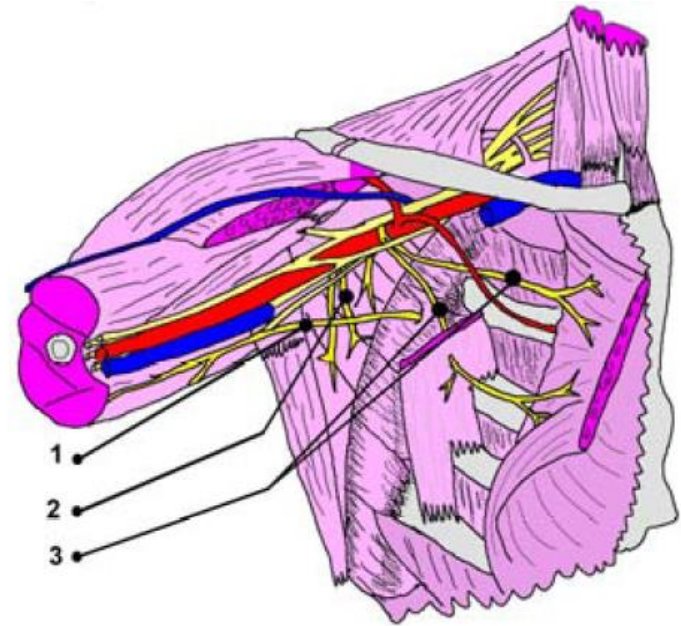


Functional Postoperative Recovery Breast Surgery



Eric Hodgson
Inkosi Albert Luthuli Hosp
& Nelson R Mandela
School of Medicine
Durban, KZN

INKOSI ALBERT LUTHULI
CENTRAL HOSPITAL



UNIVERSITY OF
KWAZULU-NATAL



Nelson R Mandela
School of Medicine

Declaration



❑ Advisory boards

- Abbvie, Fresenius Kabi, Sanofi-Aventis, MSD, **Mundipharma**

❑ Speaker Honoraria

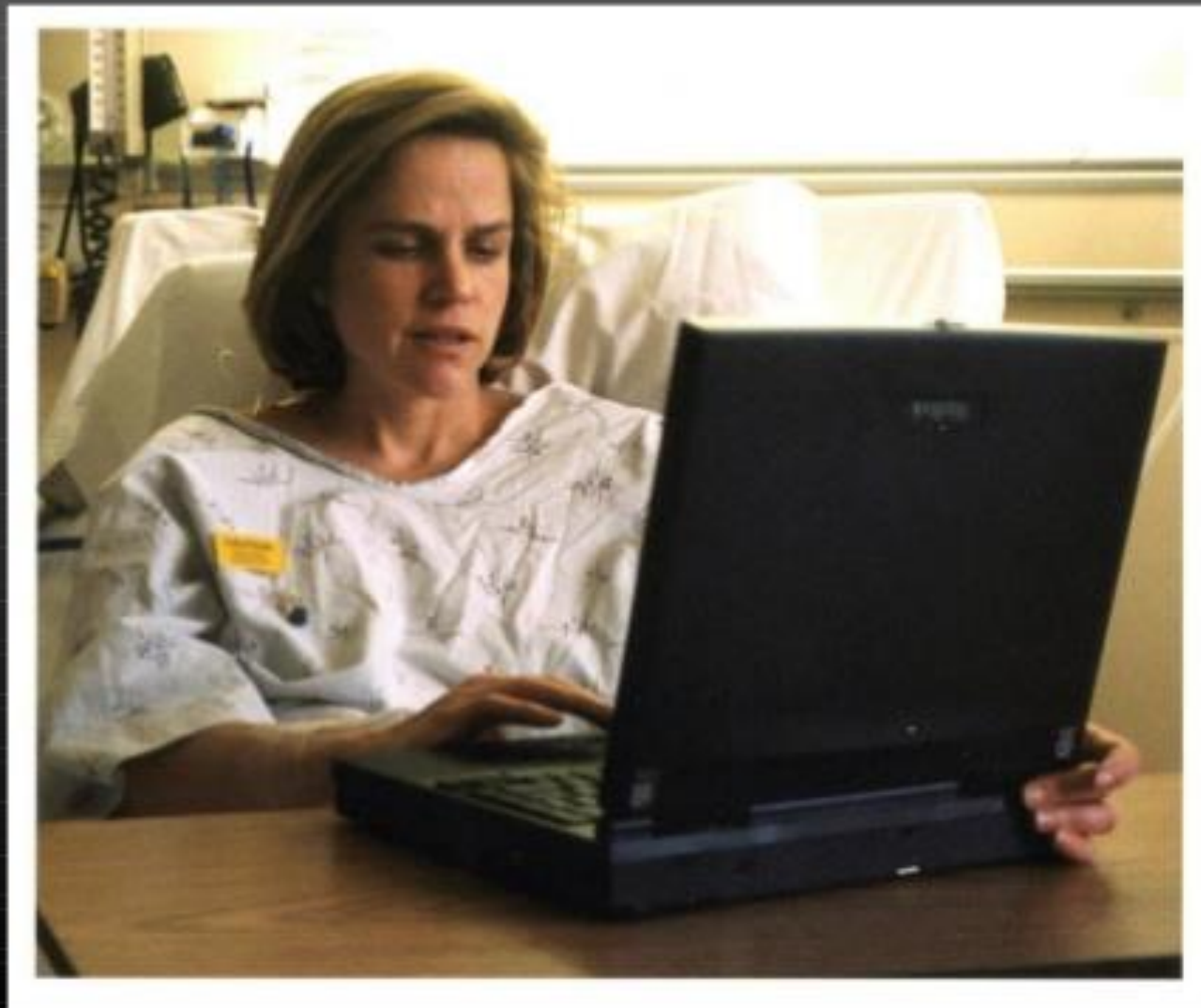
- Aspen-GSK, Abbvie, Adcock-Ingram, Baxter, Roche, Janssen-Cilag, **Mundipharma**

