

### Prof. Alexander Ioscovich

Chair of the Department of Obstetric and Ambulatory Anesthesia, Shaare Zedek Medical Center, Hebrew University, Jerusalem

### Post Dural Puncture Headache - old problem in 2018





### Shaare Zedek Medical Center, Jerusalem





16.000+6.000 labors annually

12% of caesarean sections
53-55% of epidural analgesia
~ 15.000 "Obstetric anesthesia activity" cases





איגוד הרופאים המרדימים בישראל

#### מפגש של החוג להרדמה מיילדותית בנושא מבט כללי על PDPH

<u>המפגש יוקדש לזכרה של ד"ר נטלי פירמן ז"ל</u> יום שישי 24 ביוני 2016, בית <u>סוראסקי,</u> תל השומר

מנחה - ד"ר אלכסנדר יוסקוביץ, יושב ראש החוג

08:00-09:00 התכנסות וכיבוד קל

9:00-09:20 דברי פתיחה ד"ר יוחנן אַיפָּמָן מנהל מחלקת הרדמה ביה"ח הדסה "הר הצופים" 9:20-09:45 פבט של נוירולוג ד"ר רוני אַייָבֶל, ביה"ח שערי צדק 9:20-09:45 פבט הרדמתי ד"ר שלמה פיבמן, ביה"ח בילינסון 9:45-10:10 ביה"ח הדסה עין כרם Major complications of dural puncture 10:10-10:30 ביה"ח הדסה עין כרם פרופ' יהודה גינוסר ביה"ח הדסה עין כרם פרופ' יהודה גינוסר, פרופ' קרולין ויינגר 10:45-11:00 דיון: פרופ' יהודה גינוסר, פרופ' קרולין ויינגר

11:00-11:20 הפסקת קפה

Low CSF Pressure Headache - Pain clinic point of view. 11:20 –11:45 ב"ר אדריאן גבונפילד וד"ר ודים, נושלינקוב, ביה"ח "שיבא" תל השומר 11:45-12:05 תוצאות ראשוניות של סקר ארצי על גישה ל PDPH ד"ר דניאל שטלין, ביה"ח שערי צדק 12:05 -12:20 דף הסכמה אחיד לביצוע Blood Patch ד"ר אלכסנדר יוסקוביץ, ביה"ח שערי צדק 12:20-12:30

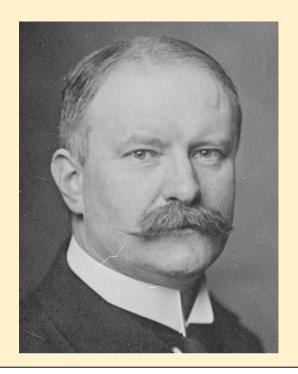








End of 2018



Karl August Gustav Bier

~ 2000-2003

- 1861 1949
- Professor of Surgery and Chief Surgeon at the Charité – University (Berlin)
- IV regional anesthesia Bier Block
- First operation under spinal anesthesia 1898
- Discovery of PDPH Phenomena



## **PDPH**

### Cephalalgia 2004 ICHD-2 ——— Cephalalgia 2013 ICHD-3





A. Headache worsens/improves within 15 minutes after positional change, fulfilling C and D and with at least one of:

neck stiffness tinnitus

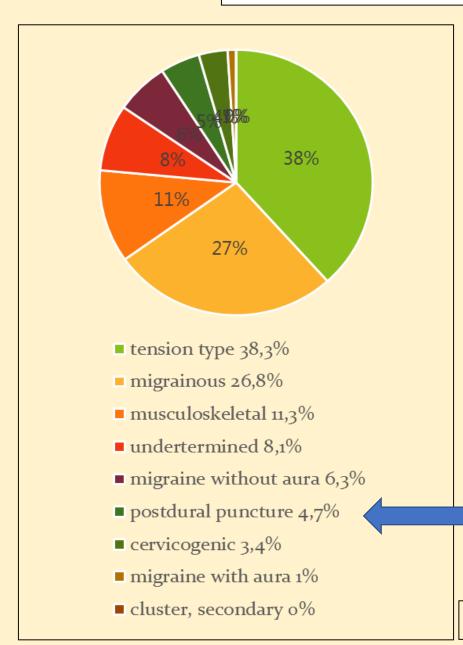
hypoacusia

photophobia nausea

- B. <u>Dural puncture has been performed</u>
- C. Headache develops within 5 days after dural puncture
- D. Resolves either:
  - 1. Spontaneously within 1 week 6 month
  - 2. With in 48 hours after effective treatment of the CSF leak (usually by epidural blood patch)



