

C-41 Applying New Guidelines on the Management of Postoperative Pain

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Objective

After completion of this session, the participant will be able to:

- Provide up-to-date, individually tailored pain treatment and education to a patient (and their family).

Case Stem Question

You are scheduled to administer anesthesia for a scheduled repeat Cesarean Section on a 28 year old, 96 kg, gravida 2, para 1, woman. Her previous medical history includes an emergent Cesarean Section for a prolapsed cord under general anesthesia. Patient informs you that she had severe pain during her post-operative course after the previous Cesarean Section. What is your plan for multimodal analgesia for post-operative pain management?

Guiding Questions for Discussion

1. If the patient needs opioids, should opioids given be given by intravenous or oral route?
2. Is the intramuscular route acceptable for the administration of analgesics?
3. What is the role of patient-controlled analgesia (PCA) in post-operative pain management?
4. If PCA with opioids is needed should basal infusion be used?
5. How should patients who receive systemic opioids for postoperative analgesia be monitored?
6. What is the role of acetaminophen and/or nonsteroidal anti-inflammatory drugs (NSAIDs) as part of multimodal analgesia? How about gabapentin and pregabalin?
7. Are there any medications that can be given preoperatively in order to decrease postoperative pain?
8. What is the role of i.v. ketamine as a component of multimodal analgesia?
9. Would this patient be more comfortable if i.v. lidocaine infusion was used during the case?

References

Management of Postoperative Pain: A Clinical Practice Guideline. The Journal of Pain: February 2016 - Volume 17 - Issue 2 - p 131-157. Roger Chou, Debra B. Gordon, Oscar A. de Leon Casasola, Jack M. Rosenberg, Stephen Bickler, Tim Brennan, Todd Carter, Carla L. Cassidy, Eva Hall Chittenden, Ernest Degenhardt, Scott Griffith, Renee Manworren, Bill McCarberg, Robert Montgomery, Jamie Murphy, Melissa F. Perkal, Santhanam Suresh, Kathleen Sluka, Scott Strassels, Richard Thirlby, Eugene Viscusi, Gary A. Walco, Lisa Warner, Steven J. Weisman.