Mid Essex Hospital Services NHS
NHS Trust

Epidural Infusion Analgesia (EIA) and Patient Controlled Epidural Analgesia (PCEA)	**Type: Clinical Guideline** **Register No: 06006** **Status: Public**

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Consulted With	**Post/Committee/Group**	**Date**
Dr Mark Alexander-Williams	Pain Consultant and Fellow of the Royal Society of Pain Physicians	October 2010
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Author/Contact for Information	Lynne Mustard, Clinical Nurse Specialist, Pain Management
Policy to be followed by (target staff)	Medical and nursing staff involved in managing patients with epidural analgesia
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Document Review History

Review No	Reviewed by	Review Date
1.0	L Mustard/K Tighe	August 2000
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5.0	Lynne Mustard	October 2010
5.1 Inclusion to section 6.1 re indwelling catheters	Jayne Somerset	November 2011
5.2 Inclusion to section 6.3 re anti-coagulants	Jayne Somerset	January 2013

It is the personal responsibility of the individual referring to this document to ensure that they are viewing the latest version which will always be the document on the intranet

Contents

1.0 Purpose of Guideline

1.1 This guideline is designed to provide instruction and guidance for medical and nursing staff caring for patients with EIA (Epidural Infusion Analgesia) or PCEA (Patient Controlled Epidural Analgesia).

2.0 Staff and Training

2.1 This guideline is aimed at all qualified nursing and medical staff delivering care to patients receiving EIA or PCEA.

2.2 Nursing staff managing patients receiving EIA or PCEA must have the appropriate knowledge and clinical skills to provide safe, evidence based care.

2.3 Training for nursing staff is provided within the Trust by the IPMS (Integrated Pain Management Service), and assessment of competency arranged with the pain link nurses.

2.4 It is the individual's own responsibility to remain current in clinical skills and identify his/her own training needs in conjunction with the appraisal system.
Competency records to be kept by the individual nurse in:

- Patient assessment
- Relevant monitoring
- Recognition of epidural-related problems and actions required
- Technical competencies in managing pump and lines, as per CNST
- Clinical skills in removing the epidural catheter and aftercare of the patient

2.5 The ward/unit manager is responsible for ensuring appropriate skill mix, and monitoring that staff are competent.

2.6 Specialist trainee anaesthetists are provided with in-house training under the guidance of senior expert anaesthetists: mentors are allocated under the guidance of the College Tutor.

2.7 A teaching programme for both medical and nursing staff is undertaken in liaison with the Training and Development dept.

3.0 Scope of practice

3.1 Estimated activity per annum: 500 EIA/PCEA

- 24 hour cover by IPMS
- A prompt response service operates by pager system
- Clinical Nurse Specialists are available Monday to Friday, 8.00hrs to 17.00hrs and Saturday from 08.00 to 12.30hrs.
- On-call service provided out of hours by anaesthetist
- 3 consultant rounds per week
- Training and education provided by IPMS

4.0 Policy

4.1 All EIA/PCEAs are prescribed by qualified anaesthetists.

4.2 The EIA/PCEA programme is set and initiated by an anaesthetist.

4.3 Skill mix (i.e. appropriately trained nurses) and staffing levels on the ward are sufficient to ensure safe care of the patient. The nurse in charge should inform the anaesthetist or the IPMS prior to the start of the list if these criteria cannot be met.

4.4 EIA/PCEA is connected to the patient by the anaesthetist, recovery staff or IPMS staff appropriately trained, and checked in accordance with the Policy for Administration of Medicines for the MEHT.

4.5 Anaesthetists selecting patients for EIA or PCEA are responsible for securing informed verbal consent, and for providing expert implementation and management of the chosen modality, whether for surgery or non-surgical pain control (eg trauma, palliative care).

5.0 Analgesia

5.1 Epidural infusion solutions are commonly in 500ml bags of sodium chloride. Strengths of local anaesthetic solution may vary. The choice of prescription is that of the anaesthetist and subsequent changes may be made in liaison with the anaesthetists/pain team

BUPIVACAINE 0.15%
BUPIVACAINE 0.15% plus DIAMORPHINE 0.005%

5.2 Infusion lines and pumps are YELLOW for epidural use only.

6.0 Management of the Patient Receiving Epidural Infusion Analgesia

6.1 Procedures and monitoring

- All epidural catheters to be inserted, and infusion connected under aseptic conditions following appropriate skin decontamination

- Skill mix, staffing levels and appropriate competencies should be sufficient to ensure safe care of the patient – the nurse in charge of the shift must inform the anaesthetist prior to the start of the list if these criteria cannot be met

- The epidural programme is initiated by the anaesthetist – programming of the pump is carried out by the anaesthetics, recovery staff or pain sister. Subsequent changes to the programme or additional bolus administration are only made by an anaesthetist or the IPMS

- Intravenous access must be obtained prior to commencing EIA and must be maintained at all times whilst EIA is in situ

- If there is an indwelling urinary catheter in place please do not remove before the epidural is discontinued. Removal prior to discontinuation could lead to urinary retention or incontinence due to the effect of the epidural solution on the motor and sensory nerve fibres in the pelvis whilst the epidural is in progress.

