Pregabalin for perioperative anxiety: A re-audit of quality of recovery in ocular oncology patients

Anaesthesia, audit, Surgery, ophthalmological, Recovery

G. Sidaras¹, A. Fyson¹, A. Devindaran¹, D. Sethuraman¹, S. Swaraj¹, H. Heimann²
¹Department of Anaesthesia, Royal Liverpool University hospital, - Liverpool (United Kingdom),
²Department of Ophthalmology, Royal Liverpool University hospital, - Liverpool (United Kingdom)

Background

Our previous audit showed high levels of peri-operative anxiety which negatively impacted recovery in our cohort of 71 ocular melanoma patients undergoing surgical treatment¹. Pregabalin already has an established role in the treatment of generalized anxiety and orofacial pain² and is routinely used in the perioperative period for joint replacement surgery and amputations in our hospital. Therefore, we introduced routine pregabalin in this cohort of ocular oncology patients and undertook a reaudit to evaluate improvements in their recovery.

Method

A small dose of 75mg Pregabalin BD for 10 days was routinely commenced from the day of surgery unless contraindicated. A single QoR-15 questionnaire³ was administered at 48 hrs postop and the scores thus obtained was compared with our previous results¹ using Mann-Whitney U non parametric tests. 32 patients undergoing surgical treatment were prospectively audited over a 4 month period from Sept 2017 to Dec 2017 for this study.

Results

These are summarized in figure 1. The mean QoR-15 scores improved from 126.3 (95%CI: 122.2;130.4) to 130.4 (95%CI: 124.6;136.1). The scores improved for 9 areas with notable improvements in sleep, rest, food, pain, worry and feeling sad. Sleep and moderate pain were statistically better in the pregabalin cohort. There was a marginal decline in scores for work, hospital support & comfort. The rest were similar to baseline.

QoR—15questionnaire

PART A : How have you been feeling in the last 24 hrs?		
(0 to 10, where: 0 = none of the time [poor] and 10 = all of the time [excellent])		
1	Able to breathe easily	 None of the time ---- All of the time 0 1 2 3 4 5 6 7 8 9 10
2	Been able to enjoy food	
3	Feeling rested	
4	Have had a good sleep	
5	Able to look after personal toilet and hygiene unaided	
6	Able to communicate with family or friends	
7	Getting support from hospital doctors and nurses	
8	Able to return to work or usual home activities	
9	Feeling Comfortable and in control	
10	Having a feeling of general well-being	
PART B : Have you had any of the following in the last 24 hrs?		
(10 to 0, where: 10 = none of the time [excellent] and 0 = all of the time [poor])		
11	Moderate pain	 None of the time ---- All of the time 10 9 8 7 6 5 4 3 2 1 0
12	Severe Pain	
13	Nausea and Vomiting	
14	Feeling worried or anxious	
15	Feeling sad or depressed	

Discussion & Conclusion

Our results show that perioperative pregabalin improved pain, anxiety and sleep in patients undergoing ocular oncology procedures. It improved their overall quality of recovery as measured by QoR-15 scores. The obvious limitations of our methodology includes lack of randomization & placebo control. Therefore, we conclude that routine pregabalin use has a role in the perioperative management of ocular oncology patients.

References:

- 1)Johnston et al. EJA, Vol 34; e-Supplement 55/June 2017, Page 65.
- 2)Wei et al. Ophthal Plast Reconstr Surg 2015 Mar-Apr;31(2):132-5
- 3)Stark et al. Anesthesiology 2013; 118:1332-40