

Adequate Anesthesia and More Effective Analgesia by Adjusted Doses of Bupivacaine during Cesarean Section: A Randomized Double-blind Clinical Trial

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What's Known

- Some research suggests that reducing the spinal dose of bupivacaine can result in high-quality anesthesia with fewer hemodynamic side effects.

What's New

- For Cesarean section, intrathecal low-dose spinal anesthesia induced by bupivacaine (8 mg) in combination with meperidine and/or fentanyl increased maternal hemodynamic stability, while also ensuring safe anesthetic conditions, extending safe analgesia, and minimizing the length of stay in a post-anesthesia care unit (PACU).

Abstract

Background: Several adjuvants, added to local anesthetics, were suggested to induce an ideal regional block with high-quality analgesia. The purpose of this study was to evaluate the particular blocking properties of low-dose bupivacaine in combination with meperidine and fentanyl in spinal anesthesia during Cesarean sections.

Methods: A randomized, double-blind clinical trial was conducted at Hafez Hospital affiliated with Shiraz University of Medical Sciences (Shiraz, Iran) from February 2015 to February 2016. A total of 120 pregnant women, who underwent spinal anesthesia during elective Cesarean section were enrolled in the study. Based on block-wise randomization, the patients were randomly assigned to three groups, namely "B" group received 2 mL bupivacaine 0.5% (10 mg), "BM" group received 8 mg bupivacaine and 10 mg meperidine, and "BF" group received 8 mg bupivacaine and 15 µg fentanyl intrathecally. The block onset, the duration of analgesia, and the time of discharge from the post-anesthesia care unit (PACU) were all assessed. Data were analyzed using SPSS software version 21, and $P < 0.05$ were considered statistically significant.

Results: The mean duration of motor blocks in the B group (150 min) were significantly higher than the BM (102 min) and BF (105 min) groups ($P < 0.0001$). In both the BM and BF groups, the duration of sensory and motor blocks was the same. The length of stay in the PACU was significantly longer in the B group ($P < 0.001$) than the BM and BF groups. When meperidine or fentanyl was added to bupivacaine, the duration of the analgesia lengthened ($P < 0.001$).

Conclusion: Intrathecal low-dose spinal anesthesia induced by bupivacaine (8 mg) in combination with meperidine and/or fentanyl for Cesarean section increased maternal hemodynamic stability, while ensuring effective anesthetic conditions, extending effective analgesia, and reducing the length of stay in PACU.

Trial Registration Number: IRCT2015013119470N14.

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Keywords: • Bupivacaine • Anesthesia, spinal • Local anesthesia • Meperidine • Fentanyl • Cesarean section

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Table of Contents Section 8 Anesthesia

1. Understanding the eBook Section 8 Anesthesia
 - The Rise of Digital Reading Section 8 Anesthesia
 - Advantages of eBooks Over Traditional Books
2. Identifying Section 8 Anesthesia
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Section 8 Anesthesia
 - User-Friendly Interface
4. Exploring eBook Recommendations from Section 8 Anesthesia
 - Personalized Recommendations
 - Section 8 Anesthesia User Reviews and Ratings
 - Section 8 Anesthesia and Bestseller Lists
5. Accessing Section 8 Anesthesia Free and Paid eBooks
 - Section 8 Anesthesia Public Domain eBooks

- Section 8 Anesthesia eBook Subscription Services
- Section 8 Anesthesia Budget-Friendly Options
- 6. Navigating Section 8 Anesthesia eBook Formats
 - ePub, PDF, MOBI, and More
 - Section 8 Anesthesia Compatibility with Devices
 - Section 8 Anesthesia Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Section 8 Anesthesia
 - Highlighting and Note-Taking Section 8 Anesthesia
 - Interactive Elements Section 8 Anesthesia
- 8. Staying Engaged with Section 8 Anesthesia
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Section 8 Anesthesia
- 9. Balancing eBooks and Physical Books Section 8 Anesthesia
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Section 8 Anesthesia
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Section 8 Anesthesia
 - Setting Reading Goals Section 8 Anesthesia
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Section 8 Anesthesia
 - Fact-Checking eBook Content of Section 8 Anesthesia
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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