### **Post Partum Headache - Differential Diagnosis**



- Primary Headache
  - Migraine

1/3 fertile women have migraine (Stewart, Cephalalgia 2008)

Tension Type

Primary headaches 75% (Goldszmidt, Can J Anesth 2005)

**PDPH 4.7%** 

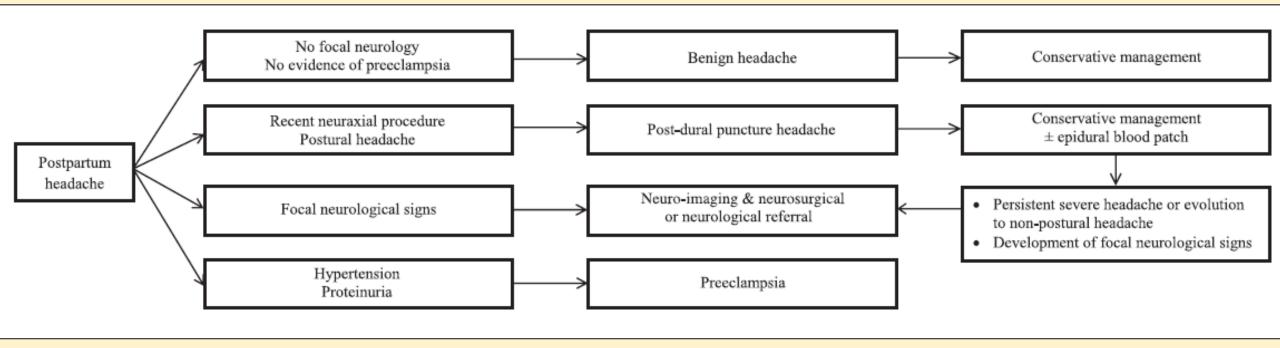
(Goldszmidt e.a. 2005)



Table 3 Differentia	d diagnosis	in post	tpartum	headache
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Benign headache Secondary headache Migraine Post-dural puncture headache Tension-type Subdural/subarachnoid haemorrhage headache Preeclampsia/eclampsia Cerebral venous sinus thrombosis Meningitis Posterior reversible encephalopathy Undiagnosed Arnold-Chiari malformation





### Every patient should

- Be made aware of possible complication
- Alert anesthesiologist of unusual neurological symptoms

Cuypers V. Int J Obs Anesth 2016;25:58-65

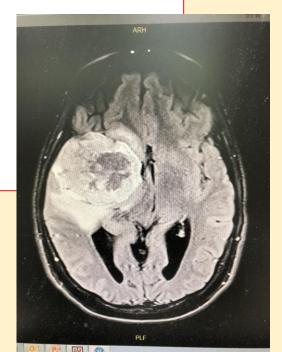
# Think "PARTUM" in peripartum period

- **Pressure** (blood pressure for pre-eclampsia/eclampsia)
- **Anaesthetic** (post-dural puncture headache)
- **Reversible (vasoconstriction syndrome)**
- **Thrombosis** (cerebral venous sinus thrombosis, ischaemic stroke)
- "Use your brain" (there are many other causes of headache!)
- Migraine.

(Klein, Loder IJOA 2010)







