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Comparative study of ultrasound guided popliteal fossa block versus ankle block as primary anaesthesia for forefoot surgeries.

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ABSTRACT- RESEARCH PAPER.

TITLE: Comparative study of ultrasound guided popliteal fossa block versus ankle block as primary anaesthesia for forefoot surgeries.

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KEY WORDS: Popliteal fossa block,ankle block,bupivacaine.

Background and Aim:Regional anaesthesia can be used as the primary anaesthesia and also for control of postoperative pain.In this study we compare the overall efficacy of ultrasound guided popliteal fossa block to ankle block as the primary anaesthesia for forefoot surgeries.

Method:This study included 112 participants with age of 18 to 80 years in ASA physical status 1 and 2 who underwent forefoot surgeries .They were divided into 2 groups,Group PFB:Those receiving popliteal fossa block with 20 ml of 0.5%bupivacaine and 10ml of 2% lignocaine (total:30ml) & Group AB: Those receiving ankle block with 20 ml of 0.5% bupivacaine and 10ml of 2% lignocaine (total 30ml).

The primary outcome variables were VAS score and rescue analgesia time when first requested and secondary outcome variables were haemodynamics(heart rate,mean blood pressure).Data was analysed using t-test ,P value < 0.05 was significant statistically.

Result:The groups were comparable demographically . Post operative VAS scores in PFB group was 5.21 ± 0.834 as compared to ankle block 7.09 ± 0.815 with a P value of 0.0001.The first rescue analgesia time for PFB group was 12.46 ± 1.59 while for AB group was 6.93 ± 0.82 with P value of 0.0001.

Conclusion: Both ultrasound guided AB and PFB provides sufficient anaesthesia for forefoot surgeries. However,Popliteal fossa block is preferred over ankle block for forefoot surgeries as it offers prolonged analgesia in the post operative period.