Introduction:
Proximal femur fractures are most common fractures in the elderly and associated with significant mortality and morbidity, with high economic and social impact. Perioperative pain management influence outcomes and mortality after surgery with early mobilization being possible. The goal of the study was to compare the efficacy and safety of the compartment psoas block for perioperative analgesia in elderly patients with proximal femur fractures.

Methods:
The randomized controlled study was held in medical center «Into-Sana» (Odesa, Ukraine) from January 2018 till July 2019. Patients with proximal femur fractures and older than 60 years were included in the study. They were randomly allocated to 2 groups – compartment psoas block group (bupivacaine analgesia was started as soon as possible before surgery and prolonged during and after surgery with additional ischiadicus block before surgery) and general (inhalational) anesthesia with systemic analgesia perioperatively.

Results:
60 patients were included in this study. Perioperative compartment psoas block was associated better pain control, decreased opioid consumption, better sleep quality, earlier mobilization after surgery, decreased incidence of opioid-associated vomiting/nausea and myocardial injury. There were no difference in the incidence of hospital acquired pneumonia and delirium.

Conclusion:
Perioperative compartment psoas block is effective and safe for perioperative analgesia in elderly patients with proximal femur fractures, and is associated with better pain control and decreased complications incidence.

References: