

Fascia Iliaca Block Cheat Sheet

(also see the FIB ACI Guide, available online and hard copy in TSH drug room)

Pre and Post Procedure Checklist:

- Consent – patient/carer
- Indication – fractured neck of femur
- Contraindications –

Absolute	Relative
<ul style="list-style-type: none"> • Known allergy to local anaesthetics • Any ropivacaine contraindication • Localised injection site infection 	<ul style="list-style-type: none"> • If unable to identify femoral artery on US • Documented hepatic disease • Known bleeding problems • 2nd or 3rd degree heart block on ECG • On anticoagulants (warfarin, clopidogrel, LMWH within last 12h, sc heparin within 6hr, DOACS/NOACS)

- Equipment (extensive list in ACI guide, pre-made FIB packs in drug room)
- Local anaesthetic dose checked and charted on EMR

Weight or estimated weight of patient in kg	Volume of ropivacaine 0.375% (in mL) (1:1 of 0.75% ropivacaine with 0.9% sodium chloride)
< 60	30
61–70	35
> 71	40



At a concentration of 0.375% each ml of this solution contains 3.75mg of ropivacaine.

The maximum dose of ropivacaine for a healthy adult is 3mg/kg and 2.5mg/kg in the elderly.

30ml = 113 mg
 35ml = 131mg
 40ml = 150mg

Table 1 – Local anaesthetic to weight ratio table

- IV access with fluids attached (running unless contraindicated)
- Personnel available – operator, assistant and nurse
- Patient position – supine, leg abducted and ext rotated
- Monitoring – pre procedure ECG, continuous ECG monitoring, oximetry, BP (every 5 min), RR, LOC
- US guided procedure – tips on reverse
- Post procedural observations –
 - * Continuously for 15 min post procedure
 - * Hourly for 2hr
 - * 4 hourly thereafter
- Observe for complications, including local anaesthetic toxicity
- Documentation (pre and post pain score/neurovascular obs, instructions for post procedural care)
- Regular and PRN analgesia, aperients charted

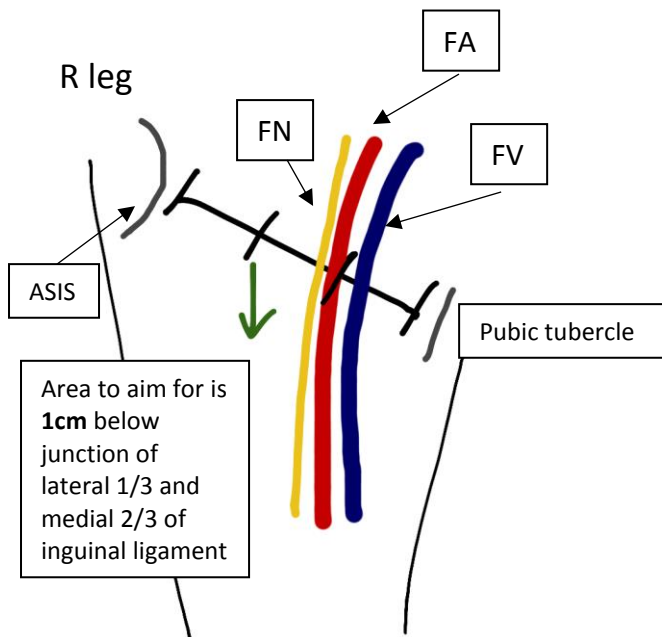
Practical Tips and Anatomical Reminders

Probe: high frequency linear

Probe position: horizontal/parallel and below inguinal ligament

Technique: out of plane

Surface landmarks:



FN = Femoral Nerve
FV = Femoral Vein
FA = Femoral Artery
ASIS = Anterior superior iliac spine
LCNT = Lateral cutaneous nerve of thigh

Diagram of cross sectional appearance:

