PECS VERSUS ERECTOR SPINAE BLOCK FOR BREAST SURGERIES: A RANDOMISED CONTROLLED TRIAL

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INTRODUCTION

- Patients undergoing breast cancer surgeries face significant post-operative pain.
- Achieving adequate perioperative analgesia can be challenging

MATERIALS AND METHOD

- Prospective randomized single blind study.
- Institutional ethics Committee clearance and CTRI registration (CTRI/2017/11/010569).
- The study done over a period of 8 months, between November 2017 to June 2018.
- Female patients, age group 18 to 65 years undergoing unilateral Modified Radical Mastectomy.
- ASA I/II, no history of psychiatric disorder, local anesthetic allergy, not on any chronic analgesic therapy.
- Group I received Pecs block.
- Group II received modified ES block.
- The blocks were performed under all aseptic precautions around 30 mins before surgery. General Anaesthesia was administered in standardised manner.
- Postoperatively, all patients received Patient Controlled Analgesia (iv morphine).

ASSESSMENT

- The duration of analgesia (time to first rescue analgesia after administration of block)
- Total analgesic consumption in 24 h after surgery.
- Sensory blockade (20 minutes after the block)

RESULTS

	Group I (PECS)	Group II (ES)	P value
Duration of analgesia (hrs) Mean (S.D)	17.33+/- 2.84	13.56+/-1.33	<0.001
Morphine Requirement (mg) Mean (S.D)	2.20+/-1.42	5.733+/-0.86	<0.000
Dermatome blocked	Grp 1 (PECS)	Grp II(ES)	P value
T2	26	10	0.000
T3	30	30	1
T4	30	30	1
T5	20	24	0.242
T6	15	20	0.194

DISCUSSION

- Blanco used PECS block in 50 patients undergoing MRM. All these patients reported good analgesia [1]
- ESP block was introduced by Forero et al who used this block in cases of severe neuropathic pain post trauma/malignancy/thoracotomy. [2]
- ESP block has been used for VATS, thoracotomy, breast surgery, bariatric surgery, ventral hernia repair and chronic shoulder pain.[3,4,5]
- Wahba et al found that patients undergoing MRM under PECS had better pain relief and less requirement of opioids when compared to PVB. [6]

LIMITATIONS

- Post mastectomy chronic pain was not assessed
- Patients were not blinded to the block

CONCLUSION

- Modified PECS block is a more effective block than ES block in terms of sensory blockade, analgesia and opioid requirement.

REFERENCES

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