❑ Accomodation costs paid by **Mundipharma** – No influence on Content

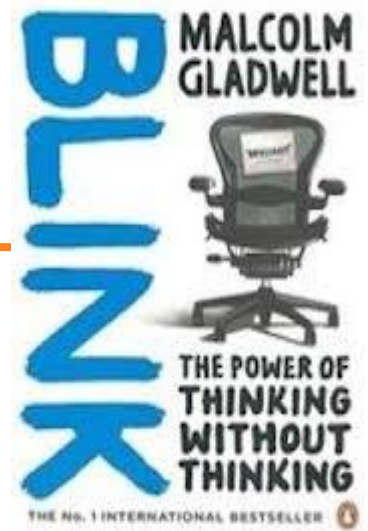


The new paradigm: Outcomes

(Patient satisfaction, Functional recovery, Economics)



Preoperative Consultation



- Human interaction
- Consults leading to law suits
 - Duration of consult: 15min vs. 18min
 - Attitude of HCW: Rushed vs. Concerned

An Everyday Phrase May Harm Your Patients

The Influence of Negative Words on Pain During Venous

Clin J Pain 2012;28:324–328 *Blood Sampling*

Johannes Ott, MD, Stefanie Aust, MD,* Kazem Nouri, MD,* and Regina Promberger, MD†*

- Careful choice of words

- **Comfort vs. Pain** Scratch vs. Sting
- Try to choose the most positive
- Reinforce with body language
- Establish Physical contact



Consultation

- Positive consultation
- Explanation in understandable terms

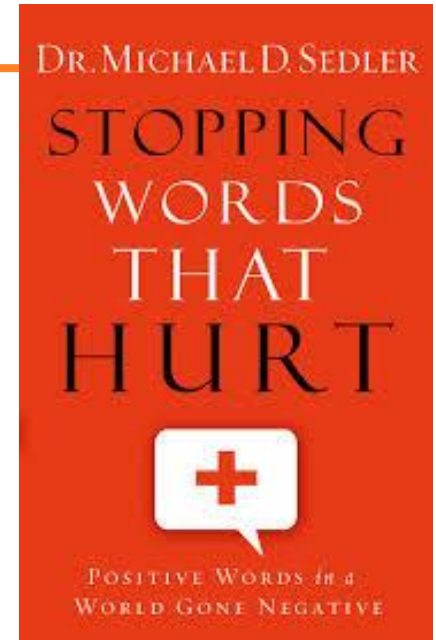
Family Practice Vol. 21, No. 6 © Oxford University Press 2004, all rights reserved.
Doi: 10.1093/fampra/cmh610

