

Anestesi til dagkirurgiske protesepasienter

Peter Skrabak



Ortopedisk kongress for sykepleiere
Campus KSU 2026

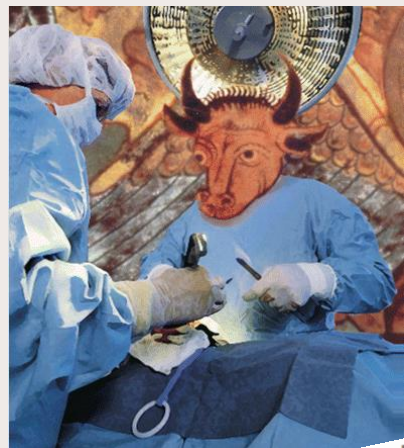
Saksliste

- Hvorfor viktig?
- Spinal eller narkose?
- Hvordan?



Om oss

"Surgeons are there to operate; anesthesiologists are there to keep them from doing it."



• Singapore Med J. 2015 May;56(5):264-267. doi: [10.11622/smedj.2015076](https://doi.org/10.11622/smedj.2015076)

Male orthopaedic surgeons and anaesthetists: equally good at estimating fluid volumes (and changing light bulbs) but equally poor at estimating procedure duration

[Weiliang Chua](#)^{1,✉}, [Chee Hoe Kong](#)¹, [Diarmuid Paul Murphy](#)¹

OPEN ACCESS | Research Article | Published Online 30 September 2025

The orthopaedic surgical personality: comparison with anaesthetist colleagues and the general population

Authors: [Afzal](#), [H Wetherell](#), and [RE Field](#) | [AUTHORS INFO & AFFILIATIONS](#)

Publication: The Bulletin of the Royal College of Surgeons of England • Volume 107, Number 7 • <https://doi.org/10.1308/rcsbull.2025.123>

Orthopaedic surgeons: as strong as an ox and almost twice as clever? Multicentre prospective comparative study

BMJ 2011 ; 343 doi: <https://doi.org/10.1136/bmj.d7506> (Published 15 December 2011)
Cite this as: BMJ 2011;343:d7506



Orthopedics vs Anesthesia
Benoit Duhalme
1k abonnenter
1,6 mill. avspjlinger for 15 år siden

Hvorfor? ERAS!

– fordeler med dagkirurgisk løp

- Færre medisinske komplikasjoner (DVT – LE, postop pneumoni)
- Bedre kneledd funksjon, mindre stivhet
- Fortere tilbake til daglige aktiviteter
- Mindre smerter (merkelig nok)
- Økt pasient komfort
- Bedre sykehusøkonomi

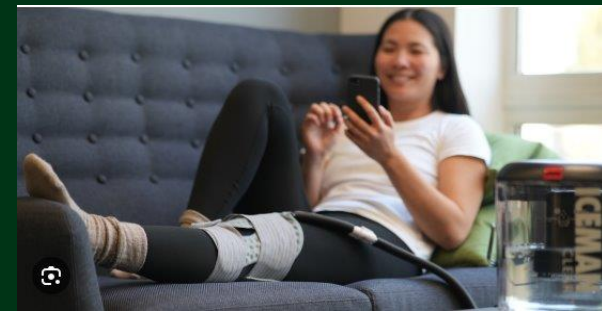


Spinal eller narkose?

- Risiko og pasientsikkerhet: ingen signifikant forskjell
- Operasjonsforhold og kirurgiske resultater: **spinal** litt bedre
- Problem:
 - Narkose pas: vil ikke stå opp fordi det er vondt
 - Spinal pas: kan ikke stå opp fordi beina er svake





Hvordan?



Bupivakain /Markain blokade 3 – 9 timer :(
Urinretensjon 9% – 57% :(



To ting måtte til:

- **Kortere spinal**
 - Lav dose bupivakain: var ikke bra nok anestesi 
 - Ny anestesimiddel **mepivakain** *2 timers varighet, 2-3% urinretensjon*
- **Smertelindring med nerveblokade** 
 - ...som ikke er femoralis blokade

"Simplified innervation"

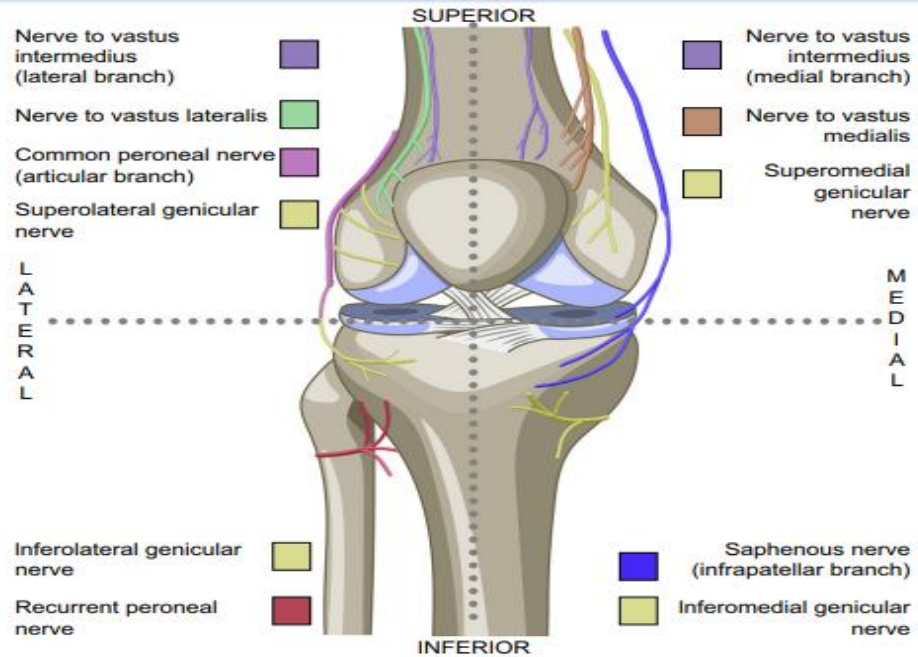


Fig 2. Simplified innervation of the anterior knee. Colour coded nerves are labelled in the respective quadrants that they contribute to. Note that anterior innervation is largely from femoral branches and genicular nerves.

