

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

Affix patient identification Label

Surname	
First Name	
DOB	Unit No

Date:
Time seen by doctor:
Diagnosis
Time of MUA:

Medical Staff	
1	_____
2	_____
Nursing Staff	
1	_____
2	_____

Contra-indications	Yes	/	No
BP > 200mmHg	<input type="checkbox"/>		<input type="checkbox"/>
Sickle Cell	<input type="checkbox"/>		<input type="checkbox"/>
Children <16 yrs	<input type="checkbox"/>		<input type="checkbox"/>
PVD	<input type="checkbox"/>		<input type="checkbox"/>
Infection of limb	<input type="checkbox"/>		<input type="checkbox"/>
# Ipsilateral Humerus	<input type="checkbox"/>		<input type="checkbox"/>
Compartment Syndrome	<input type="checkbox"/>		<input type="checkbox"/>

IF YES TO ANY OF ABOVE DO NOT PROCEED

Monitoring Used	
<input type="checkbox"/> ECG	
<input type="checkbox"/> BP	<input type="checkbox"/> Consent Obtained
<input type="checkbox"/> Pulse Ox	<input type="checkbox"/> Machine checked
NB WHEN TOURNIQUET UP CHECK RADIAL PULSE IS ABSENT	

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 _____

Baseline Observations					
	Pre cuff	Cuff Up	During MUA	Cuff Down	Prior to Discharge
BP					
Pulse					
O₂ Sats					

Adverse reaction (List if any):
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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 Equipment	Checked (initials)
Defibrillator	
Bier's machine	
O ₂ mask, tubing supply and flow	
Resuscitation tipping trolley	
Suction	
Pulse Oximeter	

Bier's Block Doctors procedure

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|--|
| <ul style="list-style-type: none"> • 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 |
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Weight	Dose in mg	Rounded volume
Kg	(3mg / Kg)	0.5% lignocaine mls
30	90	20
40	120	25
50	150	30
55	165	35
60	180	35
65	195	40
70	210	40
75	225	45
80+	240	50

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