LIM SY, PRACT NEUROL 2014

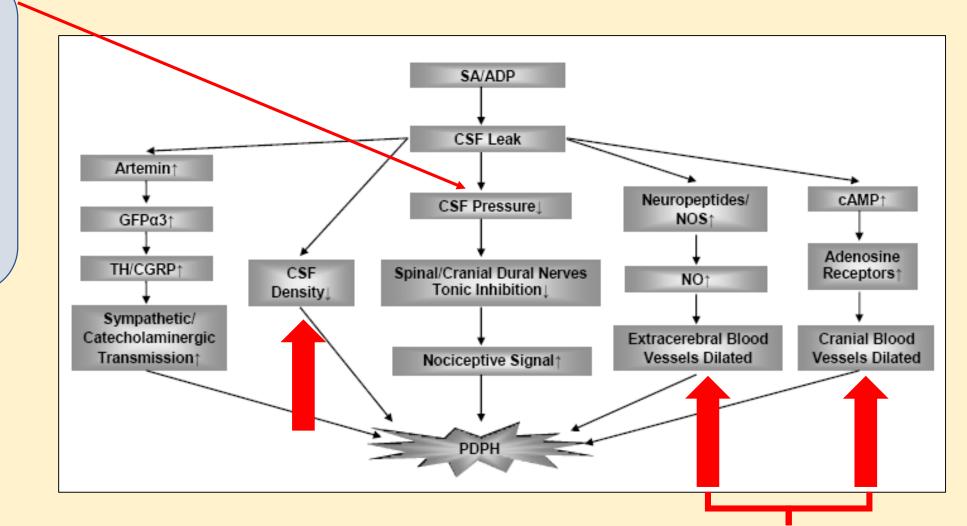
# Pathophysiology of PDPH

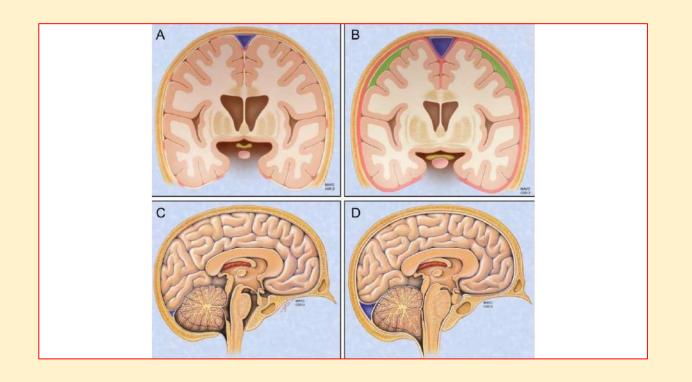
Decrease in CSF
volume

Shift of intracranial content

Stretching the meninges







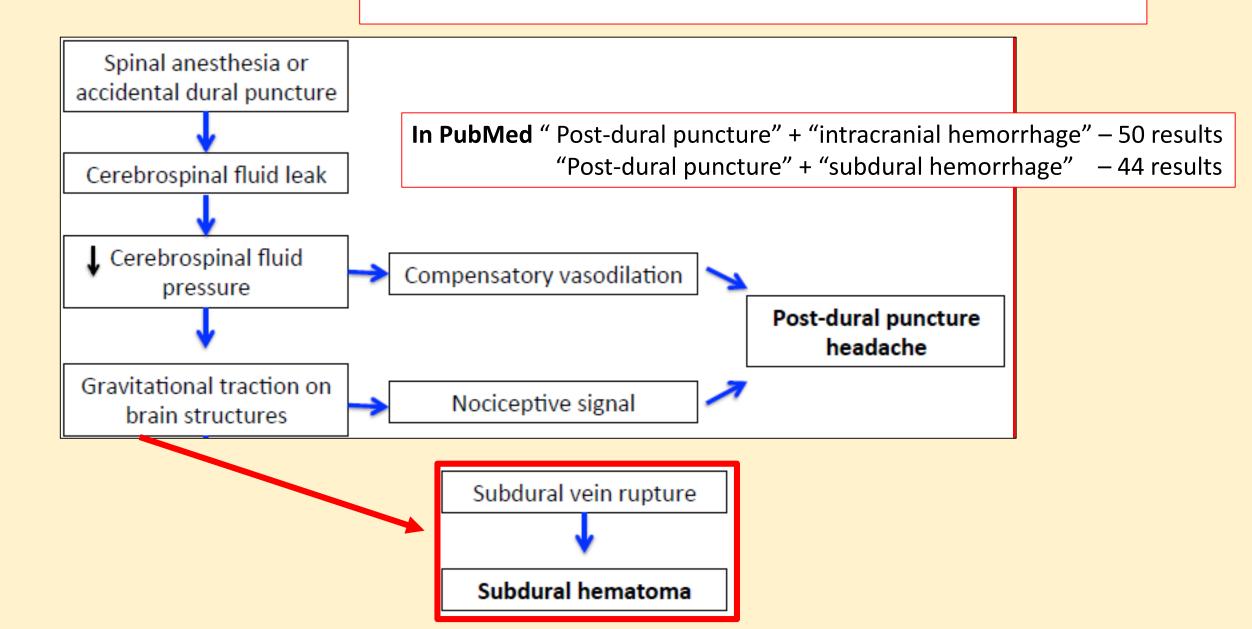


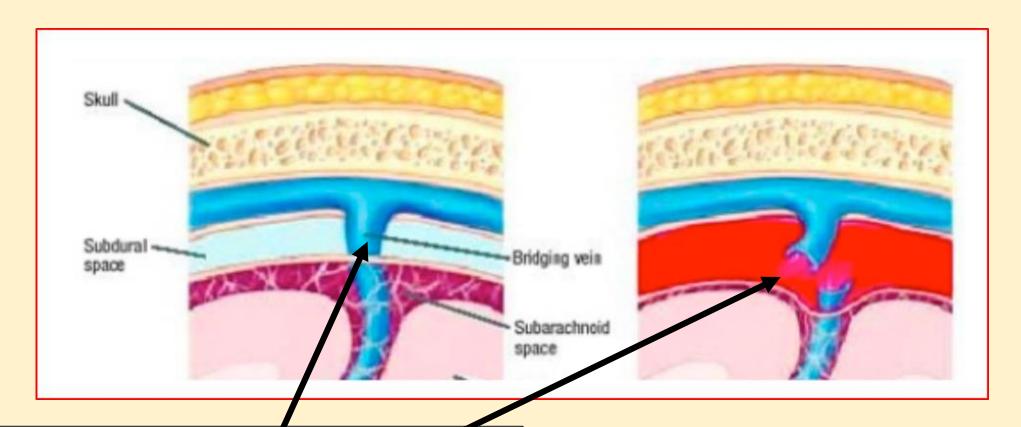
Untreated PDPH may lead to chronic headache or to more serious and even life threatening complications as Intra Cranial Hemorrhage and/or

**Sinus Vein Thrombosis** 

(Anesth Analg 2017;124:1219–28)

### Pathophysiology of Subdural Hematoma





- Congestion and
- Tension of the BRIDGING VEINS