- Monitoring required: respiration rate, pulse, blood pressure, sedation score 0-3, pain assessment 0-3, nausea, vomiting, motor function 0-3 (see Appendix A)

- Integrity of line and condition of insertion site to be checked and recorded twice daily

- The monitoring should be recorded at 15 minute intervals for first 2 hours, 30 minute intervals for the next 2 hours then 1 hourly for a minimum of 24 hours, changing to 2 hourly as clinically indicated

- The running total of solution used must be recorded hourly as read from the pump display

- Back pain or headache must be documented and reported to IPMS.

- All monitoring activity and subsequent actions to be recorded in patient notes

- A pressure relieving mattress should be available to reduce risk associated with sensory impairment (low thoracic/lumbar epidurals only)

- The patient will be seen at least once daily by the pain team to make a clinical assessment and for auditing purposes. The patient's progress and further management will then be discussed with the ward staff. Epidural-related problems that arise at other times must be communicated to IPMS(or on-call anaesthetist out of hours).

- Catheter tip and swab to be sent for MC&S if signs of infection and IPMS to be informed. Patient's condition to be monitored for 48 hours for neurological deficit and signs of systemic infection.

6.2 Technical Problems

Technical problems with the pump must be referred to IPMS or on call anaesthetist as soon as possible. Replacing the infusion bag or the batteries, when needed, should be done by the ward nurse as soon as possible to avoid deterioration of the patient's pain control.

6.3 Discontinuation of Infusion

- Weaning and discontinuation of the EIA/PCEA must be done in liaison with the anaesthetist or IPMS and alternative analgesia provided

- For the removal of the patients' epidural catheter for patients receiving anti-coagulants please follow guideline below

Anti-coagulant	**Epidural catheter can be removed or placed**	**When next dose of anti-coagulant can be given post epidural catheter removal**
Clexane	12 hours after administration	2 hours post removal
High doses of Clexane 1.5mg/kg once daily	24 hours after administration	4 hours post removal
*Rivaroxaban	18 hours after administration	6 hours post removal
Heparin Infusion	2 - 4 hours after infusion stopped. Patients' coagulation status needs to be evaluated prior to removal.	1 hour post removal

*Rivaroxaban is used on the Orthopaedic wards only.

- Removal is carried out using a non-touch technique. Document the date, time of removal, and condition of catheter tip and site in the patients notes.

7.0 Infection Prevention

7.1 The infection prevention practice within MEHT is for all staff to have strict hand hygiene before and after patient contact.

7.2 Any equipment must be cleaned between patients unless it is a single use item which will be disposed off appropriately as per the Waste Management Policy

7.3 Aprons and gloves to be worn as appropriate.

8.0 Non-Compliance with this Guideline

8.1 Ineffectiveness of the EIA/PCEA will lead to inadequate analgesia, poor patient satisfaction, and possible delayed post-operative recovery.

8.2 Untreated adverse effects of EIA/PCEA may lead to opioid overdose with risk of respiratory depression leading to respiratory arrest/death, and/or systemic reaction to local anaesthetic solution leading to critical hypotension and potential renal failure. Unnoticed sensory deficit may lead to undiagnosed spinal migration of the catheter or formation of epidural haematoma or abscess, leading to permanent paralysis or death. (See appendix B)

8.3 A Risk event form must be completed for each event of non-compliance with this Guideline which must be forwarded to the Trust Risk Manager.

9.0 Audit & Monitoring

9.1 Each patient receiving PCEA will be assessed at least once daily by the Pain Team. Data recorded will be:

- Patient Satisfaction
- Pain levels
- Motor function score
- Condition of epidural insertion site
- Nausea
- Vomiting incidence
- Any adverse clinical events
- Incidence of non-compliance with the guideline

9.2 Individual incidents of non-compliance are addressed by the Pain Service immediately, and risk assessments done as indicated. Critical incidents to be reported at audit meetings and reviewed by practitioners.

9.3 Ensuing actions are undertaken by the Pain Service to ensure omissions and errors are brought to the attention of the appropriate person(s) and to reduce the risk of repeat: i.e. training and education or system reviews.

