Nottingham University Hospitals NHS
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Prospective observational study reviewing anaesthetic technique and outcomes in foot and ankle surgery

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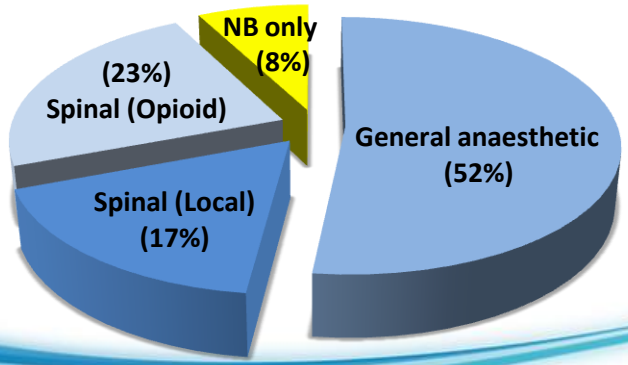
Introduction:

Use of lower limb nerve blocks (NB) in surgery of the foot and ankle may reduce duration of stay, pain and use of postoperative opioid analgesia. Nerve blocks may be used as the sole anaesthetic agent or in combination with other regimes. Our aim is to evaluate the use of various anaesthetic techniques in foot and ankle surgery.

Method:

- Prospective observational study of 52 consecutive patients undergoing foot and ankle surgery
- Measured endpoints included: type of anaesthesia, use of NB, pain scores, postoperative use of intravenous opioid, length of stay and patient satisfaction.
- Data collected via telephone interview.

Results I:



Results II:

- Data collected for all 52 patients
- NB was used either as sole anaesthetic agent (n=4) or as an adjuvant with general or spinal anaesthesia (n=17)

- ***Length of stay*** - shortest in the 'NB only' group.
- ***Postoperative intravenous opioid requirements*** - least in groups where NB or intrathecal opioid were used.
- ***Satisfaction scores*** - highest in those receiving NB regardless of whether used as an adjuvant or sole anaesthetic agent.
- ***Pain scores*** – lowest in patients receiving NB regardless of whether used as an adjuvant or sole anaesthetic agent.

Conclusions:

Use of NB is associated with improved outcomes including length of stay, postoperative pain scores and patient satisfaction in foot and ankle surgery.
Comparable benefits were observed with the use of intrathecal opioid alone, however use of NB + intrathecal opioid showed no additional benefit.

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