



**Effect of Adding Dexamethasone to Bupivacaine
in Ultrasound Guided Supraclavicular Brachial
Plexus Block Versus Bupivacaine alone for
Upper Limb Orthopaedic Surgery:
A Comparative Study**

A Thesis

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قالوا

سببناك لا علم لنا
إلا ما علمتنا إنك أنت
العليم العظيم

صدق الله العظيم

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List of Contents

Title	Page No.
List of Tables	i
List of Figures	ii
List of Abbreviations	iv
Introduction	1
Aim of the Work.....	3
Review of Literature	
☞ Supraclavicular Brachial Plexus Block.....	4
☞ Clinical Pharmacology of Bupivacaine and Dexamethasone.....	20
Patients and Methods	45
Results	51
Discussion	68
Conclusion.....	78
Summary	79
References	81
Arabic Summary	

List of Tables

Table No.	Title	Page No.
Table (1):	Glucocorticoid equivalencies	37
Table (2):	Comparison between group B and group D as regards the demographic data, asa physical status classification and duration of surgery, expressed as mean, \pm SD	52
Table (3):	The onset and duration of sensory and motor block in group B and group D	55
Table (4):	Group B and group D compared as regards postoperative visual analogue scale	57
Table (5):	Comparison between group B and group D as regards the timing of analgesia, number and total amount of postoperative rescue analgesics in 24 hours	59
Table (6):	Intraoperative heart rate in group B and group D	61
Table (7):	Intraoperative mean arterial blood pressure (MABP)	63
Table (8):	Complications in group B and group D	67

List of Figures

Fig. No.	Title	Page No.
Figure (1):	Brachial plexus anatomy	7
Figure (2):	A, cutaneous distribution of the cervical and thoracic roots of the upper extremity. B, cutaneous distribution of the peripheral nerves of the upper extremity	11
Figure (3):	Upper extremity osteotomes	11
Figure (4):	The myotome innervation of the upper limb.....	13
Figure (5):	Local anaesthetics consist of a lipophilic and hydrophilic portion separated by a connecting hydrocarbon chain.....	22
Figure (6):	Mechanism of action of local anaesthetics.....	24
Figure (7):	Bar chart showing comparison of group B and group D as regards the age.	53
Figure (8):	Bar chart comparing group B and group D as regards the gender.	53
Figure (9):	Bar chart showing comparison of group B and group D as regards the duration of surgery.	54
Figure (10):	Bar chart comparing group B and group D as regards the onset of sensory and motor block.....	56
Figure (11):	Bar chart comparing group B and group D as regards the duration of sensory and motor block.....	56
Figure (12):	Postoperative VAS at different time intervals.....	58

List of Figures cont...

Fig. No.	Title	Page No.
Figure (13):	Bar chart showing the number of postoperative rescue analgesia.....	60
Figure (14):	Bar chart showing the total amount of postoperative rescue analgesia.....	60
Figure (15):	Intraoperative HR at different time intervals.....	62
Figure (16):	Intraoperative MABP at different time intervals.....	64
Figure (17):	Postoperative HR at different time intervals.....	65
Figure (18):	Postoperative MABP at different time intervals.....	66

List of Abbreviations

Abb.	Full term
<i>ATP</i>	<i>Adenosine Triphosphate</i>
<i>CBG</i>	<i>Corticosterone Binding Globulin</i>
<i>CNS</i>	<i>Central Nervous System</i>
<i>CPB</i>	<i>Cardiopulmonary Bypass</i>
<i>DNA</i>	<i>Deoxyribonucleic Acid</i>
<i>ECG</i>	<i>Electrocardiogram</i>
<i>HR</i>	<i>Heart Rate</i>
<i>IQR</i>	<i>Interquartile Range</i>
<i>IV</i>	<i>Intravenous</i>
<i>LA</i>	<i>Local Anaesthetic</i>
<i>LAST</i>	<i>Local Anaesthetic Systemic Toxicity</i>
<i>MABP</i>	<i>Mean Arterial Blood Pressure</i>
<i>NIBP</i>	<i>Non-Invasive Blood Pressure</i>
<i>PABA</i>	<i>Para-amino Benzoic Acid</i>
<i>PONV</i>	<i>Postoperative Nausea and Vomiting</i>
<i>RDS</i>	<i>Respiratory Distress Syndrome</i>
<i>RNA</i>	<i>Ribonucleic Acid</i>
<i>SD</i>	<i>Standard Deviation</i>
<i>US</i>	<i>Ultrasound</i>
<i>Vd</i>	<i>Volume of Distribution</i>