9.4 Data are entered onto a central secure database held by the Pain Service and evaluated yearly for trends at a Departmental meeting. Dissemination of data via the appropriate forum (e.g. audit sessions, MDT), is the responsibility of the acute lead Consultant of the IPMS.

9.5 Continuous audit of practice on each ward, and for individual patients, to be carried out by IPMS

9.6 A secure database of all staff trained in the management of epidural infusion analgesia to be kept by IPMS.

10.0 Communication and Implementation

10.1 Corporate services will ensure that the guideline is uploaded to the intranet and the website and notified to staff via Focus.

10.2 The IPMS will post quarterly bulletins to all Trust staff via Focus.

10.3 The IPMS will inform all link nurses of updated guidelines at regular meetings for them to disseminate to their areas/wards.

10.4 The IPMS will inform all Medical staff of revised guidelines via senior medical staff within the IPMS at audit meetings and twice yearly teaching sessions for all FY1 and FY2 doctors. Newly appointed anaesthetic trainees will receive written information in their induction pack.

11.0 References (epidural infusion analgesia)

1. Good practice in the management of continuous epidural analgesia in the hospital setting. *Produced by the Pain Society, in collaboration with the Royal College of Anaesthetists, Association of Anaesthetists of Great Britain and Ireland, Royal College of Nursing, European Society of Regional Anaesthesia and Pain Therapy.* 2004

2. Dougherty L, Lister S (eds). The Royal Marsden Hospital Manual of Clinical Nursing Procedures, 6th ed. 2004, p519-35, Blackwell Oxford (pub)

3. McCaffrey M, Pasero C (eds). In: Pain, Clinical Manual, 2nd ed. 1999, p213-39, Mosby London (pub)

4. NPSA: National Patient Safety Alert/2007/21. www.npsa.nhs.uk

5. DoH Essence of Care. Benchmarks for prevention and management of pain. October 2010

Appendix A.
Pain/Sedation and Nausea Measurement Tool

This tool can be used for all patients requiring analgesia. Movement = eg patient attempts to touch the opposite side of the bed or deep breathe

Pain Score

Score 0 (none)	No pain at rest, no pain on movement
Score 1 (mild)	No pain at rest, mild pain on movement
Score 2 (moderate)	Intermittent pain at rest, moderate pain on movement
Score 3 (severe)*	Continuous pain at rest, severe pain on movement

* Call doctor or pain team

Sedation Score

Score 0 (none)	Awake and fully responsive
Score 1 (mild)	Occasionally drowsy, easy to rouse
Score 2 (moderate)	Frequently drowsy, easy to rouse
Score 3 (severe)*	Somnolent, difficult to rouse

* Call doctor or anaesthetist

Nausea Score

Score 0	No nausea
Score 1	Nausea
Score 2	Vomiting
Score 3	Refuses treatment

Motor Function

Score 0	Normal power
Score 1	Can’t raise leg
Score 2	Can’t bend knee
Score 3 *	No leg power

* inform anaesthetist/pain team

Appendix B
Epidural Infusion Analgesia (EIA) – Side Effects and Treatment

Local anaesthetic +/- opioid – for effective continuous analgesia for severe pain below the level of thoracic vertebrae 4 (T4)

Side Effect	**Treatment**
Back pain & increasing weakness +/- sedation	Medical emergency until proven otherwise Stop EIA. Call anaesthetist – may be epidural haematoma
Respiratory depression & over-sedation (sedation score 1>2)	Maintain airway High concentration oxygen Consider naloxone Call for assistance Stop epidural infusion Inform IPMS
Hypotension Systolic < 100mmhg* Systolic <80mmhg	Consider causes eg hypovolaemia, sepsis, others *If asymptomatic with adequate urine output, monitor only. Seek medical advice if unsure. Give IV fluid bolus, 20 mls/kg Do not stop EIA unless unresolved Give oxygen Stop EIA Lie flat (not legs raised) Call surgical team Call anaesthetist Consider vasopressors
Urinary retention	Catheterise Do not stop EIA Inform IPMS
Lower limb weakness	Call IPMS/anaesthetist Do not stop EIA Vigilant pressure area care Reassure patient
Confusion (may be opioid related hypoxia) – consider other causes	Give oxygen Do not stop EIA Call surgical team Inform IPMS
Numbness after infusion stopped	Monitor, reassure patient Review in 2-4 hours and at 24 hrs Inform anaesthetist/CAPS
Itching	Do not stop EIA Administer topical lotion Consider low dose naloxone Inform IPMS
Unilateral analgesia or numbness	Do not stop EIA Call IPMS/anaesthetist Position onto unaffected side