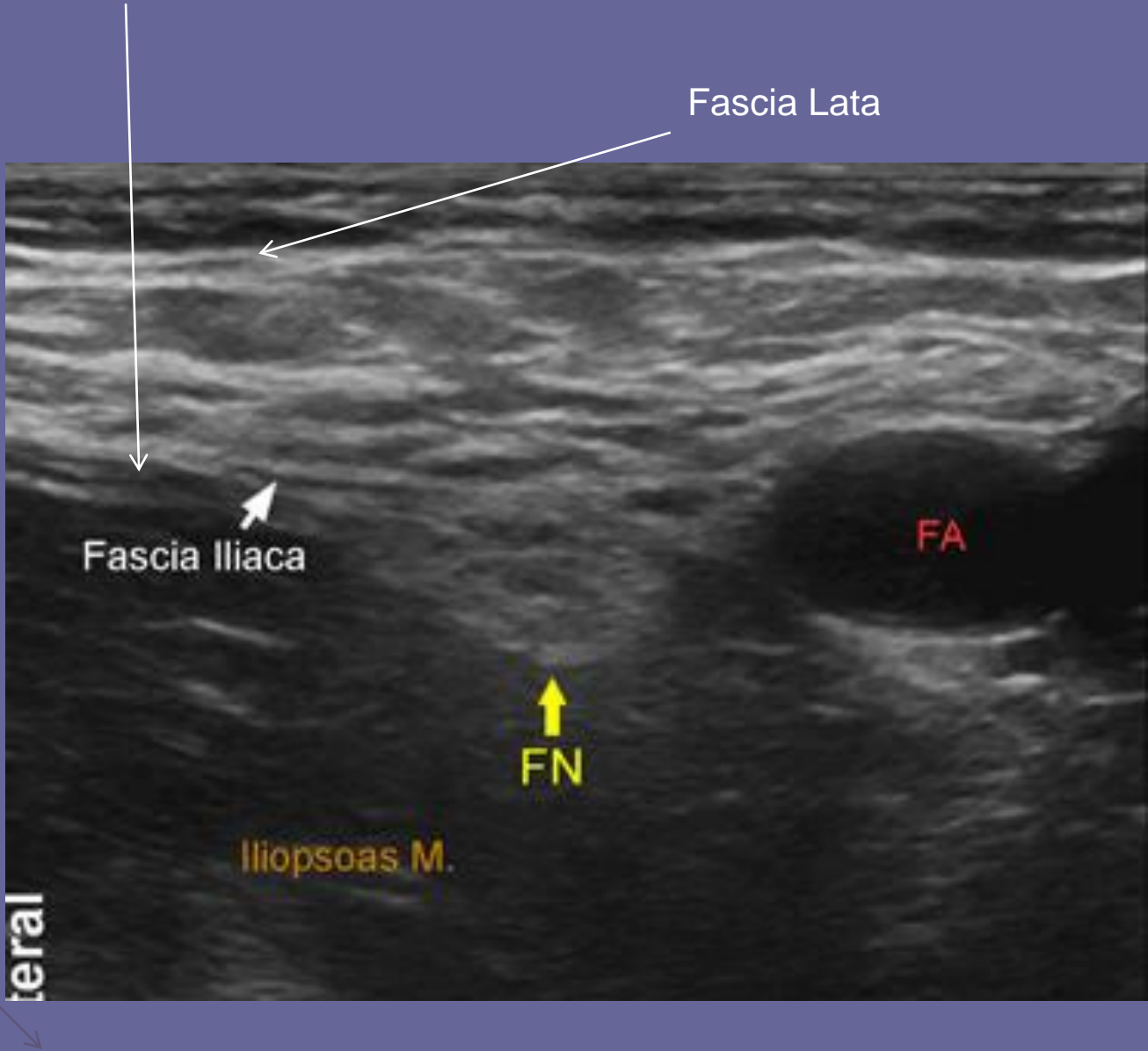


Fascia Iliaca Block

- ‘Double Pop’ technique
 - Fascia Lata
 - Fascia Iliaca
- Blunt needle
 - Epidural (Tuohy) needle
 - Can insert catheter



