

PAEDIATRIC PLAN A BLOCKS **Caudal**

INDICATIONS: Bilateral inguinal herniotomy, orchidopexy, hypospadias, anorectoplasty
Useful in children <2y for lower limb / abdominal surgery due to low weight

TARGET: Caudal canal (CC), deep to the Sacrococcygeal Membrane (SCM)

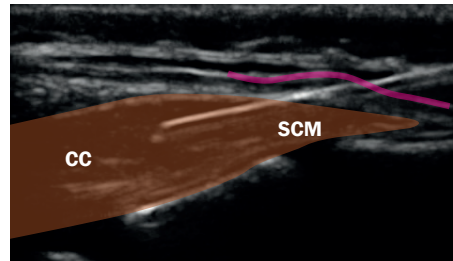
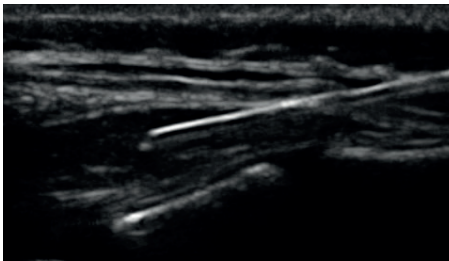
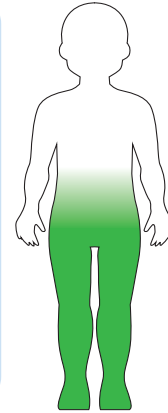
LOCAL: 0.25% Levobupivacaine up to 1ml/kg or watch LA spread to desired level on US

KIT

- PPE (droplet precautions)
- Sterile gloves
- 0.5% chlorhexidine use Betadine, if under 3 months
- NRfit caudal needle
- Syringe for LA
- Linear US probe + sterile probe cover
- Sterile gel

PRE-PROCEDURE

- Assistant, monitoring (ECG, SpO2, BP) & IV access
- Usually under general anaesthesia in a paediatric patient
- Patient lies lateral, hips and knee flexed
- Operator behind patient, US machine opposite
- Aseptic skin prep (allow to dry)



EXAMPLE TIMINGS

- Surgical block usually achieved in 10 min
- Analgesia 4-6hr
- Consider adding clonidine to extend duration (N.B. risk of apnoea in neonates)

NOTE

- Observing LA spread to the desired level under US guidance is useful, however it may not be possible every time

SCANNING

- Place US probe in midline sagittal to identify termination of dural sac and SCM
- If midline not clear identify by performing initial scan with US probe transverse over sacral hiatus
- Remove sterile gel from skin puncture site prior to needling

STOP BEFORE YOU BLOCK

(Follow Prep, Stop, Block)

- Advance needle in-plane (caudal to cephalad) through single skin puncture
- Once needle through SCM advance a further 5mm under US guidance
- Remove stylet and leave needle open while drawing up LA
- Observe for blood / CSF and gently aspirate needle
- Low-pressure injection (<15 cm H2O) with LA spread observed in CC to ensure efficacy
- Paramedian view of CC may be needed in older patients



REFERENCES

Aldridge et al (2023) RA-UK Plan A Paeds Blocks Poster – Upper Limb & Trunk and Lower Limb
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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