



Log Book

Anesthesia Department (045)

Student Name:	
Computer Number	



PREOPERATIVE VISIT		CASE #		DATE:	
Date:	Time: _				
Surgery Proposed:					
Surgery Performed:					
Preoperative Assessment:					
Present History:					
Past History:					
Family History:					
Drugs Therapy:					
Clinical Examination:					
Clinical:		Chest:			Heart:
B.P: Pulse:		Temp.:			
General Conditione					
Premedication:					
Consultant Signature:			Date:		



	INTRA-OPERATIVE REC	ORD CASE # DATE :_	***************************************
_	MONITORING	MASK VENTILATION	MEDICATIONS
I	EKG	Easy	
Ī	BP Cuff		
ľ	Pulse Oximeter	_	
Ī	Capnograph		
Ī	Gas/Vapor Analyzer		
Ī	Temperature, N, R, S	Easy	
Ī	P.Nerve Stimulator	Atraumatic	
Ī	Stethoscope Esoph /Prec	Difficult	
ſ	Urinary Catheter #	Awake	
Ī	NG Tube #	Fiberoptic	
Ī	TEE	ETT Size	
Ī	CVP	ЕТТ Туре	
ľ	PAC	ETT Position Check	
Į	Arterial Line/s	_	
		_ Laryngoscopy View	
	INDUCTION TECHNIQUE	VENTILATION	
ſ	Pre-Oxygenation	Spontaneous	
ŀ	Intravenous Cricoid Pressure	Mechanical Ventilation VC PC	
ŀ	Rapid Sequence	R /min IP cm H2O	
ľ	Inhalation	R/min IP cm H2O Vtml	
	_		
Г	Mask/Prongs	☐One Lung	
ŀ	Venturi	Volume /Press Alarms	
t	Coaxial	O2 Concentration Alarm	
Ĺ	Semi closed		
ŀ	H M Exchanger Bacterial - Viral Filter	TECHNICAL	
L	Dacterial Vital Filter		
_	POSITION	Face Protected	
	Supine Lateral	Press Areas Padded	
ŀ	Prone	PERIPHERAL IV SITES	
Į	Lithotomy	#	
ŀ	Kidney Sitting	#	
ŀ	Trendelenburg	Micropore Blood Filter	
L		Tourniquet Site	
	DECIONAL DIOCKS	On Off	
ſ	REGIONAL BLOCKS SPINAL	U/S GUIDED BLOCK P.Nerve Stimulator	CSF NO YES
ŀ	EPIDURAL.	PATIENT POSITION	BLOOD NO YES
Ţ	COMBINED	SITE / INTERSPACE	NUMBER OF ATTEMPTS
ļ	CAUDAL DRACHIAL DIV	APPROACH NEEDLE TYPE SIZE	DIFFICULT
ŀ	BRACHIAL PLX ANKLE	NEEDLE TYPESIZE LOR: AIR SALINE	FAILED
ŀ	LUMBO-SACRAL PLX	DEPTH YO EPIDURAL SPACE	TEST DOSE
Į	PARAVERTEBRAL	CATHETER LENGTH AT SKIN	DRUGS
ŀ	PERINERVE BLOCK OTHERS	SENSORY BLOCK LEVEL	INFUSION
L			



RECOVERY ROOM RECORD CASE# DATE: Time of Arrival: _____ Date: _____ Theater No: _____ Surgeon: _____ Surgical Procedure: _____ Anesthesia: Skin color Circulation Oxygen Medication given Route Amount Color Amount Output Urine **Emesis**



PREOPERATIVE VISIT		CASE #	DA	ATE:	
Date:	_Time: _				
Surgery Proposed:					
Surgery Performed:					
Preoperative Assessment:					
Present History:					
Past History:					
Family History:					
Drugs Therapy:					
Clinical Examination:					
Clinical:					
B.P: Pulse:		Temp.:			
General Condition:					
Premedication:					
Cosultant Signature:					