Printed in Great Britain
Family Practice Advance Access originally published online on 1 November 2004

The impact of matching the patient's vocabulary: a randomized control trial

Nigel Williams and Jane Ogden

- Emphasise what CAN be done
 - Self-care Emphasise YOUR Belief



1200

BRITISH MEDICAL JOURNAL VOLUME 294 9 MAY 1987

General practice consultations: is there any point in being positive?

K B THOMAS

The doctor himself is a powerful therapeutic agent¹; he is the placebo and his influence is felt to a greater or lesser extent at every consultation. Whether his power is enhanced or not by his being positive is the question this study set out to answer.

Pre-operative assessment

Pain History

- Aromatase inhibitors
 - ❖ Highly Effective
 - ❖ Disabling arthralgia
- Acupuncture
 - ❖ Well-accepted
 - ❖ 225 patients
 - ❖ Equivocal
 - ❖ Little harm / Potential Benefit
 - esp. with Clinician Belief



JAMA Published online August 8, 2018

Pre-operative assessment

Mindfulness

- Presence in the moment
 - ❖ No rumination on the past
 - ❖ Avoid catastrophizing about the future
 - ❖ Catastrophizing: Magnification
Helplessness
Can be measured

<http://sullivan-painresearch.mcgill.ca/research.php>

- Can be applied acutely
 - ❖ Better for longer

REVIEW ARTICLE

Year : 2012 | Volume : 34 | Issue : 3 | Page : 204--217

Pain catastrophizing: An updated review

Lawrence Leung

Indian Journal of
Psychological Medicine

Randomized Controlled Trial of Brief Mindfulness Training and Hypnotic Suggestion for Acute Pain Relief in the Hospital Setting

Eric L. Garland, PhD¹, Anne K. Baker, MSW¹, Paula Larsen, MSW², Michael R. Riquino, MSW¹,
Sarah E. Priddy, MSW¹, Elizabeth Thomas, MSW¹, Adam W. Hanley, PhD¹, Patricia Galbraith, MSW²,
Nathan Wanner, MD³, and Yoshio Nakamura, PhD¹

Pre-operative assessment

Problems with CAM

- May delay appropriate therapy
 - ❖ Esp. in SA
- Vulnerable patients
 - ❖ Depression
 - ❖ Loss of control – Need to cope
- Signs of harm from CAM
 - ❖ Expense Exclusivity

J Cancer Surviv: 2016 October ; 10(5): 850–864. doi:10.1007/s11764-016-0530-y.

Complementary and Alternative Medicine Use among US Cancer Survivors

Gabriella M. John, MS¹, Dawn L. Hershman, MD, MS^{1,2,3}, Laura Falci, MPH¹, Zaixing Shi, MS¹, Wei-Yann Tsai, PhD^{4,3}, and Heather Greenlee, ND, PhD^{1,3}
survivors and cancer-free adults spent an annual estimated \$6.7 billion and \$52 billion out-of-pocket, respectively, on vitamins/minerals and CAM. Survivors spent 60% of the total on vitamins/minerals (\$4 billion), 18% (\$1.2 billion) on herbal/non-vitamin supplements, and 7% (\$0.5 billion) on massage.

Invited Commentary

Complementary and Alternative Medicine Use Among Patients With Cancer A Challenge in the Oncologist-Patient Relationship

Robert Zachariae, DMSc

JAMA Oncology Published online May 12, 2016

JAMA Oncology | Original Investigation

Association Between Complementary and Alternative Medicine Use and Breast Cancer Chemotherapy Initiation The Breast Cancer Quality of Care (BQUAL) Study

Heather Greenlee, ND, PhD; Alfred I. Neugut, MD, PhD; Laura Falci, MPH; Grace Clarke Hillyer, EdD; Donna Buono, MS; Jeanne S. Mandelblatt, MD, MPH; Janise M. Roh; Isaac J. Ergas, MPH; Marilyn L. Kwan, PhD; Marion Lee, PhD; Wei Yann Tsai, PhD; Zaixing Shi, MS; Lois Lamerato, PhD; Lawrence H. Kushi, ScD; Dawn L. Hershman, MD, MS

