Self Guided Rating & Update Tool – Regional Analgesia

This tool enables you to check your knowledge and reflect upon your practice of use of Regional analgesia and CADD infusion pumps.

Resources are available to support clinical staff caring for a patient with Regional analgesia include: Regional analgesia protocol. If you require more support contact you NUM/educator or facilitator for assistance.

If you are new to the organisation or a clinical area that cares for patients with regional analgesia it will also be necessary to work with your educator/facilitator to develop the skills before practicing independently.

All nurses who hold registration with AHPRA have an obligation to maintain their knowledge and skills. This tool can be reused to check knowledge over time and may be used as part of your continuing professional development.

At Epworth HealthCare prior knowledge and proficiency is recognised however contemporary skills with practical application refers to skills undertaken within the last 12 months. Please rate your competence, ring the most relevant box for you.

Update Tool – Regional Analgesia

<table>
<thead>
<tr>
<th>Self competence rating</th>
<th>Regional Analgesia</th>
<th>Next step</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular practiced knowledge, skill and experience</td>
<td>Management of more than 3 patients with regional analgesia in 6 months</td>
<td>Yearly reflection or when change in protocol</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Read the Regional Analgesia Protocol</td>
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<tr>
<td>Limited practice but contemporary knowledge, skills and experience</td>
<td>Up to 3 patients with regional analgesia in 1 year</td>
<td>Yearly reflection or when change in protocol and ask for help if required</td>
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<tr>
<td></td>
<td></td>
<td>Read the Regional Analgesia Protocol</td>
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<td></td>
<td>Undertake Regional Analgesia infusion update tool</td>
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<tr>
<td>Prior knowledge &amp; experience but no contemporary skills</td>
<td>Management of 1 patients with regional analgesia</td>
<td>Ensure your skill by assessment</td>
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<tr>
<td></td>
<td></td>
<td>Read the Regional Analgesia Protocol</td>
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<td></td>
<td></td>
<td>Undertake Regional Analgesia infusion update tool</td>
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<td></td>
<td>Demonstrate the Regional Analgesia skill demonstration test with an assessor</td>
</tr>
<tr>
<td>Currently not skilled or no previous skill *</td>
<td>No patients with regional analgesia managed for 12 months or more</td>
<td>Gain the knowledge and skill and transfer your skill to practice</td>
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<tr>
<td></td>
<td></td>
<td>Read the Regional Analgesia Protocol</td>
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<td></td>
<td></td>
<td>Undertake Regional Analgesia infusion update tool</td>
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<td></td>
<td>Review the Regional Analgesia Learning Package</td>
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<td></td>
<td></td>
<td>Demonstrate the Regional Analgesia skill demonstration with an assessor</td>
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</tbody>
</table>

