Blocks for Breast Brachytherapy: Introduction of PECS I/II block for procedural pain at KHSC - A QI journey

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Managing procedural pain during brachytherapy often involves infiltration of large volume of local anesthetic (LA), which could reach toxic levels.

To our knowledge KHSC is the first centre to trial the PECS I/II nerve blocks to improve analgesia and reduce potential for LA toxicity (LAST).

Methods
Retrospective Chart Review (n=5)
Baseline (Jan – July 2019)

Prospective PDSA (n=15)
Introduction PECS I /II Block

Outcome Measures:
1. LA doses
2. Opioid and midazolam doses
3. Safety concerns

Key Finding in Cycle #2:
Local Anesthetic Dosing:
Consistently within recommended guidelines
Increased Documentation of Total Dose
Dose of LA supplementation reduced

Procedural Sedation:
Opioids requirements ↓ 53%
Midazolam requirements ↓ 31%

Safety Concerns:
No incidents of LAST, or respiratory depression

Next Steps
Consider alternative/additional regional techniques (e.g. Paravertebral block)
Measure patient satisfaction and recovery (e.g. QoR-15)
Audit practice in 6 months to ensure improvement sustained