Patient-reported outcome measures: surgery under nerve block

PROMs for block-only surgery. Completed with the patient before surgery, on day 1 and on day 7.

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CASE DETAILS (STAFF)

Audit no. _____ Date _____ Age _____ **Sex** ☐ F ☐ M **ASA** ☐ 1 ☐ 2 ☐ 3 ☐ 4 Weight (kg) _____ Height (cm) _____

Operation _____ Block(s) _____ **Sedation** ☐ None ☐ Light ☐ Deeper

BEFORE SURGERY

How well did you sleep? 0 = very badly, 10 = very well	3 nights before	2 nights before	Night before
Score 0 to 10			

Usual pain at the operation site over the last week (0-10) _____ Worry about the anaesthetic today (0-10) _____

DAY OF SURGERY

Worst pain during the operation (0-10) _____ Worst pain in recovery (0-10) _____ **Sickness** ☐ None ☐ Mild ☐ Severe

DAY 1: TELEPHONE CALL AT ABOUT 24 HOURS

How many hours did the numbness last? _____ **Did you take painkillers before the block wore off?** ☐ Yes ☐ No

Pain score 0 to 10	While block working	When block wore off (worst)	Now, at rest	Now, on movement
Score				

Rebound pain (3 or less while numb, rising to 7 or more within 24 h) ☐ Yes ☐ No Sleep on the first night (0-10) _____

Sickness or vomiting ☐ None ☐ Mild ☐ Severe **Strong painkillers (opioids) needed at home** ☐ Yes ☐ No

Number of doses _____ **Called for help or attended hospital** ☐ Yes ☐ No

QoR-15 total, if used (0-150) _____ Overall, how well recovered do you feel? (0-10) _____

DAY 7

Any numbness, tingling or weakness still present? ☐ Yes ☐ No Where _____ **Referred for review** ☐ Yes ☐ No

Pain now (0-10) _____ **Back to usual daily activities** ☐ Yes ☐ Partly ☐ No Sleep over the last three nights (0-10) _____

QoR-15 total (0-150) _____

Comments _____

Patient-reported outcome measures: surgery under nerve block: notes and standards

How to use the sheet, suggested standards and references.

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HOW TO USE THIS SHEET

- One sheet per patient. The pre-operative questions are asked on admission; day 1 and day 7 are short telephone calls.
- Sleep is scored 0 to 10 for each of the three nights before surgery, the first night after, and the last three nights at day 7.
- The QoR-15 is optional. If you use it, obtain the questionnaire from its publisher and record only the total here. A change of 8 points is the minimal clinically important difference.[2]
- Any neurological symptom at day 7 needs clinical review, not just a tick.

SUGGESTED STANDARDS (SET LOCALLY)

Standard	Target
Day 1 follow-up completed	90% or more
Written advice on protecting the numb limb and starting painkillers early	100%
Rebound pain	Report the rate; half of day-case patients in one cohort[4]
Persisting neurological symptoms at day 7 reviewed by an anaesthetist	100%

BACKGROUND

- The QoR-15 is a 15-item recovery score validated after general anaesthesia; its behaviour after block-only surgery should be checked locally.[1]
- An international Delphi panel agreed ten core outcomes for peripheral regional anaesthesia research; this sheet draws on the patient-reported ones.[3]
- Rebound pain was defined as pain of 3 or less while the block worked, rising to 7 or more within 24 hours of the block.[4]
- The sleep questions are a NORA² addition and are not from a validated instrument.

REFERENCES

1. Stark PA, Myles PS, Burke JA. Development and psychometric evaluation of a postoperative quality of recovery score: the QoR-15. Anesthesiology 2013; 118: 1332-40. https://doi.org/10.1097/ALN.0b013e318289b84b
2. Myles PS, Myles DB, Galagher W, et al. Minimal clinically important difference for three quality of recovery scales. Anesthesiology 2016; 125: 39-45. https://doi.org/10.1097/ALN.0000000000001158
3. Hill J, Ashken T, West S, et al. Core outcome set for peripheral regional anesthesia research: a systematic review and Delphi study. Reg Anesth Pain Med 2022; 47: 691-7. https://doi.org/10.1136/rapm-2022-103751
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