ABSTRACT

Dexamethasone is a potent long acting corticosteroid that has been used as an anti-inflammatory, antiemetic, in diagnostic tests and other uses. It has been shown to prolong peripheral nerve block and extend the duration of analgesia when added to local anaesthetics.

The application of the ultrasound in supraclavicular brachial plexus block is of great significance. It has decreased the incidence of complications (such as pneumothorax and intravascular injection) and so improved the patient safety. It also improved the success rate of the block by visualization of the brachial plexus and detecting anatomical variations.

Keywords: Postoperative Nausea and Vomiting - Local Anaesthetic
Systemic Toxicity - Heart Rate - Deoxyribonucleic Acid

INTRODUCTION

Brachial plexus blocks are among the most commonly performed peripheral nerve blocks for upper extremity surgeries in clinical practice. It offers many advantages over general anaesthesia for upper limb surgeries such as sympathetic block, better postoperative analgesia, high success rate and fewer side effects (*Kooloth et al., 2015*).

Various approaches to the brachial plexus have been described but the supraclavicular approach is the easiest and most consistent method for anaesthesia and perioperative pain management in surgery below the shoulder joint. Local anaesthetics alone for supraclavicular brachial plexus block provide good operative conditions but have shorter duration of postoperative analgesia. This problem can be overcome by using long acting local anaesthetics like bupivacaine or by using adjuvant in regional anaesthesia. Adjuvant added to brachial plexus block should prolong the analgesia, without having systemic side effects, prolong motor block and should also reduce the total dose of local anaesthetic. Various studies have investigated several adjuvants including opioids, clonidine, neostigmine, bicarbonate added to local anaesthetics in brachial plexus block to achieve quick, dense and prolonged block, but the results are either inconclusive or associated with side effects (*Dhumane and Shakir, 2016*).

Dexamethasone, a high-potency, long-acting glucocorticoid, has been shown to prolong peripheral nerve blockade in animals and, when added to bupivacaine, to extend the duration of analgesia in humans. Although incompletely understood, dexamethasone's mechanism of action may stem from decreased nociceptive C-fiber activity via a direct effect on glucocorticoid receptors and inhibitory potassium channels. Other suggested mechanisms include a local vasoconstrictive effect, resulting in reduced local anaesthetic absorption, or a systemic anti-inflammatory effect following vascular uptake of the drug (*Albrecht et al., 2015*).

AIM OF THE WORK

The aim of our study is to evaluate the effects of adding dexamethasone (8 mg) to 28 ml of bupivacaine 0.5% in ultrasound guided supraclavicular brachial plexus block for upper limb orthopaedic surgery versus bupivacaine 0.5% alone.

Chapter 1

SUPRACLAVICULAR BRACHIAL PLEXUS BLOCK

Historical review

In *November 1885, William Stewart Halsted*, a surgeon working at the Roosevelt Hospital in New York performed the first nerve block of the cutaneous branch of the ulnar nerve under direct vision on his assistant, John Hall, who volunteered to undergo the procedure. Various other anaesthetic block techniques (under direct vision) were performed on various nerves; including the brachial plexus via the supraclavicular route; in the latter case, 0.5 % cocaine was injected directly into the plexus (*Alemanno, 2014*).

The supraclavicular brachial plexus block techniques are the most complete form of regional anaesthesia of the upper limb, their efficacy extending from the shoulder to the hand. It is no accident that historically, of the first three brachial plexus blocks, two were performed at a level above the clavicle, namely the Kulenkampff technique (1911) and Kappis posterior approach (1912), the exception being Hirschel's axillary approach (1911). Kulenkampff developed a technique, which the First World War promoted in the field. Despite the risk of pneumothorax, it long remained the most commonly performed technique, although with a number of variants, up until 1970,