



بسم الله الرحمن الرحيم

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تم رفع هذه الرسالة بواسطة / مني مغربي أحمد

بقسم التوثيق الإلكتروني بمركز الشبكات وتكنولوجيا المعلومات دون أدنى

مسئولية عن محتوى هذه الرسالة.

ملاحظات: لا يوجد





# **Ultrasound Guided Quadratus Lumborum Block Compared to Caudal Bupivacaine/ Neostigmine in Pediatric Lower Abdominal Surgeries, a Randomized Controlled Trial**

*Thesis*

*Submitted for Partial Fulfillment of Master  
Degree in Anesthesia*

*By*

**Eman Mohamed Zain Eldeen**

*M.B., B.Ch. Faculty of Medicine, Ain Shams University*

*Under Supervision of*

**Prof. Mostafa Kamel Reyad**

*Professor of Anesthesia, Intensive Care and Pain Medicine  
Faculty of Medicine - Ain Shams University*

**Dr. Ibrahim Mamdouh Esmat**

*Assistant Professor of Anesthesia, Intensive Care and Pain Medicine  
Faculty of Medicine - Ain Shams University*

**Dr. Ahmad Mahmoud Hasseb**

*Lecturer of Anesthesia, Intensive Care and Pain Medicine  
Faculty of Medicine - Ain Shams University*

**Dr. Tarek Mohamed Ashoor**

*Lecturer of Anesthesia, Intensive Care and Pain Medicine  
Faculty of Medicine - Ain Shams University*

*Faculty of Medicine - Ain Shams University*

**2022**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قالوا

سبحانك لا علم لنا  
إلا ما علمتنا إنك أنت  
العليم العليم

صدق الله العظيم

سورة البقرة الآية: ٣٢

# Acknowledgments

*First and foremost, I feel always indebted to  
Allah the Most Beneficent and Merciful.*

*I'd like to express my respectful thanks and profound gratitude to Prof. Mostafa Kamel Reyad, Professor of Anesthesia, Intensive Care and Pain Medicine - Faculty of Medicine- Ain Shams University for his keen guidance, kind supervision, valuable advice and continuous encouragement, which made possible the completion of this work.*

*I am also delighted to express my deepest gratitude and thanks to Dr. Ibrahim Mamdouh Esmat, Assistant Professor of Anesthesia, Intensive Care and Pain Medicine, Faculty of Medicine, Ain Shams University, for his kind care, continuous supervision, valuable instructions, constant help and great assistance throughout this work.*

*I am deeply thankful to Dr. Ahmad Mahmoud Hasseb and Dr.Tarek Mohamed Ashoor Lecturers of Anesthesia, Intensive Care and Pain Medicine, Faculty of Medicine, Ain Shams University, for their great help, active participation and guidance.*

*I would like to express my hearty thanks to all my family for their support till this work was completed.*

*Last but not least my sincere thanks and appreciation to all patients participated in this study.*

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# List of Abbreviations

Abb.	Full term
<i>ASA</i> .....	<i>American Society of Anesthesiologists</i>
<i>BP</i> .....	<i>Blood pressure</i>
<i>CB</i> .....	<i>Caudal block</i>
<i>CNS</i> .....	<i>Central nervous system</i>
<i>ECG</i> .....	<i>Electrocardiogram</i>
<i>ETCO2</i> .....	<i>End tidal CO2</i>
<i>FLACC</i> .....	<i>Pain assessment scale for pediatrics (Faces, legs, Activity, cry, consolability).</i>
<i>GABA</i> .....	<i>Gaba-amino-butyric acid</i>
<i>HR</i> .....	<i>Heart rate</i>
<i>IU</i> .....	<i>International unit</i>
<i>IV</i> .....	<i>Intravenous</i>
<i>LAS</i> .....	<i>Local anesthetics</i>
<i>MAP</i> .....	<i>Mean arterial blood pressure</i>
<i>NMDA</i> .....	<i>N-methyl-D-aspartate</i>
<i>PACU</i> .....	<i>Post anesthesia care unit</i>
<i>pKa</i> .....	<i>Ionization constant</i>
<i>QL</i> .....	<i>Quadratus lumborum</i>
<i>QLB</i> .....	<i>Quadratus lumborum block</i>
<i>S</i> .....	<i>Sacral nerve</i>
<i>SCL</i> .....	<i>Sacrococcygeal ligament</i>
<i>SD</i> .....	<i>Standard deviation</i>
<i>SPO2</i> .....	<i>Oxygen saturation</i>
<i>SPSS</i> .....	<i>Statistical package for social sciences</i>
<i>TLF</i> .....	<i>Thoracolumbar fascia</i>

