

Ultraljudsguidade approacher till lumbal och sacral plexus för höftkirurgi

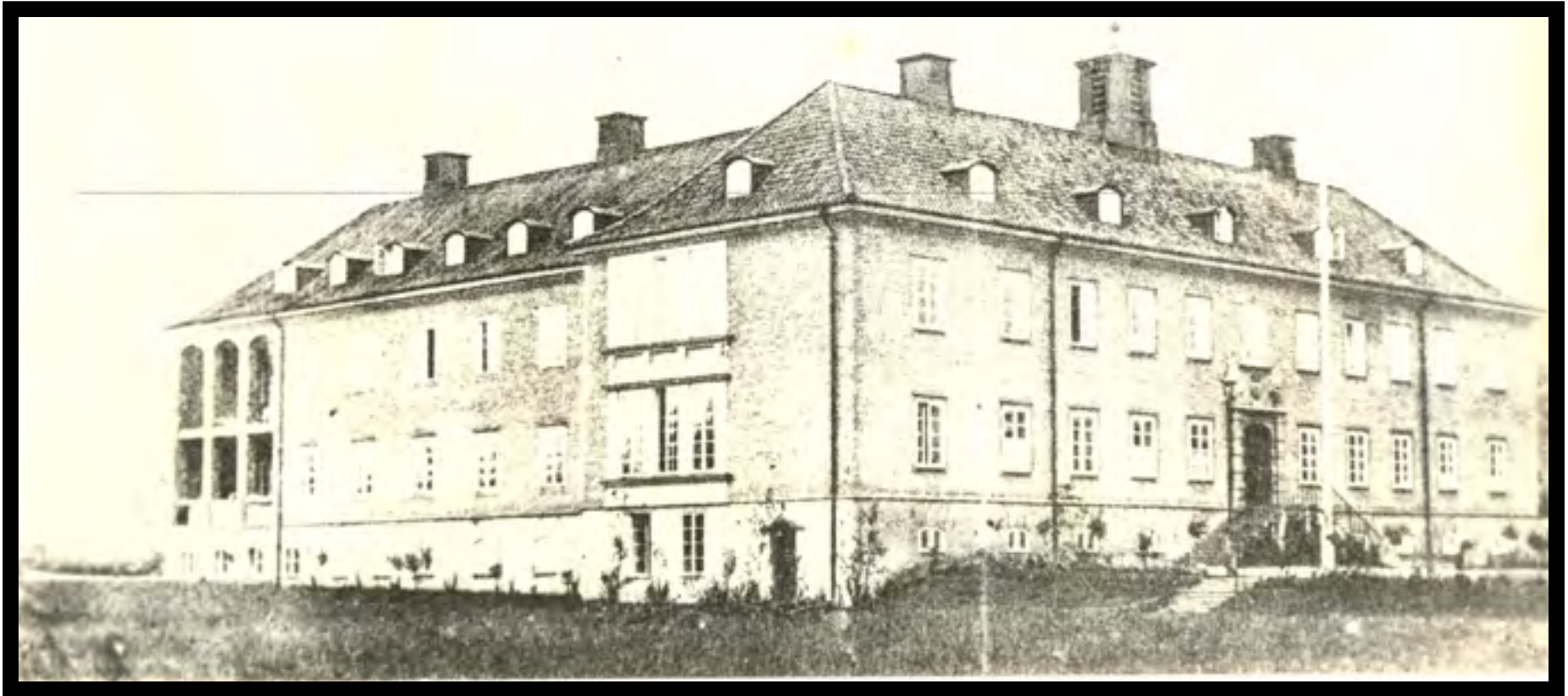
Auris Pelanis, Mölndal

Sahlgrenska University Hospital (SU)



- ✓ Since 2005 Mölndal hospital /SU (Sahlgrenska University), Gothenburg, Sweden
- ✓ Is the biggest orthopedic hospital in Scandinavian countries 14 000 Op/year

Mölnödals sjukhus/ 1924



SU/Möln dal 2014



Akuta höftfrakturer, Mortalitet

Bakgrund:

SU/M, >1000 akuta höftoperationer årligen

- ✓ Akut höftfraktur (SU/M)
 - ✓ 80 år och 2/3 är kvinnor
 - ✓ >55% är multisjuka
 - ✓ ASA III eller sämre

- ✓ 30-dagars-mortaliteten
 - ✓ 7.0 % (2011)
 - ✓ 8.9 % (2012)

Akuta höftfrakturer, Mortalitet

- *ASA II* 5,4% 30-dagars-mortalitet
- *ASA III* 12,0% 30-dagars-mortalitet
- *ASA IV* 20,0% 30-dagars-mortalitet

Tid trauma till operationsstart > 48 h;

- ✓ *ASA III* 18,9 % 30-dagars-mortalitet
- ✓ *ASA IV* 33,3 % 30-dagars-mortalitet

Fungerande regionalanestesi

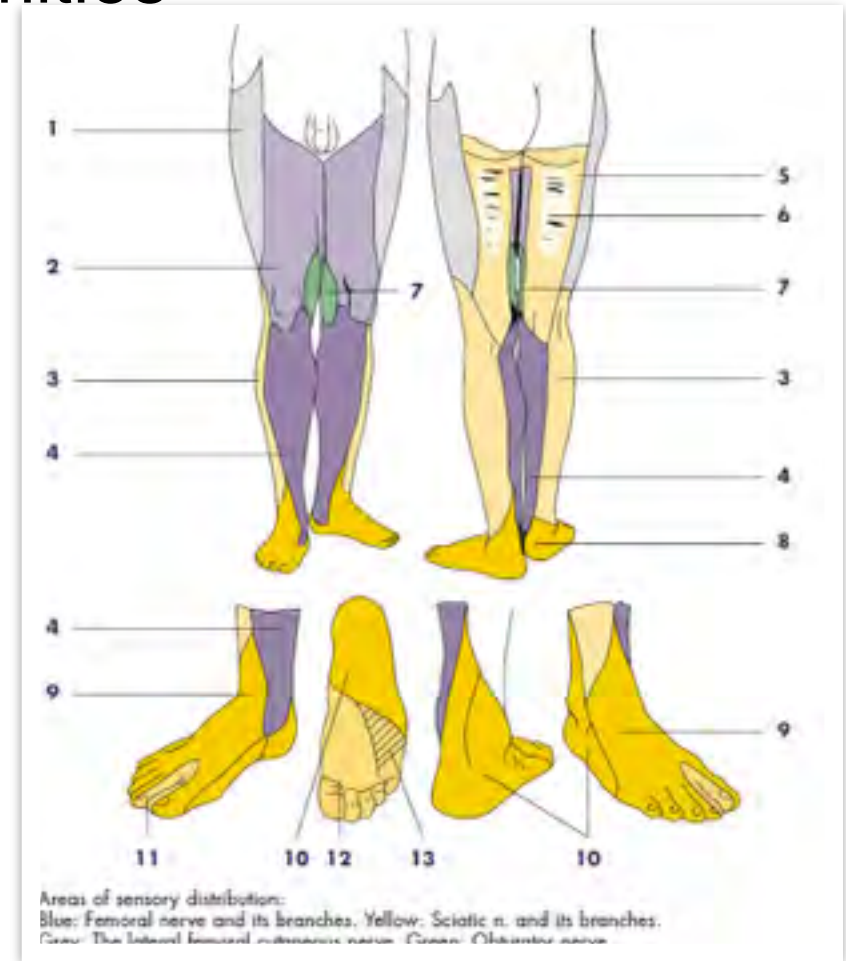


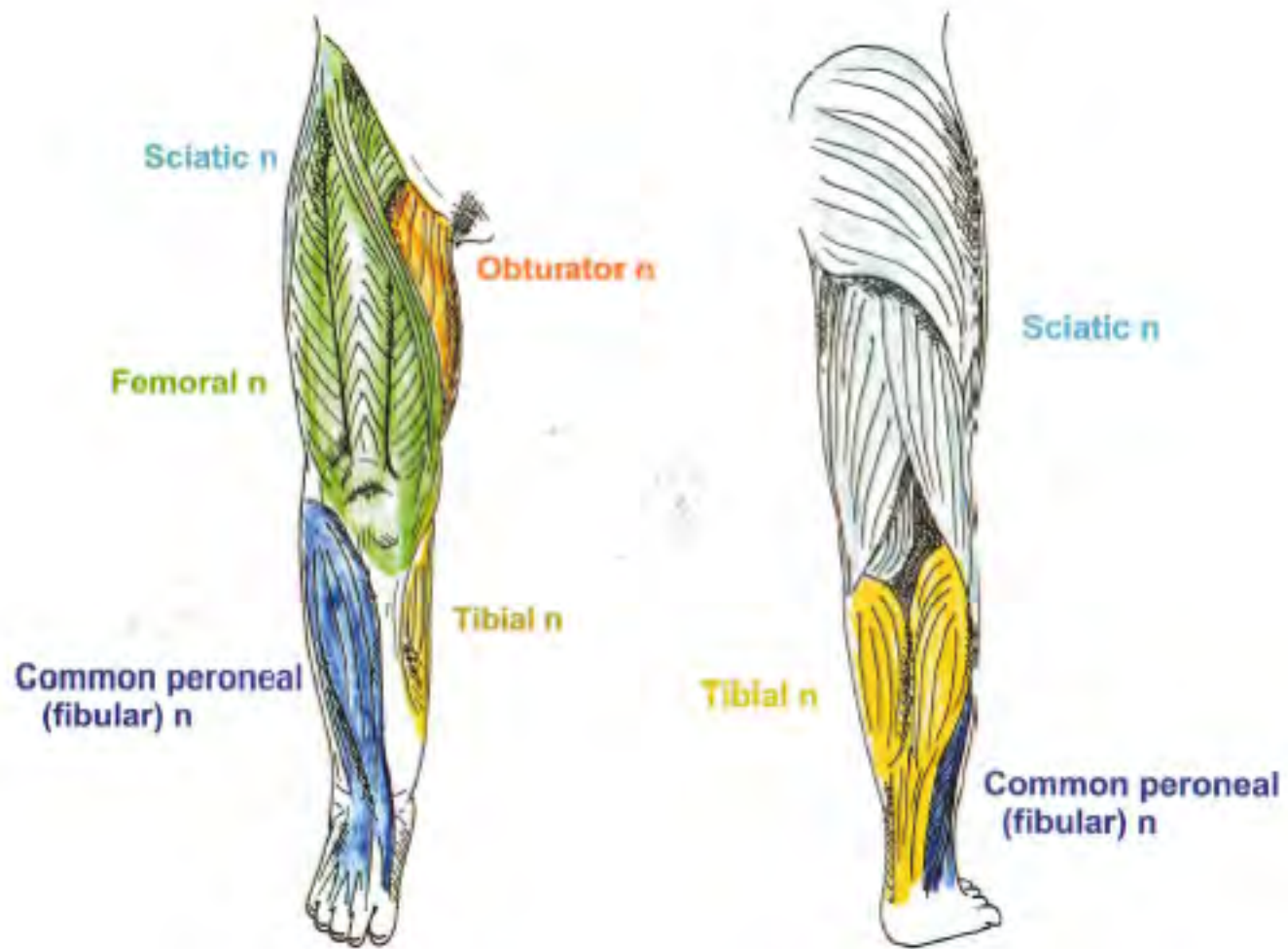
Blockader

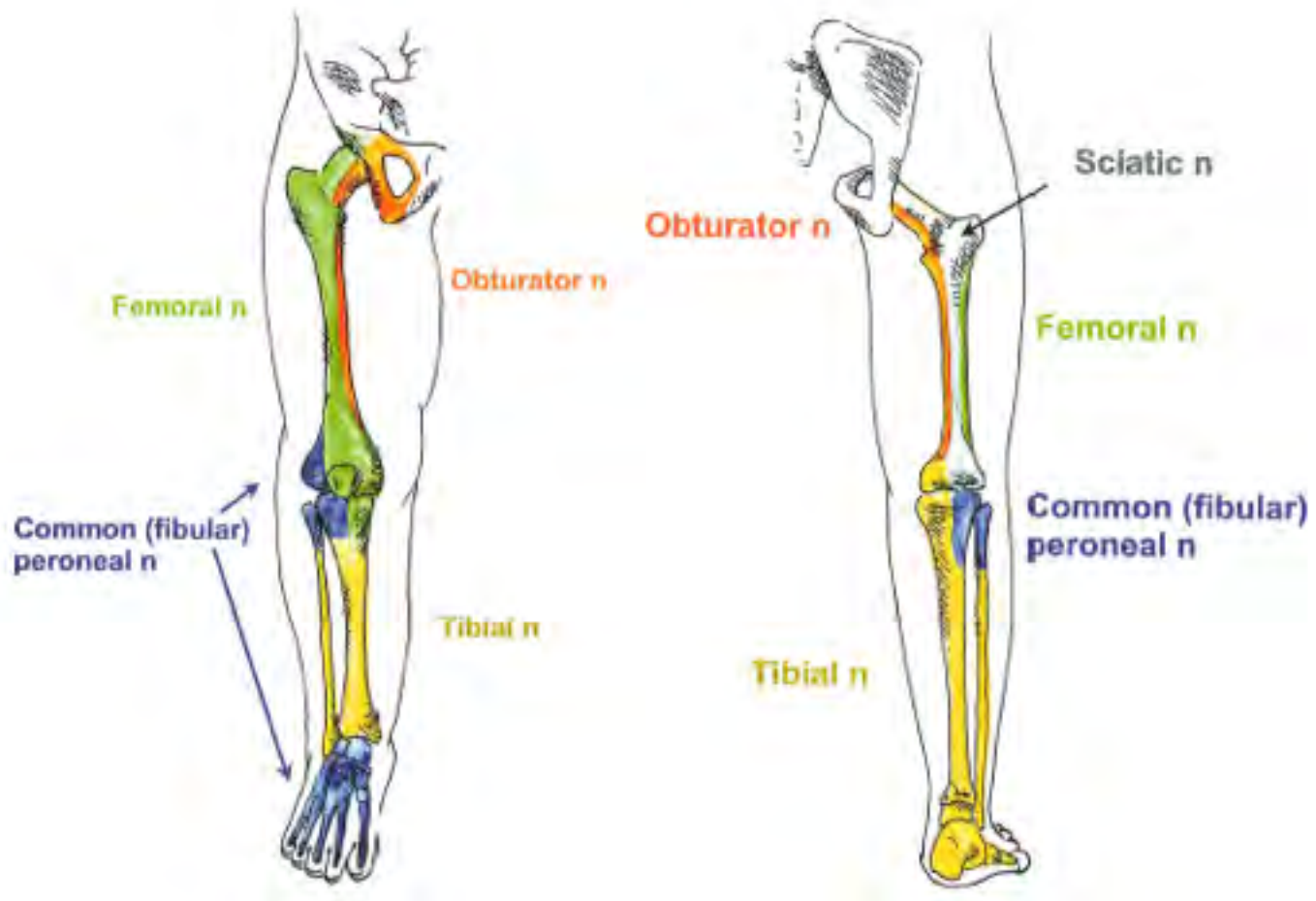
- Lumbar plexus block
- Sacral plexus block
- Lumbosacral plexus block
- Fascia transversalis plane block
 - Quadratus lumborum block
- Lateral femoral cutaneous nerve block
- Fascia Iliaca Compartment blockad

Sensory supply of the lower extremities of the lower extremities

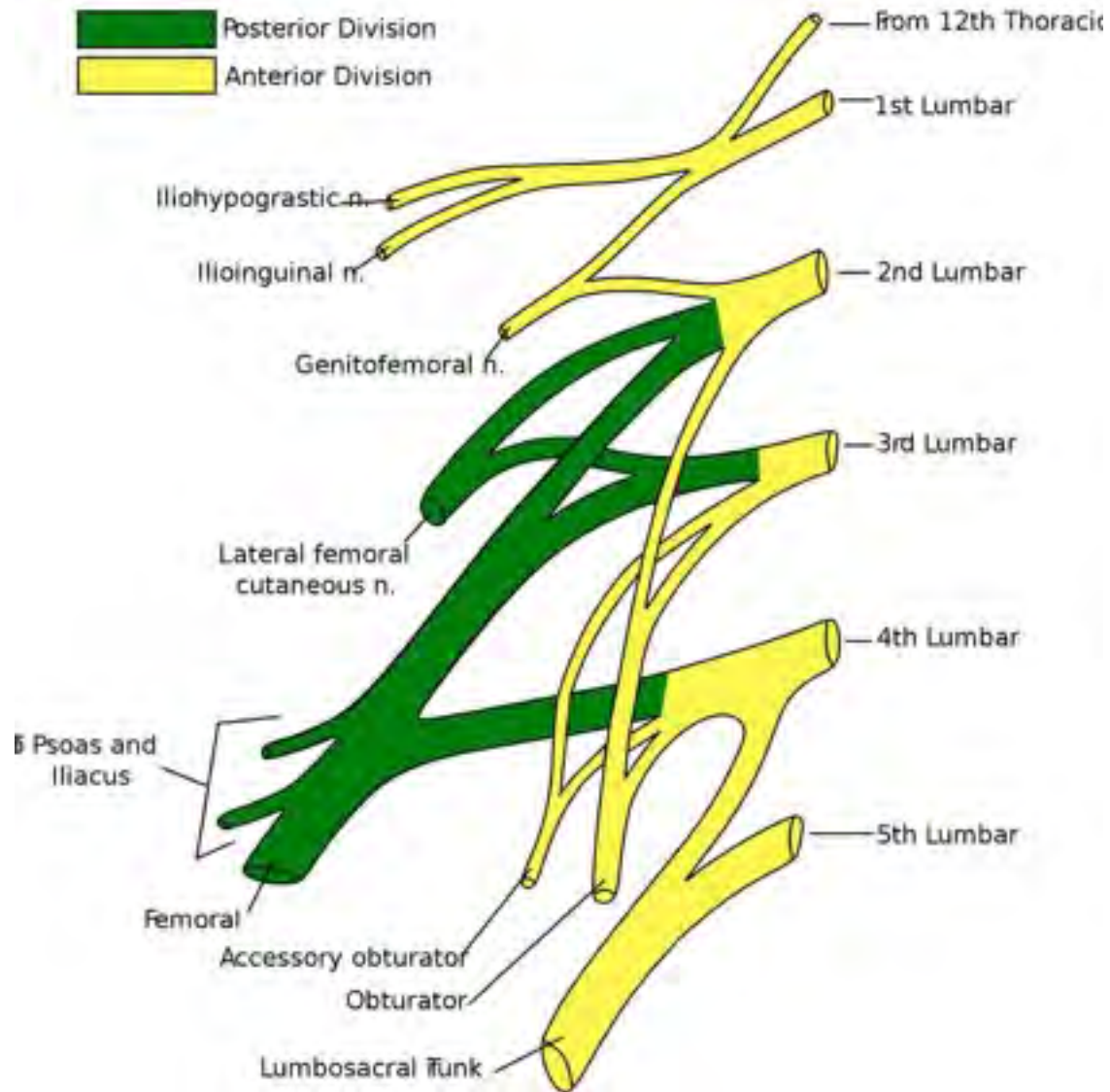
1. lateral femoral cutaneous n.
2. femoral n.
3. peroneal n.
4. saphenous n.
5. sciatic n.
6. posterior femoral cutaneous n.
7. obturator n.
8. posterior tibial n.
9. superficial peroneal n.
10. sural n.
11. deep peroneal n.
12. medial plantar n.
13. lateral plantar n. (tibial n.)