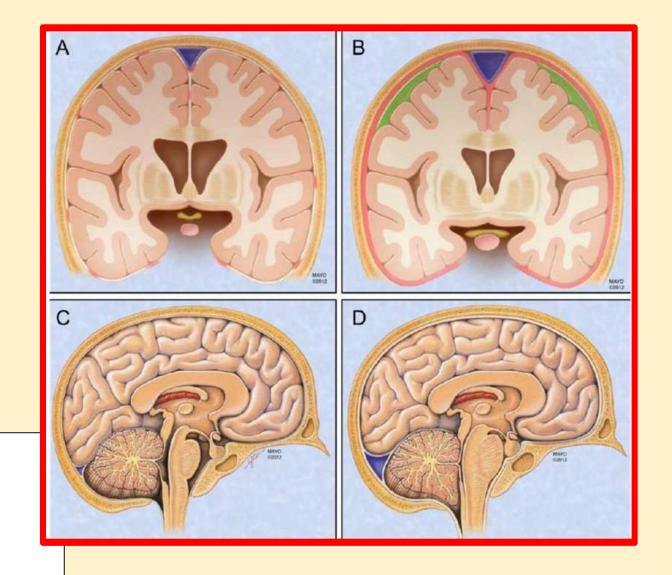


Rupture and subdural hematoma

# Pathophysiology of the Sinus Vein Thrombosis

- Decreased flow in venules
- Decreased flow in sinuses
- Hypercoagulated state

- Sinus vein thrombosis
- F:M 3:1
- in general population 1:100,000.
- During pregnancy 11.6:100,000
- PubMed "Pregnancy" + "Sinus vein thrombosis" 264



**Sinus Vein Thrombosis** 

### **Our Case**

#### • 29y.o G5P2AB2

Delivered spontaneous normal vaginal delivery

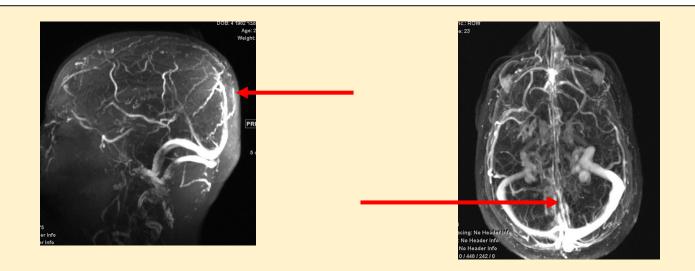
During neuraxial analgesia, sudden onset new occipital headache