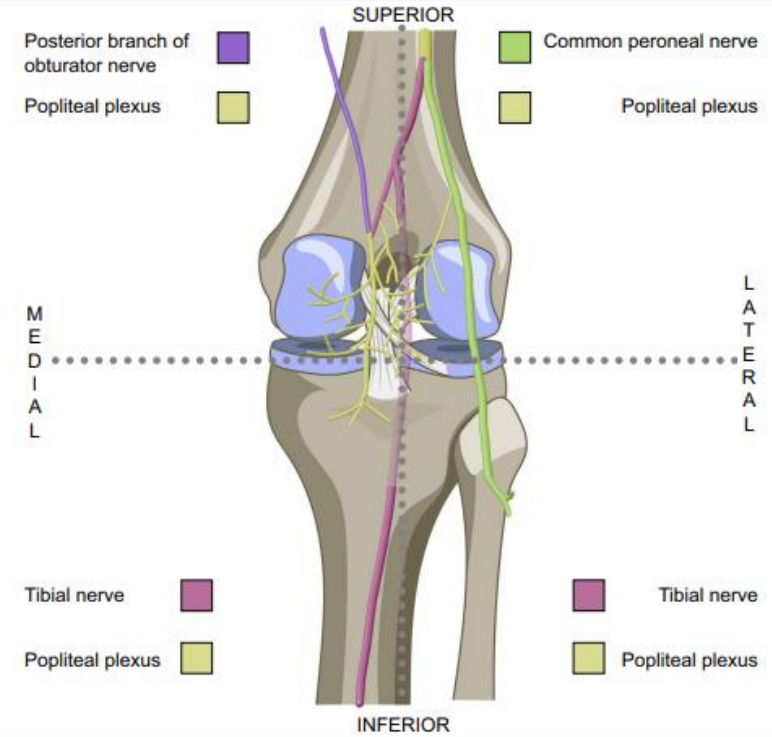
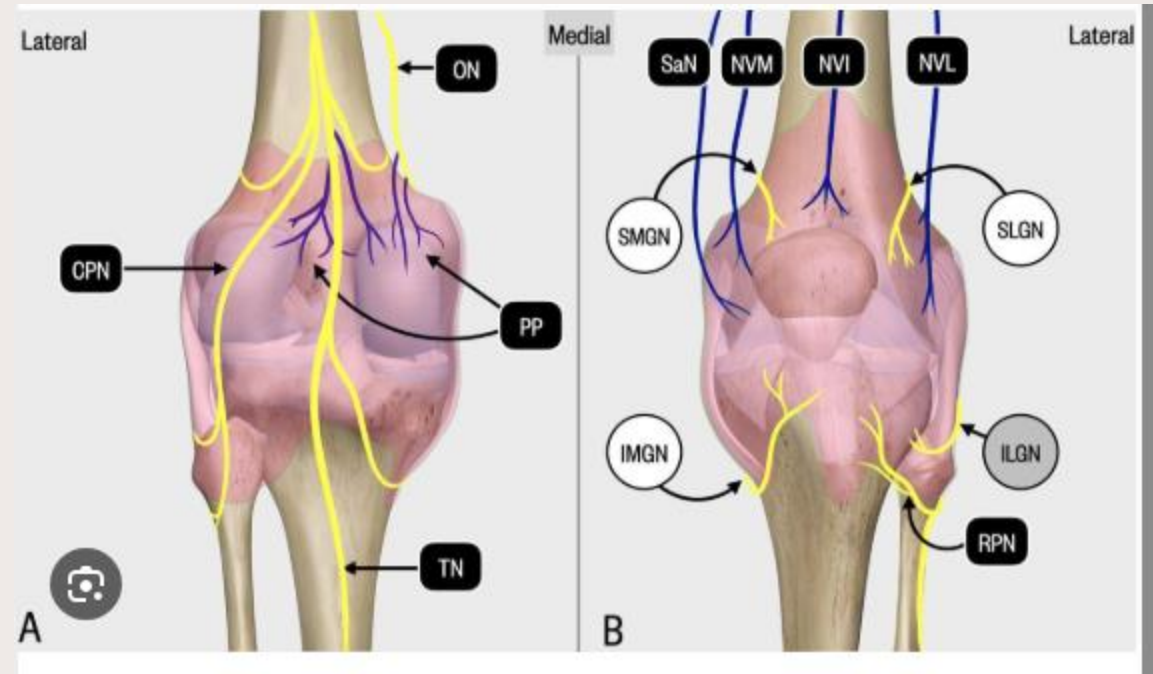


Fig 3. Simplified innervation of the posterior knee. Colour coded nerves are labelled in the respective quadrants that they contribute to. Note the importance of the popliteal plexus.

7 nerveblokader med færrest mulig stikk

1. Saphenus nerve / Femoral Triangle
2. IPACK
3. Lateral supragenicular
4. Supragenicular
5. Medial supragenicular
6. Medial infragenicular
7. ~~Lateral infragenicular~~



Før eller **etter** operasjon?

- Tidsbruk
- Hud integritet – infeksjonsfare

