

Annual Congress on

Cellular Therapies, Cancer, Stem Cells and Bio Medical Engineering &

5th International Conference on **Pain Medicine and Pain Management**

October 17-18, 2018 | New York, USA

Femoral block in the management of pain after surgery of the lower extremity

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Statement of the Problem: Pain is considered a fifth vital sign and most patients don't get appropriate pain management. Pain can be managed through different mechanisms using WHO pain ladder postoperative patients need a combination of drugs to manage their pain. Patients in the immediate postoperative periods need appropriate management of their pain because the pain has an adverse effect on the outcome of the surgery. Pain can cause an increase in blood pressure makes patients tachycardic. It has also an effect on the ventilation of the patient that could result in atelectasis and chest infection it limits the patient's ability to ambulate leading to stasis and related complications like deep venous thrombosis using WHO pain ladder patients can be managed their pain using single analgesics depending on the type of surgery or patients perceived level of pain. If the single analgesics doesn't work, one can proceed to a combination of drugs using NSAIDs and opioid analgesics. Some patients have a low threshold of pain for the level of their surgery. one can use the objective pain scoring system to assess the level of pain a patient is experiencing and act accordingly. If the combination of NSAIDs and opioids doesn't work or insufficient to control the pain other types of drugs that can be given regionally either using spinal or epidural catheter can be used. The epidural can be continuous or patient monitored, where the patients by themselves administer the drug when they have the pain in some cancer patients who are terminally ill and have severe pain there are surgical and medical techniques that can be used as a palliative care. It ranges from chemical neurolysis to neurectomy where one can sever the nerves responsible for the patient's pain. In the immediate postoperative periods, pain management should be given adequate consideration as this is the critical time to decrease vomiting, high blood pressure, tachycardia, retention of urine, abdominal distention and decrease patients level of frustration thereby increasing patients satisfaction. There are different regional blocks that can be applied to avert pain in the immediate postop period. Cervical block for neck surgery particularly thyroid surgery femoral block for lower extremity surgery are a few examples. Here we will discuss our experience with femoral nerve block for the lower extremity surgeries.

Biography

Nuru Ahmed is a graduate of Jimma University. He graduated from Jimma in 2012 and work as a general practitioner in Bahirdar University. After one year of service, he started his general surgery residency programmed in the same university and became a general surgeon in 2017. He is now practicing general surgery in Dangila hospital which is an affiliate hospital of Bahirdar University..

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