## INTRODUCTION

Pain relief after surgery continues to be a major medical challenge despite a significant improvement over the last decade in understanding acute pain mechanism. Peri-operative pain relief in children can be established either by using various analgesics or opioids during a conventional general anesthesia or by applying various regional nerve block techniques (*Polaner et al., 2012*).

Postoperative analgesia options in children undergoing this type of surgery include regional anesthesia, such as a lumbar epidural catheter, caudal block, or a peripheral nerve block as quadratus lumborum block (*Polaner et al., 2012*). With recent advancements in ultrasound technology, nerve block procedures have become easier and their accuracy improved. (*Tsuchiya, 2013*).

Regional anesthesia, in combination with general anesthesia, is frequently used for children undergoing surgical procedures. The goal of this technique is a smoother intraoperative course and minimal requirements of general anesthetics, causing a faster, smoother wake up, decreased stress response and excellent pain relief in the postoperative period. (*Bosenberg, 2011*)

Quadratus lumborum block (QLB) is an emerging technique for peripheral nerve blockade, which generates an analgesic effect by bi-laterally blocking spinal nerves from T6–T9 to L1-L3, considering its wide block range (*Zhu et al., 2019*).

Caudal block (CB) is a widely used popular technique for postoperative analgesia but it has potential side effects and duration of analgesia is short (*Sato et al., 2019*).

CB is recommended for most surgical procedures of the lower part of the body, specifically below the umbilicus, including inguinal hernia repair, urinary and digestive tract surgery and orthopedic procedures on the pelvic girdle and lower extremities (*Miller and Fleisher, 2010*).

## AIM OF THE WORK

This prospective randomized double-blinded study was conducted to compare the postoperative pain control in pediatric patients undergoing lower abdominal surgeries receiving ultrasound guided QL block with those receiving ultrasound guided caudal bupivacaine/ neostigmine.

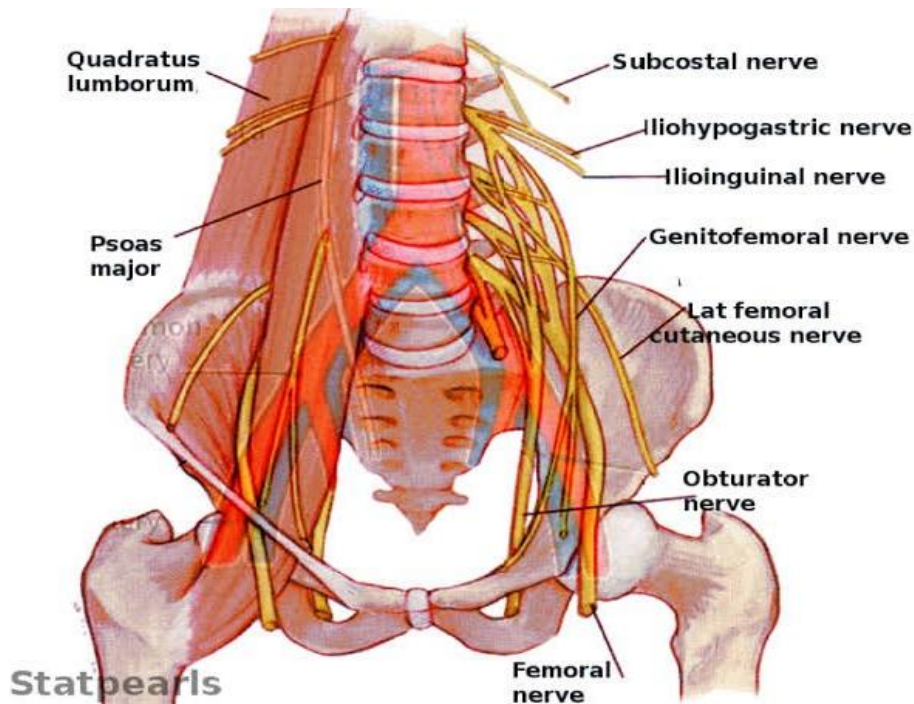
## ANATOMICAL AND PHYSIOLOGICAL CONSIDERATIONS