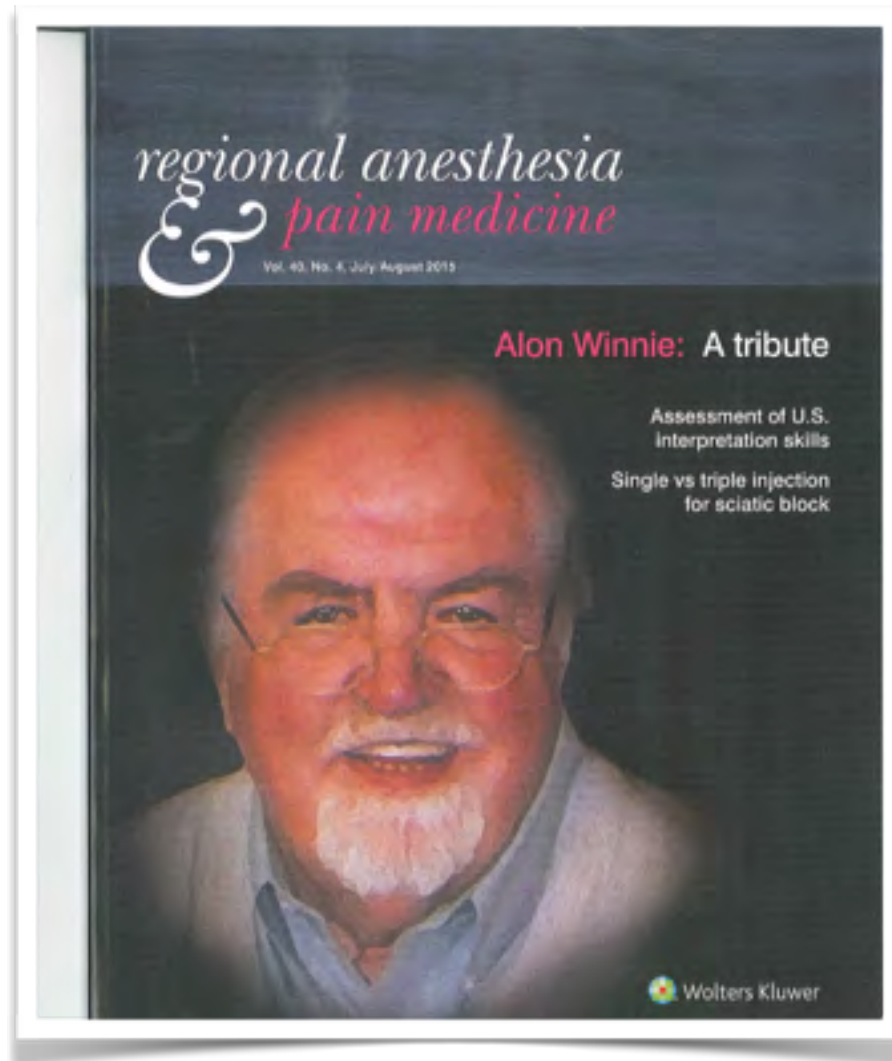








Lumbal plexus

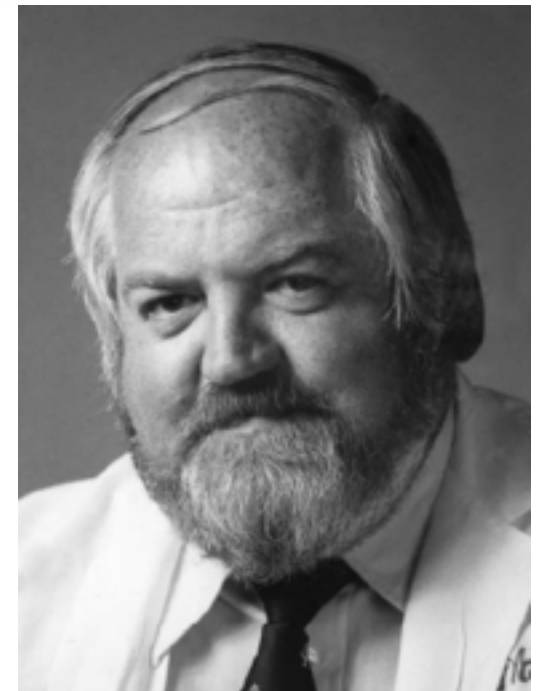
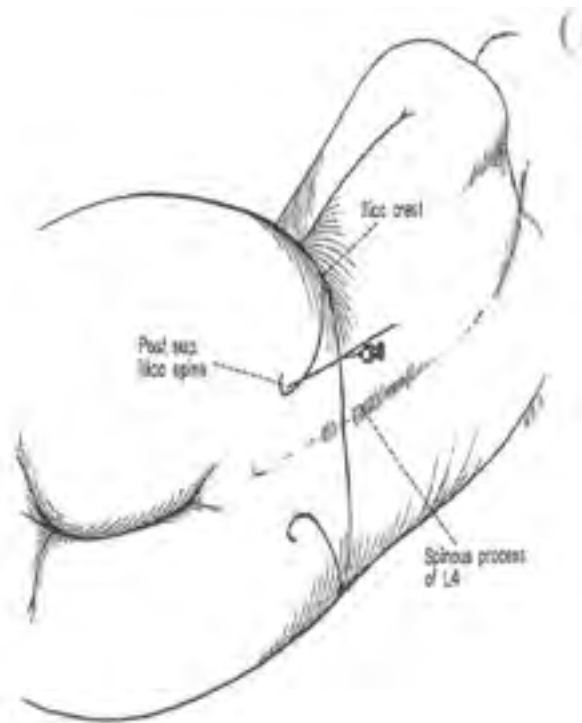


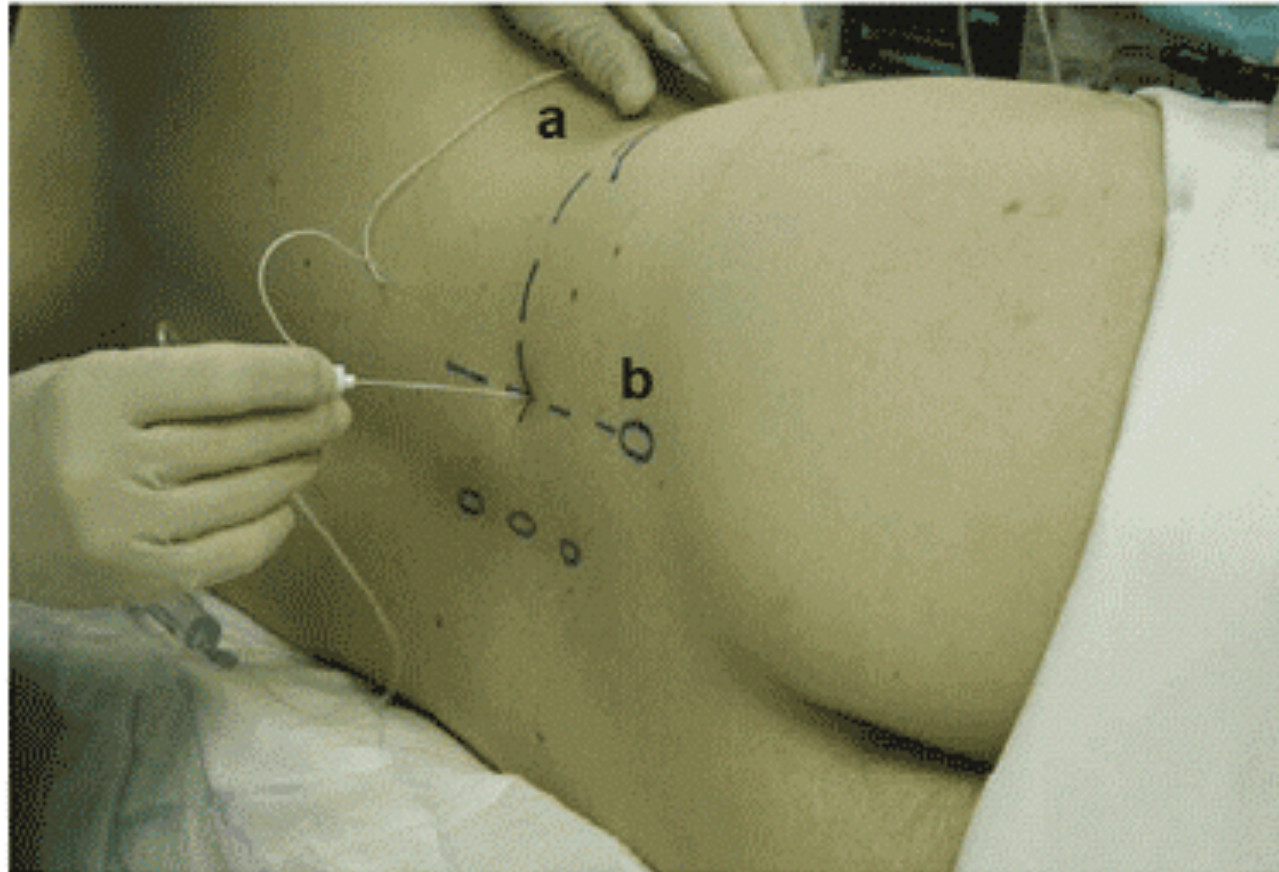
ANESTHESIOLOGY REVIEW • JULY 1974

Plexus Blocks For Lower Extremity Surgery

New Answers to Old Problems

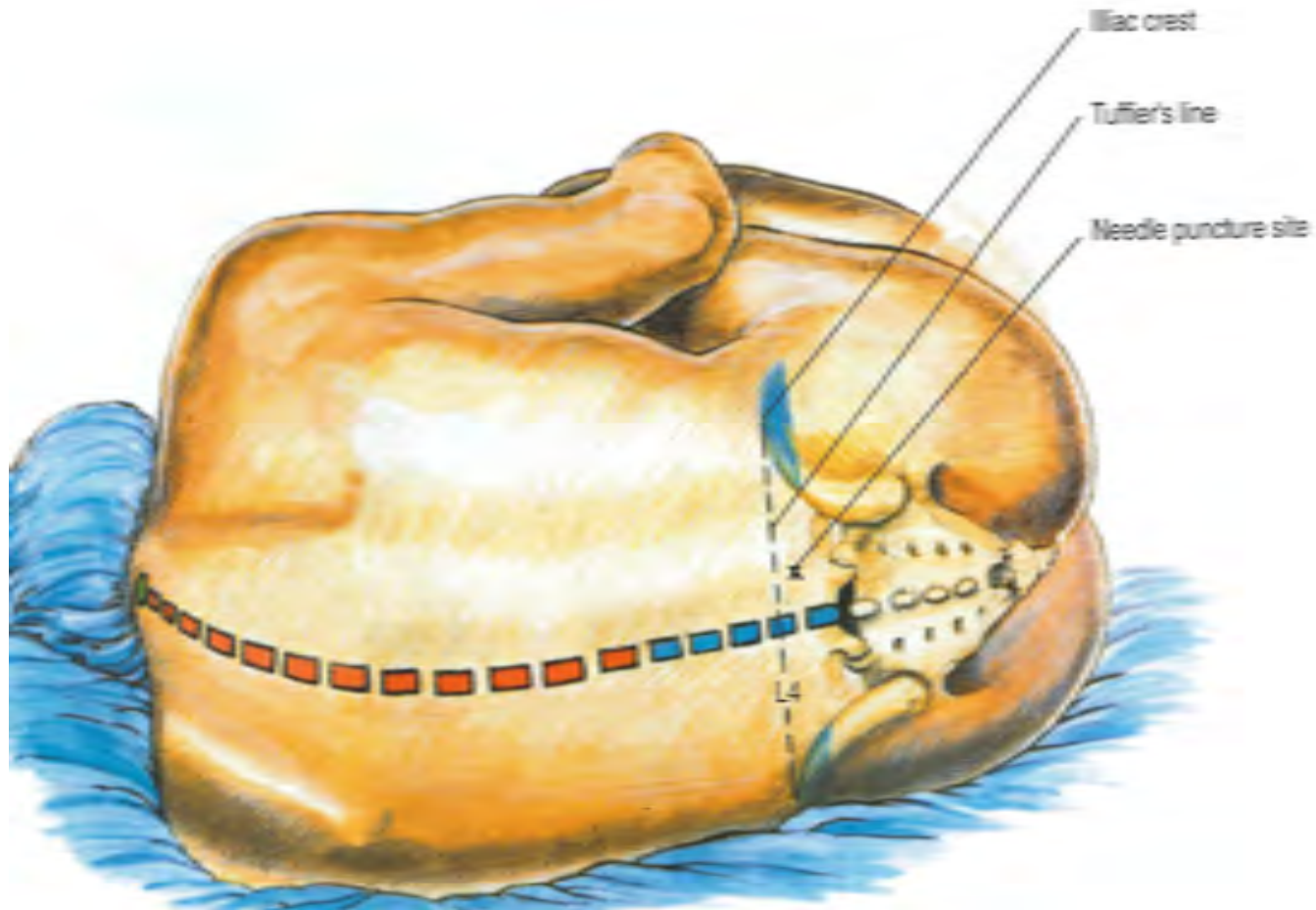
*A. P. Winnie, M.D., S. Ramamurthy, M.D.
Z. Durrani, M.D., R. Radonjic, M.D.*



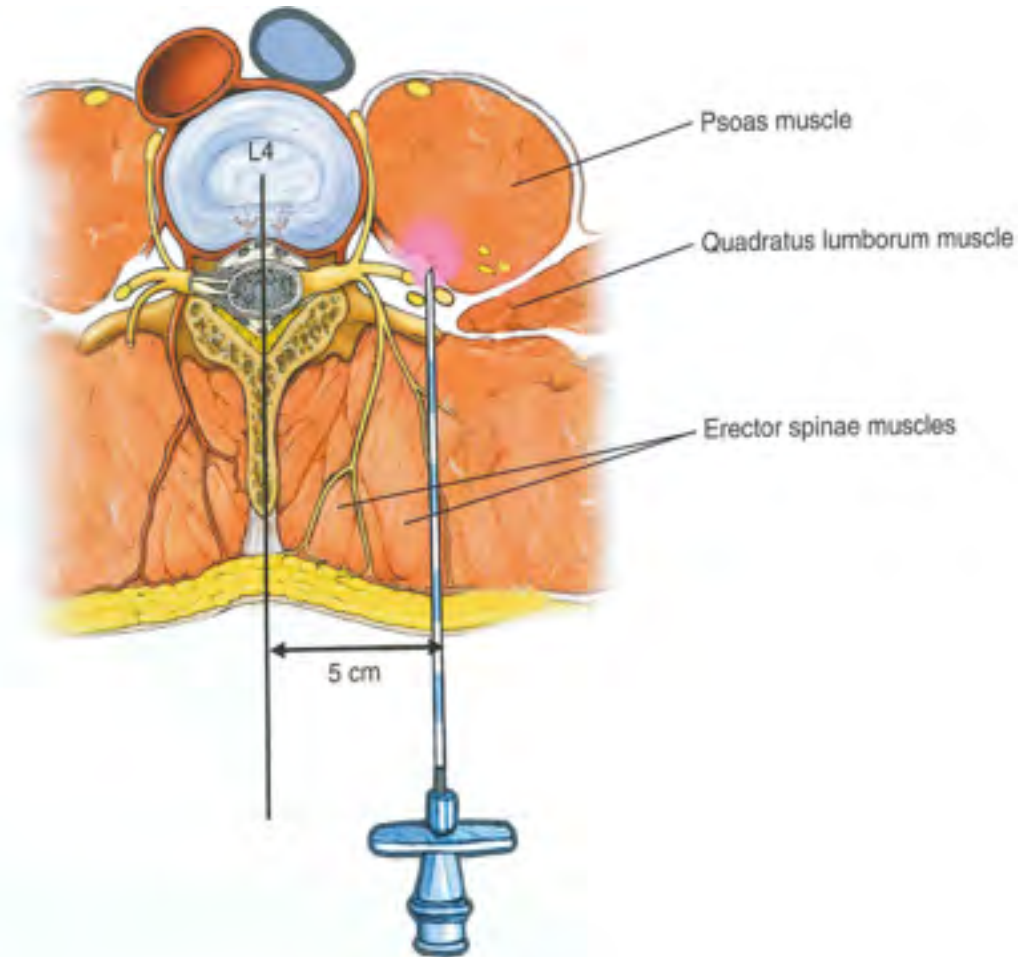


3 Lumbar plexus block. a Tuffier's line, b posterior superior iliac spine. The distance from the midline is 4–6 cm.

Lumbal plexus



Lumbal plexus

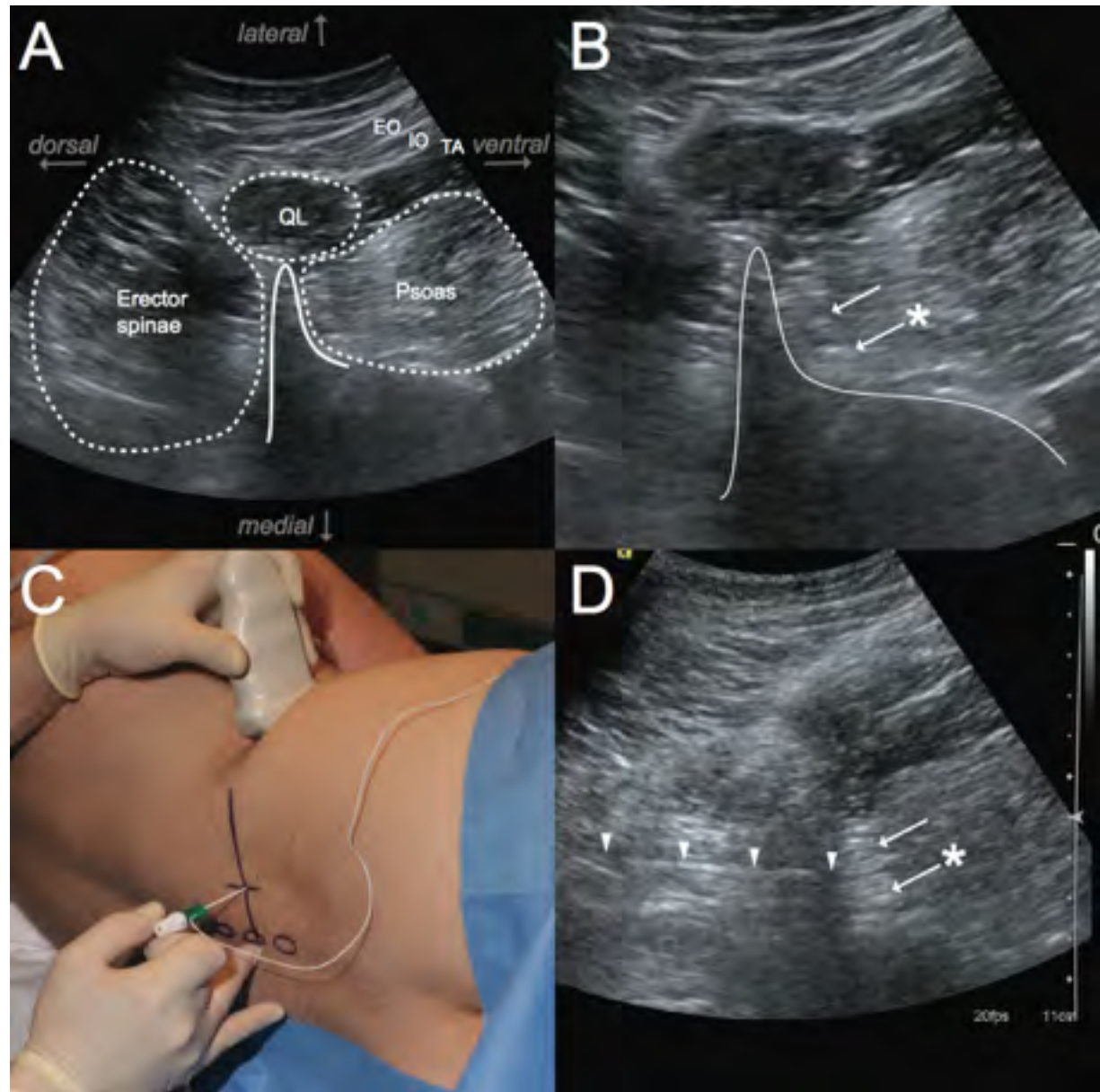


k.

The "Shamrock Method" - a new and promising technique for ultrasound guided lumbar plexus blocks.