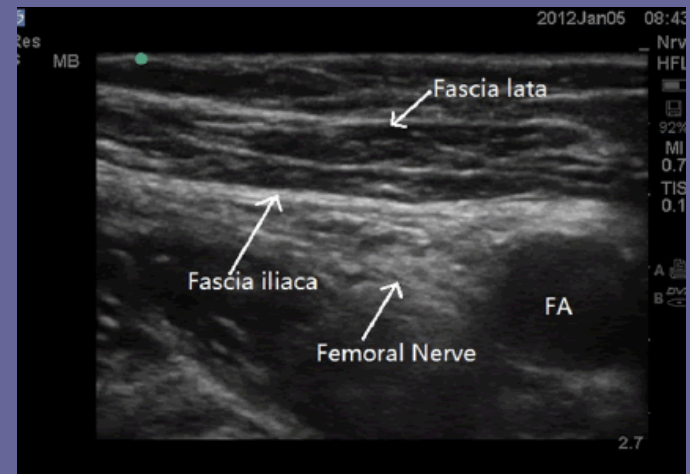




Fascia Iliaca Block

- Do not need ultrasound
- Can use to check in correct plane
 - May improve medial spread of LA
- Femoral NB
- Training, equipment and experience
- Neuropraxia

US Guided FI Block: A Comparison with LOR Technique.
Dolan J Reg Anaesthes and Pain Med 2008; 33: 526 – 531
Complications of Femoral NB for TKR Sharma
S Clin Orthop Relat Res 2010; 468: 135 -140



Fascia Iliaca Catheter

- Initial bolus
 - 3 mg/kg ropivacaine to 40ml total volume
- Intermittent bolus technique
 - 20ml 0.2% ropivacaine 3 hourly
- Monitoring
 - 5 minutely for 20 minutes after initial bolus
 - Routine monitoring
 - Sedation, infusion total, motor and sensory block

Fascia Iliaca Blocks and Non-Physician Practitioners

- AAGBI and RA-UK Position Statement 2013
 - Fascia Iliaca block can be considered a “local anaesthetic” and not a “regional anaesthetic” technique
- ANZCA
 - Guidelines for Health Practitioners administering local anaesthetic PS37
- QNC
 - Extended scope of practice
- Stress adequate training and assessment

Nurse Administered Fascia Iliaca Compartment Block for Pre-operative Pain Relief in Adult Fractured Neck of Femur .

Obideyi A Acute Pain 2008; 10: 145 – 149

- 35 Patients
- Improvement in pain scores
- Decrease in additional analgesia
- No adverse events

Prehospital administered fascia iliaca compartment block by emergency medical service nurses, a feasibility study.

Dochz E. Scandinavian Journal of trauma resuscitation and Emergency Medicine 2014; 22: 38

- 100 patients
- Effective block in 96%
- Excellent analgesia for transfers
- No complications

The role of Fascia Iliaca blocks in Hip Fractures: A prospective case-control study and feasibility assessment of a junior doctor delivered service.

Hanna I., International Scholarly Research Network Orthopedics 2014; 2014: 191306

- FI Block V systemic analgesia
- 104 patients
- Significant decrease in pain scores
- No adverse events
- Faster onset of analgesia

Cairns Experience

- 452 FI blocks inserted by APS Nurses
 - 4 Practitioners over 13 years
- Complications
 - 1 Large haematoma
 - Anticoagulated patient
 - 2% Minor bruising
 - No Neuropraxias

Mortality analysis in hip fracture patients: Implications for design of future outcome trials.