INTRA-OPERATIVE REC	ORD CASE # DATE :	
MONITORING	MASK VENTILATION	MEDICATIONS
EKG	Easy	
BP Cuff		
Pulse Oximeter		
Capnograph		
Gas/Vapor Analyzer	INTUBATION	
Temperature, N, R, S	Easy	
P.Nerve Stimulator	Atraumatic	
Stethoscope Esoph /Prec	Difficult	
Urinary Catheter #	Awake	
NG Tube #	_ Fiberoptic	
TEE	ETT Size	
CVP	ETT Type	
PAC	ETT Position Check	
Arterial Line/s		
	_ Laryngoscopy View	
INDUCTION TECHNIQUE	VENTILATION	
Pre-Oxygenation	Spontaneous	
Intravenous Cricoid Pressure	Mechanical Ventilation VC PC	
Rapid Sequence	R /min IP cm H2O	
Inhalation	R/min IP cm H2O Vtml I:E Ratio	
_		
Mask/Prongs	One Lung	
Venturi	Volume /Press Alarms	
Coaxial	O2 Concentration Alarm	
Semi closed		
H M Exchanger Bacterial - Viral Filter	TECHNICAL	
POSITION	Face Protected	
Supine Lateral	Press Areas Padded	
Prone	PERIPHERAL IV SITES	
Lithotomy	#	
Kidney	#	
Sitting Trendelenburg	# Micropore Blood Filter	
	Tourniquet Site	
DECIONAL DIOCKS	On Off	
REGIONAL BLOCKS SPINAL	□U/S GUIDED BLOCK □P.Nerve Stimulator	CSF NO YES
EPIDURAL.	PATIENT POSITION	BLOOD NO YES
COMBINED	SITE / INTERSPACE	NUMBER OF ATTEMPTS
CAUDAL	APPROACH	DIFFICULT
BRACHIAL PLX ANKLE	NEEDLE TYPESIZE LOR: AIR SALINE	FAILED COMPLICATIONS
LUMBO-SACRAL PLX	DEPTH YO EPIDURAL SPACE	TEST DOSE
PARAVERTEBRAL	CATHETER LENGTH AT SKIN	DRUGS
PERINERVE BLOCK OTHERS	SENSORY BLOCK LEVEL	INFUSION



RECOVERY ROOM RECORD CASE# DATE: Time of Arrival: _____ Date: _____ Theater No: _____ Surgeon: _____ Surgical Procedure: _____ Anesthesia: Skin color Circulation Oxygen Medication given Route Amount Color Amount Output Urine **Emesis**



INSERTING AN ORAL AIRWAY

1 SELECT THE PROPER SIZE

Measure the OPA from the victim's earlobe

to the corner of the mouth.





■ Use the cross-finger technique to open the victim's mouth.

3 INSERT THE OPA

For an adult:

- Grasp the victim's lower jaw and tongue and lift upward.
- Insert the OPA with the curved end along the roof of the mouth.
- As the tip approaches the back of the mouth, rotate it one-half turn (180 degrees).
- Slide the OPA into the back of the throat.

For a child or an infant:

- Use a tongue blade or a tongue depressor and insert with the tip of the device pointing toward the back of the tongue and throat in the position it will rest in after insertion.
 OR
- Insert the OPA sideways and then rotate it 90 degrees.

4 ENSURE CORRECT PLACEMENT

■ The flange should rest on the victim's lips.

Note: If the victim vomits, remove and suction the airway, ensuring all debris is removed from the airway.

Thoroughly clean the device and reinsert the OPA only if the victim is still unconscious and does not have a gag re' ex















NASAL AIRWAY

Select The Proper Size

Measure the NPA from the victim's earlobe to the tip of the nostril. Ensure that the diameter of the NPA is not larger than the nostril.



2 Lubricate The NPA

Use a water-soluble lubricant prior to insertion. With the bevel toward the septum, advance the NPA gently



3 Insert The NPA

If resistance is felt, do not force.

If you are experiencing problems, try the other nostril.



4 Ensure Correct Placement

The Ange Should Rest The Victim's Nostril.





SUPPLEMENTAL OXYGEN

Low Flow Systems

- □ nasal canula
- ☐ facial mask
- ☐ facial mask with oxygen reservoir

High Flow Systems

☐ Venturi mask







Non Rebreather Mask

Venturi Mask

		Non Rebreather Mask Venturi Mask
Method	FiO2	Flowrate
	(Approximate)	(L/min)
Non rebreather Mask	60-80%	10-15
Venti Mask	24% 26% 28% 31% 35% 40% 8ef#120-E	3 3 6 6 9 12 15
Simple Face Mask	35-55%	5-10lpm
Nasal Cannula	24% 28% 32% 36% 40% 44%	1 2 3 4 5 6



