

A Comparative study of adding dexamethasone to bupivacaine versus bupivacaine alone in supraclavicular brachial plexus block in upper limb surgery by using peripheral nerve stimulator

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ABSTRACT

Title: A Comparative study of adding dexamethasone to bupivacaine versus bupivacaine alone in supraclavicular brachial plexus block in upper limb surgery by using peripheral nerve stimulator. **Aim**: The aim of the current study is to 1) Evaluate the effects of adding dexamethasone to bupivacaine in supraclavicular brachial plexus block for upper limb surgeries on onset time of sensory and motor block and duration of motor and sensory block. 2) To evaluate the effect of adding Dexamethasone to Bupivacaine in supraclavicular brachial plexus block for upper limb surgeries on haemodynamics intraoperatively

Introduction:- Supraclavicular block is most commonly used method of anaesthesia and analgesia in upper limb surgeries . Bupivacaine 0.5% is commonly used drug in all kinds of nerve block. Its onset of action is 3 to 8 minutes. This onset and duration can be inhanced by addition of glucocorticoid Dexamethasone.

Materials and methods: A randomised double blinded study was undertaken in patients posted for upper limb surgeries under supraclavicular block. 40 patients with ASA class I and II were randomly grouped into two groups. Group B received 28ml bupivacaine0.5% + 2ml of Normal Saline and Group D received combination of 28ml Bupivacaine 0.5% and 2ml dexamethasone 8mg. 30ml solution is used for a single shot blockade of supraclavicular brachial plexus. Results: Group D patients had faster onset of action and prolonged duration of action. Discussion: Addition of dexamethasone 8mg to bupivacaine0.5% speeds the onset of sensory and motor blockade also prolongs the duration thus provides better analgesia and reduces the requirements of rescue analgesics. Conclusion: Combination of Bupivacaine 0.5% and dexamethasone 8mg has significantly faster onset and prolonged duration of action. Key words: Brachial plexus, Bupivacaine, Dexamethasone.

I. INTRODUCTION

With the evolution of peripheral nerve block, brachial plexus block is the most frequently and commonly used block now a days, in clinical practice, for upper limb surgeries. It has been proved beyond doubt that Brachial plexus block alone is sufficient to provide good intra operative and post operative analgesia. There are various approaches used for brachial plexus block like interscalene brachial plexus block, superior trunk block, supraclavicular brachial plexus block, infra clavicular brachial plexus block and axilary brachial plexus block. One of the commonly used approach is supraclavicular approach. Many studies had shown and proved the usefulness of Dexamethasone as an additive to local anesthetic but the studies are insufficient in respect of analgesic efficacy. Hence this study was taken up to assess the efficacy of Dexamethasone as an analgesic mainly for upper limb surgeries.

OBJECTIVES

Primary objectives of study 1) To evaluate effect on onset time of sensory and motor block and 2) To evaluate effect on duration of motor and sensory block

Secondary objective of study 1) To evaluate effect on hemodynamic variables

II. MATERIALS AND METHOD

A randomized double blinded study was undertaken among 40 patients, 20 patients in each group having age between 18 to 65 years, undergoing upper limb surgeries. Clearance was obtained from Institutional Ethical review committee. An informed, and written consent was obtained from all the patients. The inclusion and exclusion criteria were, **Inclusion Criteria:** Patient posted for upper limb surgeries, Patient willing to participate in study, Patient between age 18-65 years, Patient having ASA grade I and II fitness



