Teaching LA Doses

GLOBAL MARK			
CLEAR PASS	BORDERLINE PASS	BORDERLINE FAIL	FAIL

Criteria

Criteria	Mark
Introduces Self, Confirms patient identify, Washes hands	2, 1
Checks comfort level of patient and gains consent for teaching	2, 1
Identifies current level of knowledge of learner	

Sets Objectives for sessions
    What LA are
    How they work
    How to give them
    Giving multiple types	

Explains indications
    Nerve block
    Local infiltration	

Explains contraindications
    Allergy
    Refusal
    Certain clinical situation (compartment syndrome, nerve damage assessment)
    Prilocaine and cause metheamaglobinaemia	

Explains pharmacology
    Two types Amides and Esters, we mainly use Amides
    Block sodium channel – stop nerve conduction
    Weak bases, unionized drug passes into cell faster, so lower pKa local anaesthetics work faster.
    Also why they work less well in infected tissue (more acidic, there fore less unionized drug).
    Why some people may add HcO_3- to make solution more aklaki, so more unionized drug, so faster action.	

Explains Doses
    Lidocaine MAX 3mg/kg Lidocaine 1% contains 10mg/ml
    Don't exceed 200mg
 	
    Lidocaine with adrenaline 7mlg/kg don't exceed 500mg
 	
    Bupivicaine 2mg/kg max 150mg
    (Same for levobupivacaine). 0.5% = 5mg/ml
 	
    Prilocaine 3mg/kg Max is 6mg/kg don't exceed 400mg
 	
    If giving a variety don't give more than the maximum dose of the lowest MAX possible LA.	

Does worked example with student	

Invites questions and manages them well	
Checks understanding	
Identifies further learning for learner to cover	
Summarizes session/objectives	