Enhanced Recovery After Surgery ERAS

- Pioneered by Kehlet in Denmark

❖ Colorectal surgery

Evidence-based review of enhancing postoperative recovery after breast surgery *British Journal of Surgery* 2011; 98: 181–196

- General Principles

R. Arsalani-Zadeh, D. ELFadl, N. Yassin and J. MacFie

❖ Preoperative Counselling

❖ Minimise fasting Feed within 4 hours

❖ Premedication Prevent PONV

❖ Normothermia Postop support

- Specific Principle

❖ Local anaesthetic blocks

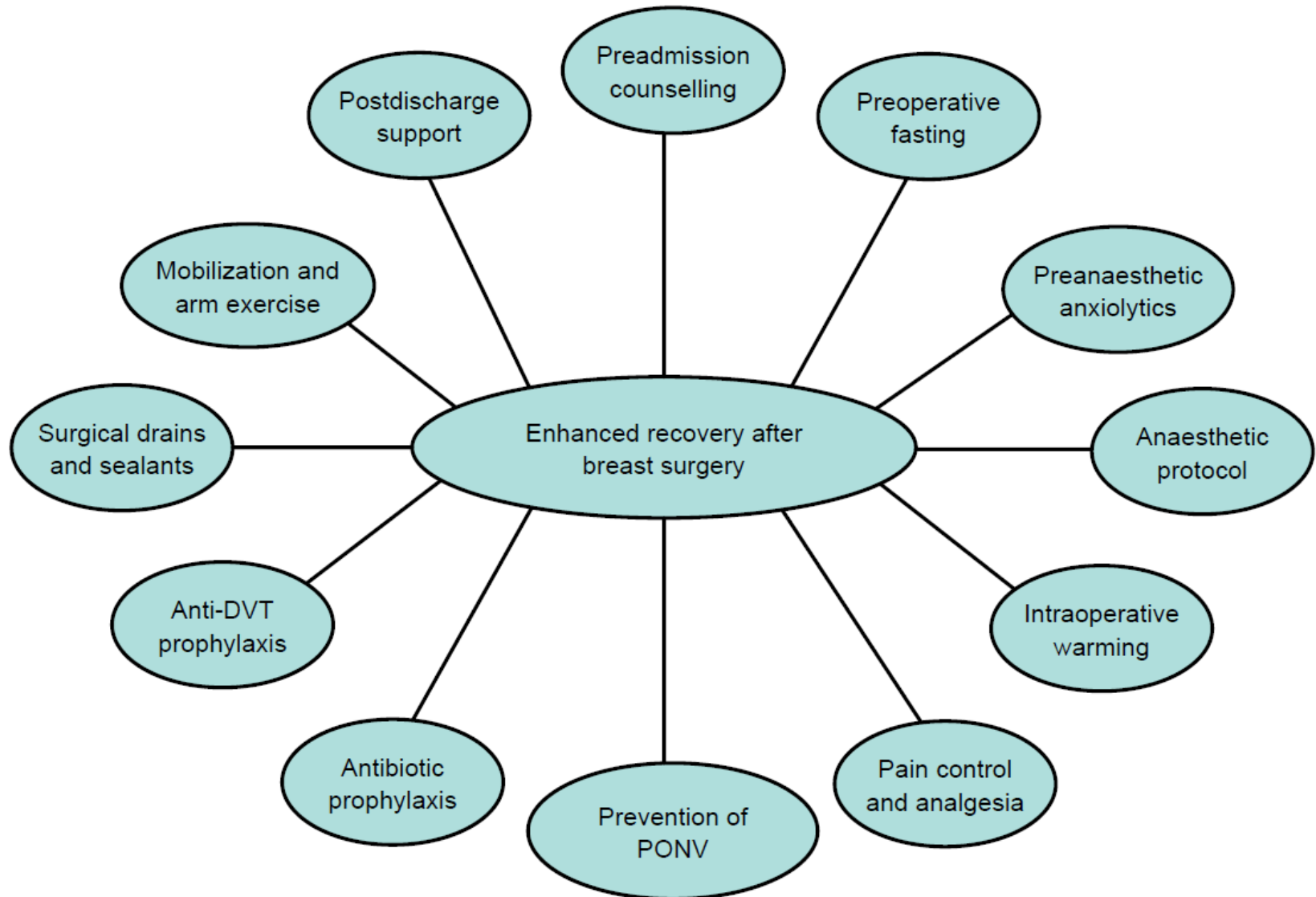
Improved analgesia and reduced post-operative nausea and vomiting after implementation of an enhanced recovery after surgery (ERAS) pathway for total mastectomy

