

Efficacy of PNS guided PEC-I and SAP block for post-operative analgesia in MRM - A randomized controlled study

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Abstract

 $\mathbf{B}_{\mathrm{reast}}$ cancer is very common in women and it requires surgical intervention ranging from lumpectomy to modified radical mastectomy (MRM). Regional blocks for postoperative analgesia play a major role in the prevention of postoperative complications. Pectoral nerve block (PEC I) and Serratus anterior plane block (SAP) given under PNS guidance are simple yet effective newer techniques to provide post-operative analgesia in breast surgery. The primary aim is to evaluate the efficacy of PNS guided PEC I and SAP block for postoperative analgesia in MRM intending to maintain VAS Score ≤4 in the first 24 hours. Considering the admission rate, a study was conducted in 60 patients taking 5 patients/ month of ASA II & III planned for MRM. Patients were randomly allocated to two groups with 30 patients in each group. Group A received only general anaesthesia and group B received general anaesthesia followed by Pectoral blocks (PEC I & SAP blocks) with inj bupivacaine 0.25%, 30CC. Patients were monitored for VAS score, a requirement of rescue analgesia in the first 24 hours, the cumulative requirement of rescue analgesia in the first 24 hours, and postoperative complications. The VAS score in the first hour postoperatively was higher in group A (3.6±0.5477) than in group $B(1\pm0.70710)$, p<0.0002. The total dose requirement of rescue analgesia in 24 hours was also higher in group A than in group B (2.4±0.548 v/s 0.6±0.55, p <0.0008). Thus, PEC I and SAP blocks given under PNS guidance have a high success rate and reliable in providing adequate postoperative analgesia in MRM with minimal complications.



Biography

Dr. Ananda Jyothi.V.M has completed her MBBS from Saint Petersburg State Paediatric Medical University, Saint Petersburg, Russia and is currently pursuing her Masters degree



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Speaker Publications:

1. Thermoluminescence studies of CaSO4:Dy,P,Si phosphor under X-ray irradiation. Resmi G.Nair ,K. Madhukumar , C.M.K. Nair , S. Jayasudha , V. M. Anandakumar ,T. S. Elias & 2. Manoj Komath- Ceramic International, 44 (2018) 3492.

Structure and room-temperature ferromagnetism evolution of Sn and Mn-doped NiO synthesized by a sol-gel process, Lakshmi S Nair, Dhanya Chandran, V M Anandakumar and K Rajendra Babu, Ceramic International, 43(14) (2017) 11090-96. 3. Thermoluminescence Properties and Trap Parameter Determination of CaSO4:Dy,P,Si Phosphor under X-ray Excitation. Resmi G. Nair, K. Madhukumar , C.M.K. Nair , S. Jayasudha, V. M. Anandakumar ,T. S. Elias, International Journal of Advance Research in Science and Engineering, Vol 6, 2017

4. Characterization and thermoluminescence studies of CaSO4: Tm, Si phosphor under X-ray excitation. Resmi G.Nair, K. Madhukumar , C.M.K. Nair , S. Jayasudha , V. M. Anandakumar ,T. S. Elias & Manoj Komath- International Journal of Chemtech Research, 10 (2017)179.

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