King Saud University College of Medicine

Department of Anesthesia

Pre Intubation Airway Assessment Record

Patient History	/:
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Has the patient had a prev					☐ yes	□ no
Does the patient have an u				on?	☐ yes	☐ no
Does the patient have a hi Any treatment:	story of OSA with	n CPAP use	?		☐ yes	☐ no
Does the patient have a hi Comment:					☐ yes	☐ no
Does patient have severe Comment:					☐ yes	□ no
Has the patient had previous Specifics:				ostomy?	☐ yes	□ no
Clinical Examination LEMO	ON Assessment N	Method:				
L – Look externally for cha	aracteristics know	wn to cause	difficult la	ryngoscopy (please circle al	I that apply)
Face	☐ Small jaw ☐ Facial hair ☐ Difficult Bag/	/Mask Ventila	☐ Edem ☐ Promi ation (2 pers	nent Teeth	☐ Loos ☐ Disfiç way, inability to	guring of the Jaw
Thorax / Abdomen	☐ Pregnancy ☐ Bowel Obstr	uction	☐ Massi	ve ascities	☐ Morb	id obesity
E – Evaluate the 3-3 Rule:						4
Mouth opening – 3 finger I Thyro-Mental distance – 3		☐ yes ☐ yes	□ no □ no		Y	
M – Mallampati Score Mallampati Class:	Hard Soft palate Dyula Pilla	Class II	Class III	Class IV		
☐ Other obvious	d make laryngoso efects (Down's, G	copy and ve	ntilation d	ifficult?)		
N – Neck mobility						
Can the patient	move their jaw fo fully bend / exten a cspine collar?		and neck?		☐ yes ☐ yes ቯ yes	□ no □ no □ no



Bag-Mask Ventilation

Performance Steps	√ if done
	correctly
Perform head tilt-chin lift	
Perform suctioning within 10 seconds	
Assembles bag and chooses appropriate size mask	
Choose appropriate size OPA (Oropharyngeal Airway) or NPA	
(Nasopharyngeal Airway) and Inserts device	
Hold and seal mask with 1 hand	
Ventilate at proper rate (1 breath every 5 to 6 seconds)	
Produce noticeable chest rise	
Deliver each ventilation over 1 second	
Release bag completely between ventilations	
Hold and seals mask correctly with 2 hands	
Apply cricoid pressure	

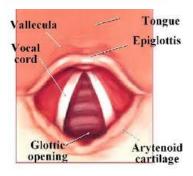




Adult Intubation

Performance Steps	√ if done
	correctly
Assume ventilation is in progress.	
Assemble and checks all necessary equipments	
Choose appropriate size ET tube	
Choose appropriate type (straight or curved) and size laryngoscope blade	
Check light ,Tests ET tube cuff integrity	
Insert the stylet and lubricates the ET tube	
Place head in neutral or sniffing position	
Clear airway if needed	
Insert laryngoscope blade	
Hold laryngoscope in left hand.	
Insert laryngoscope in right side of mouth, moving tongue to the left.	
Visualize epiglottis, then vocal cords.	
Insert ET tube to proper length for gender	
Inflate ET tube cuff to achieve proper seal; remove syringe	
Insert bite block	
Produce noticeable chest rise; auscultates breath sounds	
Confirm correct positioning of ET tube by colorimetric ETCO" Capnograph	
Secure ET tube in place (commercial device or tape)	
Perform correct ventilation rate for respiratory arrest (1 breath every 5 to 6 seconds)	
Perform correct ventilation rate for cardiac arrest (1 breath every 6 to 8 seconds)	
Deliver each ventilation over 1 second	
Demonstrate complete release of bag between ventilations	



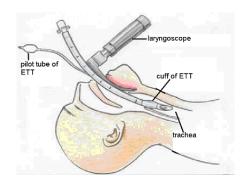








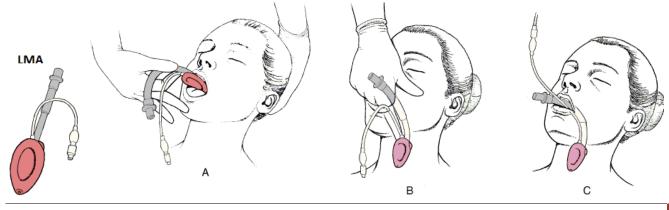






Laryngeal Mask Airway (LMA)

Performance Steps	√ if done correctly
Prepare and assemble all necessary equipment	
Choose appropriate size LMA	
Test integrity of cuff by inflating it	
Deflate cuff on a flat surface and lubricate LMA on posterior surface only for use	
Open the mouth using the "crossed fingers" technique or by performing a tongue-Jaw lift; do not hyperextend neck.	
Clear the airway if needed	
Insert tube into mouth and place it so that the curvature is the same as that of the Pharynx, directing it posteriorly until resistance is felt.	
Inflate the cuff with the appropriate amount of air corresponding to the size of the tube , remove syringe	
Insert bite block	
Produce noticeable chest rise; auscultate breath sounds	
Confirm correct positioning of LMA by colorimetric ETCO" capnograph	
Secure LMA in place Perform correct ventilation rate for respiratory arrest (1 breath every 5 to 6 seconds)	
Perform correct ventilation rate for cardiac arrest (1 breath every 6 to 8 seconds)	
Deliver each ventilation over 1 second	
Demonstrate complete release of bag between ventilations	