Catherine Chiu¹, Pedram Aleshi¹, Laura J. Esserman², Christina Inglis-Arkell¹, Edward Yap¹, Elizabeth L. Whitlock¹ and Monica W. Harbell^{1*}

Chiu et al. *BMC Anesthesiology* (2018) 18:41

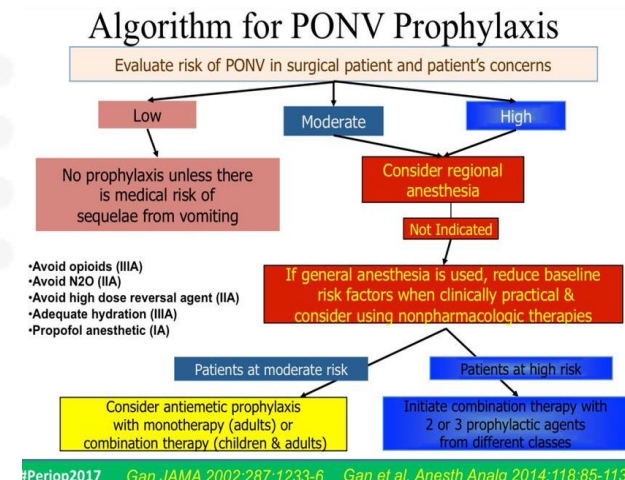
- Paravertebral / PECS 1&2 / Wound catheter

Enhanced Recovery After Surgery ERAS



Enhanced Recovery After Surgery ERAS

- Maintain normothermia
 - ❖ Minimise postop cooling
 - ❖ Intraoperative warming
 - Underbody Forced air
- Prevent PONV
 - ❖ Assess Risk esp. motion sickness
 - ❖ Local anaesthetic blocks
 - ❖ Anaesthesia (Propofol vs. Volatile)
 - ❖ Pharmacologic esp. dexamethasone
 - ❖ Opioid minimisation



Opioid Minimisation

- Opioid analgesia facilitates

- ❖ Fight or Flight: Acute pain inhibition
- ❖ Healing and recovery: Hyperalgesia

- Exogenous opioids

- ❖ Vital component of pain relief
 - Unreasonably denied in many countries
- ❖ NOT the only option for managing severe pain
- ❖ May worsen / exacerbate pain / social functioning



- Risk of Hyperalgesia Dependence / Addiction

- ❖ Different processing of endogenous / exogenous opioids
- ❖ Synthetic opioids ↓ receptors

British Journal of Anaesthesia 112 (6): 991–1004 (2014)
doi:10.1093/bja/aeu137

BJA

**Opioid-induced hyperalgesia in patients after surgery:
a systematic review and a meta-analysis**

D. Fletcher^{1,2,3*} and V. Martinez^{1,2,3}

Opioid Addiction

- Pain alters Opioid responses

- ❖ ↓ Opioid reward/ euphoria
- ❖ ↓ Tolerance in pain studies
- ❖ ↓ Dependence/ Withdrawal

Curr Pain Headache Rep (2010) 14:17–21
DOI 10.1007/s11916-009-0086-x

Pain and Opioid Addiction: What is the Connection?