[Axel R. Sauter](#), Kyrre Ullensvang, Thomas F. Bendtsen, Jens Boerglum, Oslo University Hospital, Department of Anaesthesiology

Published 19 December 2013



Solution to the challenging part of the Shamrock method during lumbar plexus block

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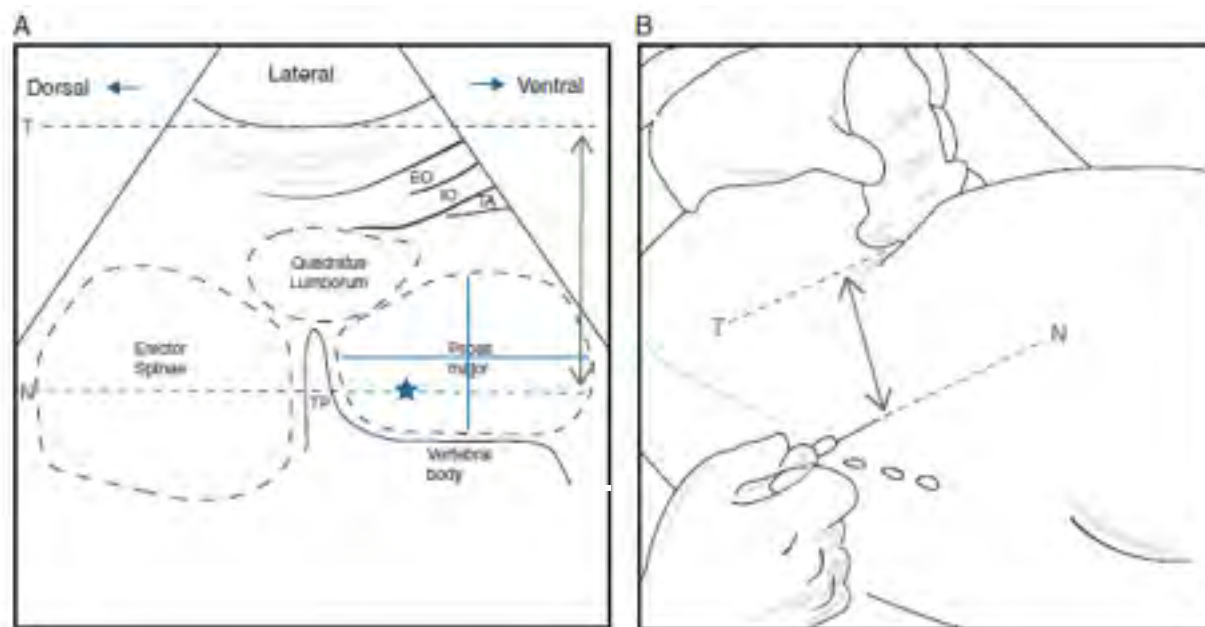


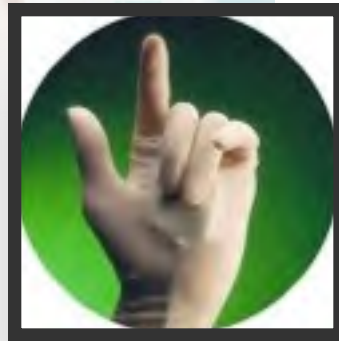
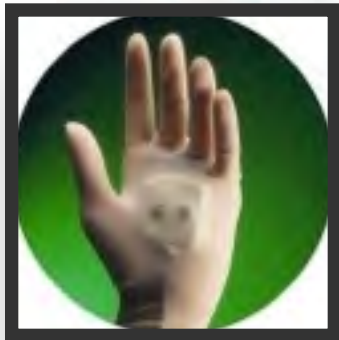
Fig 1 The needle insertion point to keep its trajectory perpendicular to the ultrasound beam during Shamrock lumbar plexus block. By using the Shamrock method for lumbar plexus block, the distance from the bottom of the transducer to the plexus could be obtained in the ultrasound image (a), exactly the distance away from the transducer for the needle insertion within the emitting plane (a). EO, external oblique muscle; IO, internal oblique muscle; TA, transversus abdominis muscle; TP, transverse process. Blue star, the centre of the postero-medial quadrant of psoas major muscle. T, the horizontal line at the bottom of the transducer contacting the patient skin. N, the horizontal line at the level of the blue star.

Finding the bulging edge: a modified shamrock lumbar plexus block in average-weight patients

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Nerve Stimulation



Ultrasound Guided Single Injection Lumbosacral Plexus Blockade For Hip Surgery Anaesthesia?

Original Article

The suprasacral parallel shift vs lumbar plexus blockade with ultrasound guidance in healthy volunteers – a randomised controlled trial

T. F. Bendtsen,¹ E. M. Pedersen,² S. Haroutounian,³ K. Søhalle,⁴ B. Moriggl,⁵ L. Nikolajsen,⁶ J. B. Hasebtrøm,⁷ A. K. Fisker,⁸ J. M. C. Strid,⁹ B. Iversen¹⁰ and J. Borglum¹¹

1 Research Consultant, Professor (Hon.), 9 Ph.D. Fellow, 10 Consultant, Department of Anaesthesia, 2 Research Consultant, Professor (Ass.), Department of Radiology, 3 Postdoc, 6 Professor (Ass.), Danish Pain Research Center, 4 Professor, Department of Orthopaedic Surgery, Aarhus University Hospital, Aarhus, Denmark; 5 Professor, Department of Anatomy, Histology and Embryology, Innsbruck Medical University, Innsbruck, Austria; 7 Professor (Ass.), Department of Forensic Medicine, 8 Research Fellow, Health Aarhus University, Aarhus, Denmark; 11 Consultant, Professor (Ass.), Department of Anaesthesia, Bispebjerg University Hospital, Bispebjerg, Denmark

Summary

Surgical anaesthesia with haemodynamic stability and opioid-free analgesia in fragile patients can theoretically be provided with lumbosacral plexus blockade. We compared a novel ultrasound-guided suprasacral technique for blockade of the lumbar plexus and the lumbosacral trunk with ultrasound-guided blockade of the lumbar plexus. The objective was to investigate whether the suprasacral technique is equally effective for anaesthesia of the terminal lumbar plexus nerves compared with a lumbar plexus block, and more effective for anaesthesia of the lumbosacral trunk. Twenty volunteers were included in a randomised crossover trial comparing the new suprasacral with a lumbar plexus block. The primary outcome was sensory dermatome anaesthesia of L2-S1. Secondary outcomes were peri-neural analgesic spread estimated with magnetic resonance imaging, sensory blockade of dermatomes L2-S1, motor blockade, voluntary discomfort, arterial blood pressure change, block performance time, halocaine pharmacokinetics and complications. Only one volunteer in the suprasacral group had sensory blockade of all dermatomes L2-S1. Epidural spread was verified by magnetic resonance imaging in seven of the 34 trials (two suprasacral and five lumbar plexus blocks). Success rates of the sensory and motor blockade were 88-100% for the major lumbar plexus nerves with the suprasacral technique, and 59-88% with the lumbar plexus block ($p > 0.05$). Success rate of motor blockade was 50% for the lumbosacral trunk with the suprasacral technique and zero with the lumbar plexus block ($p < 0.05$). Both techniques are effective for blockade of the terminal nerves of the lumbar plexus. The suprasacral parallel shift technique is 50% effective for blockade of the lumbosacral trunk.

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Accepted: 28 April 2014

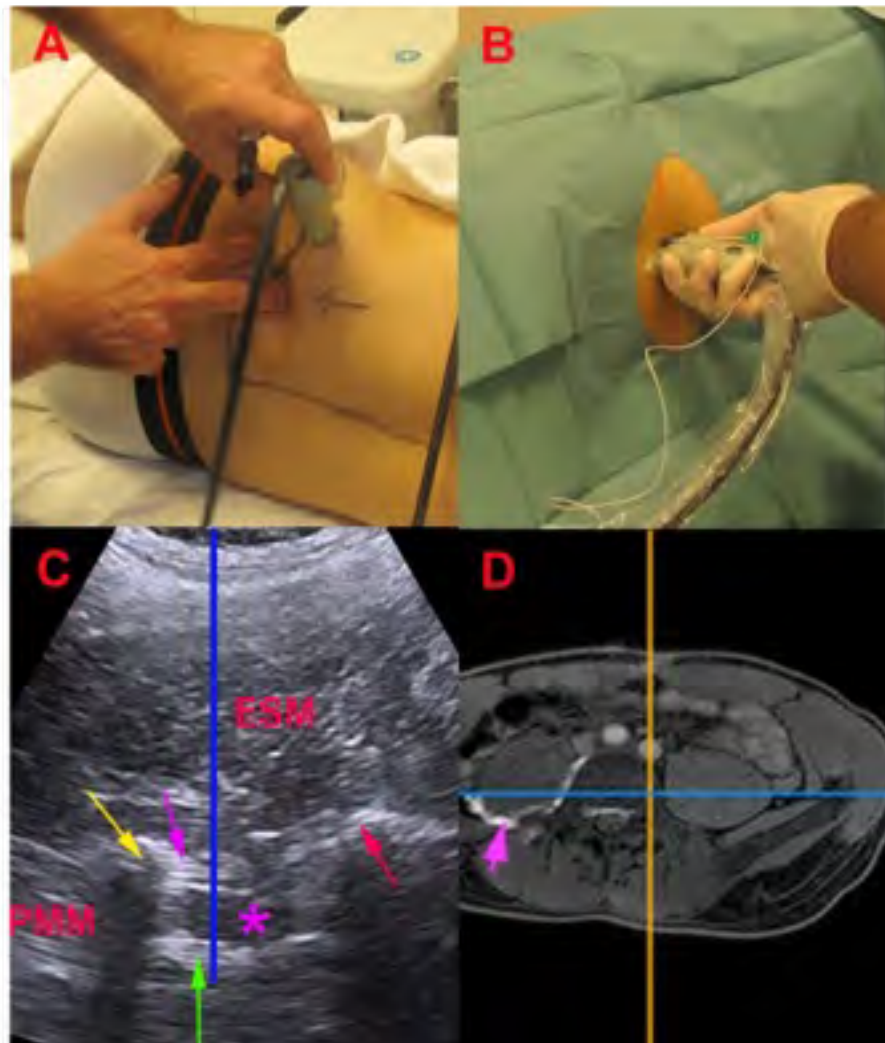
Introduction

Patients admitted for hip fracture surgery will often be old, fragile and sometimes afflicted with severe cardiac

co-morbidity. They may have increased intra- and peri-operative risks with traditional general or spinal anaesthesia. Haemodynamic stability of surgical anaes-

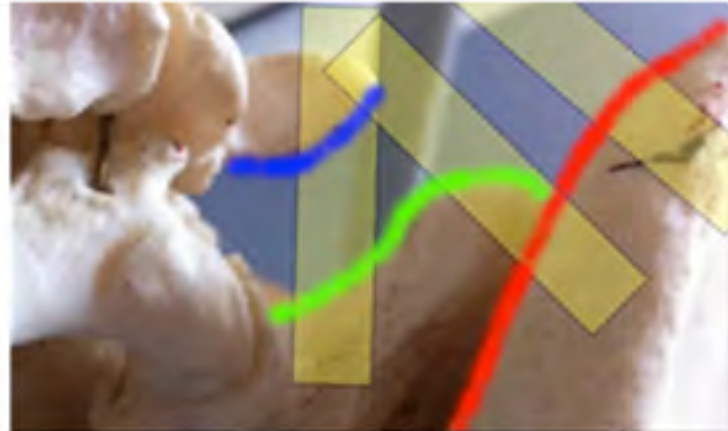
The suprasacral parallel shift vs lumbar plexus blockade with ultrasound guidance in healthy volunteers – a randomised controlled trial

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J. B. Hasselstrøm,⁷ A. K. Fisker,⁸ J. M. C. Steid,⁹ R. Jensen,¹⁰ and J. Raschum¹¹



The suprasacral parallel shift vs lumbar plexus blockade with ultrasound guidance in healthy volunteers – a randomised controlled trial

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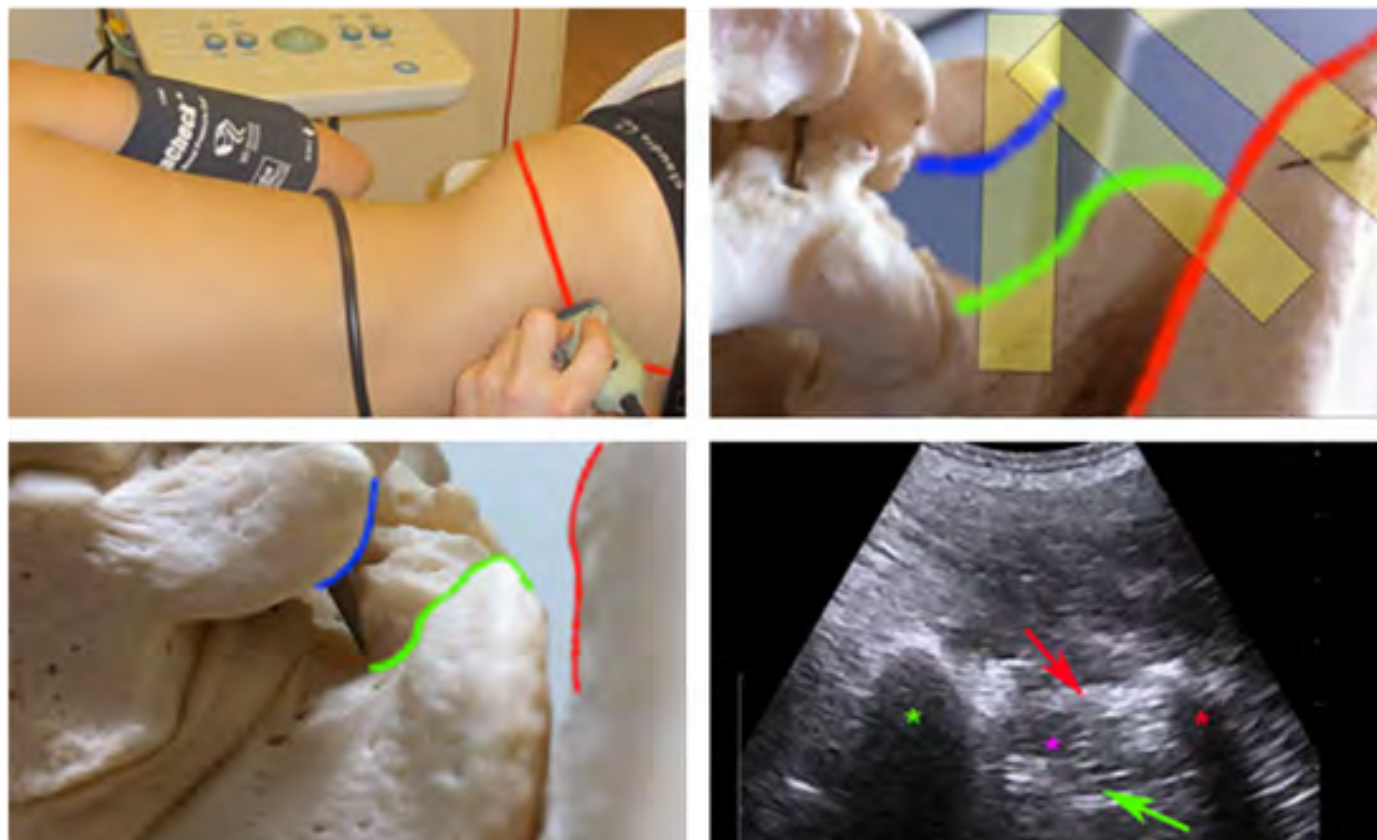


Figure 2 The suprasacral parallel shift technique. (a) The iliac crest is marked with a red line and the probe is parallel-shifted along the iliac crest, (b) When the upper lateral edge of the sacrum (green line) and the lower border of the transverse process of L5 (blue line) comes into view, the probe (represented by the yellow rectangles) is rotated to the parasagittal plane showing the transverse process of L5 and the upper rim of the sacrum in the same visual field, (c) Displays the transverse process of L5 and the sacrum from the anterior side, (d) The needle is inserted with a steep out-of-plane approach until the needle tip penetrates the intertransverse ligament (red arrow), and the osteofibrotic tunnel (magenta asterisk) as well as the lumbosacral ligament (green arrow) between the sacrum (green asterisk) and the transverse process of L5 (red asterisk).

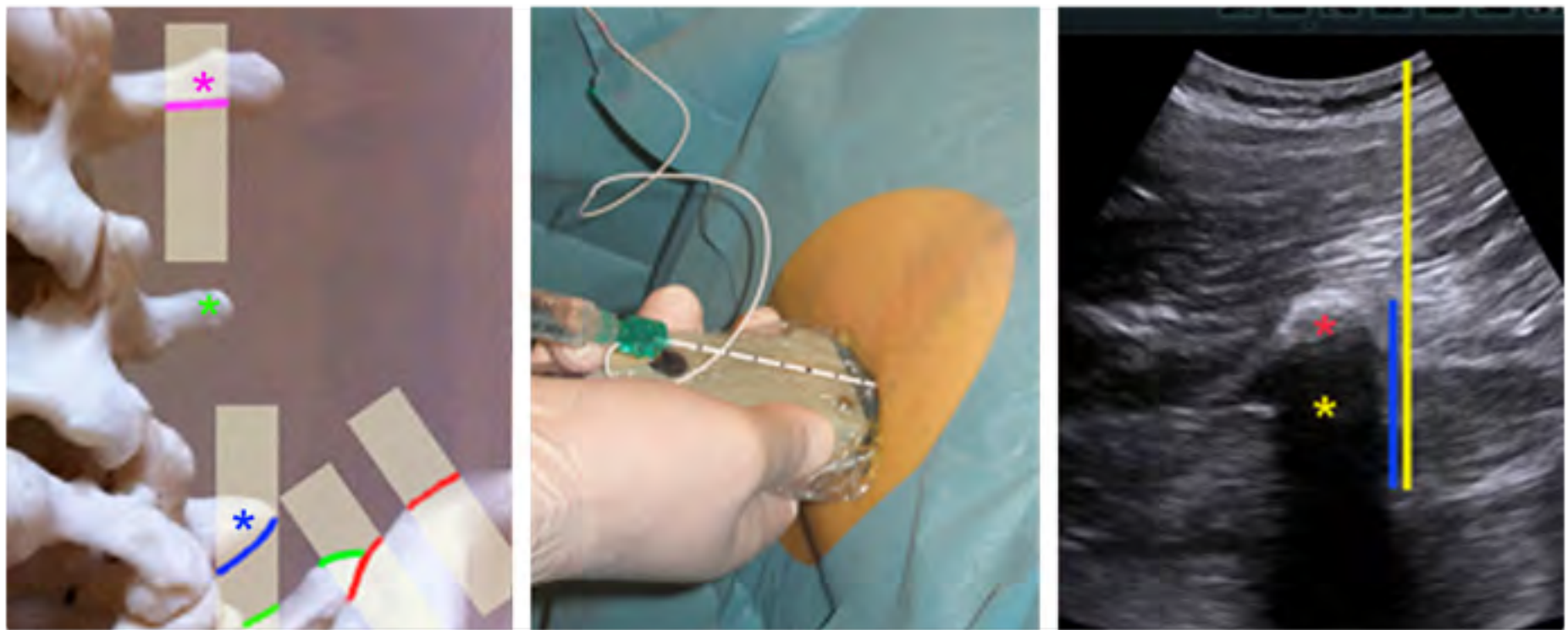
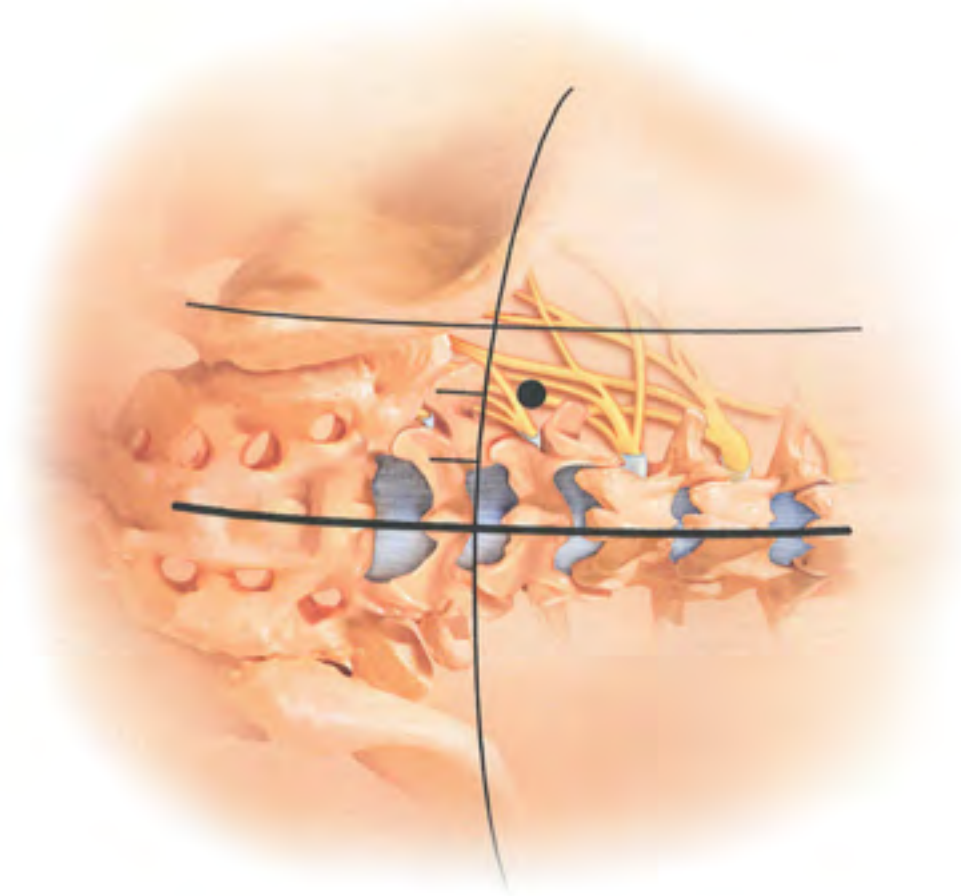


Figure 3 The lumbar plexus block technique. (a) The probe (rectangles) is parallel-shifted along the iliac crest (marked with red) until the upper edge of the sacrum (marked with green) comes into view. The probe is rotated to the parasagittal orientation, keeping the transverse process of L5 (blue asterisk) and the sacrum in the visual field. The lower posterior edge of the transverse process of L5 is marked with blue. Counting from the transverse process of L5, the probe is shifted cranially until the transverse process of L3 comes into view (magenta asterisk). The lower posterior edge of the transverse process of L3 is marked with magenta. The transverse process of L4 is marked with a green asterisk, (b) The needle is inserted with a steep out-of-plane approach, (c) The needle (yellow line) is aiming at a depth of approximately 20 mm (indicated by a blue line) deep to the posterior edge of transverse process of L3 (red asterisk). The acoustic shadow of the transverse process of L3 is indicated by a yellow asterisk.



