

Study name: Local anesthetic for plateau fractures

Clinicaltrials.gov identifier

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Local anesthetic for plateau fractures

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Introduction

Tibial plateau surgical fixation of fractures is painful to patients and often extends their hospital stay for pain management. If the application of a local anesthetic into the joint at the time of surgery can reduce post-operative pain this will be a direct benefit to patients. There is no agreed upon single standard of care. There are multiple different pain management strategies for dealing with post-operative pain. The goal of this study is to determine if this specific treatment can become standard of care. Preliminary work has reviewed existing cases in both arms verifying that there are no safety concerns.

Methods:

Inclusion Criteria

18 years or older

Tibial plateau fracture treated with ORIF

Exclusion Criteria

Known allergy to Bupivacaine

Data Points

Age

Hospital length of stay

Randomized arm

Pain at time of discharge

Pain at time of 1st follow-up

Methodology

Patients will be enrolled at a single facility (Harborview Medical Center-HMC). Patients who meet inclusion criteria will be assigned to one of two groups based on randomization. Both treatments are considered acceptable standards of practice in the orthopedic trauma community on a local and national level. All patients will be treated similarly until the time of local anesthetic application. One group will receive bupivacaine injection into the joint the other group will receive saline.

Risks:

There is no known risk to the patient as both treatments are current standard of practice both nationally and locally. All patient identifiers will be kept private. All data will be stored on a password protected database available only to the study team.

Benefits

The study performed will provide information regarding the optimal treatment strategy for post-operative pain reduction in proximal tibial plateau fractures. The information is of benefit to patients when being counseled by surgeons regarding their hospital length of stay and pain medication needs.

Procedure to ensure confidentiality

No patient identifiers will be used during the formal study. Identifiers such as name and medical record numbers will be used to identify patients with a tibial plateau fracture and will be stored on a password protected departmental network in a master file. Data files will be listed with a subject number.