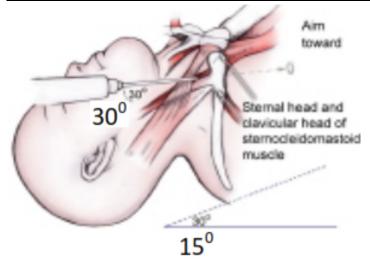
Peripheral Veins

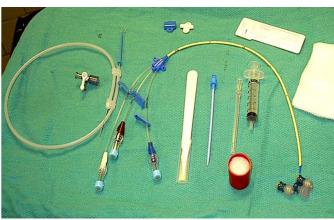
Performance Steps	√ if done correctly
Apply tourniquet proximally.	
Locate vein and cleanse the overlying skin with alcohol or povidone-iodine.	
Anesthetize the skin if a large bore cannula is to be inserted in an awake patient.	
Hold vein in place by applying pressure on vein distal to the point of entry.	
Puncture the skin with bevel of needle upward about ½ to 1	
centimeter from the vein and enter the vein either from the side or	
from above.	
Note blood return and advance the catheter either over or through	
the needle, depending on which type of catheter-needle device is employed.	
Remove the tourniquet.	
Withdraw and remove the needle and attach the intravenous	
tubing.	
Cover the puncture site with povidone-iodine ointment and a sterile	
dressing and tape in place, excluding the point of connection of the intravenous tubing.	



Internal Jugular, Middle Or Central Route

Performance Steps	√ if done
	correctly
Patient in supine, at least 15 ⁰ head down position, head turned	
away.	
Cleanse skin, use lidocaine if patient awake.	
Introduce needle attached to syringe in the centre of triangle	
formed by two lower heads of sternomastoid muscle and clavicle.	
Direct needle caudally, parallel to sagittal plane, at 30° posterior	
angle	
If vein not entered, withdraw needle and redirect it 5 to 10	
degrees laterally.	
Advance needle while withdrawing plunger of syringe.	
When blood appears and vein entered, remove syringe and insert	
catheter to predetermined depth.	
Remove needle and connect catheter to IV tubing	
Cover puncture site, and affix catheter in place	



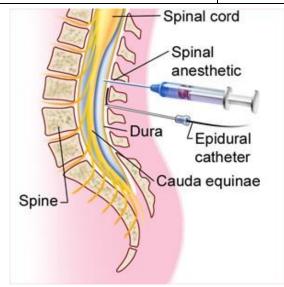




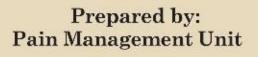
Regional Anaesthesia (Spinal Anaesthesia)

Performance Steps	√ if done
	correctly
Taking Consent from the patient	
Assessment (indications and contraindications)	
Insert iv fluids	
Mask, cap, gown and gloves	
Prepare the back with antiseptic	
Place a sterile Drape Over The Area	
Identify the anatomical landmarks	
Inject local anaesthetic into the skin and deeper tissue	
Insert the large introducer needle into the selected spinal	
interspace	
Direct the spinal needle through the introducer and into the	
subarachnoid space	
Free flow of CSF confirms proper placement	
Aspirate for CSF if clear inject the proper anaesthetic	
Remove the needle, introducer and drape sheet	
Have the patient lie down	







