Short Communication Journal of Clinical and Medical Case Studies 2020
Vol.5 No.3

Case Reports 2018- Orthopedics-2018: The effect of tourniquet time on pain experienced and narcotics used during total knee arthroplasty- Craig M McAllister- Evergreen Hospital

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Introduction: The use of a tourniquet in total knee arthroplasty is still common practice despite adverse results shown in patients including postoperative bleeding, reperfusion injury, postoperative hypotension, intraoperative pain and increased postoperative pain. The objective of this study was to measure the effects of tourniquet time on pain experienced by the patient during surgery as well as the number of narcotics given during surgery. In total knee arthroplasty (TKA), when overall tourniquet time is decreased, the pain individual experiences during surgery will decline and therefore the number of narcotics used during the surgery will decrease resulting in lessened risk of postoperative hypotension and pain. Methods: This was achieved by examining the anesthesia records of two groups of patients; an increased tourniquet time group (N=40) in which the tourniquet was up for the entire duration of surgery and a decreased tourniquet time group (N=41) in which the tourniquet was used intermittently. The MAP, systolic blood pressure, diastolic blood pressure, ETCO2 levels and heart rate of patients were recorded. The dosage of fentanyl and ephedrine gave were also recorded. Results: When the tourniquet is up both groups saw an increase in the MAP, systolic blood pressure, diastolic blood pressure, ETCO2, and heart rate. The group with the increased tourniquet time required 1.5 as many redosings of narcotics as the decreased tourniquet group. The increased tourniquet group was given about twice the dosage of pressors that the decreased tourniquet group received. Discussion: Our results led us to conclude that longer tourniquet times cause patients more pain during TKA, which results in the need for more narcotics to be given. These narcotics cause a continuous drop in blood pressure which can lead to postoperative complications and requires an increased dosage of pressors be given to counteract this.

The word tourniquet was gotten from the French word tourner which signifies "to turn." Earliest known utilization of tourniquet goes back to 199 BCE–500 CE. It was utilized by the Romans to control dying, particularly during removal. These were thin ties made of bronze, utilizing just calfskin for comfort. Clinicians recently utilized Esmarch tourniquet which was a kind of elastic band that was folded over the limit to exsanguinate the blood and tied it at the proximal end in order to encourage moderately bloodless medical procedure in the distal furthest point. Yet, it was equipped for producing high weights and shearing powers during application, prompting skin injury, basic nerve injury, and even deadly inconveniences like aspiratory embolism. Every one of these complexities prompted the relinquishing of its utilization.

To beat these deficiencies, the pneumatic tourniquets were presented in 1904 by Harvey Cushing. The issues with such tourniquets are less successive whenever applied under direct management of experienced work force and if legitimate swelling weights and tourniquet times are watched. Tourniquet swelling prompts nearby impacts because of pressure and consequences for all the organ frameworks. Tourniquet torment is one of the most captivating agonies for the anesthesiologist and furthermore a reason for worry for the orthopedic specialists.

This audit article was meant to examine (1) physiological changes of tourniquet application, (2) complexities of tourniquet use, (3) pre-application safeguards, (4) legitimate use of tourniquet, (5) the protected term and weight for tourniquet use, (6) proposals for the sheltered utilization of tourniquet, (7) tourniquet torment: its motivation and the executives, (8) timing of tourniquet discharge, (9) the impacts of collapse of tourniquet.

Understanding security ought to be the essential thought in assessment, determination, buy and utilization of the pneumatic tourniquet and extras. The tourniquet and its adornments ought to be assessed, tried and kept up as per makers' composed guidelines. The perioperative medical caretaker ought to evaluate the patient preoperatively for dangers and report likely contraindications to the specialist. The pneumatic tourniquet ought to be associated with the fitting force/gas source, the segments ought to be taken care of and the sleeve applied in a way to limit the danger of patient injury. The furthest point ought to be exsanguinated before expansion of the tourniquet. Tourniquet swelling weight ought to be kept to the base powerful weight. Swelling time ought to be kept to a base and collapse figured out how to limit dangers to the patient. The patient ought to be observed constantly with extraordinary thought to boundaries like hypertension and tachycardia as a proxy of tourniquet agony and temperature of the appendage while the tourniquet sleeve is swelled. The perioperative enrolled medical attendant ought to assess the result of the patient consideration toward the finish of the strategy. Extra consideration ought to be taken in methodology including tourniquet control on two furthest points on the grounds that the danger of difficulties and the fundamental impacts of tourniquet use might be expanded.

This work is partly presented at Joint Event on 10th International Conference on Clinical and Medical Case Reports & 10th Orthopedics & Rheumatology Annual Meeting & Expo, August 31-September 01, 2018, Toronto, Canada