

MMC ED Post-Dural Puncture Headache Policy and Procedure



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Purpose:

The Department of Anesthesiology and Pain Management strives to provide the best possible care for patients with symptoms of a PDPH. This is accomplished most efficiently and effectively in the outpatient setting at the pain center where our most experienced physicians use fluoroscopic guidance for the procedure. This approach results in a quicker, less painful and more effective injection. This service is available Monday through Friday between the hours of 8:00am and 4:30pm. Referral details are provided below.

Scope:

Maine Medical Center

Definitions:

PDPH Post Dural Puncture Headache

Procedure:

REFERRAL PROCESS

Weekday:

1. Requests for epidural blood patches for outpatients should be referred to Maine Medical Partners Neurosurgery & Spine. This center has specialized equipment and established procedures for outpatient admission and discharge and documentation.
2. The referral will be directed to Maine Medical Partners Neurosurgery & Spine. They can be reached Monday through Friday between the hours of 8:00am – 4:30pm. The appropriate phone number is: 885-0011 (Nurse's line 396-6888/662-8063 internal use only)
3. The physician will evaluate the patient and perform the procedure that day if time is available. If not, a patient appointment will be made for the next day.

Weeknight or weekend:

1. Please recommend bedrest with head of bed as flat as comfortable.
2. Patient may get up to use the bathroom as necessary.
3. Encourage adequate hydration which may include caffeinated beverages.

4. Recommended analgesics include acetaminophen or other pain medications that may have been prescribed by the patient's doctor. Avoid all NSAIDS.
5. Instruct the patient to call the pain center (885-0011) on Monday.
6. Following evaluation in the ED, if the symptoms are believed to be a PDPHA, it is suggested that conservative care in the Emergency Department consist of intravenous hydration and analgesics. Consideration should be given to provide low potency narcotics (hydrocodone or oxycodone preparations) for home use where appropriate. Non-steroidal anti-inflammatory medications are discouraged. Discharge instructions should include the contact information for Maine Medical Partners Neurosurgery & Spine (885-0011).
7. If the decision is made to admit the patient to the hospital or keep in ED Observation, please consult the anesthesiologist on call at 662-4351. Every attempt will be made to complete epidural blood patch within 24 hours.

References:

None

Keywords:

None