### **Quadratus lumborum (QL) muscle:**

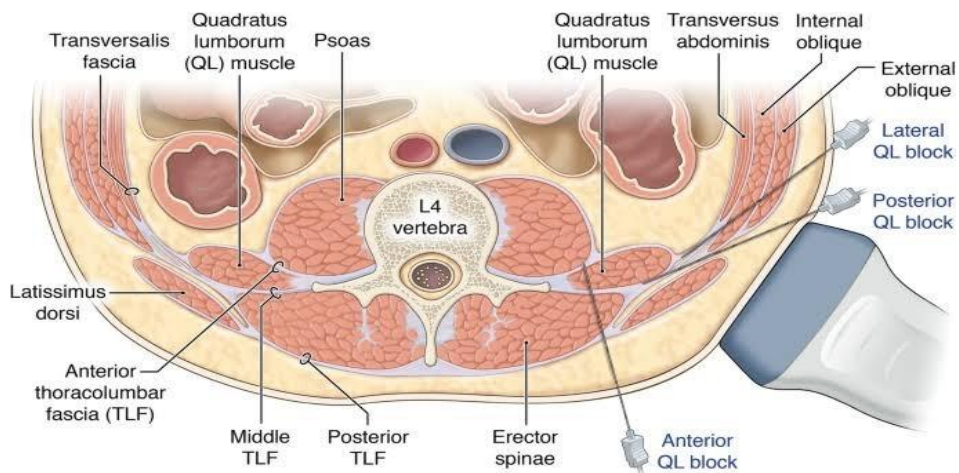
QL muscle originates from the posterior border of the iliac crest and inserts into the medial edge of the twelfth rib and the transverse processes of L2-L5. The QL muscle is surrounded by the thoracolumbar fascia (TLF), which is made up of the anterior, middle, and posterior layers. The layers of the TLF extend to the aponeurosis of the transversus abdominis and internal oblique muscles. The posterior layer of the TLF surrounds the erector spinae muscles, the middle layer divides the QL and erector spinae muscles, and the anterior layer is anterior to the QL muscle (*Blanco et al., 2015*).

The anterior layer of the TLF connects to the transversalis fascia. This space includes the iliohypogastric, ilioinguinal, and subcostal nerves. Placing local anesthetic into this space, therefore, results in a T12-L2 sensory block. Transmuscular QLB reliably spreads to L1-L3 nerve roots (*Dam et al., 2017*) (**figure 1 and figure 2**).

The iliohypogastric nerve pierces the transverse abdominal muscle and provides branches that pierce the external oblique aponeurosis, while the ilioinguinal nerve courses between the second and third layers of abdominal muscles before traversing the inguinal canal (*Moore and Agur, 2002*).



**Figure 1:** This figure shows QL muscle and its nerve supply (*Elsharkaw et al., 2019*).



**Figure 2:** Ultrasound guided QL relations and QLB (*Elsharkawy et al., 2019*).

### **Anatomy of the sacrum:**

The sacrum which has a pyramidal shape consists of five embryonic fused vertebrae. It is convex dorsally. The coccyx consists of three to five rudimentary vertebral bones and it is triangular, with the base being attached to the sacrum. At the apex of sacrum, the V-shaped gap covered by the sacrococcygeal ligament, which is marked dorsally in the midline, is called sacral hiatus. The sacral hiatus is bordered by the sacral cornu laterally. This space is a natural defect in the union of the dorsal midline of the S5 vertebra, where it meets the S4 vertebra (partial defect). Its floor is the vertebral body of S5. It contains the coccygeal nerve and the filum terminale. The sacrum has two sets of foramen – the four posterior sacral foramina and the four anterior sacral foramina. The lateral attachment of the sacrum is the sacroiliac joint, while superiorly, it is attached to the superior articular facet of the L5-S1 facet joints bilaterally, as well as to the L5-S1 disc (**figure 3**) (*Nagar, 2004*).