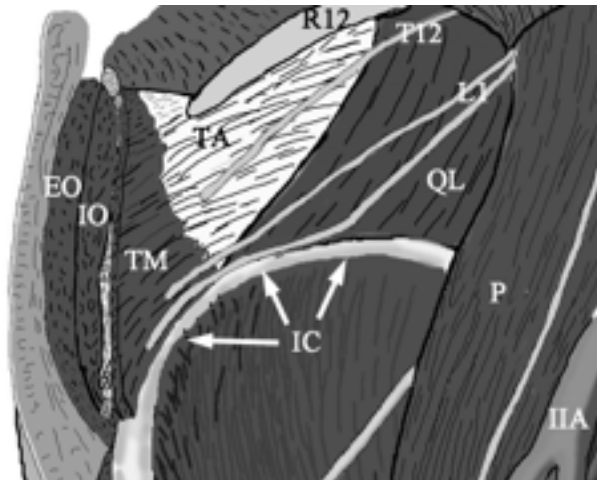
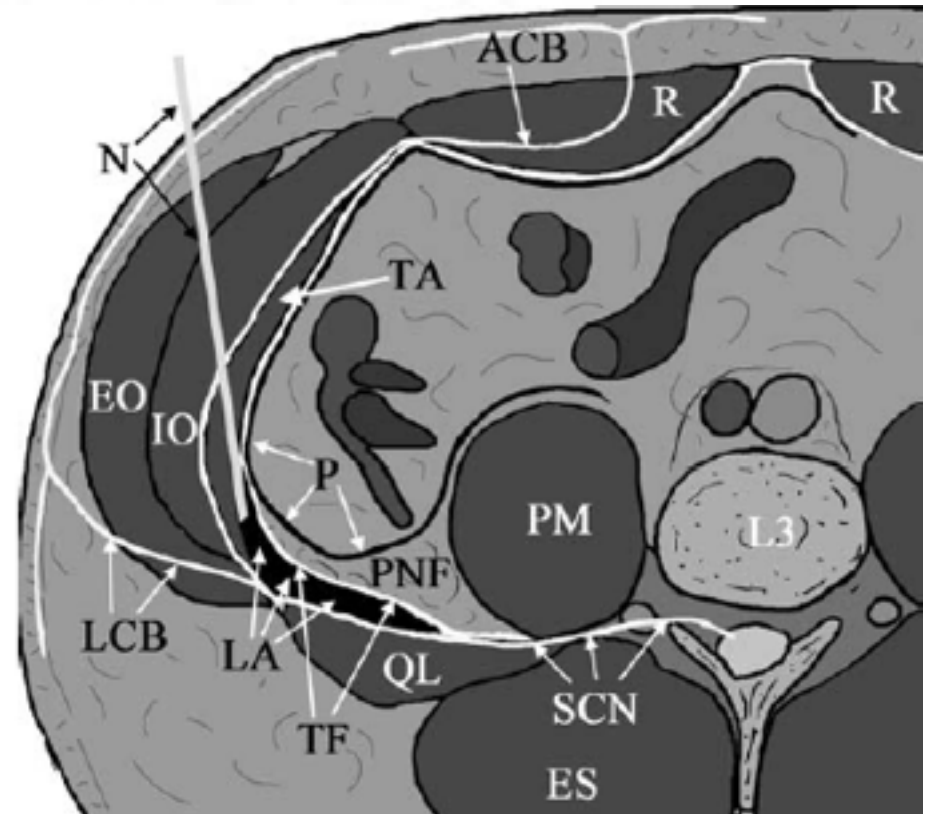
Lumbal plexus



Can J Anesth/J Can Anesth (2009) 56:618–620

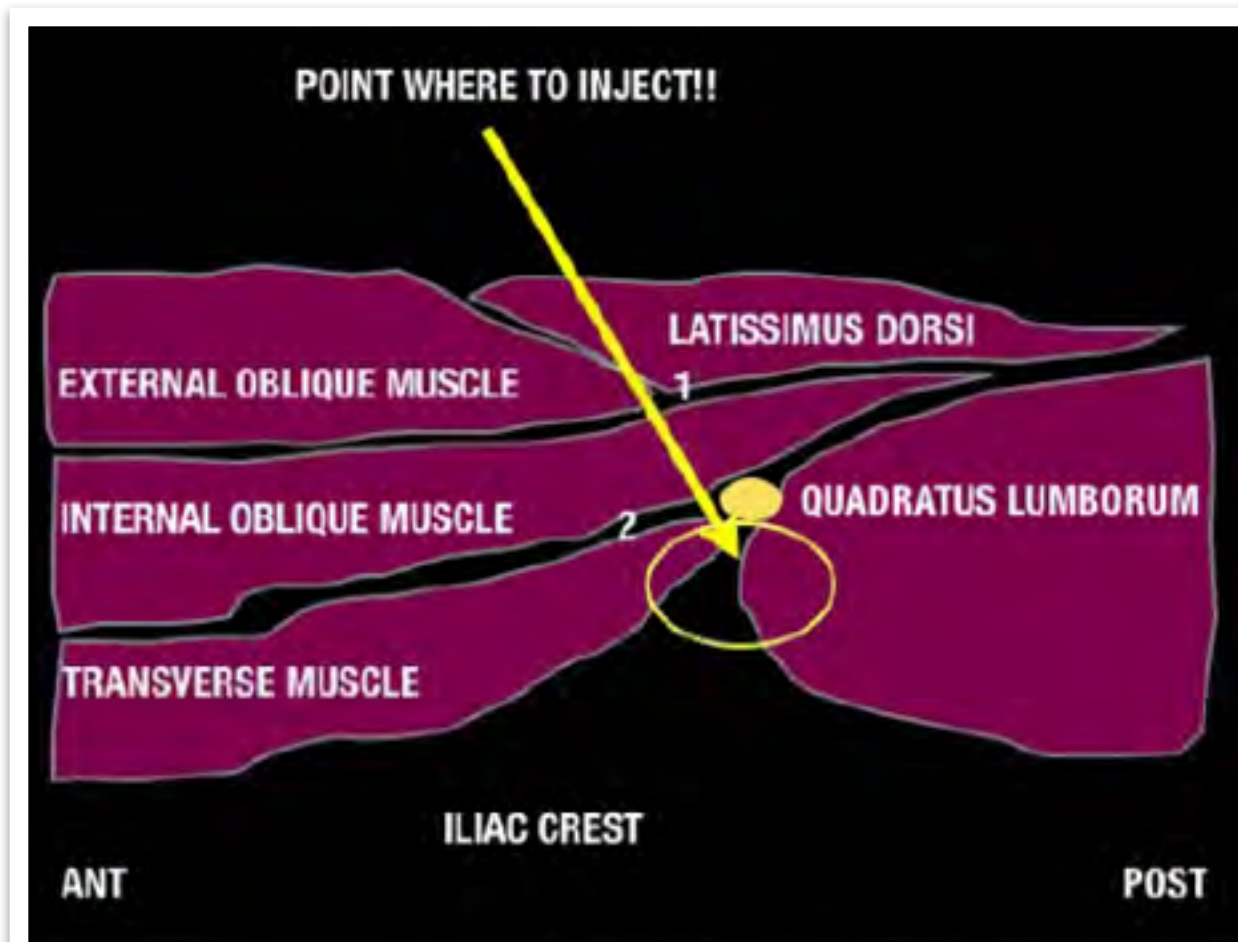
P. D. Hebbard, FANZCA (✉)
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Transversalis fascia plane block, a novel ultrasound-guided abdominal wall nerve block



abdomen. Also, the TFP is continuous medially with the plane of the lumbar plexus, and opening the plane with fluid may provide an alternative lateral approach to lumbar plexus block under ultrasound-guidance.

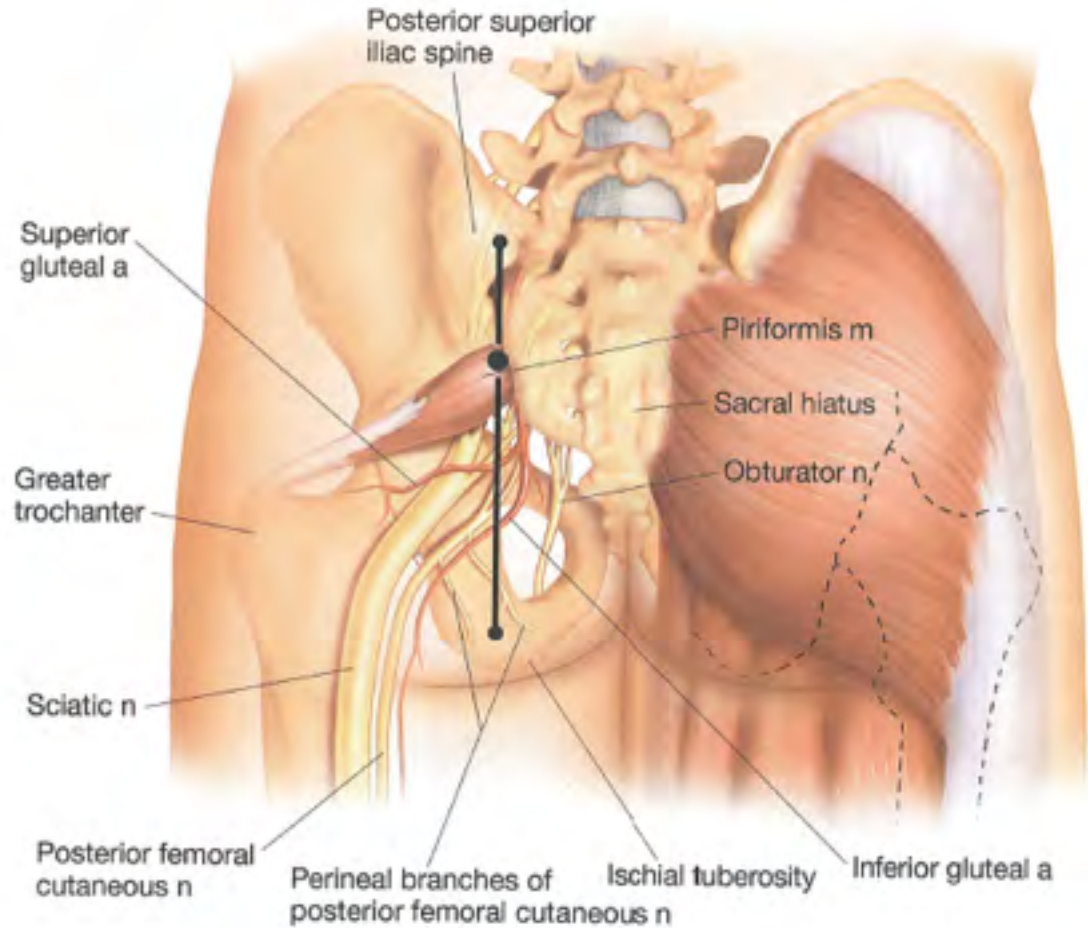
Quadratus Lumborum Block



Source: LSORA > The Blanco block: a Quadratus lumborum block



Sciatic Nerv (parasacral approach)



PSPS

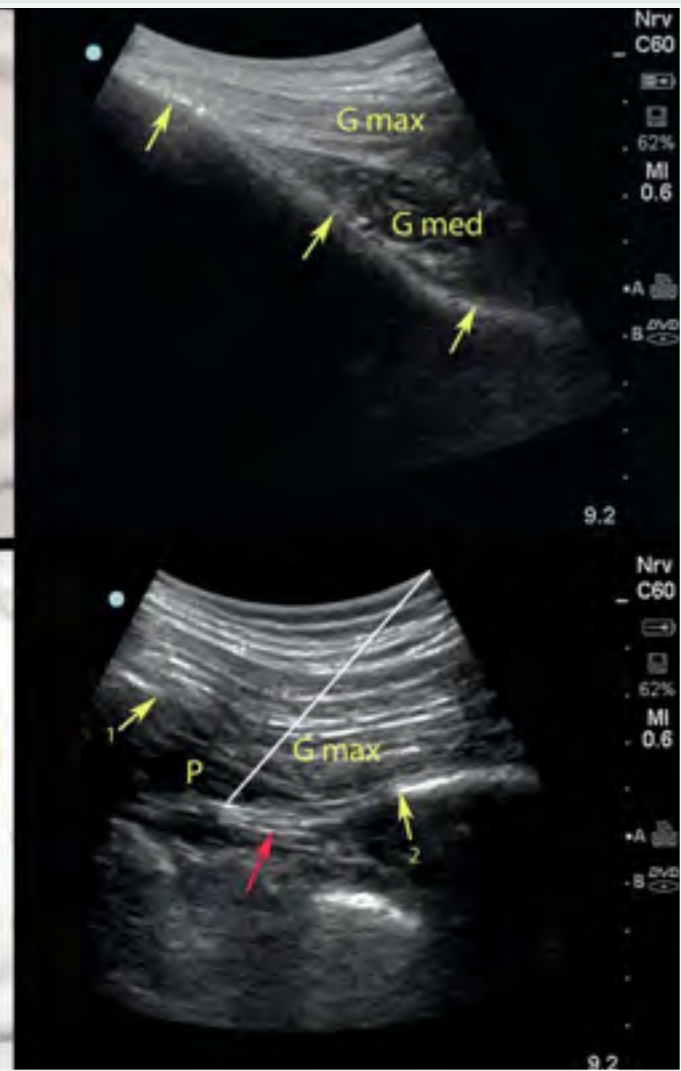
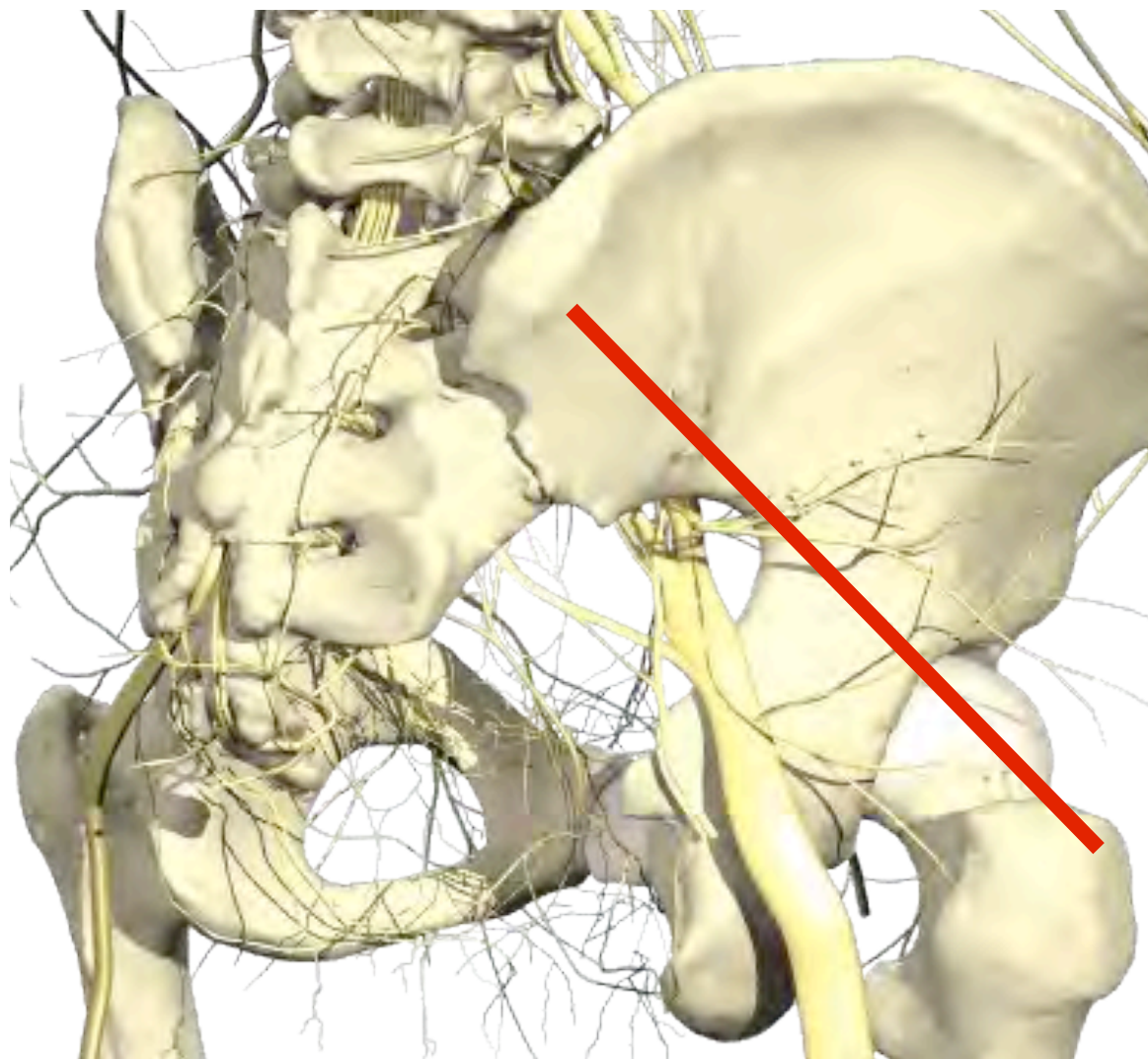
The ParaSacral
Parallel Shift