*no previous skill includes demonstrating skill under supervision e.g as a student.
<table>
<thead>
<tr>
<th>Aspect of care</th>
<th>Evidenced by</th>
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</thead>
<tbody>
<tr>
<td>List indications and contraindications for use of a regional analgesia</td>
<td></td>
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<tr>
<td>List requirements for a valid prescription</td>
<td></td>
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<tr>
<td>List potential regional sites and rational for each site</td>
<td></td>
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<tr>
<td>List most commonly used local anaesthetics for regional analgesia.</td>
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<tr>
<td>List potential problems that may occur during a regional infusion and list actions to resolve</td>
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<tr>
<td>------------------------------------------------------------------------------------------</td>
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<tr>
<td>Describe the education of patient when commencing regional analgesia</td>
<td></td>
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<tr>
<td>Describe the patient observations you would undertake for a patient receiving regional analgesia including frequency and side effects</td>
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<tr>
<td>List the frequency of observation required for a patient with regional analgesia</td>
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</tr>
<tr>
<td>Aspect of care</td>
<td>Evidenced by</td>
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</tbody>
</table>
| List Indications and contraindications for use of a regional analgesia | • Major abdominal surgery  
• Alternative to epidural analgesia  
• LUSCS  
• Joint replacement surgery  
• Post thoracotomy  
• Fractured ribs  
• Post nephrectomy  
• Post open cholecystectomy  
• Surgery involving arm and hand  
• Amputations of upper or lower limbs  
• Complicated ankle surgery | |
| List requirements for a valid regional infusion prescription | • Identifies patient as per Medication Administration Protocol (6 rights)  
➢ Local anaesthetic name and %  
➢ Total volume  
➢ Prescribers name, signature and contact details  
➢ Infusion Type – e.g. (Continuous, PCRA etc.)  
➢ Infusion details | |
| List appropriate regional sites and rationale for site selection | TAP Catheters  
• abdominal surgery  
• LUSCS  
Intra-articular  
• Joint surgery  
Paravertebral  
• Post thoracotomy  
• Fractured ribs  
• Post open nephrectomy  
• Post open cholecystectomy  
Peripheral Nerve Catheters  
• Brachial plexus - upper limb surgery  
• Sciatic nerve catheter – lower limb amputation, ankle/foot surgery  
• Adductor Canal – TKR, ACL  
• Fasia Iliac – fractured femur  
• Femoral nerve catheter – THR, repair to quads/tendons, ACL, | |
# Self Guided Rating & Update Tool – Regional Analgesia

| List most commonly used local anaesthetics for regional analgesia. | Bupivacaine  
Ropivacaine  
Lidocaine |
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<tr>
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<tbody>
<tr>
<td>Contraindicated - opioids</td>
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</table>

| List problems that may occur during a regional infusion and list actions to resolve | • Total anesthesia of limb – pressure area care every 2 hours  
• LA toxicity – turn off infusion, call MET call/Code Blue, Administer Intralipid.  
• Infection of site – checking site once per shift  
• Failure of regional catheter – contact treating doctor, administer oral analgesia if appropriate |

| Describe the education of patient | • Regional analgesia and local anaesthetic are used to control pain post-surgery  
• Does not cause nausea or vomiting  
• Does not cause sedation  
• Education about symptoms of LA toxicity – numbness in lips and tongue, metallic taste in mouth, ringing in ears  
• Using the PCRA button, when, how, why, length between doses  
• Care of limb if it is fully anaesthetized  
• Oral analgesia for breakthrough pain if required |

| The following observations are to be completed and documented on the MR 40; | • Pain scores: at rest and with movement.  
• Blood pressure  
• Pulse  
• Temperature  
• Sedation score  
• Respiratory rate  
• O2 saturation  
• Function Activity Score (FAS) to be completed on the Inpatient Progress and Variance Record (MR 12).  
• NOTE; FAS scores will be added to the observation charts in the future. |

| Describe the patient assessment, symptom assessment and interventions | These observations are to be completed;  
• Prior to the commencement of a therapy  
• 30minutely for the first four (4) hours (post anaesthetic observations)  
• Four (4) hourly for the duration of the therapy |

| Signs and symptoms of possible Local Toxicity include; | • Peri-Oral tingling/numbness  
• Tinnitus – ringing in the ears  
• Metallic taste |
### Self Guided Rating & Update Tool – Regional Analgesia

- Confusion/sedation/visual disturbances/seizure activity

**Treatment for local anaesthetic toxicity:**
- TURN OFF the Infusion Pump
- Implement MET call or Code Blue. Contact the treating doctor and APS (if applicable)
- Administer oxygen
- Complete full set of observations
- If seizure activity, ensure patient has a patent airway
- If cardiac arrest, commence BLS and have lipid emulsion available for CODE BLUE team
- See attached: AAGBI Safety Guideline – Management of Severe Local Anaesthetic Toxicity

<table>
<thead>
<tr>
<th>Name</th>
<th>Signature</th>
<th>Date</th>
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</thead>
</table>

Regional Analgesia V1 04/2018