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Anesthesia Plan for a Patient with Post Concussion Syndrome: Less is More - A Case Report

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CASE This is a case of a 58-year-old female with PMH of meningioma and fibromyalgia scheduled for a right wrist ORIF at an ambulatory center. The patient is status post ATV accident while on vacation abroad one week ago; as per patient she was unconscious for 45 minutes and sustained a concussion. She was taken to the ER, and CT of the head was negative. Patient was evaluated in USA upon returning from abroad; an MRI showed no significant findings, meningioma was stable. Since the accident, the patient reports episodes of dizziness, especially with head movements, no headaches, no blurry vision, no nausea/vomiting. A neurologist evaluation was requested preoperatively, who cleared the patient for surgery. Patient had an uneventful wrist ORIF under regional anesthetic and mild sedation. The question at hand was whether to proceed with the surgery, and if so, what type of anesthesia to provide. This case report will discuss the different modalities that were discussed between both the anesthesia and orthopedic teams. Questions that will be discussed within this report include -Can one obtain consent from patients affected by PCS? -Can regional anesthesia be beneficial in this situation? -Can you sedate this patient? -Could anesthesia worsen symptoms? -Is regional anesthesia safer option? DISCUSSION Post concussion syndrome (PCS) becomes a challenge to the anesthesia team when determining which modality of anesthesia to provide. There is no evidence on how to proceed with PCS, and although regional anesthesia may be an alternative to other modalities, it is up to the anesthesiologist to take caution when handling these types of scenarios. If general anesthesia/sedation is avoided, and a pure regional anesthesia technique is implemented, it is important to also note that there are no validated guidelines regarding timing of an anesthetic in suspected PCS. Conservative measures and appropriate assessment should be practiced with any anesthetic technique.