

# PLAN A BLOCKS **Femoral Nerve**

**INDICATIONS:** Hip/femoral/patella fracture, knee/quadriceps injury, skin of anterior thigh/medial leg (analgesia)

**TARGET:** Femoral nerve (FN) deep to fascia iliaca (FI)

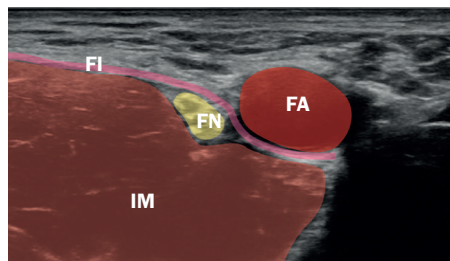
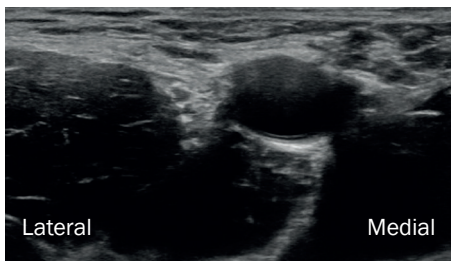
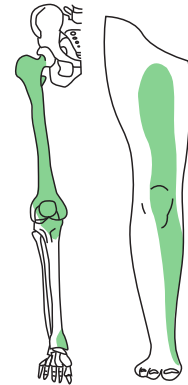
**LOCAL:** ≤20 ml plus local for skin

## KIT

- PPE (droplet precautions)
- Sterile gloves
- Linear US probe + cover
- Sterile gel
- 0.5% chlorhexidine
- LA for skin (+ syringe/needle)
- 80 mm 22G NR fit block needle
- 20 ml syringe for LA

## PRE-PROCEDURE

- Assistant, monitoring (ECG, SpO<sub>2</sub>, BP) & IV access
- Operator on side of block, patient supine
- US machine on contralateral side
- Aseptic skin prep (allow to dry)



## SCANNING

- US probe transverse across upper thigh, just distal to inguinal ligament
- Identify femoral artery (FA), with femoral vein (FV) on medial side, both superficial to fascia iliaca (FI)
- Femoral nerve (FN) lateral to artery, deep to FI & lying on iliopsoas (IM)
- Block proximal to division of FA, where FN splits (tilt probe cephalad to optimise view of FN, nerve becomes clearer if hydrodissect deep to FI)

## STOP BEFORE YOU BLOCK

(Follow Prep, Stop, Block)

- LA to skin
- Block needle in plane (lateral to medial) through single skin puncture
- Withdraw & reposition needle if paraesthesia
- Low-pressure injection (<15 cmH<sub>2</sub>O), stop if LA spread not seen
- Aspirate every 5 ml & every needle reposition

## EXAMPLE TIMINGS

0.5% levobupivacaine (toxic dose 2 mg/Kg)

- Block achieved in 20 min
- Analgesia 12+ hr post block

## POST-PROCEDURE

- Monitor for minimum 30 min (as per AoA Standards of Monitoring)
- Test block after 15 min (sensation & motor)
- Document procedure, extent of block & care of blocked limb (Including balance & mobility)

## TESTING THE BLOCK

NERVE	SENSORY	MOTOR
FN	Anterior and medial thigh	Knee extension
	Medial leg (saphenous nerve)	



RA-UK Posters

## REFERENCES

- Barron et al (2020) RA-UK Plan A Blocks Poster – Lower Limb  
 Bowness et al (2021) International consensus on anatomical structures to identify on ultrasound for the performance of basic blocks in ultrasound-guided regional anaesthesia  
<http://dx.doi.org/10.1136/rapm-2021-103004>  
 Haslam et al (2021) Prep, stop, block: refreshing 'stop before you block' with new national guidance.  
<https://www.ra-uk.org/index.php/prep-stop-block>

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