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Combined spinal epidural anesthesia advantages and limitations: An overview

Sanjul Dandona[1], Surinder Singh[2], Neha Batra[3]

[1] Assistant Professor, Department of Anesthesia, VCSG Government Institute of Medical Science and Research, Srinagar Garhwal, Uttarakhand, India

[2] Associate Professor, Department of Anesthesia, VCSG Government Institute of Medical Science and Research, Srinagar Garhwal, Uttarakhand, India

[3] Assistant professor, VCSG Government Institute of Medical Science and Research, Srinagar Garhwal, Uttarakhand, India

Abstract

The combined spinal–epidural technique (CSE) has attained widespread popularity for patients undergoing major surgery below the umbilical level who require prolonged and effective postoperative analgesia. Among the favorable circumstances, this strategy can achieve rapid begin, profound regional blockade with the advantage to change the block. An assortment of procedures and gadgets have been proposed for Combined spinal– epidural Anesthesia. It joins the best highlights of spinal barricade and epidural bar and keeps away from their separate inconveniences. This review focuses on points of interest of combined spinal–epidural anesthesia. Needle-through-needle, Separate needle, Double-barrelled needles as strategies of CSEA has likewise been examined.

Keywords: CSE, epidural block, spinal block

1. Introduction

The combined spinal–epidural technique (CSE) encompasses intended subarachnoid blockade as well as epidural catheter placement as a replacement to epidural anesthesia alone (see figure 1). It helps in a rapid onset of neuraxial blockade along with instant relief of pain. The combined spinal–epidural technique (CSE) integrate the finest characteristics of spinal blockade and epidural blockade at the same time evades the shortcomings of these two techniques. One should not assume CSE as just a spinal block which get followed by an epidural block. The technique of combined spinal–epidural application has achieved extensive acceptance among patients who use to undergo major surgery below the umbilical level and who need prolonged and effective postoperative analgesia. Epiduroscopy and Spinaloscopy, as well as the newer radiologic imaging techniques, have revealed new insights of anatomic structures in the lumbar epidural and subarachnoid areas, thereby enhancing central regional blocks and safety and performance. This technique of CSE has now been well established in a number of organisations. Present paper has tried to discuss the clinical experience, advantages, and potential problems, along with the various method of the CSE technique.

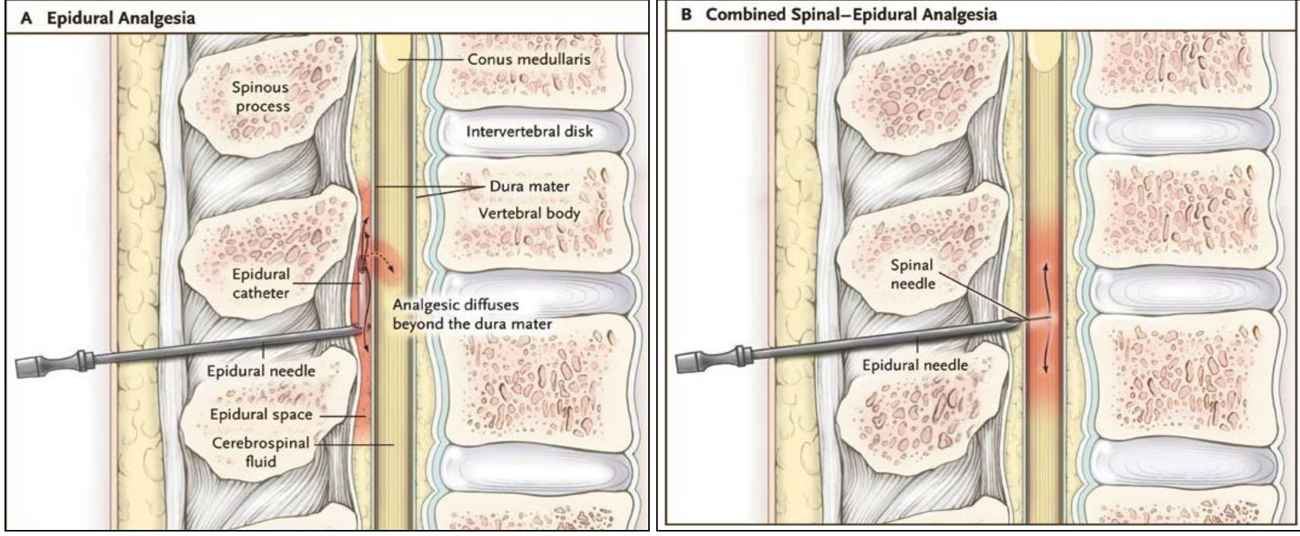

Fig 1: Graphic representation **A)** Epidural and **B)** Combined Spinal-Epidural Analgesia

Epidural injection may modify the spinal block and epidural drugs may not behave as they would without prior dural puncture. Figure 2 shows anatomical view of the combined spinal-epidural anesthesia administration.

