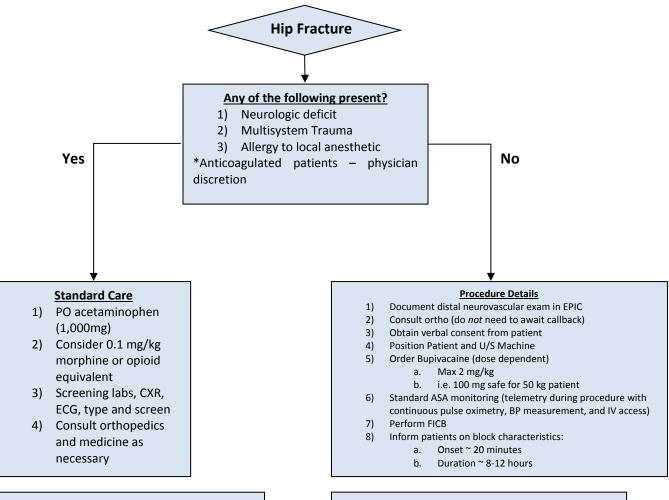
## Ultrasound-Guided Fascia Iliaca Compartment Block (FICB)



#### **Equipment Required**

Ultrasound Machine

Linear/Vascular Probe set to "Nerve" setting for best results

Anesthetic:

- 1) 0.5% Bupivacaine (20-30 cc)
- 2) 1% Lidocaine (3-5 cc)

Saline (10 cc) Syringes:

- 1) 30 cc
- 2) 3-5 cc

Needles:

- 1) Blunt fill
- 2) 25G
- 3) 18G LP needle

Chloroprep or Alcohol swab(s)

### Counseling

#### **Benefits**

Decreases:

- 1) Pain
- 2) Delirium
- 3) Opioids
- 4) Hypoxia

#### Risks

- 1) Pain at injection site
- 2) Temporary nerve palsy
- 3) Intravascular injection
- 4) Local Anesthetic Systemic Toxicity \* (LAST)

#### \* LAST (local anesthetic systemic toxicity)

- 1) Rare and only with intravascular injection which an ultrasound guided approach prevents.
- 2) Signs include arrhythmias, seizures, convulsions
- 3) Treatment
  - a. Supportive and standard care
  - b. Consider Lipid Emulsion therapy in cardiovascular collapse (found in Pyxis MedStation)
  - (1.5 ml/kg bolus then infusion)

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**A Quick FICB Video Refresher** 

#### References

- 1) Mouzopoulos, G., Vasiliadis, G., et al. Fascia iliaca block prophylaxis for hip fracture patients at risk for delirium: a randomized placebo-controlled study. Journal of Orthopaedics and Traumatology. June 2009
- 2) Foss, N., Kristensen, B., et al. Fascia Iliaca Compartment Blockade for Acute Pain Control in Hip Fracture Patients. A Randomized, Placebo-Controlled Trial. Anesthesiology 2007
- 3) Monzon, D., Vazquez, J., et al. Pain treatment in post-traumatic hip fracture in the elderly: regional block vs. systemic non-steroidal analgesics. International Journal of Emergency Medicine. Sept 2010
- 4) Capdevila, X., Biboulet, P., et al. Comparison of the Three-in-One and Fascia Iliaca Compartment Blocks in Adults: Clinical and Radiographic Analysis. Anesthesia and Analgesia 1998.

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