Improving delivery of regional anaesthesia for patients on novel oral anticoagulants


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Background and Aims Regional anaesthesia (RA) is often desirable for multiple reasons but with an increasingly medically complex population, the anaesthetist often manages patients on novel oral anticoagulants (NOACs).

Methods A survey was taken of anaesthetists who regularly do trauma lists, to identify knowledge of acceptable times post NOACs for safe RA performance against national guidelines. In addition, it also identified numbers of times a RA choice was abandoned due to insufficient time before last dose in the 3 months prior and any report of adverse outcomes. An intervention of implementing a poster and insert of key timings in the trauma booklet was then undertaken and subsequently anaesthetists were resurveyed at 3 months post intervention.

Results A total of 14 anaesthetists were surveyed yet 29% had accurate knowledge against guidelines. Reports of 8 cases occurred in the 3 months where RA choice was abandoned due to mistiming. There were no adverse outcomes reported. Post intervention, in the subsequent 3 months, knowledge of the guidelines had improved to 100% and there were 3 cases reported where RA choice was abandoned.

Conclusions The authors demonstrate that a simple visual aid can improve knowledge of NOACs and RA timing and can reduce incidence of abandoned RA options. Ultimately, this importance lies with improving available care for the patient.

Evaluating the implementation of regional anaesthesia with virtual reality

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Background and Aims Virtual Reality (VR) has been shown to reduce anxiety and pain scores for medical procedures, and in conjunction with regional anaesthesia (RA), has been reported to reduce sedation requirements, and improve patient satisfaction. We aimed to implement the use of VR for patients undergoing awake upper limb surgery under RA at our institution.

Methods Three Oculus Quest 2 VR headsets were kindly donated from Sintetica. The implementation process required several steps; local approval from clinical engineering and infection control to permit the use of these headsets on patients; establishing and troubleshooting the VR set up, which required disabling the boundary limit in order to have continuous use of the headset regardless of patient position; selecting appropriate media which included videos and immersive experiences. Patients who agreed to trial the VR headset were then asked for feedback.

Results The implementation of VR into our practice required technical preparation as well as local engagement to ensure multi-disciplinary awareness and buy-in, in particular from our ODPs and surgical colleagues. Initial feedback from surgeons and patients is positive, with reports noting the improved experience with VR in those with a history of previous surgeries under RA. Others noted the preferred media selection for future occurrences, such as documentaries or relaxing experiences, being mindful of which may result in nausea.

Conclusions A larger cohort of patients is required to evaluate the impact of VR as an adjunct to awake surgery on patient experience, but our preliminary service evaluation has provided very promising results.

Lornoxicam as a treatment of geriatric golden age female patients with chronic neck pain

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Background and Aims Aim of this study was to evaluate the use of use of meloxicam in geriatric golden age patients (>80 years old) female patients, with chronic neck pain.

Methods Material and Methods- 10 female geriatric golden age patients were participated in this study. For 14 days (2 weeks) they receive 8 mg lornoxicam, two times a day. Range of age 82–94 years and mean age 83.

We used specific performance pain tests in order to evaluate our results.

Results 9 of them (90%) reported optimal results and good reaction to the treatment. 1 of them (10%) reported moderate results and mild reaction to the treatment.

Conclusions We need more patients but this therapeutic path seems to be an optimal and safe treatment, specially for golden age elderly female patients with chronic neck pain.