Exclusion Criteria :Not Posted for upper limb surgeries, Not willing to participate in study ,Under the age of 18 years, Having local site infection, ASA grade III and IV, Renal and liver diseases, On long term steroid therapy, pregnant women, hemodyanamic instability, BMI >35, Neuropathy involving the arm undergoing surgery, coagulopathy, Enrollment Details-Patient ready to participate in study and who have given informant consent were enrolled as per inclusion and exclusion criteria. Randomization Schedule: randomization technique Systematic using Allocation concealment is done with opaque sealed envelopes. Patients randomized using computergenerated random number table.. The patient and the assessor blinded to the group allocation. Group B: Patients induced with 28 ml of 0.5% Bupivacaine + Normal saline 2 ml. Group D: Patients induced with 28 ml of 0.5% Bupivacaine + 8 mg Dexamethasone (2ml). Procedure of the **study**: The study protocol approved by the Hospital Institutional Ethics Committee and registered. The patients evaluated a day prior to surgery and emergency patient before surgery, and all routine and required investigations done. Written informed valid consent checked. NBM status confirmed. On arrival of patient in Operating room, IV line accessed. Standard anesthesia monitoring including noninvasive blood pressure, heart rate, oxygen saturation and electrocardiographic monitoring started and recorded every 5 min. Under strict asepsis, the supra clavicular area of the side to be operated cleaned and draped. The PNS needle 5cm ,22 G insulated needle pierced in supra clavicular fossa to locate brachial plexus. Nerve located by stimulation with Peripheral Nerve Stimulator before the injection of local anesthetic with. Electrical nerve stimulation done with current intensity (up to 5 mA) and short-duration (0.05-1 ms) of electrical stimulus (at 1-2 Hz repetition rate) to elicit a desired twitch response of twitches of hand or flexion or extension of fingers at lowest current but not less than or equal to 0.2mA to avoid nerve injury. A single operator anesthesiologist experienced in PNS location perform all the SCBs.

The patients received SCB under PNS at the same time avoiding inadvertent vessel and pleural injury as per group allocation to either of the two groups ⁽²⁰⁾. Group D receive inj Bupivacaine 28 ml + inj Dexamethasone 8 mg and group B receive 28 ml of inj Bupivacaine + 2ml Normal saline.

Sensory block is checked and graded as 2 = Normal, 1 = Reduced and 0 = Absent to pinprick sensation compared to the contra lateral arm every 5 min for up to the time the grade = 0 or absent pin

prick sensation observed in all the nerve territories or up to a maximum of 60 min had elapsed. Median nerve _ checked on Thenar eminence. Musculocutaneous nerve = checked on Lateral side of forearm, radial nerve checked on = Dorsum of the hand over the second metacarpophalangeal joint, ulnar nerve = checked on Hypothenar eminence, medial cutaneous nerve of arm = checked on Medial side of the arm and medial cutaneous nerve of forearm = Medial side of the forearm. Motor block: scored as 2 = Normal, 1 =Reduced, 0 = Unable to overcome gravity compared to the opposite arm that recorded every 5 min for up to the time the grade = 0 observed in all the territories or up to a maximum of 60 min. Radial nerve = checked on Push the arm by extending the forearm at the elbow against the resistance, musculocutaneous nerve = checked on Resisting the pull of the forearm at the elbow, median nerve = Thumb and second digit pinch, ulnar nerve = Thumb and fifth digit pinch. Surgical anesthesia success considered as the performance of surgery without the need of general anesthesia (GA) supplementation. All Participant assessed during pre operatively & intra operative period for Pulse rate, Systolic Blood Pressure, Diastolic Blood Pressure ,Mean Arterial Pressure Respiratory Rate, Oxygen saturation at every 5 min till 30 min from block injection then at every 15 min till completion of procedure. Then participant followed post operatively at 6th hour 12thhour and 24th hour for pain and analgesic requirement and side effects or untoward finding, Mean and Standard deviation calculated. T test and Chi square S

The motor block was checked by using Bromage three point score 0=normal motor function with full flexion and extension of elbow, wrist and fingers, 1=decreased motor power with ability to move fingers and/or wrist only, 2= complete motor blockade with inability to move fingers. The time of motor blockade was noted.

The time of onset of sensory block was defined as the time elapsed between the injection of drug and complete loss of cold perception of the hand, while onset of the motor blockade was defined as the time elapsed from injection of drug to complete the motor block.