CT scan – Pneumoencephalus

Non specific occipital and upper back pain No Blood Patch Clexane started (preventive dose, d/t immobilization)

#### PPD 10

New onset of motor deficit
Seizures focal -> generalized
MRI/MRA/MRV - extensive symmetrical subarachnoid
hemorrhage and sagittal sinus thrombosis







# Unintentional Dural Puncture with a Tuohy Needle Increases Risk of Chronic Headache

Christopher Allen-John Webb, MD, Paul David Weyker, MD, Li Zhang, MD, PhD, Susan Stanley, MD, D. Tyler Coyle, MD, Timothy Tang, Richard M. Smiley, MD, PhD, and Pamela Flood, MD

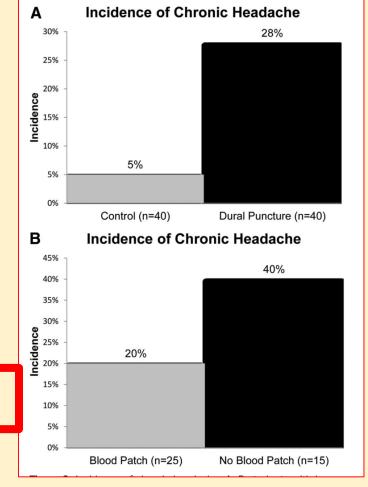
www.anesthesia-analgesia.org

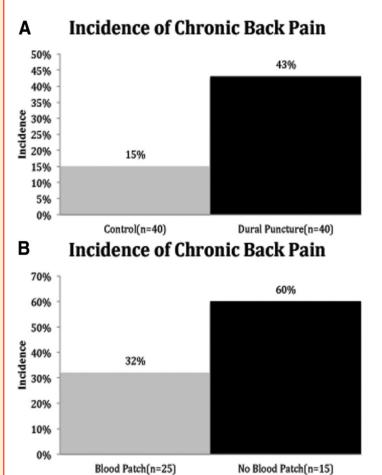
July 2012 • Volume 115 • Number 1

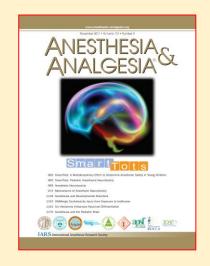
Chronic headache: 28 % versus 5 %

With Blood Patch – 20%

Without Blood Patch -40%







Chronic back pain: 43 % versus 15 %

With Blood Patch – 32% Without Blood Patch -60%

## How to prevent ADP or PDPH?

- Combined Spinal Epidural
- Liquid versus Air for LOR
- Patient position
- Type of catheter
- Gauge of Tuohy needle
- Use of ultrasound
- Training grade\*

#### REVIEW

Can the incidence of accidental dural puncture in laboring women be reduced? A systematic review and meta-analysis

M. HEESEN 1, S. KLÖHR 1, R. ROSSAINT 2, M. VAN DE VELDE 3, S. STRAUBE 4

<sup>1</sup>Department of Anesthesiology, Klinikum am Bruderwald, Bamberg, Germany; <sup>2</sup> Department of Anesthesiology, University Hospital Aachen, Aachen, Germany; <sup>3</sup>Department of Anesthesiology, University Hospital Gasthuisberg, Leuven, Belgium; <sup>4</sup>Institute of Occupational, Social and Environmental Medicine, University Medical Center Göttingen, Göttingen

"...had no effects on the incidence of ADP or PDPH"



# What is our practice?

Received: 19 March 2018 | Accepted: 15 June 2018

DOI: 10.1111/aas.13208

ORIGINAL ARTICLE

#### Acta Anaesthesiologica Scandinavica

Anesthetic approach to postdural puncture headache in the peripartum period: An Israeli national survey

Alexander Ioscovich<sup>1</sup> | Yaara Giladi<sup>1</sup> | Rivka Leah Fuica<sup>1</sup> | Carolyn F. Weiniger<sup>2</sup> Sharon Orbach-Zinger<sup>3</sup> | Yaacov Gozal<sup>1</sup> | Daniel Shatalin<sup>1</sup>

#### **Editorial Comment**

The results in this survey may help to make awareness of current clinical practice and the efficiency of treatment of PDPH in other obstetric departments. The survey may also suggest further strategies for improving and standardize treatment.