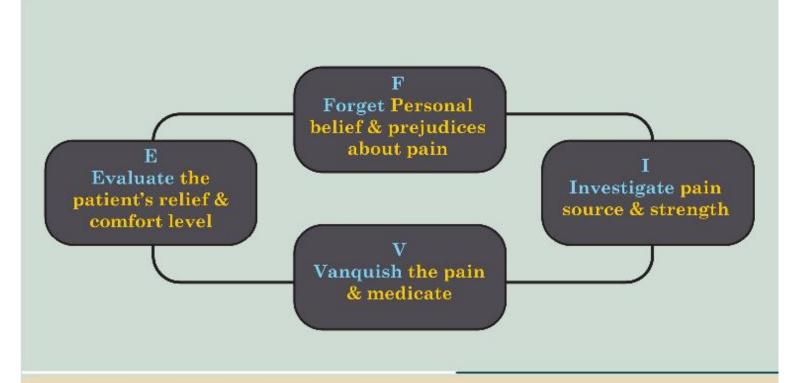


Dept. of Anesthesia KKUH. KSU

Pain Pocket Guide



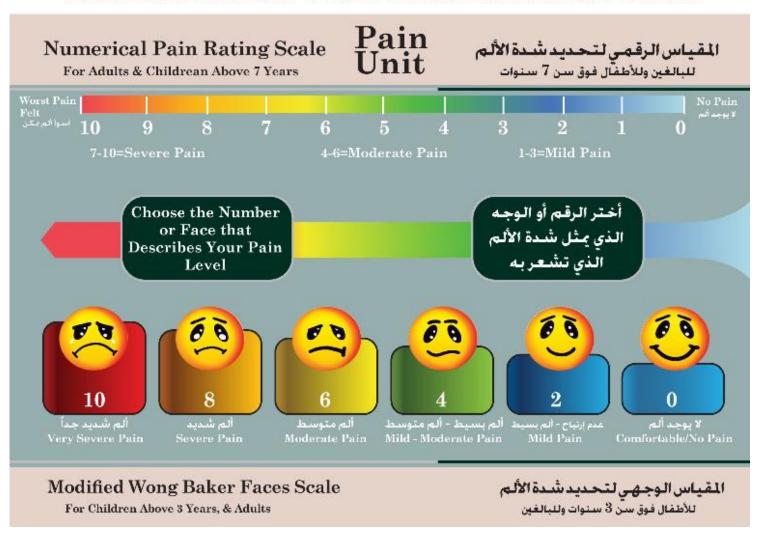
Pain is the 5th Vital Sign



- . Assess & document pain in all patients.
- . Use the standardized pain assessment scale, which is appropriate for age and congnition.
- . Manage pain & evaluate response to analgesia periodically.
- . Avoid placebo & IM. Pethidine.



Standardized Pain Assessment Scales





FLACC Scale for Pain Assessment in Children 2 months-7 years

Categories	0	1	2
FACE	NO particular expression or smile	Occasional grimace or Frown, withdrawn, disinterested	Frequent to constant quivering chin, clenched jaw
LEGS	Normal position or relaxed	Uncasy, restless, tense	Kicking, or legs drawn up
ACTIVITY	Lying quietly, normal position, moves easily	Squirming, shifting back & forth, tense	Arched, rigid, or jerking
CRY	No cry (awake or sleep)	Moans or whimpers, occasional complaints	Cries steadily, screams or sobs, frequent complaints
CONSOLABILITY	Content, relaxed	Reassured by occasional touching, hugging, or being talked to, distractible	Difficulty to console or comfort



Analgesic Ladder

Acute pain management modalities provided by the APS:

- Patient Controlled Analgesia IV
- Neuraxial Analgesia
- Peripheral Nerve Block

Moderate Pain (4-6)

Tylenol - III

Tramadol

Full dose NSAIDS

Acetaminophen / NSAIDS

+ non-pharmacologic modalities

Mild Pain (1-3)

1 411 4000 1101111

+ Acetaminophen

+ Adjuvants

Severe Pain (7-10)

Strong opioid (e.g.Morphine. Fentanyl)

