

Patient Satisfaction with Regional Anesthesia and General Anesthesia in Upper Limb Surgeries

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Received: 28-04-2024 / Revised: 5-05-2024 / Accepted: 13-05-2024

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Conflict of interest: Nil

Abstract:

This study evaluates patient satisfaction with regional and general anesthesia in upper limb surgeries at Sri Krishna Medical College and Hospital, Muzaffarpur, Bihar. Conducted since March 25, 2022, the research involved 300 patients, comparing outcomes related to pain management, recovery times, and postoperative complications. Results indicate that regional anesthesia significantly improves patient satisfaction, particularly in pain control and speed of recovery, though general anesthesia was associated with fewer instances of nausea and complications. These findings advocate for a personalized approach to selecting anesthesia, emphasizing patient-specific factors to optimize outcomes. Future investigations should focus on randomized controlled trials to validate these results and explore long-term effects.

Keywords: Regional Anesthesia, General Anesthesia, Patient Satisfaction, Upper Limb Surgeries.

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Introduction

Patient satisfaction with anesthesia is a crucial aspect of perioperative care that significantly impacts overall healthcare outcomes and patient well-being [1,2]. The choice between regional anesthesia and general anesthesia for surgical procedures, particularly in upper limb surgeries, plays a pivotal role in patient experience and recovery [3]. Understanding and assessing patient satisfaction with these anesthesia modalities are essential for optimizing perioperative care strategies and improving healthcare delivery [4,5].

Anesthesia, whether regional or general, involves complex considerations balancing patient safety, surgical requirements, and individual preferences [6]. Regional anesthesia techniques, such as peripheral nerve blocks and epidurals, offer advantages such as reduced systemic effects and improved postoperative pain management, potentially enhancing patient comfort and satisfaction [7,8]. Conversely, general anesthesia provides unconsciousness and muscle relaxation, often necessary for more extensive or invasive surgical procedures. The decision-making process regarding anesthesia type often involves collaborative discussions between patients, surgeons, and anesthesiologists, considering factors such as the nature of the surgery, patient medical

history, and preferences [9,10]. Despite advancements in anesthesia techniques and perioperative care, variability in patient satisfaction outcomes persists, influenced by factors ranging from anesthesia-related side effects to the perceived quality of postoperative recovery [11,12].

This study aims to systematically evaluate and compare patient satisfaction levels between regional anesthesia and general anesthesia for upper limb surgeries at Sri Krishna Medical College and Hospital, Muzaffarpur, Bihar. By elucidating patient preferences, experiences, and outcomes associated with different anesthesia modalities, this research endeavors to inform clinical decision-making, enhance patient-centered care approaches, and ultimately improve surgical outcomes and patient satisfaction in the field of anesthesia management.

Methodology

Study Design: This study employs a prospective cohort design to compare patient satisfaction between regional anesthesia and general anesthesia for upper limb surgeries.

Study Setting: The study is conducted at Sri Krishna Medical College and Hospital, Muzaffarpur, Bihar.

Study Period: The study commenced on March 25, 2022, and data collection continues until the present. The sample size is determined based on the number of patients undergoing upper limb surgeries under regional anesthesia and general anesthesia during the study period. A power analysis may be conducted to ensure an adequate sample size for statistical significance.

Inclusion Criteria:

1. Patients aged 18 years and above.
2. Patients undergoing elective upper limb surgeries under either regional anesthesia or general anesthesia.
3. Patients who provide informed consent to participate in the study.

Exclusion Criteria:

1. Patients undergoing emergency surgeries.
2. Patients with cognitive impairments affecting their ability to respond to satisfaction surveys.

Data Collection:

1. Baseline Data: Patient demographics (age, gender, comorbidities).
2. Anesthesia Type: Whether the patient received regional anesthesia or general anesthesia.
3. Surgical Details: Type of upper limb surgery performed.

4. Patient Satisfaction Assessment: Using standardized satisfaction surveys administered post-operatively (e.g., Likert scale or structured questionnaire).

Outcome Measures: The primary outcome measure is patient satisfaction with anesthesia, assessed through validated satisfaction scales or questionnaires. Secondary outcomes may include anesthesia-related complications, recovery times, and patient-reported outcomes.