Foss and Kehlet. BJA 2005; 94: 24 - 29

Multimodal therapy

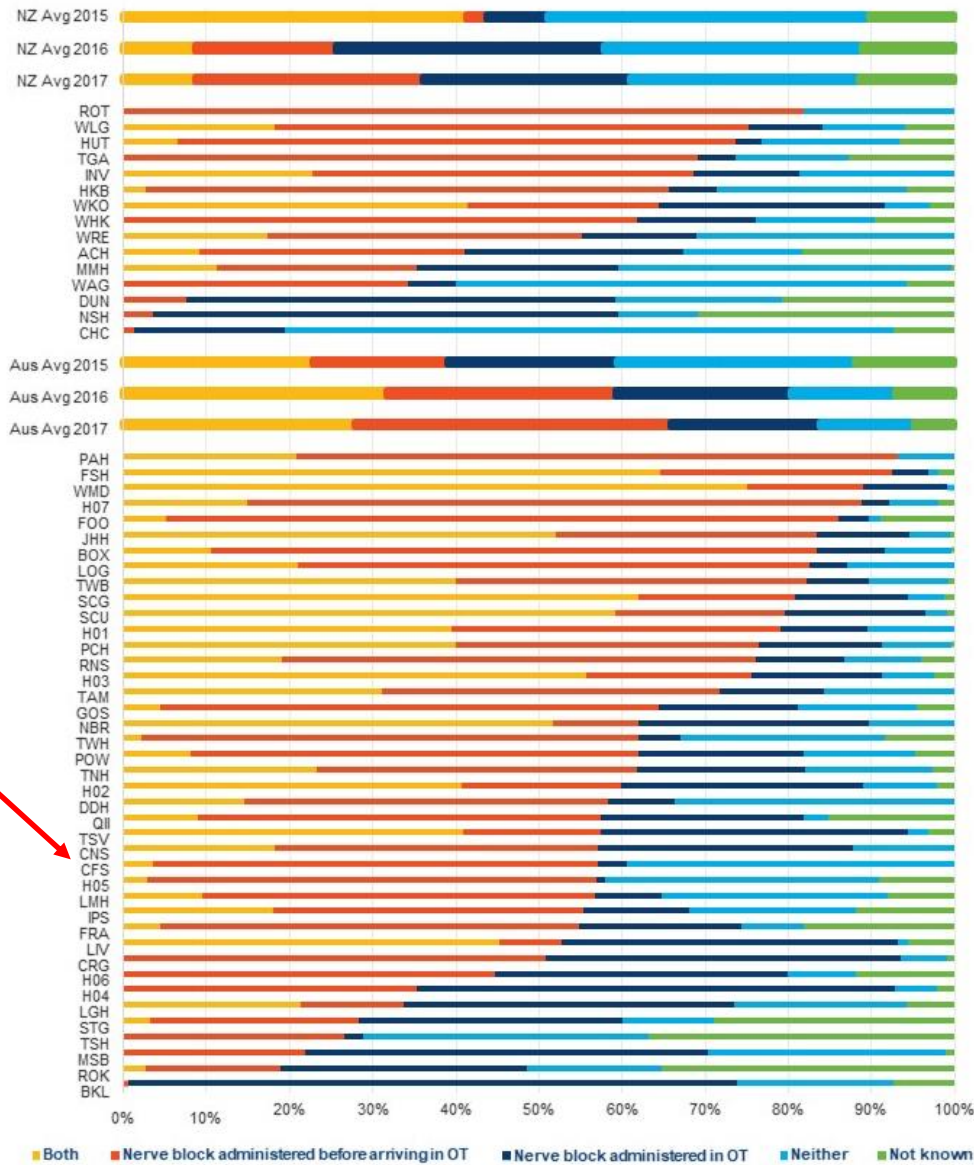
- Early review
 - IV fluids in ED
 - Oral nutrition
 - Preoperative epidural
 - Continued post-op
 - Multimodal analgesia
 - Early mobilisation and physiotherapy
- Fascia Iliaca Block

Cairns Experience

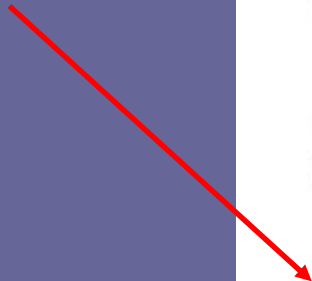
2018

- 158 FI Blocks
 - 44% Catheters
- 97% Satisfied with initial block
 - 55% patients responded
- 80% Satisfied with ongoing block

FIGURE 15 USE OF NERVE BLOCKS



58% Pre-op



Cairns experience

- ED guidelines for the Mx of NOF#
 - Fascia Iliaca block in ED
- Fascia iliaca program
 - Jointly run by ED and Anaes
 - Senior and junior medical staff
 - Geriatric Emergency Dept Intervention (GEDI) nurses

- 87% Pre-op NB



Aspects of Pain Management

- Fascia Iliaca block
 - Effective
 - Safely performed by nurses and junior medical staff
 - Very satisfying block to perform



Nerve Block Working!