

INTRODUCTION

- Total knee arthroplasty is the most common orthopedic surgery in the lower extremity performed in North America.
- The recovery after bilateral total knee arthroplasty (BTKA) is challenging, given the need for effective pain control, early mobilization, and safe discharge home
- The aim is **assess the effectiveness and safety of bilateral continuous adductor canal block (B-CACB) and compare it to the bilateral single adductor block (B-SACB) technique in BTKA.**

METHODS

- **Retrospective study** including patients scheduled for BTKA from 2020-2023
- Outcomes: Pain score, opioids consume (OME=oral morphine equivalent), complications and mobilization assessment from a multidisciplinary team including physiotherapist were registered.

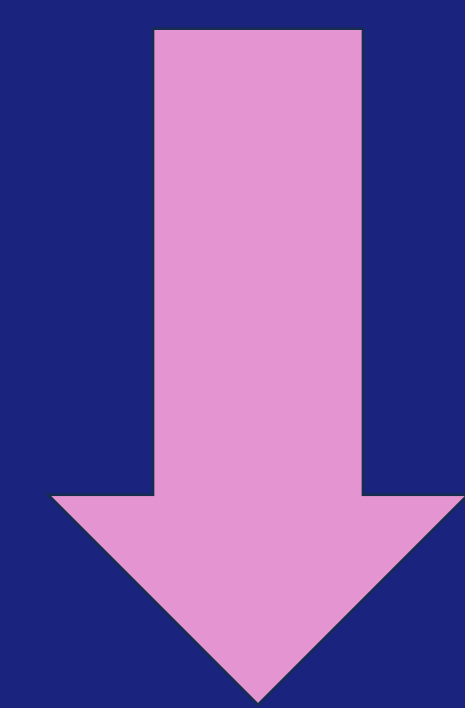
RESULTS

- At 24-48 hours, the B-CACB group consumed an average of 20 mg/day less (p=0.04, 95% confidence interval: 1.2 - 38.9 mg) of OME than B-SACB group .
- The B-CACB group was 3.5 times more likely to mobilize above 2 meters than B-SACB group in POD1 (OR: 95% confidence interval=1.2 – 9.9) and 4.5 times in POD2 (OR: 95% confidence interval =1.2 – 16.3) as documented in the physiotherapy assessment.

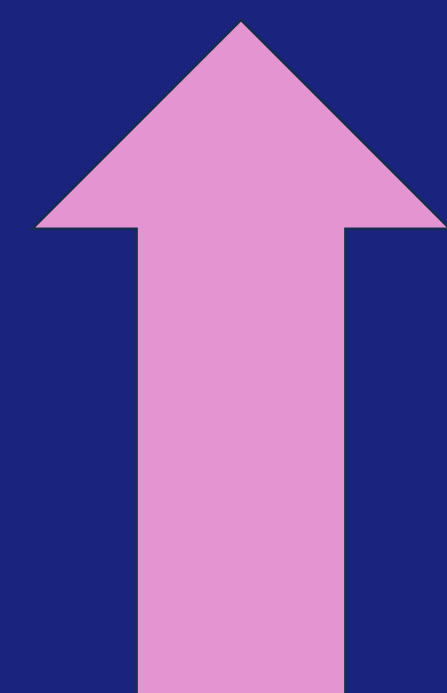
DISCUSSION

- **B-CACB is a feasible , effective and safe plan for BTKA surgery** in selected population helping to successfully decrease the burden of two surgeries in one surgical event.

B-CACB was associated with lower opioids requirements and higher likelihood to reach early mobilization for B-TKA over the B-SACB



At 24-48 hours B-CACB group consumed 20 mg/day on average less of opioids



At 24-48 hours B-CACB were 4.5 times more likely to mobilize more than 2 meters

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PAIN MEDICINE

Patient demographics		
	Single ACB n=32	Continous ACB N=31
Age	63.2(8.1)	61.8(8.9)
BMI	30[26-35]	30.5[26-33]
ASA II/ASA III	12/20	8/23
Anesthetic plan neuraxial	29(90.6%)	28(90.3%)
Intrathecal morphine*	100 [100-150]	100 [100-100]
Values are median [IQR] , Mean(SD) or n(%)		
ACB: Aductor canal block		
*Mann-Whitney: p=0.11		

Highest pain reported by visual analogue scale and opioid consumption

	POD 1		POD 2	
	VAS	OME	VAS	OME
Single ACB	3.5 [0-6]	10 [5-30]	7 [6-8]	60 [33-87]*
Continous ACB	6 [5-7]	7.5 [0-20]	6 [4-7]	30 [15-65]

Values are median [IQR]

ACB: Aductor canal block, POD: Postoperative day , VAS: Visual analogue scale, OME: Oral morphine equivalent.

*Mann-Whitney: p=0.02.

Mobilization in POD1 and POD2

	POD 1*		POD 2**	
	Single ACB	Continous ACB	Single ACB	Continous ACB
Ambulate < 2 meters	20 (62.5)	10 (32.3)	12 (66.7)	8 (40)
Ambulate > 2 meters	12 (37.5)	21 (67.7)	6 (33.3)	12 (60)

Values are n (%)

ACB: Aductor canal block. POD: Postoperative day

*OR=3.5, p (0.02) **OR=4.5, p(0.02)