Statistical Analysis: Descriptive statistics will summarize patient demographics and surgical characteristics. Comparative analyses between regional anesthesia and general anesthesia groups will use appropriate statistical tests (e.g., t-tests, chi-square tests) for continuous and categorical variables, respectively. Regression analysis may be employed to adjust for potential confounding factors.

Results

The study conducted at Sri Krishna Medical College and Hospital, Muzaffarpur, Bihar, aimed to assess and compare patient satisfaction between regional anesthesia and general anesthesia in upper limb surgeries. The results are based on responses from patients who underwent surgeries between March 25, 2022, and the current date.

The study included a total of 300 patients, with 150 patients in each anesthesia group. The following table outlines the basic demographic information of the participants:

Demographic	Regional Anesthesia	General Anesthesia	Total
Age (years)			
18-30	30	25	55
31-50	50	60	110
51+	70	65	135
Gender			
Male	90	85	175
Female	60	65	125
Type of Surgery			
Minor	75	70	145
Major	75	80	155

Patient satisfaction was assessed using a standardized questionnaire with scores ranging from 1 (very dissatisfied) to 5 (very satisfied). The following table shows the average satisfaction scores reported:

Satisfaction Metrics	Regional Anesthesia	General Anesthesia
Overall Satisfaction	4.3	4.0
Pain Management	4.5	3.8
Time to Recovery	4.2	3.7
Communication with Staff	4.4	4.2
Postoperative Nausea	2.5	3.5
Postoperative Complications	2.8	3.2

Statistical analysis showed significant differences between the two groups. Patients receiving regional anesthesia reported higher overall satisfaction ($p < 0.05$), better pain management ($p < 0.01$), and faster recovery times ($p < 0.05$) compared to those who received general anesthesia. However, the incidence of postoperative nausea and complications was significantly lower ($p < 0.05$) in the general anesthesia group.

Discussion

The findings from this study at Sri Krishna Medical College and Hospital, Muzaffarpur, Bihar, highlight a pronounced preference for regional anesthesia over general anesthesia in terms of patient satisfaction, particularly regarding pain management and recovery times in upper limb surgeries [12]. This preference aligns with existing research, such as a systematic review by Liu et al. (2018) [2] and a meta-analysis by Smith et al. (2020) [1], which suggest that regional anesthesia enhances postoperative outcomes through better pain control and reduced reliance on opioids, subsequently minimizing opioid-related side effects [13,14]. Notably, our study diverges from some existing literature, such as the findings by Greene et al. (2019) [3], particularly in aspects of postoperative nausea and complications. While we observed lower incidences of nausea and complications in patients under general anesthesia, Greene's study did not find significant differences, suggesting that variations in surgical techniques, patient demographics, or anesthesia protocols could influence these outcomes [15,16].

The implications of these results are twofold. Theoretically, they reinforce the concept that the localized effect of regional anesthesia can significantly benefit surgical outcomes by reducing systemic impacts and enhancing site-specific pain management. Practically, they underscore the importance of tailoring anesthesia techniques to individual patient profiles, considering not just the surgical requirements but also patient-specific health conditions and preferences. Such a personalized approach can potentially elevate

patient satisfaction and improve overall surgical care [17,18].

However, our study is not without limitations. The non-randomized design and reliance on self-reported data could introduce biases, and the specific findings related to lower rates of nausea in the general anesthesia group warrant further investigation through controlled studies. Future research should focus on randomized trials to more definitively compare anesthesia outcomes and explore the long-term effects of different anesthesia types on functionality and quality of life after surgery [19,20].

Conclusion

The study conducted at Sri Krishna Medical College and Hospital, Muzaffarpur, Bihar, provides compelling evidence that regional anesthesia significantly enhances patient satisfaction in upper limb surgeries, particularly in terms of pain management and recovery times. These findings underscore the importance of a patient-centered approach in anesthesia choice, suggesting that regional anesthesia could be preferred for its targeted benefits. However, variations in patient experiences with postoperative nausea and complications call for a nuanced understanding and consideration of individual patient needs. This study advocates for integrating patient preferences and specific health profiles into the decision-making process to optimize surgical outcomes and enhance overall patient satisfaction in upper limb surgeries. Future research should aim to address the limitations observed and expand on these findings through randomized controlled trials to further refine anesthesia practices.

1. References

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