

## Ankle Block

GLOBAL MARK			
CLEAR PASS	BORDERLINE PASS	BORDERLINE FAIL	FAIL

### Criteria

Introduces Self, Confirms patient identify, Washes hands	2, 1
Checks comfort level of patient and gains consent for procedure Explains that an ankle block with anaesthetize the foot, not the ankle.	2, 1
Checks equipment Iodine Needle and syringe Local anaesthetic Dose 3mg/kg Lidocaine Dose 2mg/kg Bupivacaine	2
Cleans area	1
Demonstrates anatomy 3 Injections. <b>Tibial nerve L5-S3 – sole of foot</b> Insert needle posteriolaterally to post tibial artery at level of medial mal until you hit bone. Aprx 5ml.  <b>Saphenous L3L4 and Superficial Peroneal nerve – dorsum of foot and lateral edge</b> S/C infiltration just anterior to medial malleolus in a ridge over the front of the leg.  Superficial peroneal nerve – L4-S2 – dorsum of foot Continue saphenous injection to the lateral malleolus.  <b>Sural Nerve L5-S2 – medial edge, 5<sup>th</sup> toe</b> S/C infiltration from achilles to lateral mal  <b>Deep peroneal nerve 1<sup>st</sup> web space</b> Between EHL and EDL top of foot. Inject top of foot just medial to EHL tendon. Advance to bone and inject.	
Safe injection technique	
Good aseptic technique	
Checks Block	
Documents in notes Site Amount of LA used PRESCRIBES LA Effectiveness of block	
Thanks patient	