Heart rate, noninvasive blood pressure and oxygen saturation were monitored during the surgery. Duration of sensory block which is the time elapsed between the injection of drug and appearance of pain requiring analgesia and duration of motor block was also recorded.

RESULTS



About 40 patients, posted for upper limb and having ASA grade I and II were enrolled in this study as study subjects. They were randomly divided into two equal groups where first group B received 28

ml of 0.5% Bupivacaine + 2ml normal saline and second group D received 28 ml of mixture of Bupivacaine with Dexamethasone (8 mg) by supra clavicular approach.



Age Distribution of study Groups

The mean age of patients who received 28ml of 0.5 % Bupivacaine + 2ml normal saline was 32.46 years and those who received Bupivacaine – Dexamethasone was 29.65 years.Difference between the mean ages of two groups was not statistically significant. About 55% of the patients in group B and 50.0% of the patients in group D belonged to <30 years age group. Since the age groups were similar the groups were comparable in age.

Sex Distribution in Study Groups								
Sex	Distribution	of Study	Groups					
100% 50% 0%	55% 45% 65% 35	%		SEX DISTRIBUTION IN STUDY GROUPS				
Bi	upivacaine + Bupivaca xamethasone alone	ine Fema	le	The mean Sex distribution of the study group of				
GROUP	Bupivacaine + Dexamethasone (n)	Bupivacaine	P Value	received 28 ml of 0.5% Bupivacaine				
MALE	11(55%)	13(65%)	Not significant	+ 2ml normal saline (group B) was male 65 % and female .35% and those who received Bupivacaine – Dexamethasone (group D)was male 55 % and female 45%				
FEMALE	9(45%)	7(35%)						





* Student's unpaired t test NS = Not Significant







mean duration of surgery of two groups.

GROUP	Bupivacaine + Dexamethas one	Standard Deviation	Bupiva caine	Standard Deviation	t value	P- val ue	Onset of Sensory Block between Study Groups
ONSET OF SENSO RY BLOCK	10.95	± 1.4	16.7	± 1.5	-12.04	<0. 00 01	The mean time of onset o sensory block in 28 ml of 0.5%
20 15 10 5 0 Bupivacaine + Dexamethasone			SORY E	BLOCK 16.7	e		2ml norma saline (Group B was 16.7 minute and 10.9 minutes in Bupivacaine Dexamethasone (Group D). Thi difference in onset of sensory block wa statistically significant

* Student's unpaired t test Sig =Significant



Onset of motor block between the study groups

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minutes.There is significant difference between the onset of motor block in minutes and 28 ml of 0.5% Bupivacaine + normal saline and Bupivaciane + Dexamethasone groups.

* Student's unpaired t test

Sig =Significant

Duration of sensory block between the study groups

GROUP	Bupivacaine + Dexmethasone	Bupiva caine	t value	P-value	Mean duration of sensory block in
DURATION OF SENSORY BLOCK	5.89±0.53	3.02±0.75	13.18	<0.0001	the treatment groups The mean duration
10 5 0 Bupivacaine	DURATION 5.89 + Dexamethasone	N OF SENSORY DURATION OF Bupiv	BLOCK SENSORY BLC 3.02 acaine alone	оск	of sensory block in 28 ml of 0.5% Bupivacaine + 2ml normal saline (Group B) was 3.02(±0.75) hours and in Bupivacaine +Dexamethasone (Group D) was 5.89(±0.53) hours. This difference was not statistically significant between the Bupivaca ine and Bupivaca ine– Dexamethasone groups.

