



# Recovery room

Kia Rosberg  
Nurse Anaesthetist  
Clinical Teacher  
November 2012



---

Muhimbili Karolinska  
Anaesthesia & Intensive Care Collaboration  
[www.mkaic.org](http://www.mkaic.org) • [info@mkaic.org](mailto:info@mkaic.org)



# Goal



- Monitoring
- Ability to assess and react
- Pain relief

Every patient who has had a general or regional anaesthetic should be observed in the RR



# Staffing



- Team supervised by trained and experienced nurse
- Efficient communication
- Any complications must be reported to anaesthesiologist



# Monitoring



- Patient should never be left alone!
- Blood pressure
- Puls and saturation
- A clock with a clearly visible second hand

**Goal: Vital signs checked and recorded at least every 15 minutes if possible**



# Special considerations after caesarean



- Uterus should be palpated every 30 minutes. Should be hard (well contracted) below bellybutton
- Check for vaginal bleeding
- Urincatheter and color of urin.



# Ability to react



- The recovery room should be close to the OT
- The patient should be on a trolley which can easily be tilted head down
- Readily available suction equipment
- Emergency box
- Readily available ventilation equipment:
  - Self inflating bag and mask
  - Face masks and airways



# Pain relief



## Pain definition:

An **unpleasant** sensory and emotional experience associated with actual or potential **tissue damage** or described in terms of such damage

## Pain effects

Behavioural and physiological **responses** designed to minimise the impact of any painful stimulus



# Why pain relief?



- Respiratory function
- Cardiovascular
- Mobilisation
- Metabolic / endocrine
- Nursing
- GI function
- Psychological
- Sympathetic / stress

**Pain relief  
improves  
recovery!**

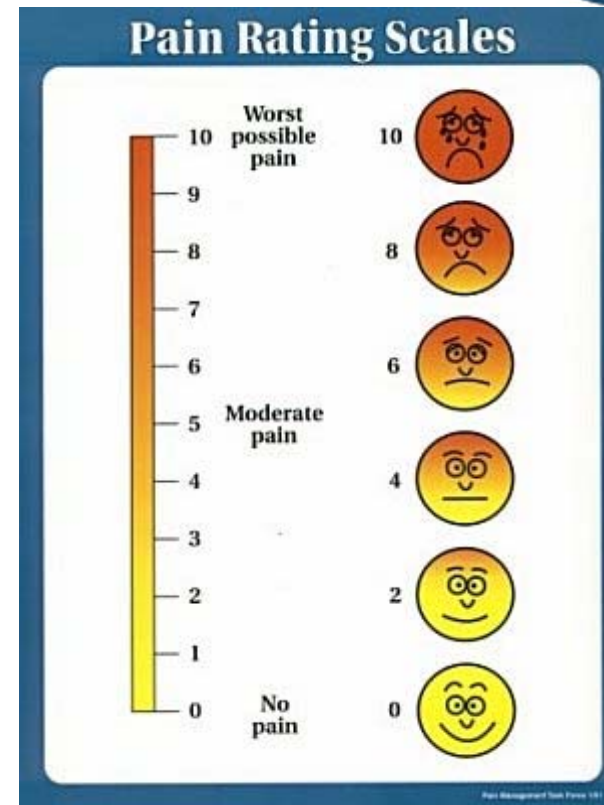






# Assessment

- All patients will respond differently
- No objective measurement
- Visual Analogue Scale (VAS)
- Verbal Numerical Rating Scale
- Scales
  - 0 to 10
  - 0 to 4
  - 0, +, ++
  - No pain, mild, moderate, severe



