



RESULTS OF EPIDURAL ANALGESIA IN POSTOPERATIVE ACUTE PAIN UNIT OF HOSPITAL DE CLINICAS. Montevideo.Uruguay. MONTEVIDEO.URUGUAY.2023-2024

Noelia Franco, Bruno Suhr, Ana Schwartzmann

INTRODUCTION:

- Acute postoperative pain has a high prevalence.
- Acute pain units have proven to be the best way to manage it.
- In Uruguay we have the postoperative pain unit (POPU) at the Hospital de Clínicas.
- A retrospective analysis of 104 patients who received epidural analgesia from April 2023 to 2024 was analyzed, evaluating the main complications, incidence and intensity of pain

OBJETIVES:

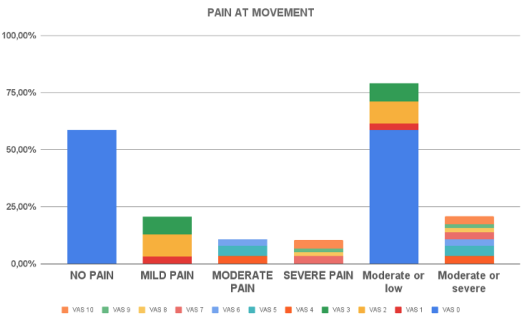
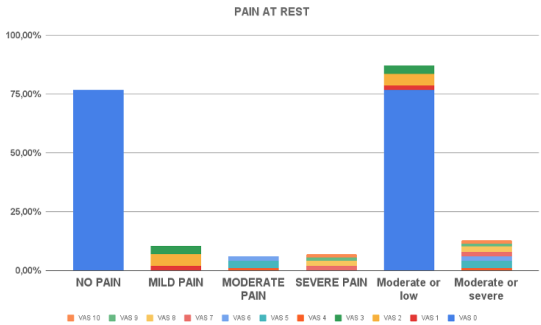
1. To identify the main complications associated with epidural analgesia.
2. Indications for an epidural catheter.
3. Assess postoperative pain at rest and in motion.

Materials and Methods

- 104 records of patients who were admitted to the unit in one year
- Follow-up from admission to discharge.
- Google forms format was used for registration.
- Pain was assessed using the VAS scale at admission, during daily check-up and at discharge.
- Main complications such as paresthesia, motor block, and accidental catheter dislodgment were assessed.
- Data processing with Microsoft Excel.

HOW POPU WORKS:

- Created in 2004
- The resident in charge of anesthesia admits the patient to the POPU.
- At the end of the surgery, transfer the resident to the post-anaesthetic recovery room.
- The patient is admitted prior to discharge from SRPA through a Google forms.
- Daily controls in the hospitalization room.
- The control includes: catheter control according to the check list in the data collection form and analgesic indications.
- Management of possible complications by staff in charge of each day.
- Planning of the analgesic transition and removal of the catheter usually 72 hours postoperatively with the patient without pain, without receiving anticoagulants and a normal crasis.
- Daily communication through a WhatsApp group "POPU".



Results:

- The main indications for epidural catheters were: vascular, urological and gynecological surgery.
- 87.15% had controlled pain at rest and 12.85% moderate to severe pain. 79.14% had controlled movement pain and 20.86% had uncontrolled pain.
- No major complications were reported.

COMPLICATIONS:

- 48 analgesic rescues. 27% paresthesias. 11.5% block. 5.7% had accidental catheter dislodgment.
- 2.8% presented fluxive signs. 1 catheter filter was broken.

DISCUSSION:

- The incidence of acute postoperative pain was lower than that reported in the literature.
- Studies in the US and Latin America show moderate to severe pain of 75-40% respectively.
- In our study, 96% of the patients received epidural analgesia, which could explain this difference, since in other studies the analgesic techniques varied.
- Our patients have expected severe postoperative pain, which is not the case in other studies.
- Acute postoperative pain services are common in developed countries.

In developing countries POPU are scarce.

In Uruguay only the clinic hospital has a postoperative pain clinic for adults.