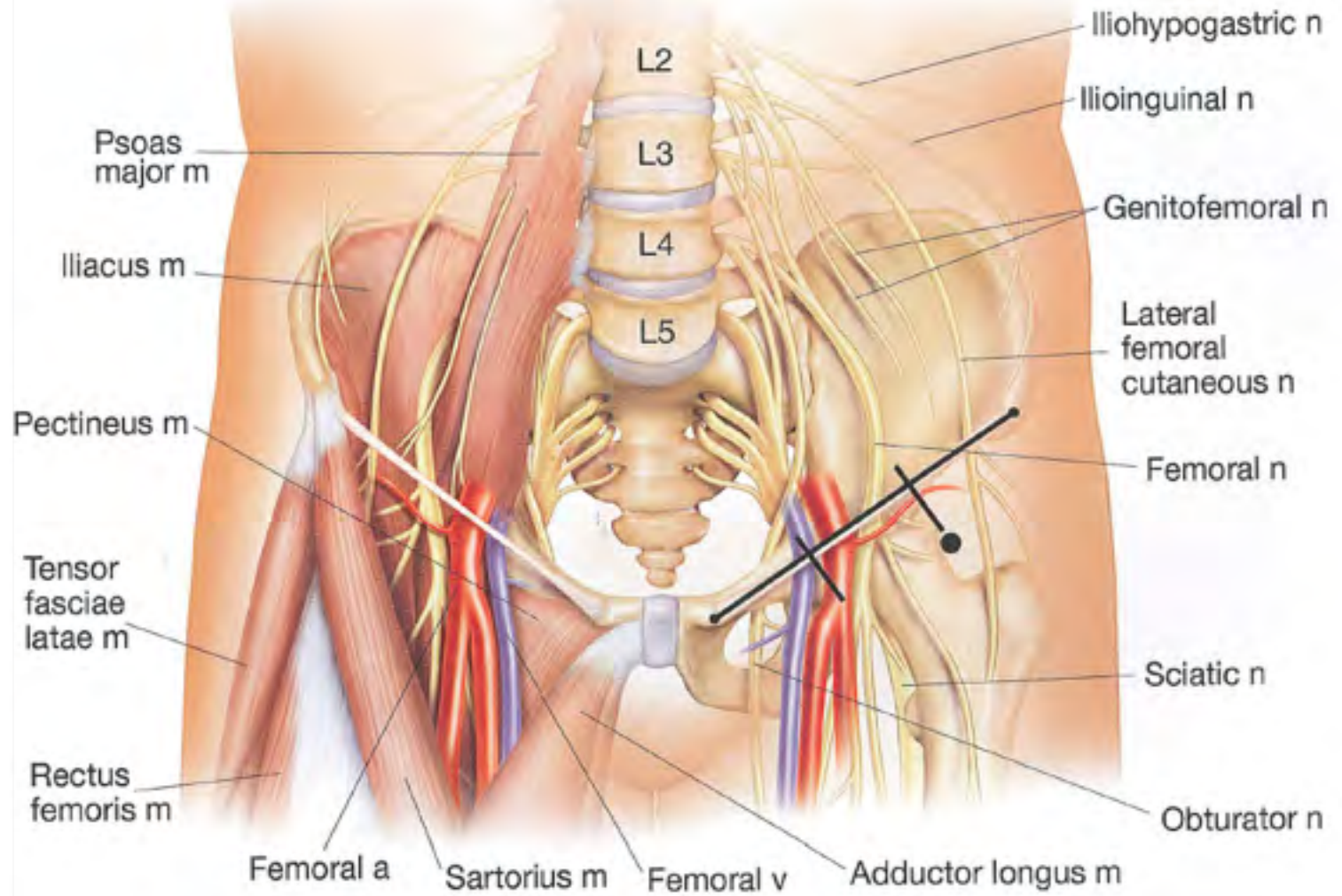
Fig 1 The PSPS. (a) The transducer is placed on the line connecting the PSIS and the greater trochanter between the midpoint of this line and the PSIS. (b) The corresponding ultrasound scan demonstrates the characteristic continuous, hyperechoic iliac bone line (yellow arrows). (c) The transducer is moved inferomedially with the PSPS. (d) When the transducer reaches the upper margin of the greater sciatic foramen, the continuity of the iliac bone line is broken, and the sacral plexus appears deep to the piriformis muscle. The needle is inserted from the lateral end of the transducer and advanced until the tip of the needle reaches the sacral plexus. Gluteus maximus muscle (G max); gluteus medius muscle (G med); piriformis muscle (P); sacral bone (yellow arrow 1); ischial bone (yellow arrow 2); the hyperechoic sacral plexus (red arrow); the path of the needle (white line).



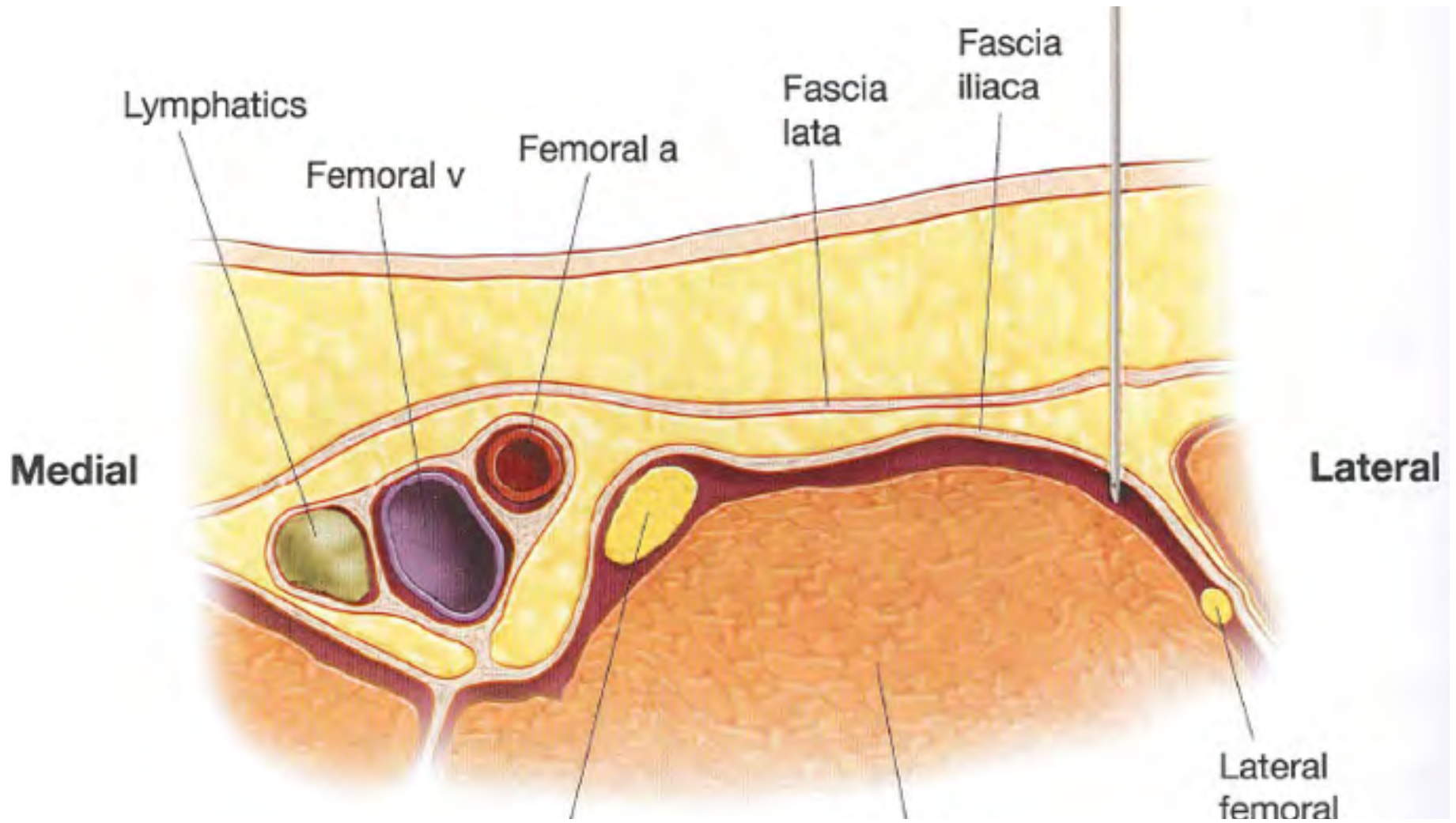
Fascia Iliaca Compartment blockad



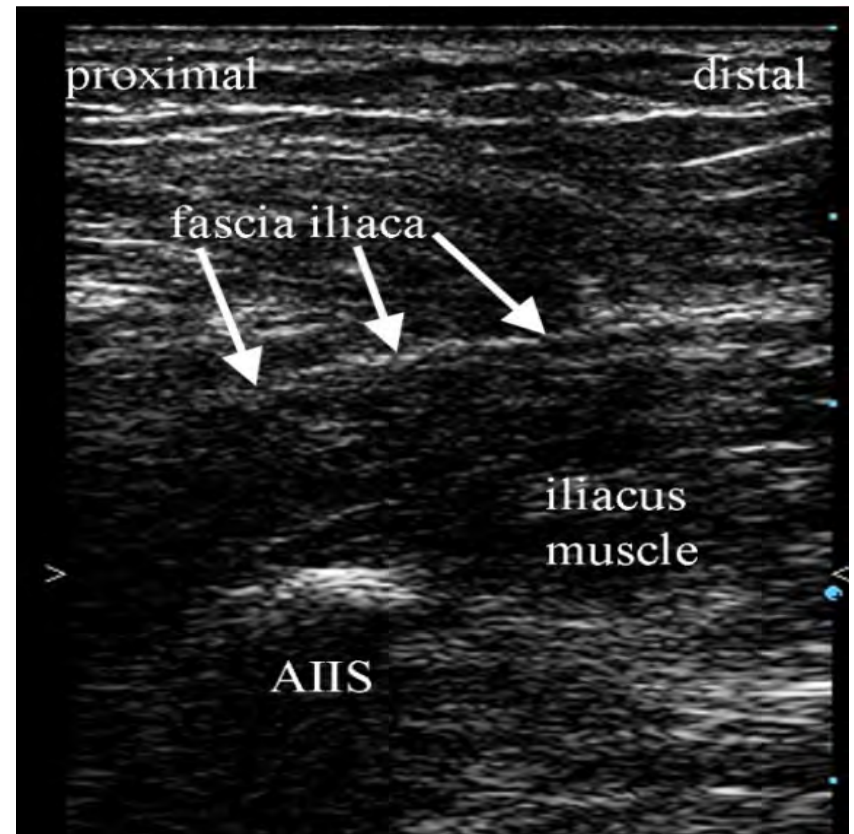
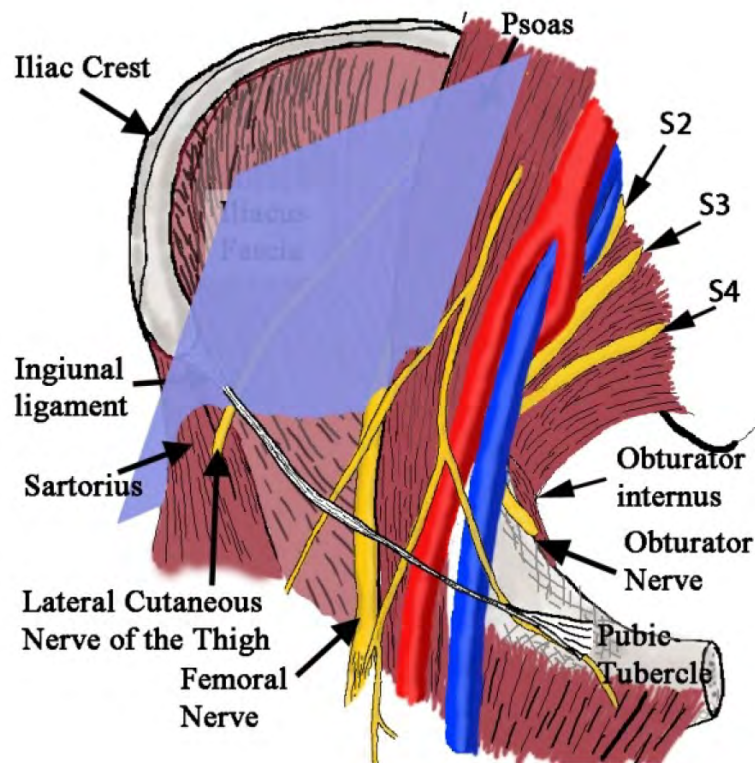
FIC



FIC



Fascia Iliaca Block



Fascia Iliaca Block

Probe and needle position for the block

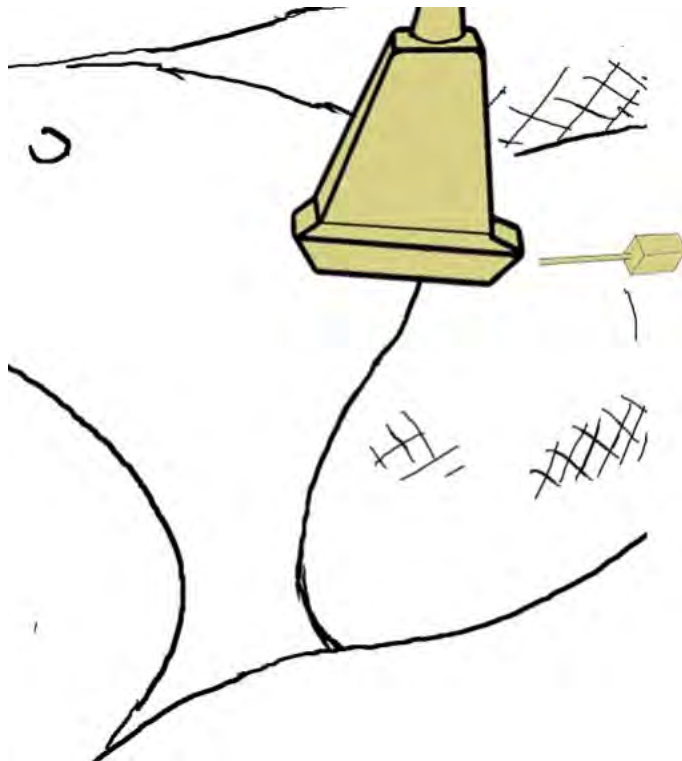
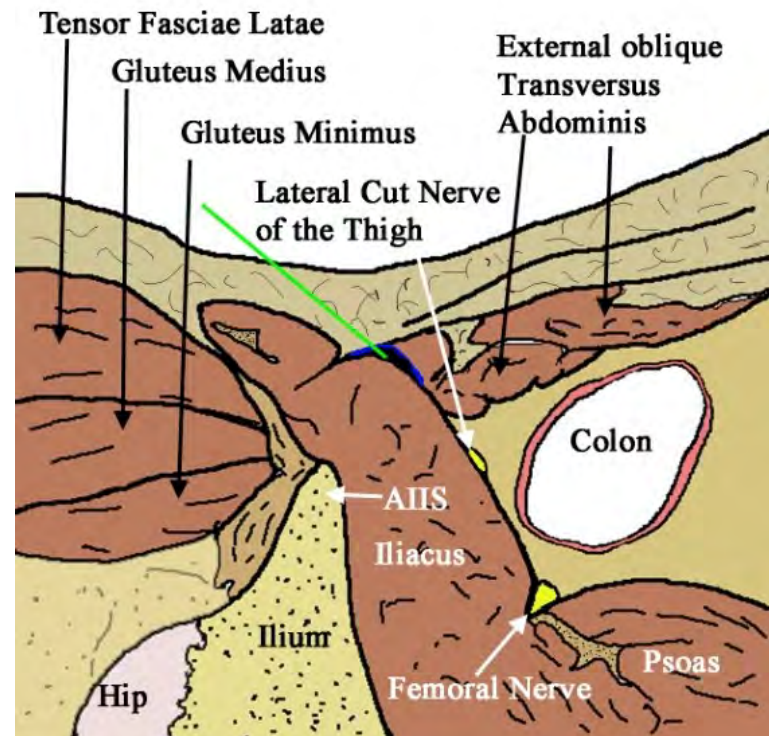


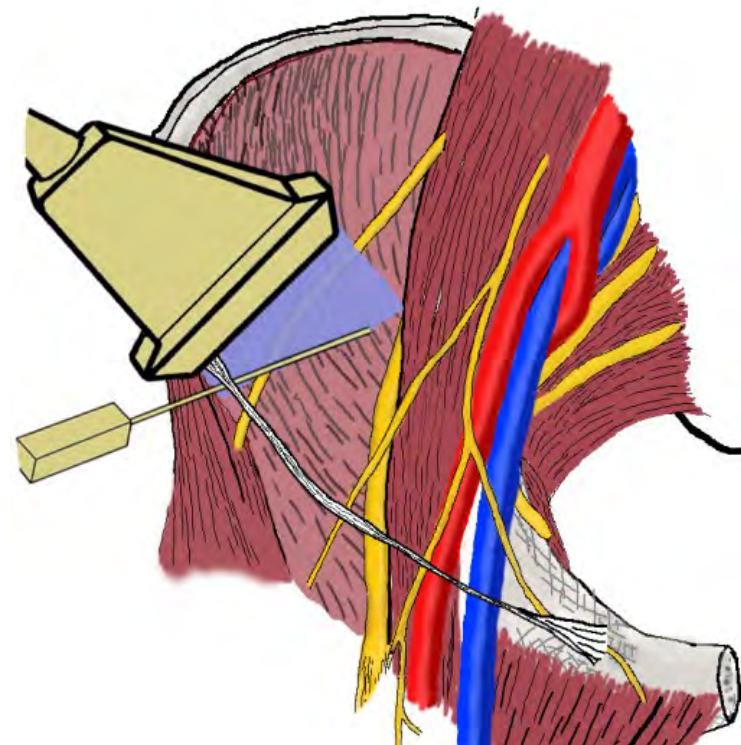
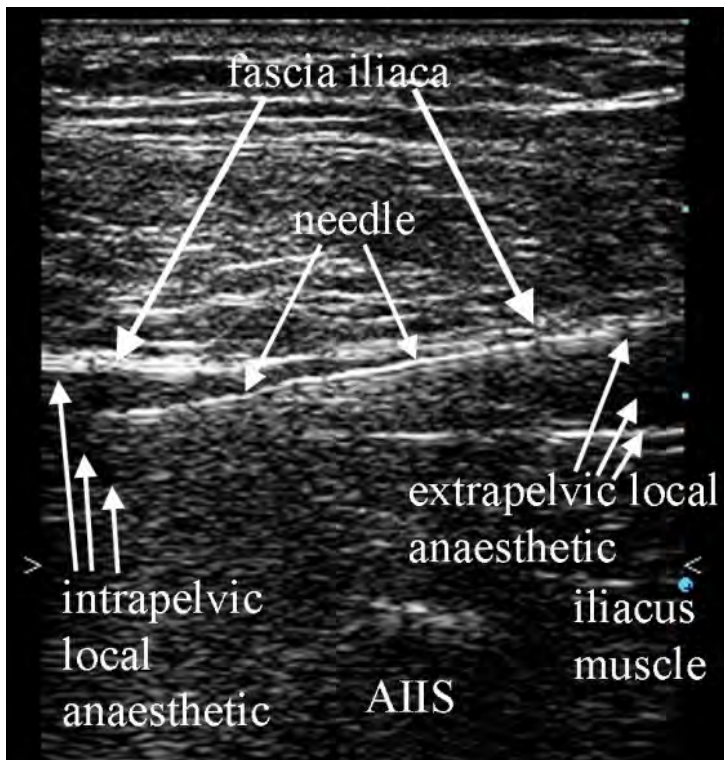
Diagram of the plane of the ultrasound image, needle positioned deep to fascia iliaca with a small lens of fluid in the correct plane



Fascia Iliaca Block

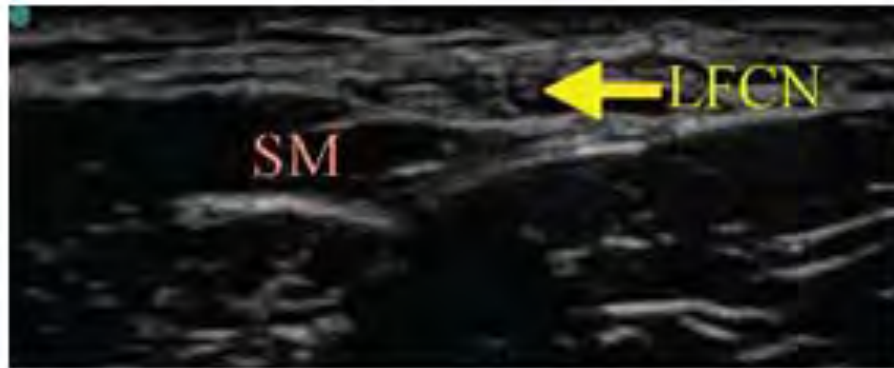
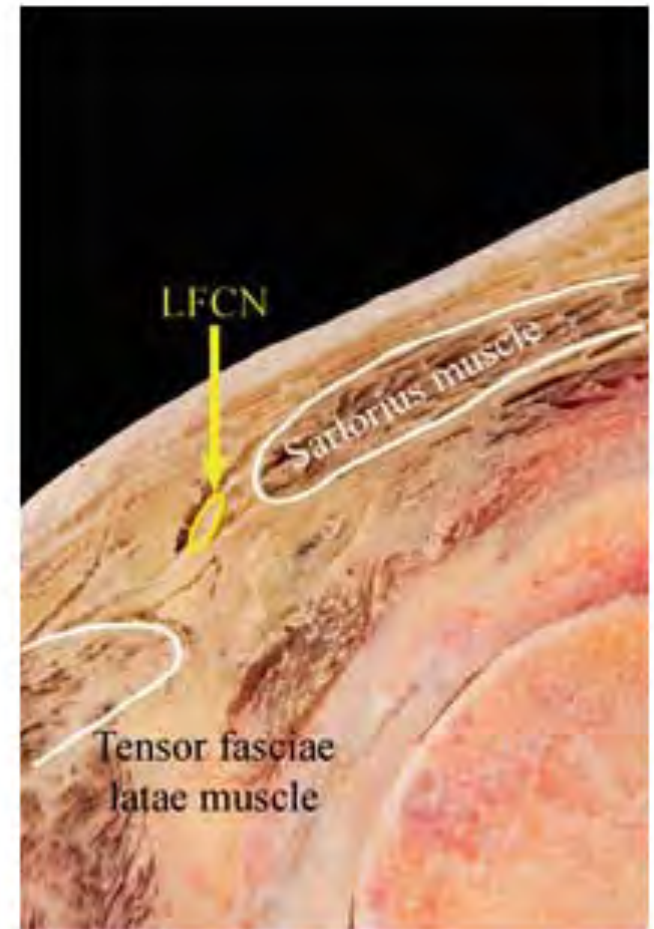
Sonogram of the needle proximal to the AIIS, there is fluid under both intra and extrapelvic parts of the iliacus fascia. Local anaesthetic is extending deep into the pelvis past the tip of the needle and beyond the image

Position of probe and needle at conclusion





Lateral femoral cutaneous nerve block



Blockader / Analgesia

- Lumbosacral plexus block
- Femoral nerve block
- Lateral femoral cutaneous nerve block
 - Fascia Iliaca Compartment blockad

Teaching and learning!