* Student's unpaired t test Sig= Significant

Duration of motor block between the study groups

GROUP	Bupivacaine + Dexamethasone	Bupivacain e	t value	P-value	Mean duration of motor block
DURATION OF MOTOR BLOCK	4.9±0.9	2.67±0.7	9.09	<0.0001	in the study group





* Student's unpaired t test Sig =Significant

No. of Rescue Analgesia in 24 hours between the study groups

GROUP	Bupivacaine + Dexamethasone	Bupivacaine	t value	P-value	No.ofRescueAnalgesiain24betweenthestudy
Rescue Analgesia IN 24 HRS	1.45±0.6	2.3±0.57	-4.5	<0.0001	group Table and Chart shows the distribution of the study groups about the number of rescue analgesic doses in 24
Bupivacain	1.45 2. e + Dexamethasone Bupivacain	hours. The patients of Bupivaciane (Group B) had received 2.3 (± 0.57) doses and the patients of Bupivacaine – Dexamethasone (Group D) received 1.45 (± 0.6) mean doses of rescue analgesic. The difference in receiving the mean doses of rescue analgesic was statistically significant between the Bupivacaine and Bupivacaine – Dexamethasone groups.			

* Student's unpaired t test Sig =Significant



PULSE RATE	MEAN ± SD BUPIVACAINE + DEXAMETHASO NE GROUP	BUPIVACA INE GROUP	*t VALUE	P VALU E	SIGNI FICA NCE	Pulse rate at different intervals of time after anesthesia
0 MIN	79.15±6.04	79.25±5.9	-0.05	0.9	NS	The mean
5 Min	79.0±6.2	77.5±5.2	0.82	0.41	NS	heart rate in
15 Min	78.8±5.4	78.95±5.52	0.086	0.93	NS	Bupivacaine
30 min	78.65±5.65	77.15±6.1	0.8	0.42	NS	(Group B)
60 Min	79.25±5.17	76.55±5.9	1.5	0.13	NS	was around
2 Hrs	78.7±6.11	77.6±5.67	0.59	0.55	NS	76 to 79
6hrs	78.25±6.48	77.6±5.97	0.3	0.76	NS	beats per
12 Hrs	78.2±6.74	77.35±5.99	0.42	0.67	NS	minute. The
24 Hrs	78.8±6.60	77.85±6.5	0.46	0.64	NS	rate in
						one (Group D) was around 78 to 79 beats per minute. There was no statistically significant
80 79 78 77			BUPI'	VACAINE +		difference between Bupivacaine and Bupivacaine – Dexamethas
76	1 1 1		DEXA GROU	JP	NE	in Heart rate at different
	0 MIN 5 Min 15 Mi	n 30 min 60 Min	2 Hrs 6hrs	12 Hrs 24	Hrs	time intervals

Pulse rate at different time intervals between the study groups



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	MEAN ± SD					Mean systolic blood pressure at
SBP	BUPIVACAINE + DEXAMETHAS ONE GROUP	BUPIVACAI NE GROUP	*t VAL UE	P VAL UE	SIGNIFICAN CE	different intervals of time after anesthesia The mean systolic blood pressure in <u>Bupiyacaine</u> (Group B) ranged from 113.7±8.4 mm of Hg to
0 MIN	118.5±12.36	114.2±8.12	1.3	0.2	NS	114.8±8.1 mm of Hg. The mean systolic blood pressure in
5 Min	118.4.3±12.34	114.3±7.8	1.25	0.2	NS	Bupivacaine Dexamethasone
15 Min	118.38±12.13	114.8±8.1	1.94	0.3	NS	118.38±12.13 mm of Hg at different
30 min	118.7±13.06	114.15±8.4	1.3	0.19	NS	time intervals. The difference in systolic blood pressures at different
60 Min	119.0±12.97	114.7±7.76	1.3	0.2	NS	time intervals between Bupiyacaine and Bupiyaciane – Dexamethasone
2 Hrs	118.8±12.56	113.7±8.4	1.5	0.13	NS	groups were not statistically
6hrs	118.9.9±13.37	113.9±8.3	1.4	0.16	NS	orginiticant.

