Ultrasound-Guided Regional Anesthesia: Benefits for Practice
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INTRODUCTION
The use of ultrasound guidance (USG) for regional anesthetic block placement has increased in recent years.1 Opponents point to:3
- A lack of evidence supporting USG improved patient outcomes and low rates of complications compared to the nerve stimulator technique.
- The lack of immediate availability of equipment.

Evidence-based practice in guiding regional anesthesia promotes optimal patient care.2

METHODS
- Utilized recognized health science databases: PubMed, CINAHL
- Utilized grading schemes to determine strength of evidence.
- Reviewed 10 systematic reviews and 13 original studies on the effects of USG.
- After review of findings, one Iowa health care facility is in the process of acquiring an ultrasound device for their practice.

RESULTS

CONCLUSIONS
- USG promotes positive outcomes that improve the provision of regional anesthesia.
- USG requires an increased use of resources compared to the NS technique.
- USG provides for a high level of reliability and a source of revenue that may allow for recoupment of initial expense.
- USG has a distinct learning curve
- The use of current evidence guiding current practice

REFERENCES

PRACTICE IMPLICATIONS
The evidence-based research for the use of USG aims to impact practice by:
- Reducing local anesthetic dosing to promote safety by decreasing systemic toxicity risk.
- Improving block performance, pain management, and increasing patient satisfaction.
- Increasing the success rates of blocks and diminishing unwanted complication rates.
- Enhancing practitioner knowledge and skill in the use of advancing technology.

RECEIVERS

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