Adam J. Carinci • Jianren Mao

- Discharge pain prescription

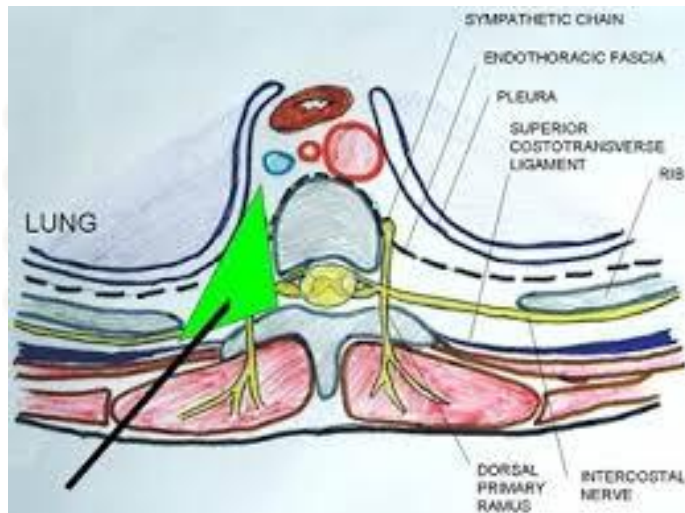
- ❖ May not require opioids
- ❖ Opioid prescription 10 days max
- ❖ BEWARE request for repeat prescription

Regional Blocks

- Thoracic epidural – Risk vs. Benefit
- Paravertebral block
 - ❖ Single shot
 - ❖ Catheter superior
 - ❖ ?Contralateral symmetrisation

Paravertebral blocks and enhanced recovery after surgery protocols in breast reconstructive surgery: patient selection and perspectives

Journal of Pain Research 2018;11 1567–1581



Regional Blocks

- Ultrasound is a game-changer

- PECS 1 & 2 blocks

Pectoral Nerves I and II Blocks in Multimodal Analgesia for Breast Cancer Surgery
A Randomized Clinical Trial

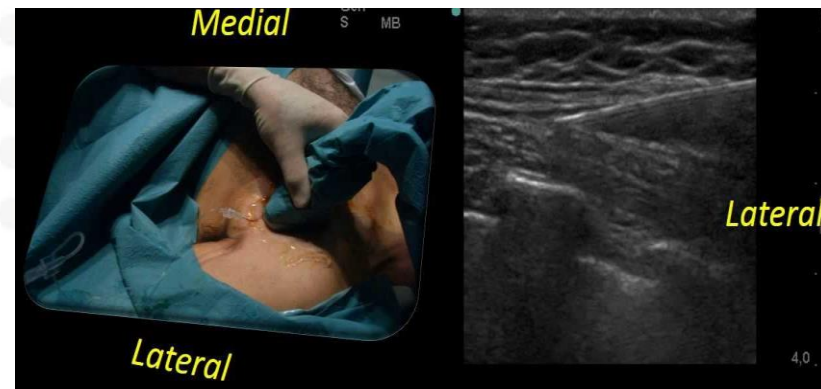
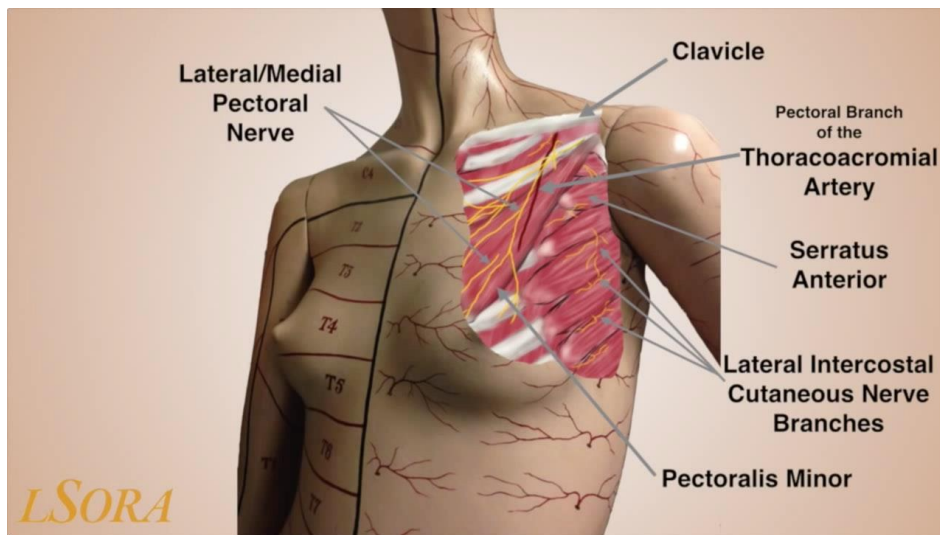
❖ Single shot

