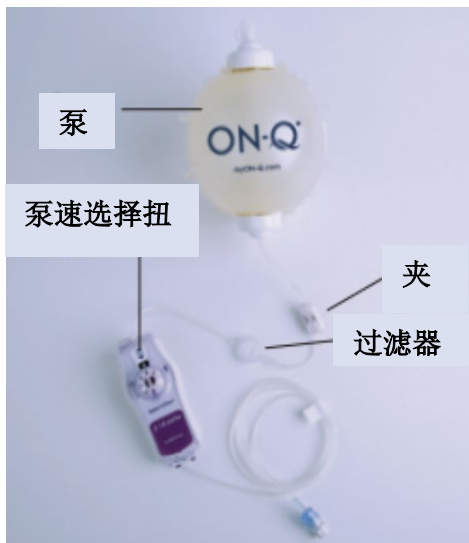


UW Medicine

HARBORVIEW
MEDICAL CENTER

用手机扫描此二维码以了解更多信息并访问有用的视频。



ON-Q* Pump
连续止痛泵

持续性的神经阻塞

本讲义解释了持续性神经阻塞导管的作用原理以及放置后有何预期。

持续性的神经阻塞是什么？

在做持续神经阻塞程序时，医生将放置一根细小的塑料管（导管）以帮助控制疼痛。将导管放置在接近控制疼痛感觉及运动神经的周边。用一个小型装置将麻药泵入导管以控制疼痛。

我应该期待怎样的结果？

- 神经阻塞导管不能消除所有的疼痛。但在使用时，就不需要服用太多的止痛药。
- 该设置会自动缓慢地泵送药物，以持续缓解疼痛。
- 放置导管的肢体会麻木，并且可能无力。您可能无法将所有重量都压在上。
- 随着时间的推移，泵会慢慢变形并变平。这应该需要 2 到 3 天。当泵空了时，您会看到里面有一个硬芯。
- 在导管操作期间，医疗团队成员会定期与患者联系，以确保它安全操作。
- 除非医生嘱咐，且勿擅自更改流速。

自我护理

- 患者必须保护安置了神经阻塞器的肢体。注意热的、冷的、坚硬的或尖锐的表面。因为患者的肢体没有疼痛或触觉感，因此较易受伤而不自觉。
- 行动时要小心。患者的平衡可能会受到影响。
- 切勿拉扯导管。
- 装置了神经阻塞器的患者在站立或行走时，必须有他人扶持。等治疗停止并且肢体恢复了全部感觉及力量后，再尝试自己站立或行走。
- 如导管安置在腿上，则行走或站立时必须使用辅助设备，如膝关节固定器、拐杖或走路推车等。
- 体位和活动、必须遵循医生指示。
- 导管插入部位及绷带务必保持干燥。



当泵流空后

图片经 Halyard Health 许可使用。

它有任何副作用吗？

□ 有的医疗程序都具有风险、副作用及可能出现的一些问题。最常见的副作用是安置导管部位的短期疼痛。

有时，非常小量的麻醉药物会从敷料下面渗漏，但这不必担心。其他风险包括感染、出血及该部分的身体持续感到无力。做这程序很少会出现严重的副作用或问题。

何时需要联系医生

如您有任何下列的严重症状，请立即与我们联系：

- 嘴唇麻木
- 口中有金属味
- 耳鸣
- 严重头晕
- 恶心、呕吐

如何将导管取出？

当泵空了时，请按照以下步骤取出导管：

- 坐下。
- 取下导管上面覆盖的敷料。切勿使用剪刀。
- 捏紧靠近皮肤的导管。轻轻、稳定地拉动，将其从皮肤滑动拉出。导管应该很容易出来。患者应该仅有些轻微或没有不适感。如在开始拔出时突然感到剧烈疼痛，就请停止。请与我们联系、我们会告诉您如何处理。（请参阅本讲义最后一页“您有疑问吗”框中的电话号码）。
- 拔除导管后，检查尖端是否有黑色的指标线。如没有看到黑线标，请致电医生。
- 将导管及泵放入垃圾桶。
- 可以在导管的伤口处贴一小片止血贴。
- 请观看导管拔除视频，请上网：www.myon-q/faqs.aspx

常见问题解答

连续止痛泵（ON-Q*）系统可以治疗所有的疼痛吗□

- 每位患者所经历的疼痛程度不同。
- **连续止痛泵（ON-Q*）**系统可以与医生开的其他药物或疗法配合使用，以控制手术后的疼痛。使用**连续止痛泵（ON-Q*）**系统，与单独使用麻醉剂相比，可能仅需要较少量的麻醉剂并更有效地缓解疼痛。

如何知道泵正在运作？

- 泵输送药物的速度非常缓慢。手术后可能需要24 小时后才能注意到泵的大小及外观发生变化。
- 随着药物的输送，泵会逐渐变小。
- 还应该按照医生的指示服用任何其他止痛药。

连续止痛泵 (ON-Q*) 可以使用多长时间？

- 根据泵的大小，可能需要 2-5 天才能用完所有药物。
- 当**连续止痛（ON-Q*）**泵空了时，也是所有药物都已输送。泵的背面的外侧就成平坦了，在泵的中心可以感觉到一根硬管（见第 2 页的图片）。

如何获得有关止痛泵的更多信息？

- 出院前会给患者提供使用指南（可能在手提袋中）。
- 患者指南也可以在 www.myON-Q.com 上取得。
- 有 24 小时产品服务热线 — 800.444.2728。如有其他医疗问题，请致电医生。
- 如有紧急事故、请拨打 911。

您有疑问吗？

我们很重视您的提问。如您对导管或泵有疑问，请致电您的医生或医疗保健提供者。

- 海景医疗中心麻醉服务：工作日上午 8 点至下午 5 点，致电 206.999.0992.
- 下班后及周末假日、请致电连续止痛泵（ON-Q）24小时的产品服务热线以便与执照护士咨询：800.444.2728

UW Medicine

HARBORVIEW
MEDICAL CENTER



Scan this QR code with your phone to learn more and access helpful videos.

