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REVIEW OF POSTOP ANALGESIA AFTER KNEE SURGERY IN CHILDREN AND ADOLESCENTS

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Introduction and aims

As territory children hospital, we have got a very busy acute pain service with limited resources. Knee surgery has been introduced few years ago in our hospital with increasing number of children operated upon needing postop pain relief. We wanted check our current practice of postoperative pain relief in knee surgery in children and then use it as basis to improve patient experience and service efficiency.

Methods

We retrospectively looked in to the electronic theatre booking system and e-medical records for children who had knee surgery for previous 12 months. We looked for following information: the type of knee surgery performed, post op analgesia used including the type regional nerve block used, Time scale for PCA/NCA used by the patient, amount postop iv opioid used by the patient, pain score on day 1 of the surgery and the take home analgesia prescribed,

Results

Looked at 61 patients who were given PCA/NCAs post Knee Arthroscopy.

Majority of these operations involved MPFL reconstruction, meniscal repair or some form of drilling.

All bar 2 were given some form of LA block.

A large majority had a PCA button only which stopped on day 1 post-op.

Approx $\frac{3}{4}$ of these patients used only ≤ 25 mls of IV opioid via a PCA.

84% of these patients took Oral Morphine or Tramadol or both as a TTO.

Majority of pain scores (day one post-op) remained low.

Discussion and conclusion

Therefore, with a good block, pain scores were mostly low despite minimal use of IV opioid. Most of the PCAs were stopped the day after surgery and the majority of patients required oral opioid for take home analgesia regardless. This was discussed in audit meeting, as we continue with current practice of LA nerve blocks in knee surgery we wanted to try and to check if it is possibly that these patients would remain comfortable on regular oral opioids post op rather than use of PCA/NCA. This will be followed up as audit in a year time.

Reference

Opioid Overprescription After Knee Arthroscopy and Related Surgery in Adolescents and Young Adults Frances A Tepolt 1, Jennifer Bido 2, Stephanie Burgess 1, Lyle J Micheli 3, Mininder S Kocher 4. *Arthroscopy*. 2018 Dec;34(12):3236-3243. doi: 10.1016/j.arthro.2018.07.021. Epub 2018 Nov 2.