Ultraljudsguidade alternativ för perifera blockader vid knäkirurgi

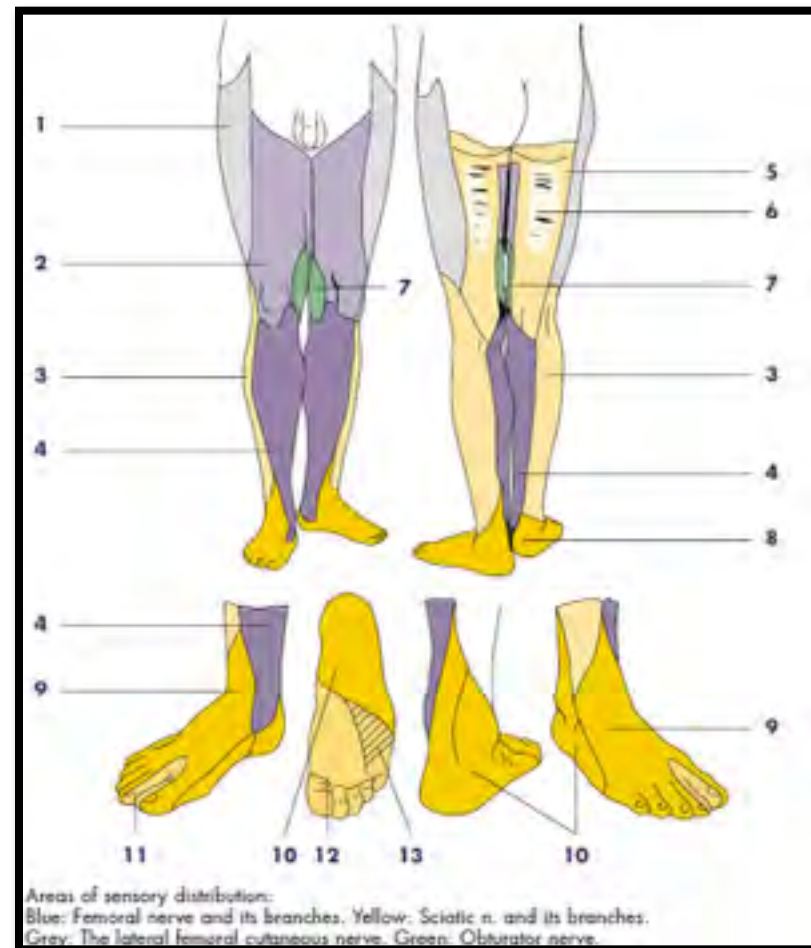
Auris Pelanis Mölndal

Blockader

- Femoral nerve block
- Proximal sciatic nerve block
- Obturator nerve block
- Lateral femoral cutaneous nerve block
- Fascia Iliaca Compartment blockad

Femoralis

- *N.femoralis* är en blandad nerv:
 - Ombesörjer flexion i höft och sträckning i knä
 - Försörjer femurskäftet sensoriskt
 - Försörjer huden på lårets framsida
 - Fortsätter sedan ner till fotens medialsida som *n.saphenus*
 - Blockeras med hjälp av nervstimulator eller ultraljud

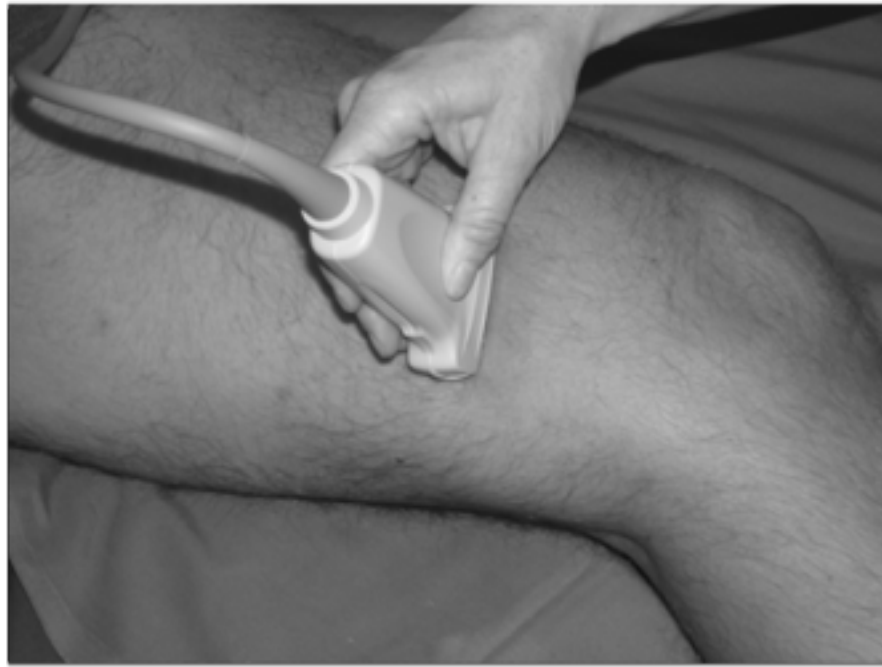


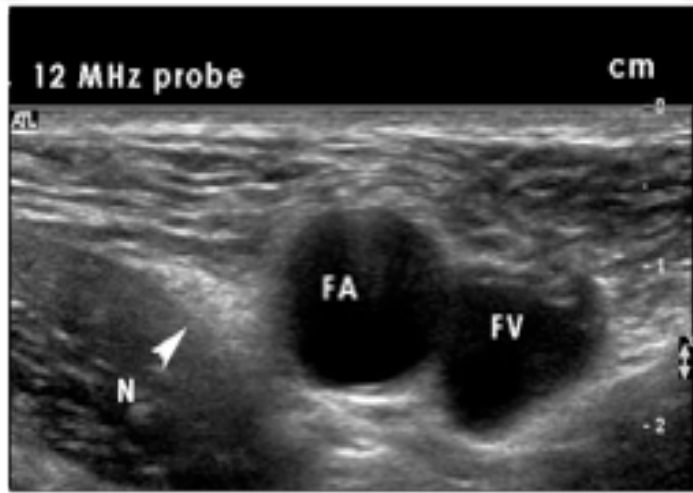
Saphenous nerve block

- Nerve block technique:
 - Long axis (single-shot) is preferable
- Sonoanatomic landmarks:
 - - Sartorius muscle

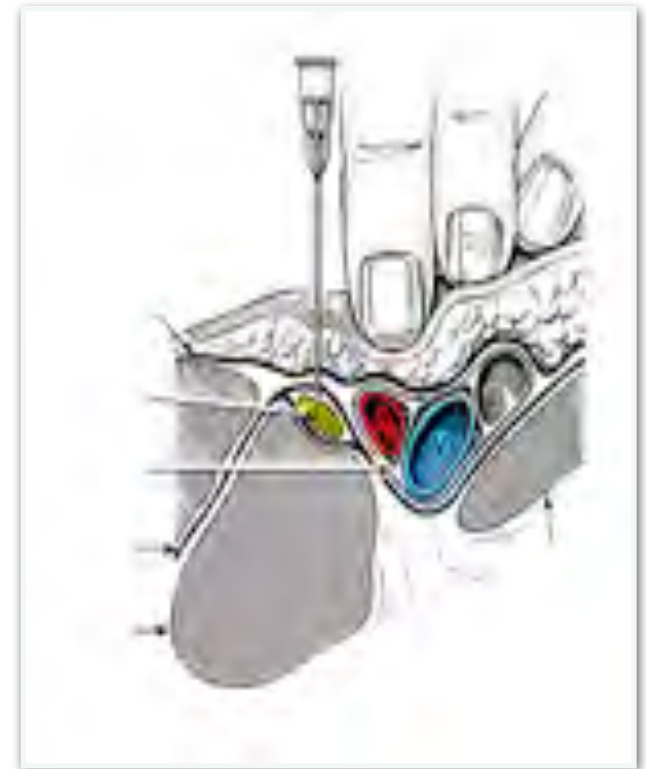


Saphenous nerve block





Femoral nerve block



PSPS

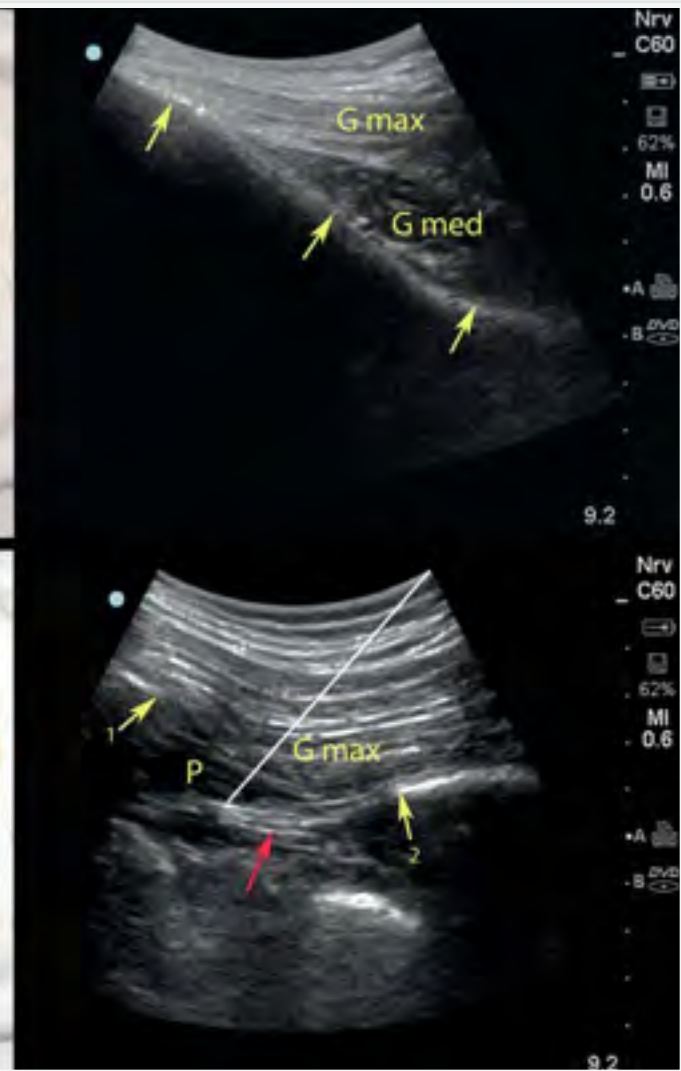
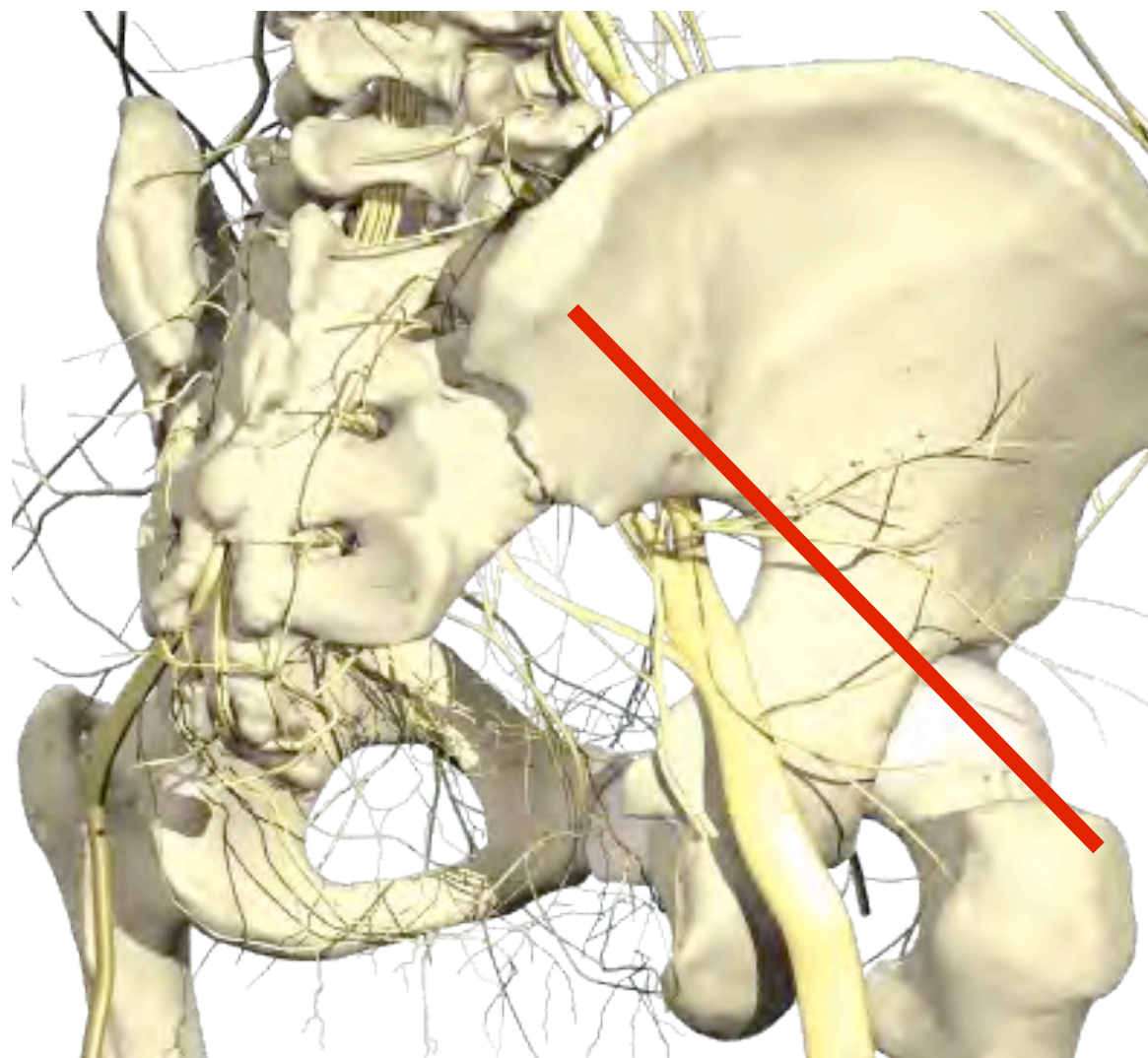
The ParaSacral
Parallel Shift

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PSPS

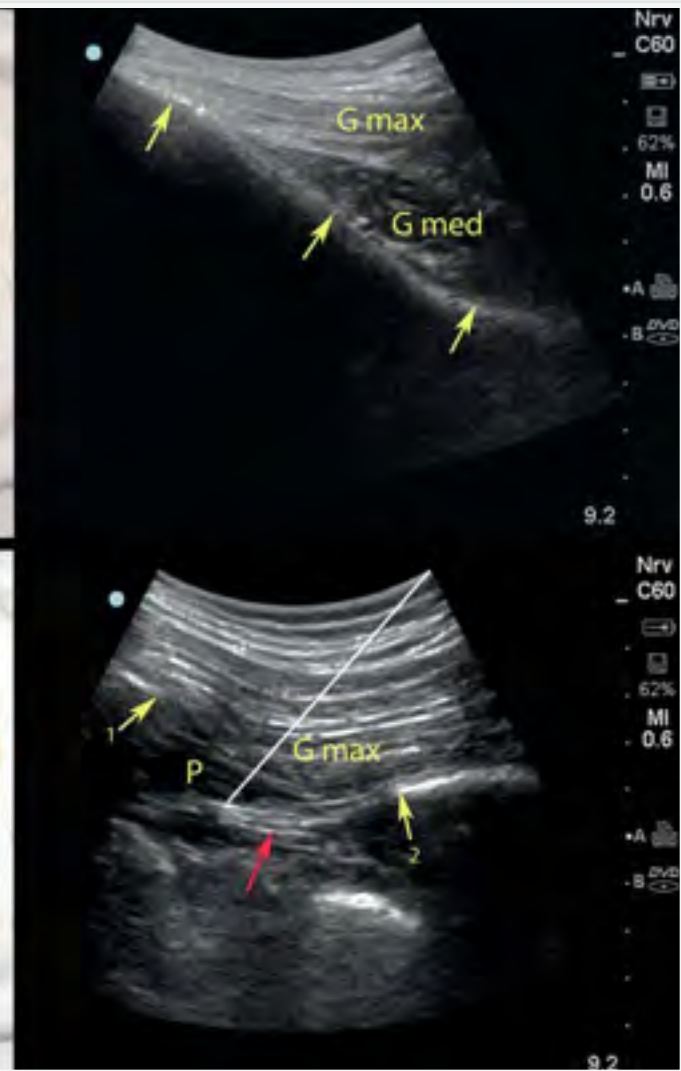
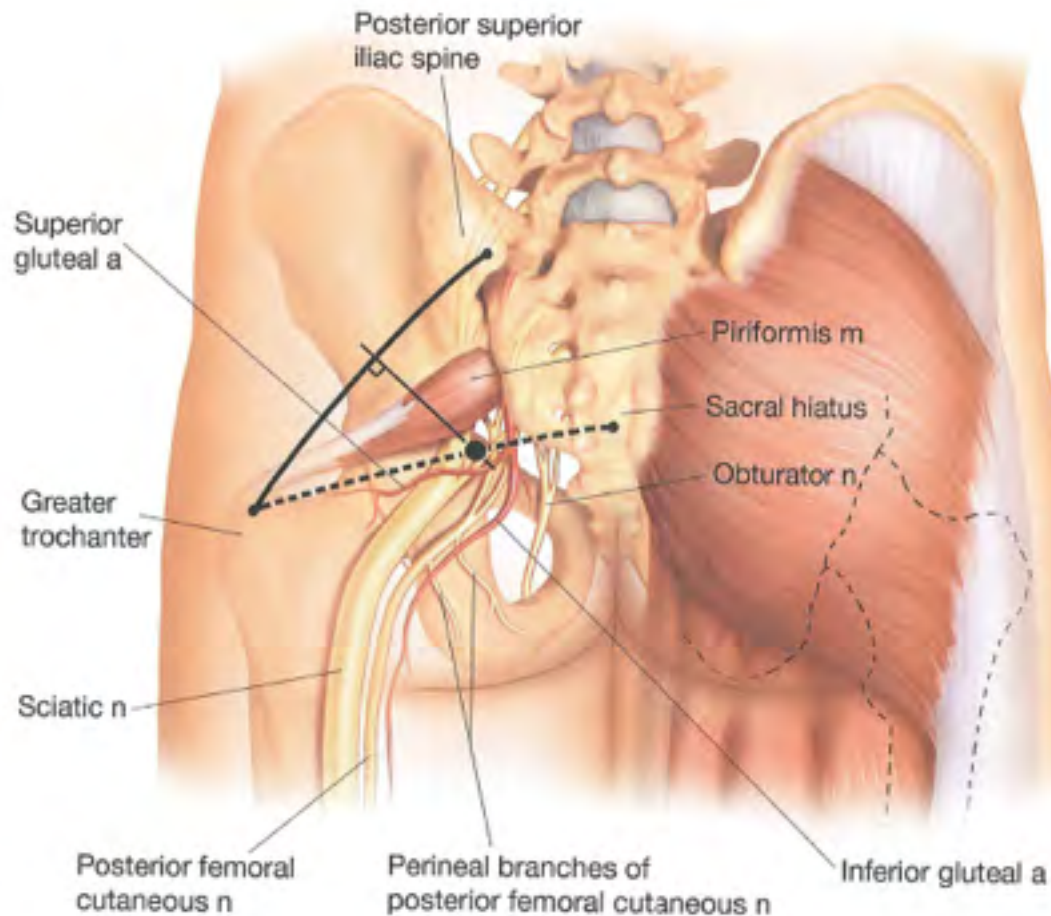
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Sciatic Nerv (posterior approach)