Ghada Mohammad Nabih Bashandy, MD, and Dina Nabil Abbas, MD

(Reg Anesth Pain Med 2015;40: 68–74)

❖ Catheter not feasible BUT long-lasting

❖ Contralateral symmetrisation – Bilateral blocks



Failed Blocks

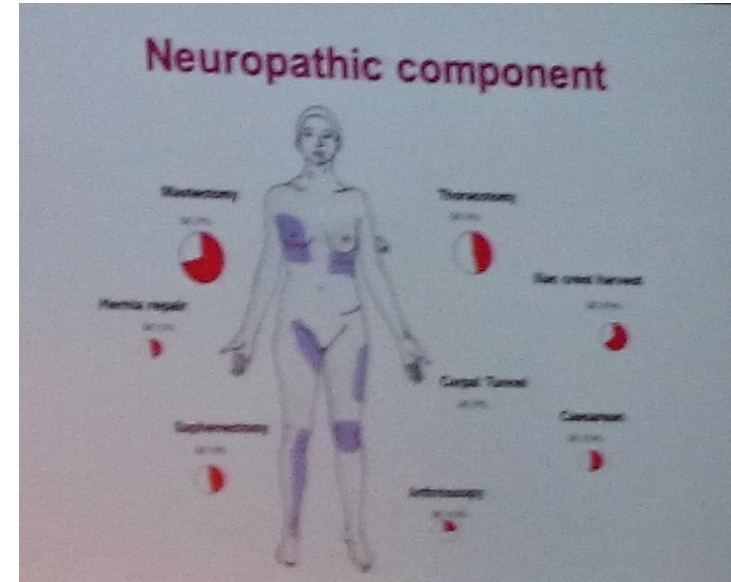
- Opioid free anaesthesia still possible
- Applied successfully in Pretoria
- Multimodal using
 - ❖ Paracetamol NSAID (Coxib preferred)
 - ❖ Ketamine Dexmedetomidine
 - ❖ Lignocaine Magnesium
- Continuous infusion
 - ❖ PCA pump
 - ❖ Elastomeric infusion pump



Surgical Risk

- CPSP Incidence

- ❖ Up to 80% Severe in 10%
- ❖ ↓ADL / Work ↑Health Costs



- Surgical Technique

❖ Open Surgery

- Identify & Preserve Nerves
- Partial injury worse

Chronic pain following breast surgery

Techniques in Regional Anesthesia and Pain Management (2011) 15, 124-132

Chad M. Brummett, MD

- Neuropathic pain

- ❖ ↑ Incidence / Severity / Duration

Life stress

Burnout among doctors

A system level problem requiring a system level response



BMJ 2017;358:j3360 doi: 10.1136/bmj.j3360 (Published 2017 July 14)

Jane B Lemaire *clinical professor*¹, Jean E Wallace *professor*²

¹Cumming School of Medicine, University of Calgary, Alberta, Canada; ²Department of Sociology, Faculty of Arts, University of Calgary

- SA Baseline stress

- Work stress

❖ Life-changing diagnoses

❖ Personal cost

- Monitor yourself

❖ Therapy is a GOOD thing

- Look after your colleagues

Southern African Journal of Anaesthesia and Analgesia 2015; 21(6):27-30
<http://dx.doi.org/10.1080/22201181.2015.1102798>

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EDUCATION

South Afr J Anaesth Analg
ISSN 2220-1181 EISSN 2220-1173
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RESEARCH

Burnout among anaesthetists in South Africa

Nicolaas van der Walt^a, Juan Scribante^a and Helen Perrie^a

African Journal of Emergency Medicine (2014) 4, 167–169



African Federation for Emergency Medicine
African Journal of Emergency Medicine

www.afjem.com
www.sciencedirect.com



EDITORIAL

Care for the Carers



Questions?

Presentation & references at:

<https://tinyurl.com/BIGOSA18>

