Fascia iliaca compartment block for pain relief for patients with a hip fracture

Anaesthetics
Surgery & Critical Care

This leaflet will give you information about the benefits and risks to help you make an informed decision about undergoing a fascia iliaca block procedure.
What is a fascia iliaca block?
This is an injection near the hip that numbs the nerves in the hip and thigh. It should give you pain relief from your broken hip for up to 10 hours. This injection can be given while you are awake.

How is it given?
A doctor or nurse trained in giving the injection will ask you to lie on your back so that the groin area on the side of your broken hip can be accessed. The skin on your groin will be cleaned (this may feel a bit cold) and you will then have a small injection to numb the skin. A deeper second injection will then numb the nerves.

Is it painful?
The first injection to the skin will sting for a few moments but this will make the area numb so that the doctor or nurse can put the second needle in with minimal discomfort. The whole procedure should not be painful but it can be uncomfortable. If you feel pain you should let the doctor or nurse know.

How long does it take before the injection starts to work?
This is usually within 30 minutes but every patient is different.

What are the benefits of a fascia iliaca block?
The block provides pain relief to the area of the fracture, reducing the need for other strong drugs which can have side effects such as sickness, drowsiness and chest problems.

Are there any side effects with a fascia iliaca block?
Side effects are very rare but may include:
- Not enough pain relief – the injection may not work
- Temporary leg weakness
- Infection
- Reaction to the drugs
- Bleeding
- Nerve damage

Absorption of the anaesthetic into the bloodstream may cause:
- Feeling unwell
- Feeling light headed
- Tingling or numbness of the lips
- Drowsiness
- Fits

If you get any of the above symptoms including pain at the site of injection please let the staff know as soon as possible.

If you are taking Warfarin or have a known blood clotting disorder you will not be suitable for this injection. If you have forgotten to tell the staff please let them know as soon as possible.

What if I do not want to have the injection?
If you choose not to have the injection you will be given alternative pain relief for your broken hip until you have surgery. If you have any questions that this leaflet does not answer please ask your nurse practitioner, doctor or any member of the health care team.
Reference

Hip fracture: NICE Evidence Update March 2013
A summary of selected new evidence relevant to NICE clinical guideline 124, The management of hip fracture in adults (2011)

Contact Details for Further Information

Anaesthetic Department
Diana, Princess of Wales Hospital
Scartho Road
Grimsby
01472 874111

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
01724 282282

Goole & District Hospital
Woodland Avenue
Goole
01405 720720

Contact Details for Further Information

Anaesthetic Department
Diana, Princess of Wales Hospital
Scartho Road
Grimsby
01472 874111

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
01724 282282

Goole & District Hospital
Woodland Avenue
Goole
01405 720720

Reference

NICE Evidence Update March 2013
A summary of selected new evidence relevant to NICE clinical guideline 124, The management of hip fracture in adults (2011)