## Intravenous Regional Anaesthesia (Bier's Block) Procedure

### Baseline Observations

<table>
<thead>
<tr>
<th>Baseline Observations</th>
<th>Pre cuff</th>
<th>Cuff Up</th>
<th>During MUA</th>
<th>Cuff Down</th>
<th>Prior to Discharge</th>
</tr>
</thead>
<tbody>
<tr>
<td>BP</td>
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<td></td>
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<tr>
<td>Pulse</td>
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<tr>
<td>O₂ Sats</td>
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### Contra-indications

- BP > 200mmHg
- Sickle Cell
- Children <16 yrs
- PVD
- Infection of limb
- # Ipsilateral Humerus
- Compartment Syndrome

IF YES TO ANY OF ABOVE DO NOT PROCEED

### Cuff Pressure

Systolic BP + 100 = ______ mmHg

### Max dose of lignocaine is 3mg/kg

Please see dose chart overleaf

### Tourniquet Times

( minimum = 20 mins, maximum = 60 mins )

Time Up _____ Time Down ______

### Adverse reaction (List if any):

Cork Emergency Departments
Intravenous Regional Anaesthesia (Bier's Block) Procedure

**Bier's block: nurse procedure**

Nurse procedure 1) To ensure a safe procedure 2) To ensure safe recovery from the procedure

1. Check resuscitation equipment
2. Be familiar with signs & symptoms of local anaesthetic toxicity (ie. Tingling around the mouth, confusion, seizures, bradycardia and hypotension)
3. Explain procedure to patient
4. Assist patient to undress and put on gown
5. Ensure informed written consent is obtained
6. Record observations
7. Give oxygen if required
8. Confirm correct dose 0.5% lignocaine
9. Monitor pulse, BP, ECG and O₂ sats
10. Call POP technician and assist in the application of POP
11. Record observations on return to the department
12. Remove cannula and apply sling
13. Offer tea & biscuits to patient
14. Give analgesia to take home
15. Give patient advice sheet
16. Ensure patient is accompanied home

**Bier's Block Doctors procedure**

- Check resuscitation equipment
- Check gas pressure of Bier's machine
- Check cuff for leaks
- Consent patient
- Check and confirm 0.5% lignocaine dose
- Elevate arm for 2 minutes
- Inflate cuff
- Check pulse
- Inject lignocaine
- Complete your "anaesthetic book" entry
- Do not deflate cuff before 20 minutes
- Monitor for signs toxicity AFTER cuff down

<table>
<thead>
<tr>
<th>Weight (Kg)</th>
<th>Dose in mg (3mg / Kg)</th>
<th>Rounded volume 0.5% lignocaine mls</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>90</td>
<td>20</td>
</tr>
<tr>
<td>40</td>
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<tr>
<td>75</td>
<td>225</td>
<td>45</td>
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<tr>
<td>80+</td>
<td>240</td>
<td>50</td>
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</tbody>
</table>

Before discharge, please ensure patient is symptom free, follow up arrangements are complete and the patient has understood verbal and written POP advice.