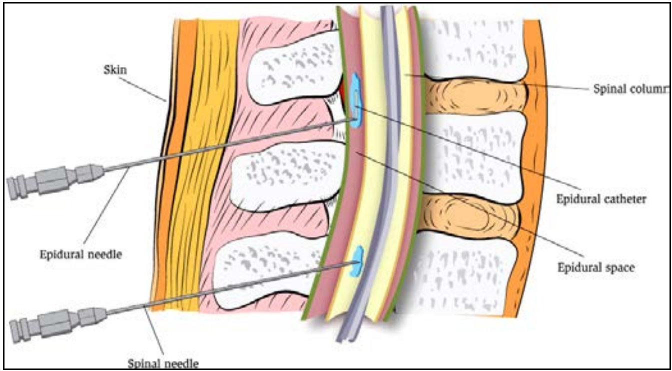

Fig 2: Anatomical view of the administering combined spinal epidural anesthesia

2. Technique

2.1 Needle-through-needle

Needle-through-needle technique is most utilized in the CSE system [1] Figure 3 shows a typical NTN needle. An epidural needle is utilized to distinguish the epidural space. A spinal needle is then inserted through the epidural needle into the subarachnoid space and the subarachnoid square performed. After the evacuation of the spinal needle, an epidural catheter is set that can be utilized in this manner. Advancements of this strategy have incorporated the outline of epidural needles with gaps in the more noteworthy arch of the needles, which enable the epidural catheter to be embedded far from the dural cut site, along these lines lessening the danger of incidental subarachnoid arrangement of the epidural catheter. Different advancements incorporate the plan of spinal needles which bolt onto the epidural needle after dural cut, along these lines lessening the danger of spinal needle dislodging amid intrathecal infusion and disappointment of spinal anesthesia.

A 'click' conforms a successfully marked dural puncture with a good stabilization, safeguarding the movements of needle [2]. Achievement rates of up to 99% have been accounted for with certain 'locking' needles, which is practically identical with the revealed achievement rates of 98% with regular 'non-locking' needles utilized in a few investigations. The needle-through-needle strategy can likewise be performed by embedding a catheter into the epidural space before the spinal square. Via doing the strategy in a specific order, the notice indications of scattering of the epidural needle or catheter, (for example, paranesthesia) are safeguarded amid the inclusion of the CSE. Nonetheless, this strategy dangers harm to the epidural catheter as the spinal needle is embedded.

Fig 3: Needle-through-needle

2.1.1 'Backeye'

There are multiple CSE kits of commercial type which covers an epidural needle with a small hole in the greater curvature of the tip. This 'backeye' ensures that the dural puncture site is displaced from the epidural catheter. This is how it permits the spinal needle to follow a straight route which further decreases the possibility of rubbing among the two needles at the Huber point. Successful exit via the backeye varies between 50% and 100%.

2.2 Separate needle

This strategy utilizes two separate needles to play out the spinal and epidural segments of the CSE. The two needles can be embedded at the same vertebral interspace or at two separate interspaces. Once more, the spinal and epidural parts of the CSE can be performed in either arrange. The favorable circumstances and dangers of playing out the epidural part initially are the same as those portrayed for the needle-through-needle method above. The benefit of playing out the spinal part initially is that the relatively quick beginning of absence of pain lessens the danger of the patient moving amid the consequent inclusion of the epidural needle [3]. Studies contrasting the needle-through-needle procedure and the different needle strategy have discovered a higher rate of disappointment of the spinal part with the needle-through-needle technique.4,5 Failure rates of 5– 20% have been accounted for the needle-through-needle system (despite the fact that in experienced hands this is as low as 1– 5%), contrasted and <5% for the different needle method. Then again, the needle-through-needle strategy is related with more prominent patient fulfillment and might be snappier to perform.

2.3 Double-barrelled needles

Certain CSE needles have been composed with two barrels: one for the execution of the spinal part and the other for the entry of the epidural catheter (see figure 4). These needles permit the detachment of the destinations of dural cut and epidural catheter position. Be that as it may, there are few investigations of the viability of these needles and they are not usually utilized. This may change as new twofold barrelled needle units go onto the market.

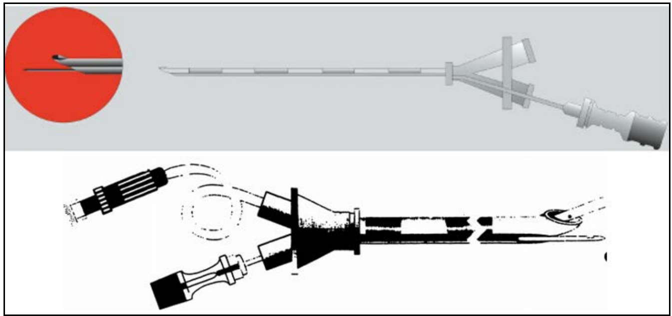

Fig 4: Double-barrelled needles

3. Needle choice

It is the method that one decides lead to the Needles In case of spinal anesthesia, partitioned needle CSE is being used. For needle-through-needle CSE, long needles are required.