- + NSAIDS
- + Acetaminophen
- † Adjuvants

Based on the WHO Analgesic Ladder



PAIN MANAGEMENT: NSAIDS

Drug/Class	Preparations	Doses	Comments	
1) Acetaminophen (Paracetamol)	• Tablet: 500 mg • Elixir: 120mg/5mL • Drops: 100 mg/mL • Injection: vial 1 g/100mL • Suppository: 100 mg, 125 mg, 200 mg, 250mg, 350 mg, 500 mg	• <u>Adult</u> : 1g,q 4-6 hr • <u>Pediatric</u> : 10 -15 mg/kg/dose q 4-6 hr	 • IV Acetaminophen used postoperatively reduces opioid consumption. • Caution:may cause severe hepatic toxicity in acute overdose; monitor LFTs with chronic use & with alcohol use. Use with caution in patients with known G6PD deficiency. 	
2) NSAIDs: • Ibuprofen (Brufen) • Diclofenac (Voltaren) • Indomethacin (Indocin) • Ketoprofen (Orudis)	Tablet: 200mg,400mg Syrup: 100 mg/5mL Tablet: 25 mg, 50 mg Tablet (Retard): 100 mg Suppository: 50 mg Topical gel: 1% Eye drops: 0.1% Capsule: 25 mg Injection: vial 50 mg/2mL Suppository: 100 mg Injection: vial 100 mg/2 mL	Adult: 400-600 mg, q8 hr Pediatric:5-10 mg/kg, q8 hr Adult: 25-50mg, q 8 hr Adult: 25-50mg, PO, q8hr Supp.:100mg, OD Adult: 50-75-100mg IM, q8hr, PRN	Avoid in patients with Asthma. Avoid concurrent use of Aspirin with other NSAIDs (increases the risk of bleeding). Before initiating treatment; weigh the potential ben-	
Selective COX2 Inhibitors: • Celecoxib (Celebrex) • Meloxicam (Mobic)	• Capsule: 200 mg • Tablet: 7.5 mg, 15 mg	• 200-400 mg, once daily • 7.5 -15 mg, q 12 hr	Selective COX-2 inhibitors have less GI side effect but similar renal toxicity. Used for moderate pain, & as adjunct to opioids in severe pain. Celecoxib has equal efficacy & similar renal toxicity to other NSAIDs, less GI ulcer/bleed. Should be used with caution in patients with hypertension and cardiac diseases.	



PAIN MANAGEMENT: OPIOIDS & WEAK OPIOID COMBINATIONS

Drug/Class	Preparations	Doses	Comments
Acetaminophen + Codiene (Tylenol III) Acetaminophen + Dextrpropoxyphene (Distalgesic)	Tablet: Acctaminophen 500 mg - Codeine 30mg Tablet: Acetaminophen 325 mg - Dextropropoxyphene 32.5mg	 Adult: 1-2 tab. q 4-6hr Children: (20 kg & above) 1 tab. 4-6 hr Adult: 1-2 tab. q 4-6hr Children: (20 kg & above) 1 tab. q 4-6 hr 	Do not exceed the maximum recommended daily dose of acetaminophen (4 grams/day). Higher than recommended doses over long periods of time may cause drug dependence. Constipation should be managed appropriately. May be used in moderate pain alone or in combination with NSAIDs. Low doses of strong opioids often more effective & better tolerated.
Tramadol (Tramal)	• Capsule: 50 mg • Tablet SR: 100 mg • Injection: vial 100 mg/2mL	• 50-100 mg, q 8hr • 100 mg, q12hr • 50-100 mg, q8 1V/IM	A Centrally-acting analgesic with mutual mechanism of action (weak opioid & serotonin reuptake inhibitor). May cause nausea/vomiting & dizziness.
Strong Opioids: • Morphine	• Tablet: 10 mg Tablet SR: 30mg,60mg Syrup; 10 mg/5 mL Injection: 1 mg, 10 mg	• Tab.; 10 mg, q 4-6 hr Tab. SR:15 mg, q12 hr	Pain physician/APS should be consulted for severe pain, to select the most appropriate opioid & pain management protocol. Adjust doses in renal impairment. Tolerance develops to all side effects within days, except for constipation.
Hydromorphone Oxycodone	Injection: 10 mg/mL Capsule: 5 mg	• 2 mg, q 4-6 hr • 5 mg, q 6-8 hr	Oxycodone: use with caution; potential fatal interaction with
Meperidine (Pethidine) Fentanyl	• Injection: 50mg/mL • Injection: 100 mcg/2mL & 500 mcg/10mL Dermal patch: 25 mcg,	1-1.5 mg/kg, IM q 4-6 hr, PRN 2-5 mcg/kg, IV PRN Dermal patch/ 72 hr	Methadone: is difficult to titrate due to its half-life variability. It may take a long time to reach a stable level in the body. Methadone dose should not be increased more frequently than every 7 days. Do not use as PRN or combine with other
Methadone	50 mcg. 75 mcg • Tablet: 5 mg, 10 mg	• 5 mg, q 8-12 hr	long-acting opioids.