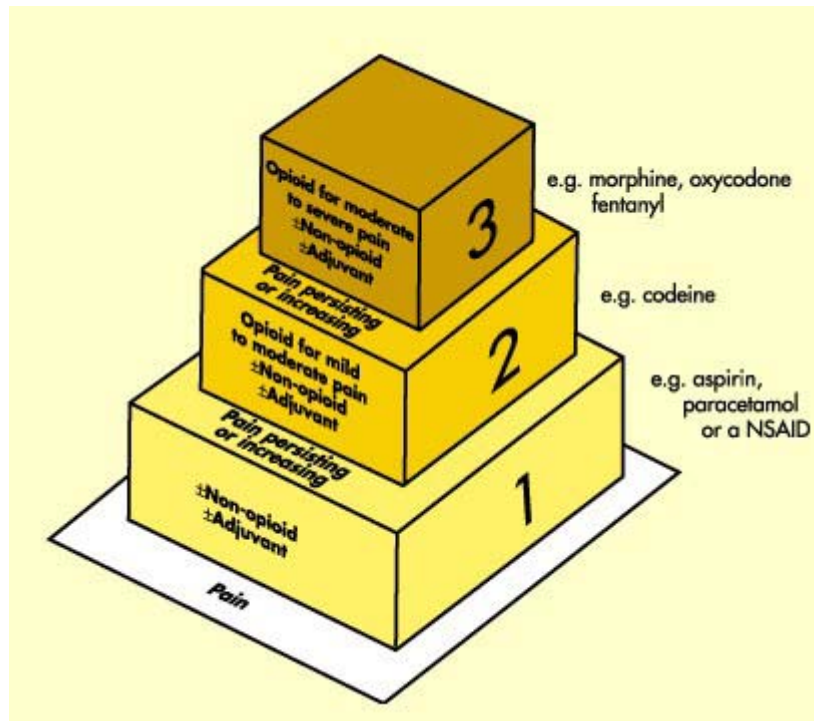
**Document!**





# Treatment

## WHO Analgesic Ladder



- “Strong” opioids: morphine, fentanyl, pethidine
- “Weak” opioids: codeine, tramadol
- Paracetamol, NSAID



# WHO 1:st Step



Paracetamol

Hepatotoxicity!

NSAID

- Diclofenac
- Ibuprofen

Not if uterine atonia!  
Asthma!  
Pregnancy (!)  
Hemorrhage or GI ulcer!  
Hypovolemia / kidney failure



# WHO 2:nd Step



- Codeine

Non-responders!

- Tramadol



# WHO 3:rd Step



- Morphine
- Fentanyl
- Pethidine

**Minor respiratory depression if in pain!  
No addictive potential if in pain!  
Naloxone!**



# Evaluation



- Assess and re-assess!
- Document!
- Step up the ladder!
- Step down the ladder!

**Warning: Surgical complications must always be suspected and ruled out!**



# Early breastfeeding



Release of oxytocin leads to:

- Contraction of uterus



# Oxytocin?



Muhimbili Karolinska  
Anaesthesia & Intensive Care Collaboration  
[www.mkaic.org](http://www.mkaic.org) • [info@mkaic.org](mailto:info@mkaic.org)





# Discharge



- No surgical complications (bleeding, atony, etc)
- SPA: patients must be able to move at least feet
- GA: Fully awake and responsive
- **Vital signs** normal: Sat > 95% without oxygen
  - Pulse < 100
  - Systolic blood pressure > 100
  - Respiratory Rate < 25
- Urinary output
- Uterus well contracted
- Morphine IV or IM at least 20 minutes ago
- Pain treated and under control
- Nausea treated and under control
- Postoperative regime planned and documented



# Summary



- Monitoring
- Ability to react
- Painrelief
- Discharge

**Assess, treat, re-assess!**





# Questions!?!

Asante!



Muhimbili Karolinska  
Anaesthesia & Intensive Care Collaboration  
[www.mkaic.org](http://www.mkaic.org) • [info@mkaic.org](mailto:info@mkaic.org)





---

Muhimbili Karolinska  
Anaesthesia & Intensive Care Collaboration  
[www.mkaic.org](http://www.mkaic.org) • [info@mkaic.org](mailto:info@mkaic.org)



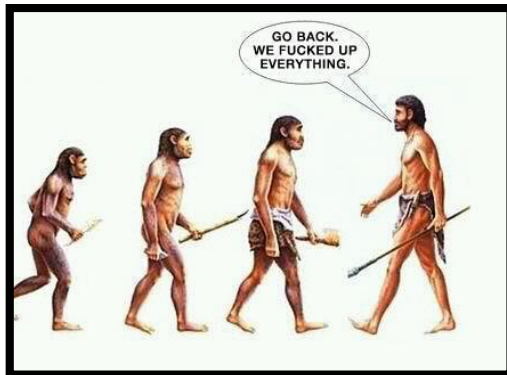
# Header in Georgia 54

## Subheader in Georgia 36



- Point 1 in Georgia 24
- Point 2 in Georgia 24

Text in Georgia 24



**Very important text in Georgia 24**

Small text (best avoided) in Georgia 14

Picture reference in Georgia 14. Picture with thin black frame with shadow

ABCDE