Utilizing combined needles, a fine and long needle (28 G or littler) is expected to go through the twofold barrelled spinal needle channel. Needle decision relies upon elements, for example, the probability of disappointment and frequency of postdural puncture headache. Lamentably those needles liable to diminish postdural puncture headache frequently increment disappointment. Different contemplations incorporate danger of subarachnoid placement or migration of the epidural catheter, drug flux through the dural gap.

One may find less CSF leakage in case of application of Equivalent size pencil-point needles [4-5] and less postdural puncture headache in comparision to Quincke needles [6]. The sharp driving edge of Quincke-point needles may cause worry amid needle-through-needle CSE as it can go through dura with negligible power to such an extent that dural puncture may not be felt as it enters neural tissue more readil. On the other hand pencil-point needles are generally limit, may not penetrate the skin without an introducer and, when utilizing long fine needles, dural puncture might be troublesome or incomprehensible [7].

Atraucan	5% (26G)	Combination Quincke-pencil point bevel
Eldor	0% (26G)	Double hole pencil point
Gertie Marx	0%-4% (24G)	Single port pencil point
Quincke	2.7%-19% (29G-25G)	Cutting edge
Spinocan	39% (22G)	Cutting edge
Sprotte	1.5%-2.8% (24G)	Single port pencil point
Whitacre	0.37%-39% (22G-27G)	Single port pencil point

Fig 5: Different types of needles used in CSE anesthesia

Rosenberg, [8] as of late explored the subject of needle decision and contends that a 26-or 27 G pencil-point needle utilized with a stylet and introducer is ideal with littler needles, specialized challenges exceed any decrease in postdural puncture headache. Utilization of an introducer facilitates addition, lessens pollution and decreases deviation of fine needles. Amid needle-through-needle CSE, the epidural needle is the 'ideal introducer'. There might be a contention for utilizing somewhat bigger needles; Westbrook revealed little diminishing in CSF spill somewhere in the range of 25-and 27 G Whitacre needles and was accounted for 25% disappointment with needle-through-needle CSE utilizing a 27 G needle [9]. Lyons *et al*. announced a 16% disappointment rate with needle-through-needle CSE utilizing a 26 G, yet couple of other CSE with pencil-point spinal needles are accounted for to have performed ineffectively [10].

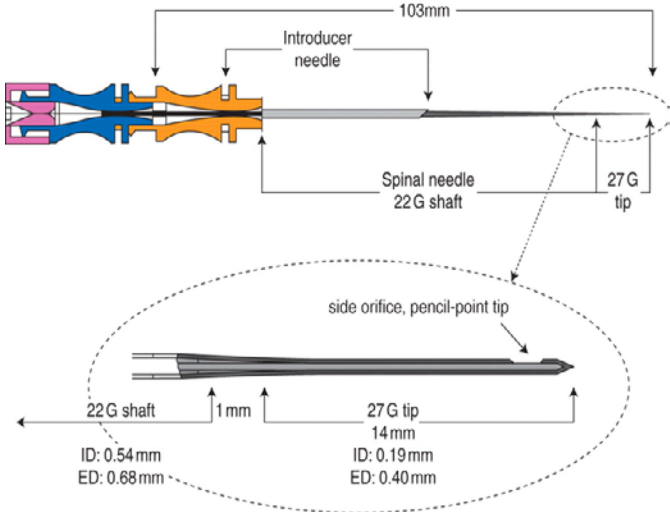

Fig 6: A 22/27G spinal needle used with an external introducer needle

4. Advantages

When compared with standard epidural techniques, the combined spinal-epidural (CSE) technique has now been a most favoured technique in case of providing analgesia when patient is undergoing labour with advantages like speed of beginning of pain relief as well as better sacral analgesia [11].

Both Eappen *et al.* [12] and Norris *et al.* [13] in their work, have revealed that epidural catheters, embedded as a feature of CSE analgesia, had a higher likelihood of achievement when contrasted and an epidural-only method. Specifically, the investigation of Norris *et al.* of more than 1600 patient accepting either CSE or epidural analgesia for work proposed that a catheter embedded as a component of a CSE strategy will probably deliver two-sided tangible change and satisfactory analgesia.

