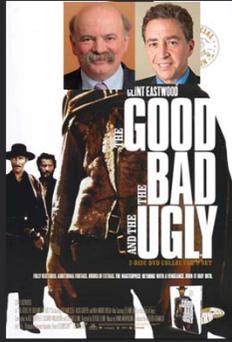


A Tale of Two Cities
30th Annual Trauma Update, New York, NY

Best Evidence for Ankle Fractures: The Good, The Bad, and The Ugly

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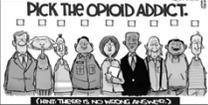
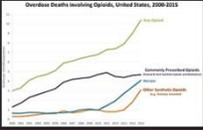
Best Evidence: Ankle Fractures

- Preface
 - The Good **G** (Good evidence)
 - The Bad **B** (No or Little evidence)
 - The Ugly **U** (Conflicting evidence)

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Perioperative pain control

- Old standard: GETA with opioid monotherapy postoperatively
- Opioid epidemic



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Anesthesia

- Much of the focus has been on optimizing analgesia in the immediate perioperative period
 - Spinal vs GA
 - ❖ Less pain and better function in the early postop period



Spinal Anesthesia Mediates Improved Early Function and Pain Relief Following Surgical Repair of Ankle Fractures

By Charles Jordan, MD, Roy L. Dworkinich, MD, Michael Walsh, PhD, Nirmal Tejwani, MD, Ashraf Bouchbaj, MD, and Kenneth A. Egert, MD

Investigation performed at New York University Hospital for Joint Diseases and Jamaica Hospital, New York, NY

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Anesthesia

- GA vs GA plus popliteal/saphenous block
 - ❖ Pop/saph showed better patient satisfaction with pain relief



Does Regional Anesthesia Improve the Quality of Postoperative Pain Management and the Quality of Recovery in Patients Undergoing Operative Repair of Tibia and Ankle Fractures?

Nabil Elsharawy, MD, MSCE, Lu Fan Cao, MD, Sameer Mehra, MD, Jaiwan Aho, MD, PhD, Lauren Pincus, MD, Rosemary C. Palumbo, PhD, BS, FAAS, Stephanie Pines, BS, Rosemary Shug, MD, and Justin Lee, MD, PhD

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Rebound pain

- Popliteal block efficacy
 - Regional provided better initial pain relief until the 24 hour mark
 - Concept of rebound pain



Efficacy of Popliteal Block in Postoperative Pain Control After Ankle Fracture Fixation: A Prospective Randomized Study
Rachel Y. Goldstein, MD, MPH, Nicole Masters, MD,* Shafiqur K. Jain, MD,† Kenneth A. Egol, MD,* and Nirmal C. Tejwani, MD**

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DVT prophylaxis

- Proximal DVTs perhaps more clinically relevant
- Difficult to study and define incidence
 - Patil et al *JBJS Br* 2007: 5% incidence, no clinical symptoms, 2% proximal DVT
 - Jameson et al *JBJS Br* 2011: rate of DVT, PE, mortality in ~46,000 ankle fx's = 0.12%, 0.17%, 0.37%



Incidence of deep-vein thrombosis in patients with fractures of the ankle treated in a plaster cast



FOOT AND ANKLE: Venous thromboembolic events following foot and ankle surgery in the English National Health Service

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Initiation of weight-bearing

- Lack of consensus
- Significant variability amongst surgeons
- Historically very little objectivity
- Noncompliance rates with NWB likely higher than has been recognized
- Prolonged NWB associated with greater costs to patients



Patient Compliance with Postoperative Lower-Extremity Non-Weight-Bearing Restrictions
Copyright © 2008, JBJS, Vol. 4, Number 10, October 1, 2008, pp 1836-1840. DOI: 10.2165/00000000-2008041001836

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