

Regional Anesthesia for Cardiothoracic Enhanced Recovery Special Interest Group (RACER) 2020 Update

This has been a year like no other. The COVID-19 pandemic disrupted every aspect of life. We are humbled and saddened by the sacrifices given by so many, especially as we watch the current surge, but have hope and optimism with the arrival of the vaccines.

Thank you for your continued support and participation in the RACER Special Interest Group. As we lost the opportunity to present and discuss at the SCA Annual Meeting, and COVID has disrupted research activities in many centers, we have curated some of this year's RACER studies.

The literature contains an emphasis on fascial plane blocks, trends away from opioid based pain management, and increasingly innovative approaches in applying regional anesthesia techniques to a wider variety of cardiothoracic surgeries beyond sternotomy. It's great to see so many active SCA members investigating and publishing on these topics. We hope you will enjoy these, whether by a roaring fire, or under the bright lights of an ICU or the OR.

Wishing you all a safe and happy holiday season, and a hopeful bright new year.

From your SCA RACER SIG Leadership Team,
Ban Tsui, Rebecca Klinger, Peter Neuburger, Himani Bhatt and Jessica Brodt

Fascial Plane Blocks – Reviews, Techniques

- [Regional Anesthesia in Cardiac Surgery: An Overview of Fascial Plane Chest Wall Blocks.](#)
Kelava M, Alfirovic A, Bustamante S, Hargrave J, Marciniak D.
Anesth Analg. 2020 07;131(1):127-135
- [Serratus Anterior Plane Block-A Promising Technique for Regional Anesthesia in Minimally Invasive Cardiac Surgery.](#)
Patel SJ, Augoustides JGT.
J Cardiothorac Vasc Anesth. 2020 Nov;34(11):2983-2985.
- [The role of serratus anterior plane and pectoral nerves blocks in cardiac surgery, thoracic surgery and trauma: a qualitative systematic review.](#)
Jack JM, McLellan E, Versyck B, Englesakis MF, Chin KJ.
Anaesthesia. 2020 10;75(10):1372-1385.
- [Utility of erector spinae plane block in thoracic surgery.](#)
Pirsaharkhiz N, Comolli K, Fujiwara W, Stasiewicz S, Boyer JM, Begin EV, Rubinstein AJ, Henderson HR, Lazar JF, Watson TJ, Eger CM, Trankiem CT, Phillips DG, Khaitan PG.
J Cardiothorac Surg. 2020 May 12;15(1):91.

RACER in Sternotomy Patients

- [Erector Spinae Regional Anesthesia for Robotic Coronary Artery Bypass Surgery Is Not Associated With Reduced Postoperative Opioid Use: A Retrospective Observational Study.](#)
Moll V, Ward CT, Jabaley CS, O'Reilly-Shah VN, Boorman DW, McKenzie-Brown AM, Halkos ME, Prabhakar A, Pyronneau LR, Schmidt PC.
J Cardiothorac Vasc Anesth. 2020 Sep 20
- [Effect of Regional Analgesia Techniques on Opioid Consumption and Length of Stay After Thoracic Surgery.](#)
Dunham WC, Lombard FW, Edwards DA, Shi Y, Shotwell MS, Siegrist K, Eagle SS, Pretorius M, McEvoy MD, Gillaspie EA, Nesbitt JC, Wanderer JP, Kertai MD.
Semin Cardiothorac Vasc Anesth. 2020 Aug 17:1089253220949434.
- [Bilateral Erector Spinae Blocks Decrease Perioperative Opioid Use After Pediatric Cardiac Surgery.](#)
Roy N, Brown ML, Parra MF, Sleeper LA, Alrayashi W, Nasr VG, Eklund SE, Cravero JP, Del Nido PJ, Brusseau R.
J Cardiothorac Vasc Anesth. 2020 Oct 12
- [Efficacy of Bilateral Erector Spinae Plane Block in Management of Acute Postoperative Surgical Pain After Pediatric Cardiac Surgeries Through a Midline Sternotomy.](#)
Kaushal B, Chauhan S, Magoon R, Krishna NS, Saini K, Bhoi D, Bisoi AK.
J Cardiothorac Vasc Anesth. 2020 Apr;34(4):981-986.

RACER beyond the sternum

- [Choosing the Best Method for Postoperative Regional Analgesia After Video-Assisted Thoracoscopic Surgery.](#)
Campos JH, Peacher D.
J Cardiothorac Vasc Anesth. 2020 Jul;34(7):1877-1880.
- [Parasternal Pectoral Block for Right Anterior Minimally Invasive Thoracotomy in Cardiac Surgery.](#)
Ellouze O, Missaoui A, Berthoud V, Bouhemad B, Guinot PG.
J Cardiothorac Vasc Anesth. 2020 Feb;34(2):450-453.
- [Ultrasound-guided continuous deep serratus anterior plane block versus continuous thoracic paravertebral block for perioperative analgesia in videoscopic-assisted thoracic surgery.](#)
Hanley C, Wall T, Bukowska I, Redmond K, Eaton D, Ní Mhuircheartaigh R, Hearty C.
Eur J Pain. 2020 04;24(4):828-838.

- [Alternative Regional Anesthesia for Surgical Management of Multilevel Unilateral Rib Fractures.](#)
Santonastaso DP, de Chiara A, Russo E, Gamberini E, Musetti G, Cittadini A, Ranieri S, Coccolini F, Fugazzola P, Ansaloni L, Agnoletti V.
J Cardiothorac Vasc Anesth. 2020 May;34(5):1281-128
- [Efficacy of an Ultrasound-Guided Erector Spinae Plane Block for Postoperative Analgesia Management After Video-Assisted Thoracic Surgery: A Prospective Randomized Study.](#)
Ciftci B, Ekinci M, Celik EC, Tukac IC, Bayrak Y, Atalay YO.
J Cardiothorac Vasc Anesth. 2020 Feb;34(2):444-449.
- [Bilateral Continuous Erector Spinae Plane Block in Open Abdominal Aortic Aneurysm Repair.](#)
Zullino V, Bonvicini D, Alfonsi L, Ferrarese B, Rinta-Nikkola M, Gambardella M.
J Cardiothorac Vasc Anesth. 2020 Jun;34(6):1588-1590.