ERECTOR SPINAE PLANE BLOCK FOR POSTOPERATIVE ANALGESIA IN LAPAROSCOPIC HYSTERECTOMY – A CASE REPORT

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Background:

The Erector Spinae Plane Block (ESP), first described in 2016 [1], has generated growing interest and research on its potential as a regional anesthetic/analgesic technique. It provides effective analgesia for the thoracic region and recent cases show that it can also be applied in abdominal surgery [2]. With the present case we are interested in exploring the efficacy of **ESP block as a postoperative analgesic method for laparoscopic hysterectomy**.

Case Report:

Female, 47 years-old
ASA I

Surgery:

Elective laparoscopic hysterectomy with bilateral salpingectomy

Anesthesia:

Combined general anesthesia with a bilateral ultrasound-guided ESP block at T8 level

ESP block:

- High-frequency linear ultrasound transducer
- 80-mm 22-gauge block needle
- T8 level, deep to erector spinae muscle, bilaterally
- 40 ml 0.5% ropivacaine

Peri-operative:

- Balanced General Anesthesia with endotracheal intubation
- Surgery lasted 2 hours, with no complications
- Patient remained hemodynamically stable
- Opioid: fentanyl 100mcg
- Analgesia: Paracetamol 1g and Ketorolac 30mg

Postoperative analgesia protocol:

Paracetamol 1g and Ceterolac 30mg in the first 24h and subsequently in SOS

Follow-up:

- PACU: No pain or any complications
- 12h after surgery: NRS pain scale 0-2/10
- During hospitalization: **no need for rescue analgesia**; and no nausea or vomiting
- 36h after surgery the patient was discharged home

Conclusions:

The ESP block applied to abdominal laparoscopic surgery has a relatively limited literature, particularly in laparoscopic hysterectomy. This is the reason we believe every new case is a valuable contribution.

In this case report, the use of ESP block performed preoperatively **dramatically reduced the amount of IV pain medication**. The overall result was **increased satisfaction of the patient, avoidance of opioid use and fast recovery**.

References:

- [1] Forero, M., Adhikary, S. D., Lopez, H., Tsui, C., & Chin, K. J. (2016). The erector spinae plane block a novel analgesic technique in thoracic neuropathic pain. *Regional Anesthesia and Pain Medicine*, 41(5), 621–627.
- [2] Jain, K., Jaiswal, V., & Puri, A. (2018). Erector spinae plane block: Relatively new block on horizon with a wide spectrum of application – A case series. *Indian Journal of Anaesthesia*, 62(10): 809–813.