Systolic Blood Pressure In Study Groups

*Student's unpaired t test

NS = Not Significant Sig=Significant

Diastolic blood pressure at different time intervals between the study Groups

DBP	MEAN ± SD BUPIVACAINE + DEXAMETHASON E GROUP	BUPIVACAIN E GROUP	*t VALUE	P VALUE	SI GN I FI CA NC E	Diastolic blood pressure of the study group at different
0 MIN	77±7.1	77.2±7.05	-0.09	0.9	NS	time
5 Min	75.25±7.5	77.75±6.4	0.6	0.5	NS	intervals The
15 Min	77.1±6.8	75.5±6.3	0.76	0.4	NS	diastolic
30 min	77.2±7.15	76.55±6.3	0.3	0.76	NS	pressure in
60 Min	76.9±7.24	75.45±6.2	0.67	0.5	NS	Bupivaca
2 Hrs	76.3±7.8	76.4±5.7	0.04	0.98	NS	(Group
6hrs	76.1±7.74	76.25±6.33	0.06	0.94	NS	B) was
12 Hrs	76.2±7.0	75.3±5.9	0.43	0.66	NS	from
24 Hrs	75.3±5.6	75.8±6.1	0.24	0.8	NS	75.3±5.9





Oxygen saturation at different time intervals in the study group

	$MEAN \pm SD$					The	oxygen
SDOJ	BUPIVACAIN		*t	Р	SIGNI	saturation	at
SPO2	DEXAMETHA	NE GROUP	VALUE	VALUE	CE	intervals	in
	SONE					Bupivacain	e and

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III. DISCUSSION

Brachial plexus block has become as a popular technique among the anesthetists for upper limb surgeries because this avoids the untoward effects of general anesthesia like complications related to upper airway instrumentation. Its good approach and effective in terms of economy, performance, margin of safety and also provides good postoperative analgesia.

The mean age of patients posted was 32.46 years in Bupivacaine and 29.6 in Bupivacaine – Dexamethasone groups. There is no statistically significant difference in age between the two groups. Hence the two groups were comparable in the aspect of age. Majority of the patients in this study belonged to <30 years in both the groups. In a study by Hesham A et al, the mean age was 33.80 \pm 9.92 years in local anesthetic group and 34.75 \pm 7.52 in Dexamethasone groups

The mean time of onset of sensory block was greater in Bupivacaine group compared to Bupivacaine – Dexamethasone group. The mean time of onset of motor block was also lesser in Dexamethasone group than local anesthetic group in this study. This difference was also statistically significant between the two groups. In a study by Hesham A . et al the mean onset of action was 12.85 ± 2.50 minutes while it was 10.30 ± 2.27 ., Yadav et al compared three different drugs by supra clavicular brachial plexus block. However, the onset of anesthesia in Dexamethasone group was faster than other two groups of durgs. In a study by Islam et al, the onset of sensory block also lesser in Dexamethasone group than the plain local anesthetic group.

The mean duration of sensory block in Bupivacaine group was $3.02(\pm 0.75)$ hours and $5.89(\pm 0.53)$ hours in Bupivacaine– Dexamethasone group. The mean duration of motor block in Bupivacaine group was $2.67(\pm 0.7)$ hours and in Bupivacaine – Dexamethasone group was $4.9(\pm 0.9)$ hours. There was statistically significant difference in duration of action between Bupivacaine and Bupivacaine – Dexamethasone groups. A similar study in Nepal⁵ found that the duration of action of the local anesthetic as 3.16 hours in local anesthetic group and 12.75 hours in steroid group.

The mean numbers of rescue analgesic doses were lesser in Dexamethasone group than Bupivacaine group significantly. In a study by



Yadav et al, the mean number of rescue analgesic doses was also lesser in Dexamethasone group than other groups.

