

# **The Role of Spinal Diamorphine in Laparoscopic Surgery SSC1 A13 Reflective Essay**

## Reason for choice of topic

This project investigated the satisfaction of patients given intrathecal diamorphine when having in major intra-abdominal laparoscopic surgery. We wanted to examine the relationship between effective analgesia and adverse effects with varying doses of intrathecal diamorphine as there is no current evidence to guide dose. Laparoscopy is viewed as the future of surgery, it will be an important topic for us as clinicians and so we were keen to find out more.

## What the Group Did

We prepared a data-collection form, which included brief patient details extracted from their notes and the Overall Benefit of Analgesia Score . We carried out short, structured interviews with patients recovering from major intra-abdominal laparoscopic surgery. After 3 weeks, the collated data was analysed.

## Outcome Review

We found a potential increase in satisfaction with a lower dosage (0.5mg) of intrathecal diamorphine compared to 0.8mg and 1mg. A trend between sexes also emerged, with a lower average OBAS for males than females. Limitations to our pilot project included the small patient sample we managed to interview and variability in the postoperative analgesic regimens prescribed. Some patients were too distressed to take part, further limiting the sample size and many patients were unfamiliar with the OBAS system so were unsure how to score their symptoms. These factors will have all had an impact on the reliability and generalisability of our results. However, we do believe our results ask some interesting questions of the current analgesic strategies used in these patients and merit further investigation.

## Future Work

These findings provide direction to guide future studies investigating the use of intrathecal diamorphine in major laparoscopic intra-abdominal surgery. Future studies may specifically wish to consider using doses below 0.5mg, to study the effects on patient satisfaction and recovery time.

## Process Review

Our team worked in an organised, efficient manner, ensuring each member was always certain of their role within the group. When meeting weekly to present findings and discuss future action, we were able to merge our work to

produce a coherent and meaningful study. Some tasks were harder to complete, as we had to come to a collective decision with everyone's input. Ultimately, we gained valuable practical and personal skills as a result of our first SSC experience, which we hope to continue to develop throughout our education.