### **Teaching Epidural Analgesia**

#### Acta Anaesthesiologica Scandinavica

IN INTERNATIONAL JOURNAL OF ANAESTHESIOLOGY AND INTENSIVE CARE, PAIN AND EMERGENCY MEDICINE

#### Management of accidental dural puncture and post-dural puncture headache after labour: a Nordic survey

B. DARVISH<sup>1</sup>, A. GUPTA<sup>1,2</sup>, S. ALAHUHTA<sup>3</sup>, V. DAHL<sup>4</sup>, S. HELBO-HANSEN<sup>5</sup>, A. THORSTEINSSON<sup>6</sup>, L. IRESTEDT<sup>7</sup> and G. DAHLGREN<sup>7</sup>

Version of Record online: 29 OCT 2010 DOI: 10.1111/j.1399-6576.2010.02335.x

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Acta Anaesthesiologica Scandinavica Volume 55, Issue 1, pages 46–53, January 2011

2010

- Teaching of epidurals was generally performed in the nonobstetric population, 86% (50–97%)
- No formal requirements were demanded before performing epidurals in the labor ward in most Nordic countries (43–54%), except for Norway where the requirement was 10–30 epidurals
- A majority of the hospitals felt the need for implementing a formal training program in the teaching of epidural analgesia in obstetrics, 53% (48–100%)



## Intrathecal catheter for PDPH prevention

• Apfel C. et al: British J. Of Anaesthesia 2010:

Systematic quantitative review: no significant benefit

Heesen M et al: IJOA 2013: Meta analysis:

Incidence PDPH reduced but not significant
Significant reduction of EBP need

Russell I. et al: IJOA 2012: Prospective controlled study:

No significant reduction of PDPH/EBP

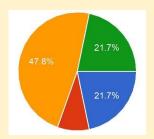
Verstraete S. et al: Acta Anaesth. Scand. 2014: Survey

IT catheter reduced PDPH incidence 62%-> 42 % EBP reduction 54% -> 36 %

(not significant)

Study Year Location	Sajjad & Ryan 1995 UK	Berger et al. 1998 North America	Baraz & Collis 2005 UK	Harrington & Schmitt 2009 U.S.	Baysinger et al. 2011 North America	2016 Israel
ITC use after	1%	38%	28%	18.5%	6%	13%
ADP		may use	always use	always use	always use	always use

Surveys of Accidental Dural Puncture (ADP) and Postdural Puncture Headache (PDPH)



#### Israel survey

Catheter "in" for

47% (11) - 24h

21.7% (5) – just for 6-12 h 21.7% (5) – remove after labor

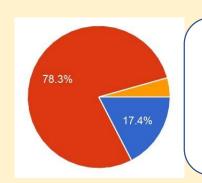
### **Prophylactical Normal Saline injection**

Study	Sajjad &	Berger et	Baraz &	Harrington	Baysinger	
J	Ryan	al.	Collis	& Schmitt	et al.	
Year	1995	1998	2005	2009	2011	2016
Location	UK	North	UK	U.S.	North	Israel
		America			America	
Prophylactic m	easures to prev	ent PDPH				
NS epidural	70% 📥	25%	18%	12%	7%	17%
injection	,		•	frequently		
before				25%		
				occasionally		

Short-term improvements in headache

No long term benefit

(Charsley, Reg Anesth Pain Med 2001)



Israel survey:

Yes 4 17.4%

Sometimes 1 4.3%

No 18 78.3%

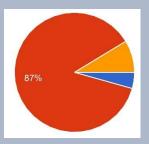


### Prophylactic EBP; Yes or No?

#### **Prophylactic EBP - No proven benefit**

(RCT review, Agerson Anesth Analg 2010)

(Cochrane, Boonmak & Boonmak 2010)