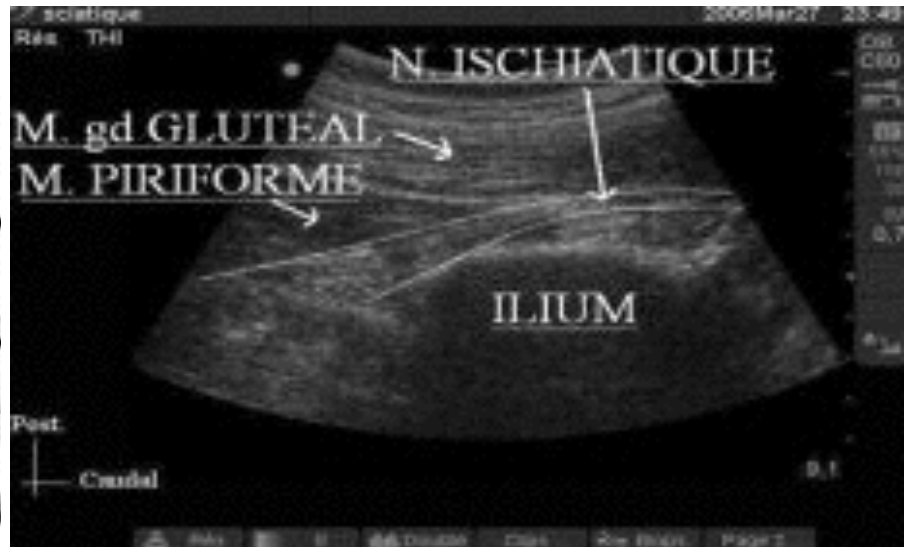
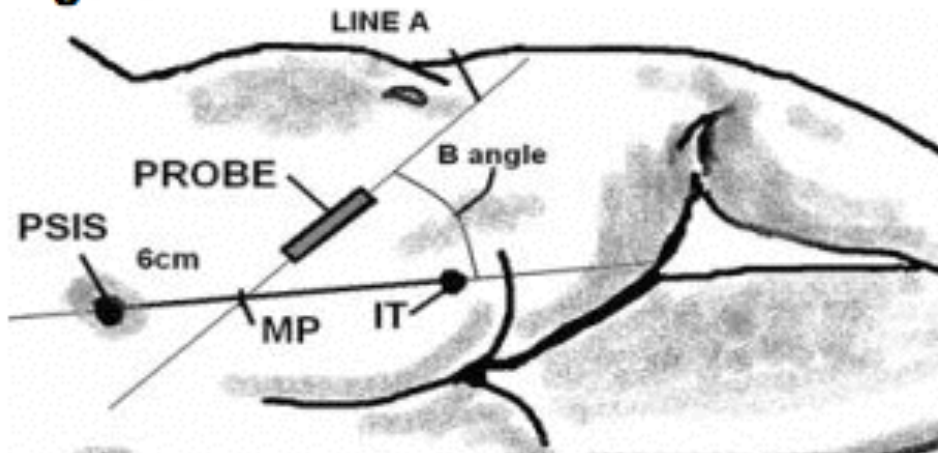


Ultrasound Guided Sciatic Nerve Block: A New Parasacral Infra-Piriformis Technique

Eryk Eisenberg, M.D., Guillaume Gindre, M.D., Nicolas Dufieux, M.D., Elisabeth Gaertner, M.D., Vincent Tubert, M.D.

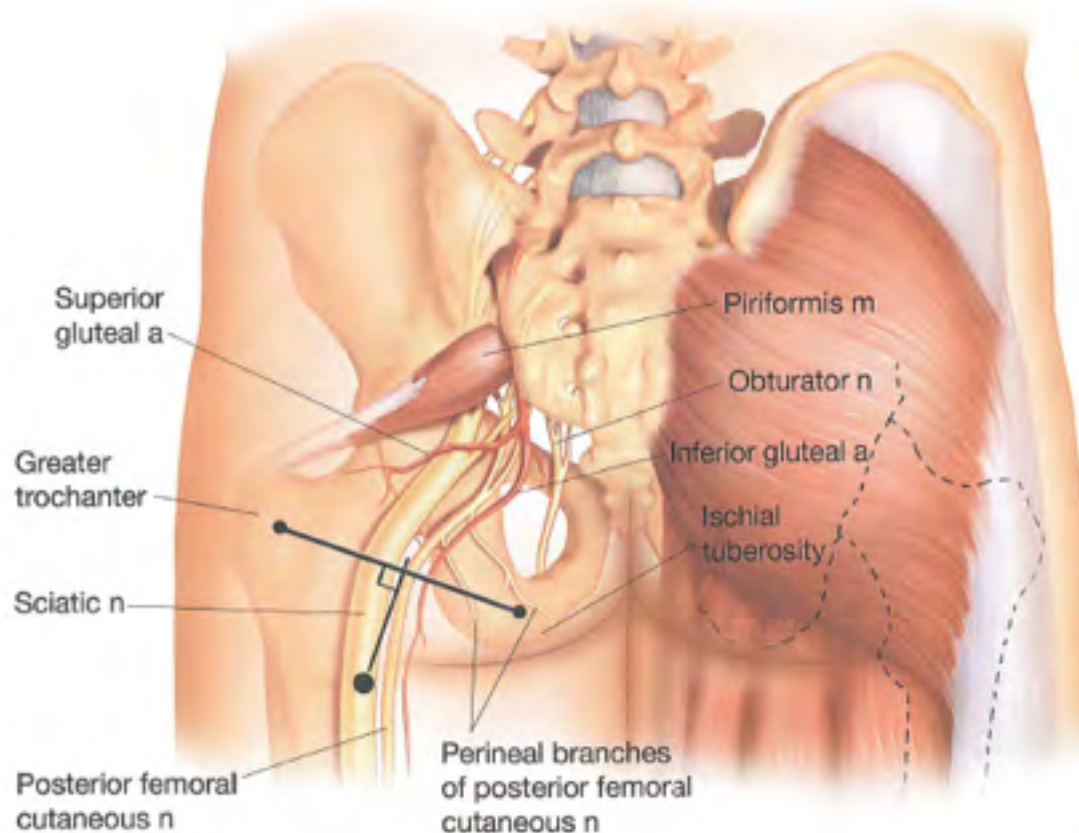
Department of Anesthesiology, Pôle Santé République, Clermont Ferrand, France

Figure 1

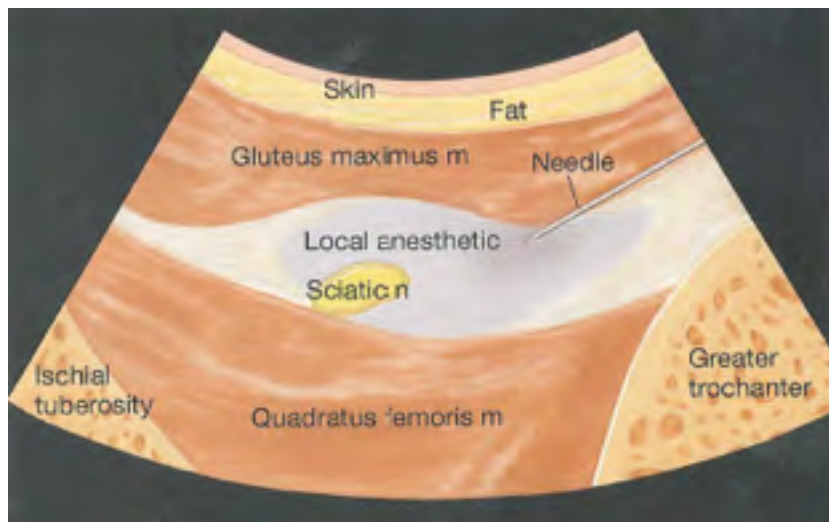
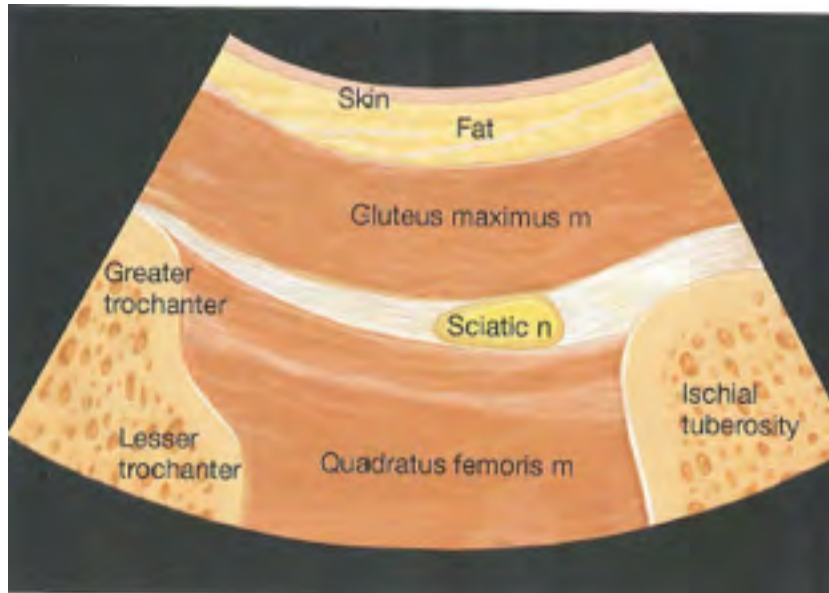


Conclusion: US guided IN block using an infra-piriformis para sacral approach seems to be a convenient and efficient technique. This approach is associated with the same success rate than with the neurostimulated parasacral sciatic nerve block [2]. This visual aided procedure benefits from a lateral and caudal way of approach of the needle associated with a lower risk of accidental vascular or pelvic organ puncture.

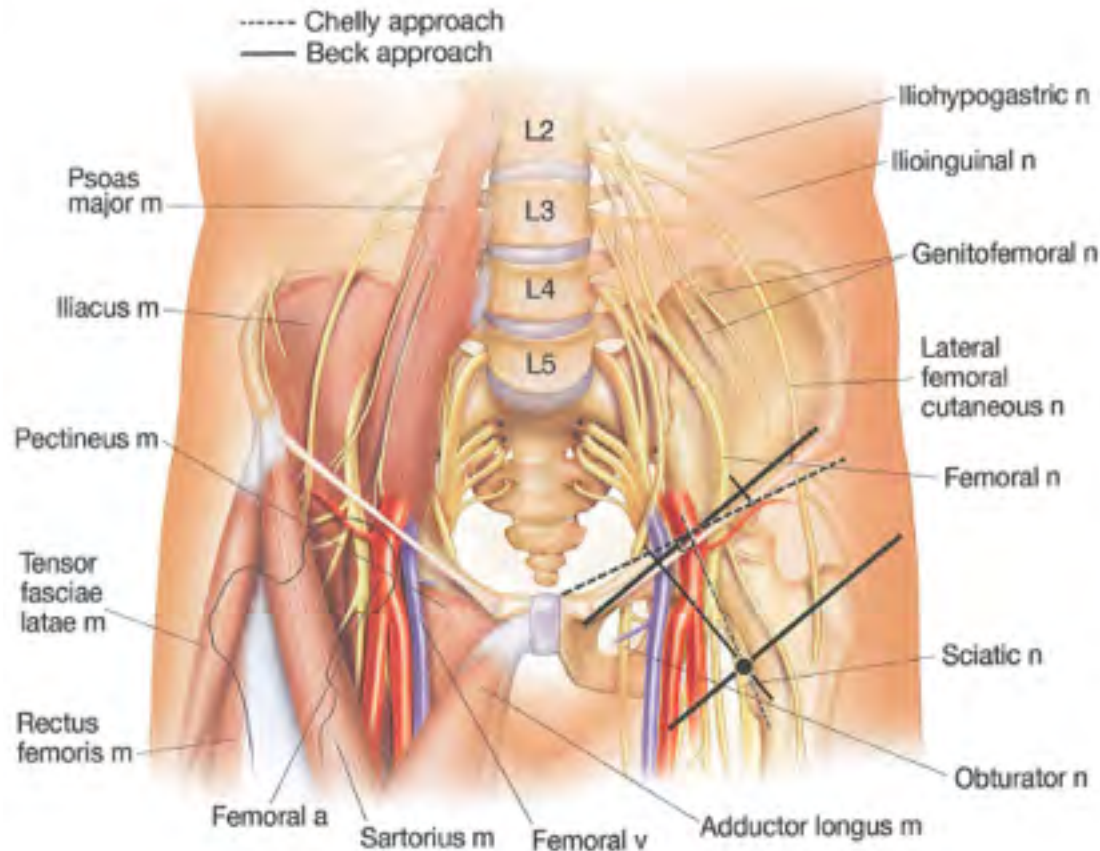
Sciatic Nerv (sugluteal approach)



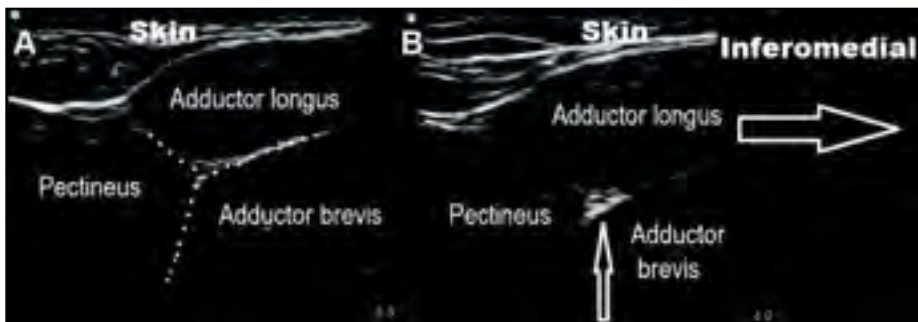




Sciatic Nerv (anterior approach)



Obturator Nerve Block



Ultrasound-Guided Obturator Nerve Block: A Proximal Interfascial Technique.

Taha, Ahmad

Anesthesia & Analgesia. 114(1):236-239, January 2012.
DOI: 10.1213/ANE.0b013e318237fb40

BRIEF REPORT

Ultrasound-Guided Obturator Nerve Block: A Proximal Interfascial Technique

Ahmad Muhammad Taha, MD

BACKGROUND: In this report, I describe and evaluate a proximal ultrasound (US)-guided obturator nerve block technique using an interfascial local anesthetic (LA) injection deep to the pectineus muscle.

METHODS: The pectineus muscle was identified and followed, while the US probe was tilted cranially until the superior pubic ramus was visualized. In this plane, LA was injected interfascially between the pectineus and obturator externus.

RESULTS: The median time required to identify the injection site was 4 seconds (95% confidence interval, 3–5 seconds). The median motor block onset was 4 minutes (95% confidence interval, 3–5 minutes). Both obturator nerve branches were blocked successfully in all patients (100%).

CONCLUSION: The US-guided obturator nerve block using interfascial LA injection inferior to the superior pubic ramus, between the pectineus and obturator externus muscles, was shown to be a simple and successful technique. (Anesth Analg 2012;114:236–9)

Peripheral nerve blocks can provide reliable analgesia for major knee procedures.¹ In such procedures, it is important to achieve a complete block of the femoral, sciatic, and obturator nerves. Recently, ultrasound (US) guidance has been used to identify the obturator nerve,^{2,3} but localization of the nerve may be difficult and may require multiple needle passes for confirmation by electrical stimulation.^{2,3} Interfascial US-guided obturator block has also been described,⁴ but the success depends on proper identification of the desired fascial plane. The goal of this study was to describe and evaluate a proximal obturator nerve block technique using an US-guided interfascial local anesthetic (LA) injection inferior to the superior pubic ramus, between the pectineus and obturator externus muscles.

METHODS

After obtaining Institutional Ethical Committee approval and the patients' written informed consent, 60 patients who were scheduled to undergo anterior cruciate ligament (ACL) reconstruction formed the study group.

After application of routine monitoring and supplemental oxygen, all patients received midazolam 4 mg IV. Forty-five milliliters of LA mixture was prepared by mixing 30 mL of 0.5% ropivacaine and 15 mL of 2% lidocaine with epinephrine (1:80,000) (the resultant concentration was 0.33% ropivacaine, 0.67% lidocaine and epinephrine [1:240,000]). Skin asepsis and sterile draping were performed, and the US probe was sheathed. All blocks were performed by 1 experienced anesthesiologist using an 9-Nerve machine (Sonosite, Inc., Bothell, WA). All patients received US-guided sciatic (at the initial spine level) and

femoral nerve blocks as described elsewhere^{5,6} using 20 and 10 mL of the same LA mixture, respectively. The US-guided obturator nerve block was then performed.

Block Technique

The obturator nerve block technique used in the current study relied on the identification of the pectineus muscle. On the US image, the hyperechoic fascial borders of the pectineus, adductor longus, and brevis muscles usually form a tricompartimental configuration that visually resembles the letter Y with its stem directed posteriorly. The pectineus muscle lies between the lateral limb and the stem of the letter Y (Fig. 1). The patient's hip was abducted and externally rotated. A linear US probe (HFL38; 13–6 MHz) was placed on the medial aspect of the inguinal crease and aimed posteriorly (Fig. 2). The distacortic letter Y and the pectineus muscle were identified. The US probe was tilted 40 to 50 degrees cranially, until a hyperechoic structure deep and lateral to the pectineus (the inferior margin superior pubic ramus) was visualized. In this plane, a well-defined intermuscular fascia was visualized deep to the pectineus muscle separating it from the obturator externus muscle. The most medial part of this fascia was defined as the injection site. A 25-gauge needle (Isoplex, Vygon, France) was inserted inferior to the probe and advanced via out-of-plane approach toward the injection site. Fifteen milliliters of the LA mixture was slowly injected interfascially. During injection, the needle position was adjusted as necessary to achieve spread within the intermuscular fascial layer deep to the pectineus muscle.

Block Assessment and Measurements

The hip was abducted 40 to 60 degrees, and the patient was asked to actively adduct the hip. The motor block was classified as the following: grade 0 = normal hip adduction; grade I = either weak or incomplete hip adduction; and grade II = no hip adduction to any degree. The hip adduction was assessed every minute until the patient had grade II motor block or to a maximum of 30 minutes. Identification time, block onset, success rate, intrapartum opioid supplementation, and any complications were recorded. The identification time was defined as the time from

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Accepted for publication September 13, 2011.

Funding: Study equipment support was provided by departmental sources. The author declares no conflict of interest.