Continuous Nerve Block

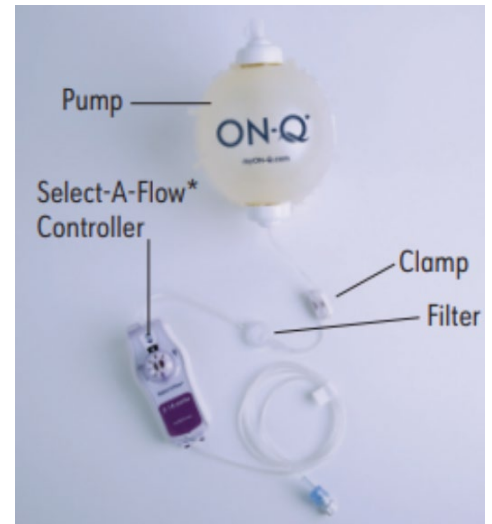
This handout explains how a continuous nerve block catheter works and what you can expect when it is placed.

What is continuous nerve block?

In your *continuous nerve block* procedure, a small plastic tube (*catheter*) will be placed to help with pain management. The catheter is placed close to the nerves that control feeling and movement in the painful limb. A small device pumps numbing medicine through the catheter to control your pain.

What should I expect?

- The nerve block catheter will not take away all your pain. But you will not need to take as many pain pills while it is working.
- The device automatically pumps the medication slowly for continuous pain relief.
- The limb where the catheter is placed will be numb and may be weak. You may not be able to put all your weight on it.
- Over time, the pump will slowly lose its shape and flatten. This should take 2 to 3 days. When the pump is empty, you will see a hard core inside.
- A care team member will routinely contact you while your catheter is in place to make sure it is working safely.
- Do **not** change the flow rate dial unless your doctor tells you to.



ON-Q* Pump



The pump when it is empty.

Image used with permission from Halyard Health.

Self-care

- Always protect your limb that has the nerve block. Be careful with hot, cold, hard, or sharp surfaces. You can easily get hurt since your limb does not feel pain or pressure.
- Be careful when you move. Your balance may be affected.
- Do not pull on the catheter.

- Always have someone help you when you stand or walk while you have this nerve block. Wait until the therapy is stopped and you have regained full feeling and strength in your limb before you try to stand or walk by yourself.
- If the catheter is in your leg, always use assistive devices such as a knee immobilizer, crutches, or a walker while walking or standing.
- Follow your doctor's instructions about positioning and activity.
- Keep the catheter insertion site and bandage dry.

Are there any side effects?

All procedures involve risks, side effects, and possible problems. The most common side effect is short-term pain at the catheter site.

Sometimes a very small amount of the numbing medication leaks underneath the dressing, but this is nothing to worry about. Other risks include infection, bleeding, and continuing weakness. It is rare to have serious side effects and problems from this procedure.

When to Call

Call us right away if you have any of these serious symptoms:

- Numb lips
- Metallic taste in your mouth
- Ringing in your ears
- Severe dizziness
- Nausea and vomiting

How does the catheter come out?

When the pump is empty, follow these steps to remove the catheter:

- Sit down.
- Take off the dressing over the catheter. Do not use scissors.
- Firmly grasp the catheter near your skin. With gentle, steady pulling, slide it out from your skin. The catheter should come out easily. You should feel very little or no discomfort. If you feel sudden sharp pain when you begin to pull, stop. Call us for instructions (see phone numbers in the "Questions" box on the last page of this handout).
- After you remove the catheter, check the tip for a black mark. Call your provider if you do not see the black mark.
- Place the catheter and pump in the trash.
- You may place a small bandage over the spot where the catheter was.
- To watch a catheter removal video, please visit: www.myon-q/faqs.aspx

Frequently Asked Questions

Will the ON-Q* system treat all my pain?

- Patients experience different levels of pain.
- The ON-Q* system works with other medications or therapies your doctor may prescribe to manage your pain after surgery. With the ON-Q* system, you may need less narcotics and have better pain relief than with narcotics alone.

How do I know the pump is working?

- The pump delivers your medication very slowly. It may take longer than 24 hours after your procedure to notice a change in the size and look of the pump.
- As the medication is delivered, the pump will gradually become smaller.
- You should also take any other pain medicine as instructed by your doctor.

How long will my ON-Q* pump last?

- Depending on the size of your pump, it may take 2-5 days to give all the medication.
- All the medication has been delivered when the ON-Q* pump is empty. The outside of the back will be flat, and a hard tube can be felt in the center of the pump (see picture on page 1).

Where can I find more information about my pump?

- You should be provided with a Patient Guideline prior to discharge (it may be in your carry case).
- Patient Guidelines can also be found on www.myON-Q.com.
- There is a 24-hour Product Support Hotline for questions about your pump — 800.444.2728. Please call your doctor for all medical questions, and dial 911 for an emergency.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions about your catheter or pump.

- ☐ Harborview Regional Anesthesia Service:
Weekdays from 8 a.m. to 5 p.m., call 206.999.0992.
- ☐ After hours and on weekends and holidays please call the ON-Q 24-hour product support hotline to speak to a registered nurse:
800.444.2728