MANAGEMENT OF OPIOID SIDE EFFECTS

SIDE EFFECT	TREATMENT	ADULT DOSE	PEDIATRIC DOSE
Nausea/Vomiting	Metclopramide	 10 mg PO/IV, q6 hr PRN 0.25-0.5 mg/kg PO/IV 1 mg IV daily, PRN (in severe form) 	O.25 mg/kg,PO/IV, q 6 hr, PRN Consider Benadryl 0.25-0.5 mg/kg PO/IV Not used in children under 18 yrs In chemotherapy: 2 yrs and above: 10-40 mcg/kg/dose/ 30 min
Pruritus	Diphenhydramine Propofol Naloxone	• 25-50 mg PO/IV, q 6hr, PRN • 20-50 mg IV stat	• 0.25 - 0.5 mg/kg IV, q 6h,PRN • 12.5 - 25 mg,PO, q 8h,PRN
Sedation/Respiratory depression	Naloxone	1-5 mcg/kg bolus, (can be repeated)	5-10 mcg/kg bolus, (can be repeated)
Constipation	Glycerin suppository Docusate Sodium Lactulose syrup (Dulcolax)	 1-2 suppository BD PRN 100-200 mg, PO, BD 15-30 mL, PO, q 8h 	 900/1500 mg suppository, OD, PRN 20-60 mg/day in 2-4 divided doses 5-10 mL, PO, OD



PATIENT CONTROLLED ANALGESIA (PCA-IV)-(APS)

DRUG	MORPHINE	FENTANYL	HYDROMORPHONE
Concentration	1 mg/mL	10 mcg/mL	0.2 mg/mL
Bolus	0.05 mg/kg	0.5 mcg/kg	0.4-0.5 mg
PCA dose	0.02 mg/kg	0.2 mcg/kg	0.1-0.3 mg
Basal Rate	0-2 mg/hr	0-10 mcg/hr	0-0.2 mg/hr
Lock out/delay (minutes)	5-10	5-10	5-10
Loading Dose	2 - 2.5 mg	10-20 mcg	0.2 - 0.4 mg

Consider decreasing the dose by 20% in elderly patients, severely ill patients, & in patients with sleep apnea.



EPIDURAL ANALGESIA (EA), APS

DRUG	PREPARATIONS	COMMENTS
Bupivacaine	- 0.0625 % - 0.1 %	 May cause motor blockade May cause hypotension Patients may need to be catheterized as they will not feel bladder fullness
Bupivacaine +Fentanyl	0.0625 % or 0.1% 2 mcg/mL	May cause respiratory depression.
Ropivacaine	0.2%	Similar to Bupivacaine, but more sensory selectivity & less cardiac & neurotoxicity

- Assessment for sensory block: use 'ice in glove technique'.
- Assessment for motor block: use Bromage scale.



PAIN AMANGEMENT: ADJUVANT ANALGESICS

Drug	Preparations	Doses	Comments
Antidepressants: Amitriptyline (Elavil, Tryptizol) Imipramine (Tofranil)	Tablet: 10mg, 20mg, 50mg Capsule SR: 25mg Tablet: 10 mg, 25 mg	10-25 mg at night 50-150 mg at night 110-25 mg at night 50-150 mg at night	Should be administered at night to reduce daytime sedation & support good sleep. Associated with significant tolerability issues Used as analgesies for chronic/neuropathic pain, & as prophylaxis against migraine headaches.
2) Anticonvulsants: • Na Valproate (Depakene) • Gabapentin (Neurontin) • Pregabalin (Lyrica)	Tablet: 200 mg Tablet SR: 500 mg Syrup & Drops Capsule:300mg, 400mg 75-150 mg BD	 20 mg/kg IV, over 5 minutes 300-400mg, OD, 1st week, 300-400mg, BD, 2nd week, 300-400mg, TDS, 3d week 	Anti-convulsants are used in acute/chronic neuropathic & migraine pain. Check LFT before & after starting Valporate. Gabapentin can be used in PHN Pregabalin is approved for fibromyalgia &painful diabetic neuropathy. Adjust doses in renal impairment.
Corticosteroids: Dexamethasone (Decadron) Prednisone	• Tablet: 0.5 /1.5 /2 /4 mg Elixir: 0.5 mg/5 ml. Injection: 8 mg/2mL • Tablet: 10 /20 / 50 mg	Low -doseregimen:1-2 mg once-twice/day High -dose regimen: 100 mg 4 times/day	 Corticosteroids can be used in short-term to relief acute pain associated with inflammation. Shown to reduce spontaneous discharge in injured nerves. Can be used for bone pain. If used more than Tweek, avoid rapid withdrawal (risk of adrenocortical insufficiency).
Muscle relaxants: Baclofen (Lioresal)	• Tablet: 10 mg, 25 mg	• 10-25 mg, q 8 hr	Relieve muscle spasm in acute/ cancer pain. Can be used in neurogenic pain & in rectal tenesmus.
5) Bisposphanates: • Alendronate (Fosamax)	• Tablet: 70 mg	• 70 mg, once/ week	Used for metastatic bone pain. May cause esophagitis, should be taken in the morning with a glass of plain water at least one-half hour before food, beverages, or other medications.



