Self administration of Sphenopalatine ganglion block for head and neck cancer pain management

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Outline

→ Introduction
→ Why and for whom?
→ How to perform?
→ Results
→ Why it is so effective?
→ Conclusion
→ References
Why and for whom?

- To provide pain relief at home as well as quality of life
- to observe ease of performance and effectiveness
- to make palliative care practitioner aware of this method of pain relief

**Inclusion criteria**
- Severe to worst pain
- Not controlled by opioids
- Good effect of SPGB
- Literate patient Pt who understand
- Patient willingness

**Exclusion criteria**
- Bleeding tendency
- Nasal obstruction

NOTE: Intensity of pain (NRS) and Quality of life with EORTC QLQ –H&N 35

Associated symptoms
How to perform?

- Throat swab stick
- Lignocaine jelly
- Syringe needle
- Ear buds
- Bupivacaine

Self administration video
Results

• Ease of performance :- 16/19 Patients
• Duration of analgesia :- 8 hrs – 7 days
• Frequency of procedure:-
  - 11 Pt: Weekly
  - 2 pt: alternate day
  - 2 pt: Once a day
  - 1 pt: three times a day
• Intensity of pain NRS score:-
  - Immediate : 8.566+/−1.05 to 2.456+/−1.234
  - After 1 month : 8.566+/−1.05 to 6.211+/−1.3
• Quality of life (EORTC QLQ -H&N 35) :- Mean pain score and Feeling of sick were decreased post SPGB
• Associated symptoms:- Sleep disturbance is relived in all patients
Why it is so effective?
Conclusion

- Self administration of SPG Block is relatively easy and safe method of control of acute and chronic pain in H&N cancer pt.
- Can be performed bilaterally, repeatedly.
- Can be performed in presence of RT.
- Outpatient procedure.
- Can be safely taught to effectively perform at home with good expectations and results.
References


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