The mean heart rate slightly higher in Dexamethasone group than the local anesthetic group. There was no statistically significant difference between the heart rates of the Dexamethasone group than local anesthetic group. But it was within normal limits. The mean systolic and diastolic pressure was also almost similar in both the groups within normal limits. The mean oxygen saturation also not varied much in both the groups. In summary, the hemodynamic responses are crucial in maintenance of patient during anesthesia. However, the Bupivacaine has already proved its safety especially when used as local anesthetic in supra clavicular block. Since the hemodynamic responses were similar, the study concludes that the Bupivacaine - Dexamethasone combination also safer to use in supraclavicular block.

This study has shown that addition of 4 - 8 mg of Dexamethasone effectively and significantly prolongs the duration of analgesia also by producing early onset of action. This study has also shown that the early onset of action in steroid group can be attributed to synergistic action with local anesthetic on blockage of nerve fibers. The prolongation of duration of block is the local effect of steroid than the systemic action. The effects are mainly mediated by glucocorticoid receptors. The blockade is not produced by the action of steroid alone. Hence it should be used in addition to a local anesthetic.

IV. CONCLUSIONS

Supraclavicular approach of brachial plexus block has been popular technique in delivery of anesthesia in patients undergoing upper limb surgeries. The simplicity in the technique helps in safe delivery of anesthesia and also assures prolonged analgesia by preventing the side effects of general anesthesia. Steroids are commonly used now a day along with the local anesthetics due to their anti inflammatory and analgesic effects. Dexamethasone being a potent corticosteroid is becoming popular for the regional blocks. This study has made an effort to compare the Bupivacaine with Bupivacaine - Dexamethasone. The study is methodologically simple and clear since it is randomized controlled study. However, one cannot rule out bias since it is double blind study. This study has shown the beneficial effect of addition of steroid to a local anesthetic in terms of onset and duration of anesthesia. The further research with calculation of sample size is needed

to study the beneficial or adverse effects of addition of steroids along with local anesthetics for producing the blockade.

V. SUMMARY

Brachial plexus block is a accepted approach for upper limb surgeries and rising as alternative to general anesthesia due to low complications. Supraclavicular approach brachial plexus block is valuable in terms of cost and performance, margin of safety, along with good postoperative analgesia. The local anesthetics are commonly used for regional anesthesia but many studies have proved that addition of other drugs produces synergistic effects. Dexamethasone being a potent corticosteroid has been tried as an additive for local anesthetic due to its anti-inflammatory and analgesic effects. The studies are less in this part of the country about the analgesic efficacy of the Dexamethasone when used along with a local anesthetic.. A randomized double blinded study was taken up in two groups of twenty patients each. The mean age of patients was 32.46 years and 29.6 years in Bupivacaine and Bupivacaine Dexamethasone groups respectively. The two groups were comparable with respect to age. The mean time of onset of sensory block in Bupivacaine group was16.7 minutes and 10.9 minutes in Bupivacaine – Dexamethasone group which was statistically significant. The mean time of onset of motor block in this study in Bupivacaine group was 8.25 (\pm 1.01) minutes and the mean onset of motor block in Bupivacaine -Dexamethasone group was 5.65 (\pm 0.7) minutes. The difference was statistically significant. The mean duration of sensory block in Bupivacaine group was 3.02 (\pm 0.75) hours and in Bupivacaine – Dexamethasone group was $5.89(\pm 0.53)$ hours. This difference was statically significant. The mean duration of motor block in Bupivacaine group was 2.67 (\pm 0.7) hours and in Bupivacaine Dexamethasone group was 4.9 (± 0.9) hours. There was statistically significant difference between Bupivacaine and Bupivacaine - Dexamethasone groups. The mean rescue analgesic doses were lower in Bupivacaine - Dexamethasone group compared to Bupivacaine group. There were no significant changes in hemodynamic response Bupivacaine and Bupivacaine between Dexamethasone groups except after 1 hours of oxygen saturation. But the oxygen saturation was within normal limits.



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