The CSE's quicker beginning, and more noteworthy unwavering quality requiring less sedative mediation, makes it better than the epidural alone in giving analgesia in labor. In the examination by Leo *et al.* [14] 15– 40 % of patients getting low measurement spinal as a major aspect of CSE system for cesarean segment required epidural bolus. Combined spinal-epidural (CSE) gives quicker and better first-stage analgesia and less epidural top up boluses than customary epidural techniques. infusion with deliberation into the epidural space can build analgesic level. This system, alluded to as epidural volume extension, isn't completely comprehended; the liquid in the epidural space might pack the dural sac. Zaphiratos *et al.* [15] tried 2 speculations and found that an epidural infusion of 10 mL typical saline while starting CSE would build the underlying soporific tactile square tallness by 15 minutes. Second, contrasted and CSE alone, CSE with EVE would result in a higher tangible square at 30 minutes while diminishing agony scores, analgesia beginning time, along with motor block.

It is broadly acknowledged certainty that Presence of mitral stenosis break down the as of now traded off heart status of a pregnant female. Kannaujia *et al.* [16] reports in their exploration that one of their patient a 20-year-old, and primigravida planned for crisis cesarean segment because of intense fetal pain was an analyzed instance of serious mitral stenosis and pneumonic hypertension (48 mmHg). Amid antenatal she was on anticoagulants and was observed routinely. In the task theater she was observed for pulse, obtrusive circulatory strain, focal venous weight, SpO2 and pee yield. Combined spinal epidural anesthesia (CSEA) at L3–4, utilizing 7.5 mg 0.5% bupivacaine with 8% dextrose was given. Promptly after CSEA a persistent vasopressin mixture at 2– 4 units/h was begun, which dealt with hypotension and aspiratory hypertension and it was ceased toward the finish of the medical procedure. The patient was steady haemodynamically intra and postoperatively.

CSE has been utilized for a wide assortment of non-obstetric medical procedure in grown-ups including orthopedic, urological, vascular, gynecological, and general surgeries. There have been reports of its utilization as the sole analgesic strategy in patients experiencing sigmoid colectomy and stomach aortic aneurysm repair. The method has additionally been utilized for inguinal hernia repair in neonates.

Moreover, in the previous decade, CSE has turned out to be progressively famous, both as a technique for giving analgesia in labor and as a strategy for giving anesthesia to cesarean segment. A survey1 of advisor obstetric anesthetists in England in 2004 found that 65% utilized the CSE procedure; a huge extent performed in excess of 100 CSEs yr−1.The advantages of utilizing CSE to give analgesia in labor incorporate the fast beginning of relief from discomfort contrasted and a customary epidural strategy (especially in late work) and support of the capacity to ambulate. In a review of Cochrane database audit 2 of 14 randomized controlled preliminaries contrasting CSE and epidural analgesia in labor affirmed that CSE gives quicker beginning of viable relief from discomfort alongside a higher rate of maternal fulfillment [17-18]. Nonetheless, the audit found no distinction among CSE and epidural methods with respect to maternal versatility, the rate of post-dural cut cerebral pain, the rate of forceps conveyance, or the rate of cesarean segment.

A few examinations have shown the prevalence of CSE over traditional epidurals for cesarean segment as far as dependability of analgesia and muscle unwinding [19]. A lower add up to dosage of nearby analgesic is required with CSE when contrasted and customary epidurals for cesarean area. The advantages of CSE over a solitary shot spinal sedative for cesarean segment have been more hard to illustrate. Be that as it may, the CSE system makes its mark in situations where medical procedure is anticipated to outlive a single shot spinal spot.

5. Limitations

Few common limitations and complications that may occur during the CSE anesthesia are:

a. Postdural puncture headache incidences
b. Drug flux due to prior dural punctures
c. CSF (Cerebra-Spinal Fluid) leaks
d. Risks of Neurological damages
e. Risk of infections such as meningitis
f. Epidural abscess
g. Cardiac arrest in few cases

Therefore it is clear that scrupulous aseptic precautions should be taken whenever performing CSE anesthesia.

6. Conclusion

There have been a few reports in the ongoing writing looking at the general adequacy of epidural versus CSE absense of pain for work. In spite of the fact that there are some review considers that have reasoned that CSEs are more compelling for work absense of pain, a few imminent examinations demonstrate that there is no genuine distinction between the procedures. Combined spinal– epidural strategies give a chance to use the significant points of interest of spinal and epidural anesthesia. CSE delivers a multi-compartment square with the end goal that conduct of the spinal square might be modified by ensuing epidural infusions and epidural drugs may move into the CSF. These highlights might be utilized to advantage yet may cause difficulties if not foreseen. Purposeful rupturing of the dura permits the likelihood of meningitis from poor aseptic procedure. Despite the fact that it might be the ideal territorial system for an assortment of pain relieving and agent circumstances however ought to be utilized simply after sufficient preparing by experienced experts.

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