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10.1213/ANE.0b013e318237fb40

Ultrasound-Guided Obturator Nerve Block: A Proximal Interfascial Technique

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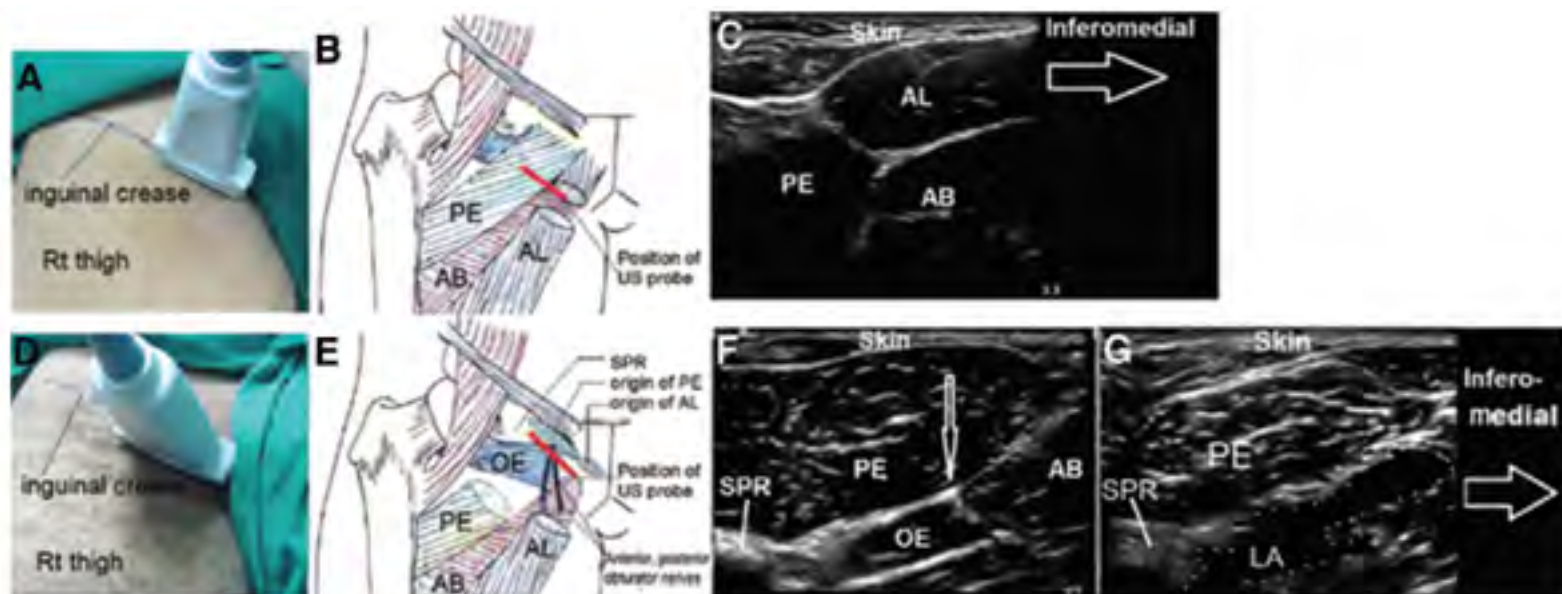
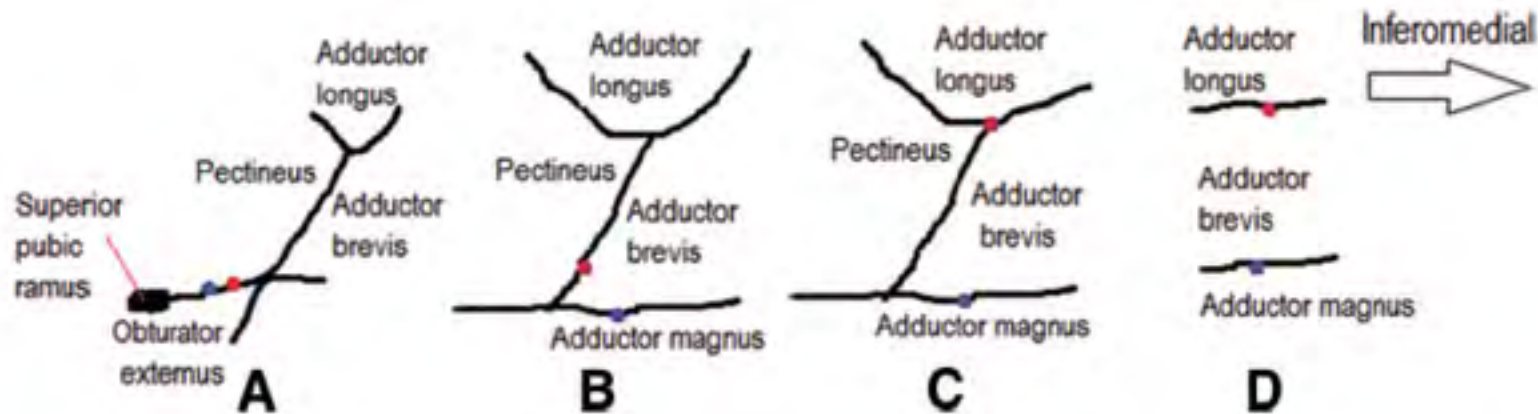


Figure 2. The ultrasound (US)-guided obturator nerve block technique. A and B, The US probe was placed on the medial aspect of the inguinal crease and aimed posteriorly. C, The letter Y and the pectineus (PE) muscle were identified. D and E, The US probe was tilted cranially, while following the pectineus muscle, until the superior pubic ramus (SPR) was visualized (F). In this plane (F), a needle was advanced toward the most medial part (the arrow) of the fascia separating the pectineus and obturator externus (OE) muscles. G, Local anesthetic (LA) was injected to achieve spread within the intermuscular fascial layer deep to the pectineus muscle. AB = adductor brevis; AL = adductor longus.

Ultrasound-Guided Obturator Nerve Block: A Proximal Interfascial Technique

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Ultrasound standard for obturator nerve block: the modified Taha's approach



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Fig 1 Modified Taha's approach for proximal obturator nerve block. The echogenic needle is inserted by the dominant hand (green hand) from lateral to medial in the inguinal crease with the long axis of the transducer oriented along the visual axis (a). The ultrasound transducer (held by the non-dominant hand in blue) is tilted cephalad as Taha suggested by using the inferior margin of the superior pubic ramus as the bony landmark to find the thick hyperechoic fascia in between the pectineus and obturator externus,⁴ but instead is reached with the in-plane needle trajectory (green dotted line) (a). Local anaesthetic spread (blue area) into this thick hyperechoic fascial plane usually results in separation and elevation of the pectineus fascia (c).

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ORIGINAL ARTICLE

Ultrasound-Guided Single-Penetration Dual-Injection Block
for Leg and Foot Surgery
A Prospective, Randomized, Double-blind Study

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Background and Objectives: To describe a new approach to blocking the motor and sensory nerves in the proximal thigh (level of the femoral sheath) or immediately before using a single-needle dual injection (SPDI) technique. The popliteal-vein approach necessitates repositioning of the leg by moving the patient prone and an extra incision for the retrofemoral (RF) block at the midthigh level. We evaluated an alternative approach and possibly faster method.

Methods: Fifty patients undergoing leg and foot surgery under general anesthesia were included. An algorithm of 10 mL of ropivacaine 0.75% around the sciatic nerve (SCN) and 3 mL of ropivacaine 0.75% at the popliteal vein were administered to the patients using a popliteal vein catheter in the SPDI technique. The patients received ropivacaine via popliteal vein. Postoperative pain, patient comfort, nausea, vomiting, and hypotension were assessed. Duration of analgesia and degree of motor blockade were also recorded.

Results: Postoperative time was significantly lower with the SPDI technique (median 175 seconds) than with the RF block (median 230 seconds). Leg pain (NRS) was significantly lower with the SPDI technique (10–17 seconds) ($P = 0.0003$). Postoperative time was significantly shorter with the SPDI technique ($P = 0.0003$) for other statistically significant differences were recorded.

Conclusions: The SPDI block resulted in significantly faster performance time and patient recovery time with essentially equal efficacy as relative to pain assessment, nausea, vomiting, hypotension, analgesia, and motor blockade. The SPDI block is technically an upright, efficient alternative to the traditional popliteal-vein retrofemoral block technique for leg and foot surgery, but it is faster, works with 10-mL ropivacaine, and does not require repositioning of the leg.

(*Reg Anesth Pain Med* 2014;39:18–23)

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Accepted for publication October 1, 2013.
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The authors declare no conflict of interest.
The Department of Anesthesia and Intensive Care Medicine, Copenhagen University Hospital, Hvidovre, Denmark, is the sole sponsor of this study.
Ethical authorization was received from the Ethics Committee at the Hvidovre University Hospital, Hvidovre, Denmark, and the Danish National Board of Health, Copenhagen, Denmark, on October 10, 2013.

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Ultrasound-Guided Single-Penetration Dual-Injection Block
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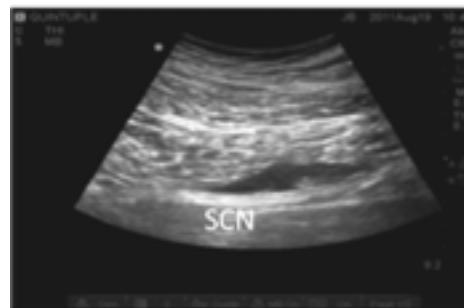
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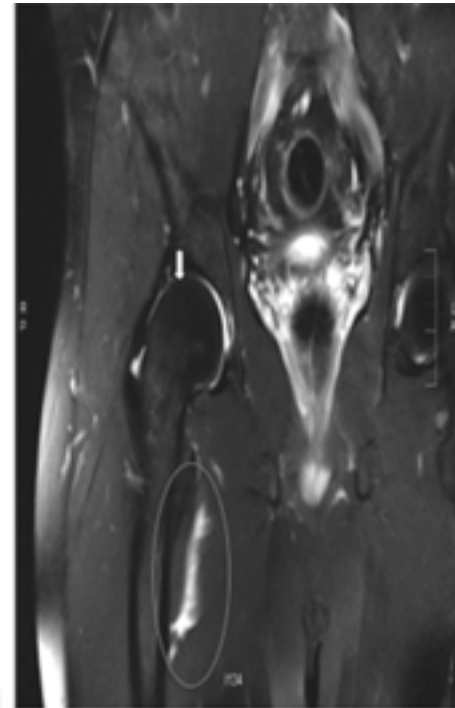
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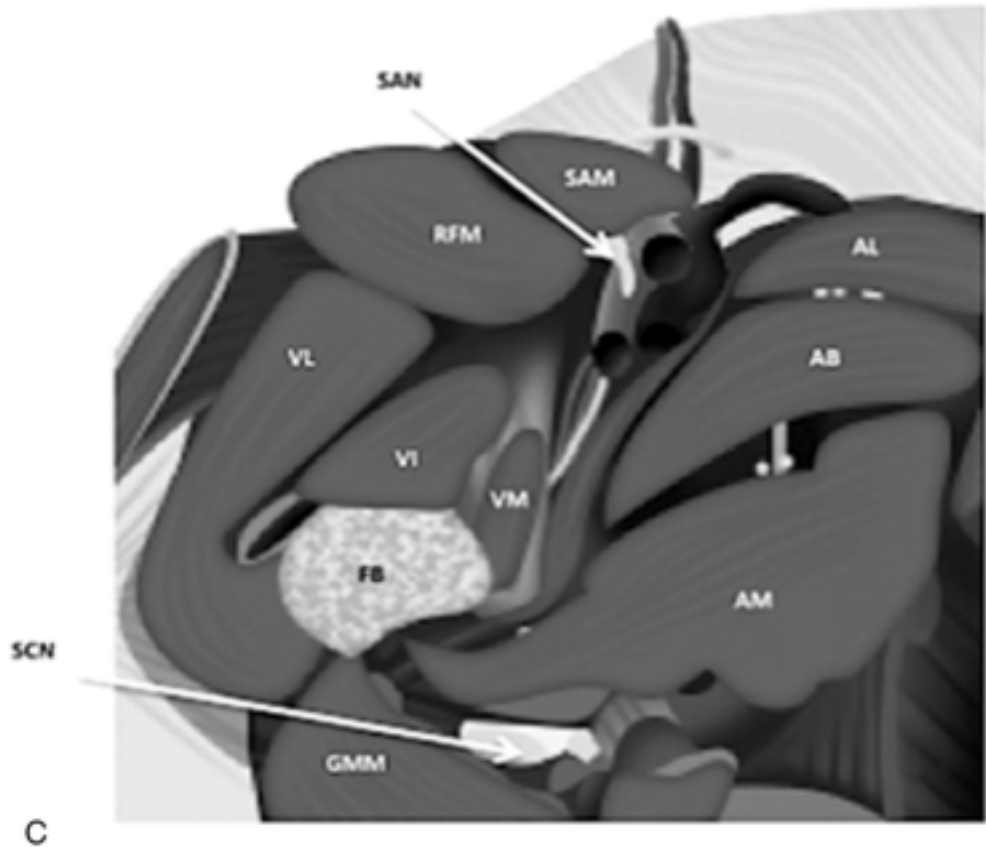
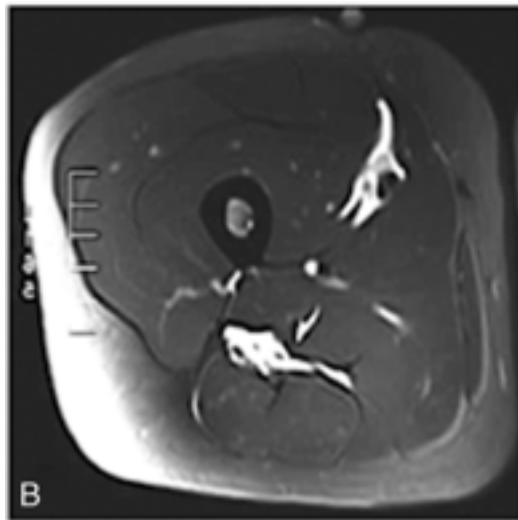
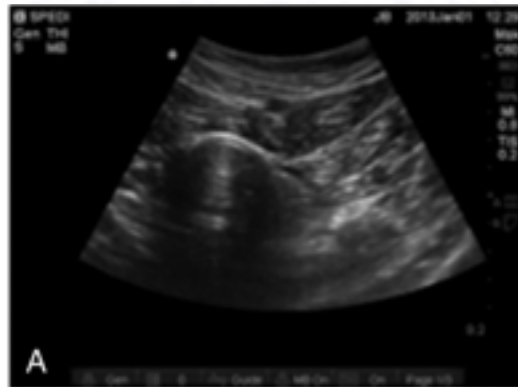
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A Prospective, Randomized, Double-blind Study

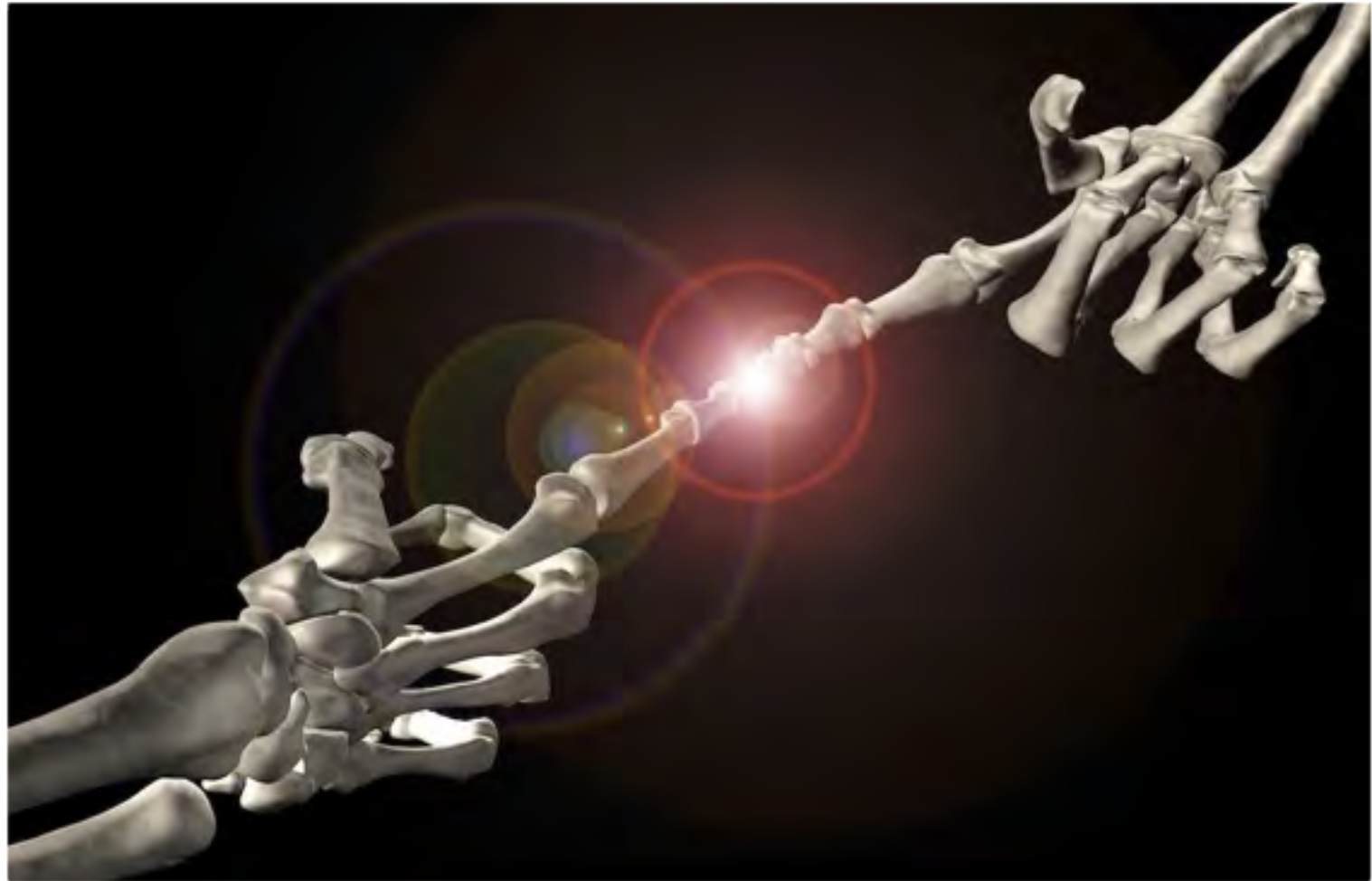
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Blockader / Analgesia

- Obturator Nerve block
- Saphenus nerve block

Produktivt samarbete



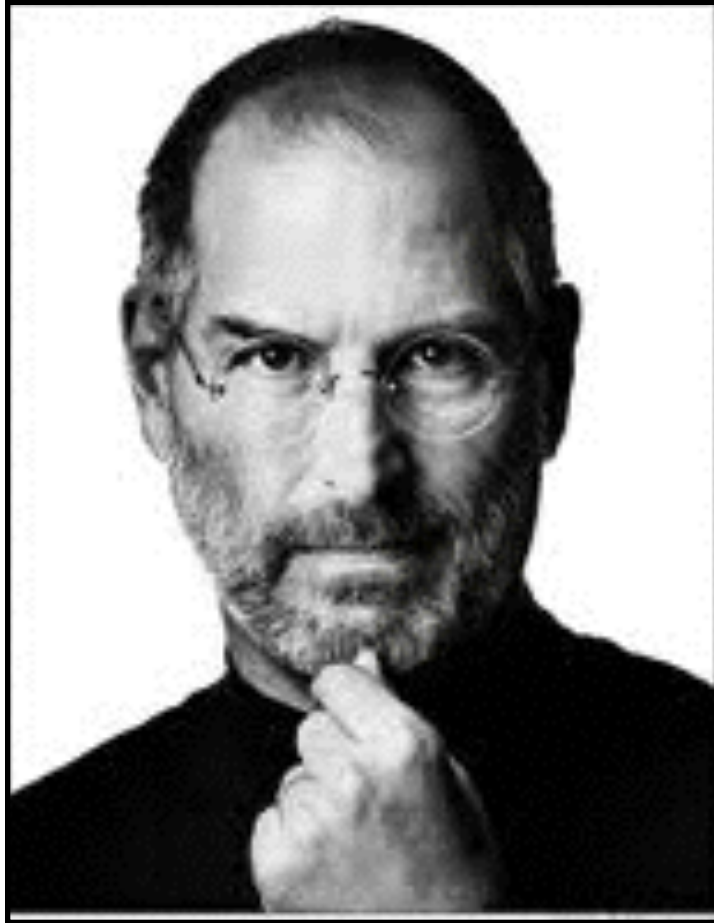
Framtiden?

- Långverkande lokalbedövning
- Perineural kateter
- Infusionsmumpar med:
 - Remote Control & monitoring
 - Autobolus



Framtiden?





Steve Jobs

”Ditt jobb kommer att fylla en stor del av ditt liv och det enda sättet att bli helt nöjd, är att göra vad du tror är ett fantastiskt jobb.

Och det enda sättet att göra ett fantastiskt jobb är att älska det du gör!”

(Steve Jobs, 2005)

Tack för uppmärksamhet