Acute Pain Service (APS)

APS Resident:

pager # 2113 (weekdays 07:30 - 16:30 hours)

APS Nurse:

pager # 2789

(weekdays 07:30 - 16:30 hours) (thursdays 09:00 - 13:00 hours)

Anesthesia Resident pager # 3540 on for Maternity:

(daily 16:30 - 07:30 hours, & weekends 24 hours, or in the absence of APS Anesthesiologist)

King Saud University King Khalid University Hospital Department of Anesthesia



045-Student form - pain pager 2789		

POST-OPERATIVE ANESTHESIA FORM (draft 3) First Post-operative Day Visit

I)	Service: □ Ward:	🗆 ICU 🗆 HDU Date:	/ Time:
II)	8	nale Age: Yrs/months	ASA Status:
III)	□ General Anesthesia	Symptoms/ Complications	□ Regional Anesthesia
	□ 0 □ 1 □ 2 □ 0 □ 1 □ 2 □ Yes □ No	* Nausea/ trt **Vomiting/ trt Dizziness Sleepiness Sore Throat Awareness during Anesthesia Back pain Headache/PDPH	□ 0 □ 1 □ 2 □ 0 □ 1 □ 2 □ Yes □ No □ Yes □ No □ Yes □ No
	$\Box \ge 140/90$ $\Box \le 100/70$ $\Box \ge 20/min$. $\Box \le 10/min$.	***ABP RR	□≥ 140/90 □≤100/70 □≥ 20/min. □≤ 10/min.
	□ Yes □ No □ Yes □ No	O ₂ Sat. ≤92% / □ on O ₂ Urinary retention/ □ catheter Other complications	□ Yes □ No □ Yes □ No
IV)		•	ric scale
	Pain Management: □ PCA	A-IV □ EA □ PNB:	□ None
	□ IV/IM analges	sics:	
v)	Patient Satisfaction: Pre-operative Anesthesia Ed Pre-operative Pain Control I Informed Consent (High rish Satisfaction with Anesthesia i- Procedure & outcomesia- Pain control	Methods Explained: k consent) Obtained: □ NA sia:	□ Yes □ No
VI)	Name:	Bac	lge #:

*Nausea:(0)none, (1)mild/mod.,(2)severe **Vomiting:(1) 1-2 times, (2) \geq 3 times ***ABP: readings in-between are normal

King Saud University King Khalid University Hospital Department of Anesthesia



	045-Student form - pain pager 2789		
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POST-OPERATIVE ANESTHESIA FORM (draft 3) First Post-operative Day Visit

I)	Service: □ Ward:	🗆 ICU 🗆 HDU Date:	// Time:			
II)	Patient Data: Sex: □ Male □ Female Age: Yrs/months Allergies: □ No □ Yes ASA Status: Type of Surgery:					
III)	□ General Anesthesia	Symptoms/ Complications	□ Regional Anesthesia			
	□ 0 □ 1 □ 2 □ 0 □ 1 □ 2 □ Yes □ No □ Yes □ No □ Yes □ No □ Yes □ No	* Nausea/ trt **Vomiting/ trt Dizziness Sleepiness Sore Throat Awareness during Anesthesia	□ 0 □ 1 □ 2 □ 0 □ 1 □ 2 □ Yes □ No			
		Back pain Headache/PDPH	□ Yes □ No □ Yes □ No			
	□≥ 140/90 □≤100/70 □≥ 20/min. □≤ 10/min. □ Yes □ No □ Yes □ No	***ABP RR O ₂ Sat. ≤92% / □ on O ₂ Urinary retention/ □ catheter Other complications	□≥ 140/90 □≤100/70 □≥ 20/min. □≤ 10/min. □ Yes □ No □ Yes □ No			
IV)	Pain Assessment: □ Documented by Ward nurse □ Numeric scale □ Faces scale					
	□ Dynamic/10 □ Static/10 □ By night/sleep interruption/10 Pain Management: □ PCA-IV □ EA □ PNB: □ None □ Oral Analgesics: □ IV/IM					
V)	Patient Satisfaction:	SICS:				
V	Pre-operative Anesthesia E Pre-operative Pain Control Informed Consent (High ris	Methods Explained:	□ Yes □ No □ Yes □ No A □ Yes □ No			
	i- Procedure & outcomes ii- Pain control		□ Yes □ No □ Yes □ No			
VI)	Name: Badge #:					

*Nausea:(0)none, (1)mild/mod.,(2)severe **Vomiting:(1) 1-2 times, (2) \geq 3 times ***ABP: readings in-between are normal