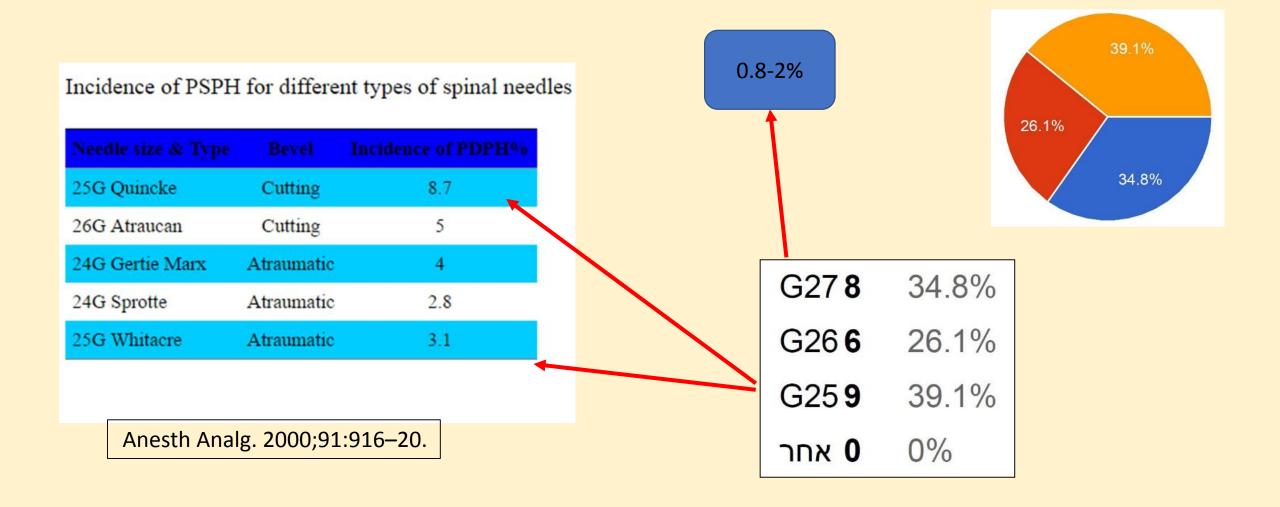


Our data 4.3% (1) – yes 8.7% (2) – frequently 87% (20) - never

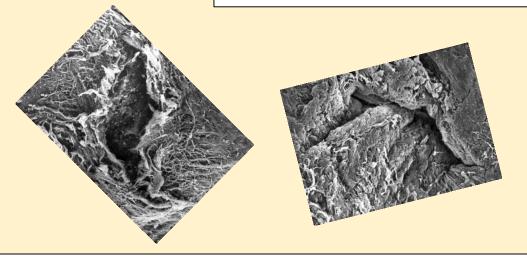
#### Surveys of Accidental Dural Puncture (ADP) and Postdural Puncture Headache (PDPH)

Study	Sajjad &	Berger et	Baraz &	Harrington	Baysinger	
	Ryan	al.	Collis	& Schmitt	et al.	
Year	1995	1998	2005	2009	2011	2016
Location	UK	North	UK	U.S.	North	Israel
		America			America	
					<b>→</b>	
Prophylactic	4%	37%	1%	10%	8%	4.3%
EPB				frequently		frequently
				31%		8.7%
				occasionally		occasionally

### **Spinal needle for CS**

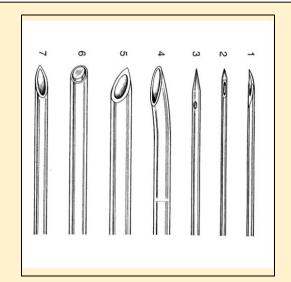


### **Bevel Orientation**



BEVEL orientation: perpendicular vs. parallel 3-fold increase in PDPH (Norris, Anesthesiology 1989)

Atlas of Functional Anatomy for Regional Anesthesia and Pain Medicine, Miguel Angel Reina



Nothing new!



### Time from diagnosis to treatment

EBP < 24h from diagnosis of PDPH Failure 71% (8 pt.) EBP > 24h from diagnosis of PDPH Failure 4% (16 pt.)

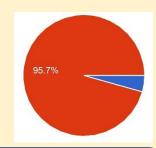
Time vs. success rate for epidural blood patch (Loeser EA . Anesthesiology 1978 Aug ;49(2):147-8)

EBP < 48h from Dural Puncture - Recurrence 59% EBP > 48h from Dural Puncture - Recurrence 11%

An audit of epidural blood patch (Banks S, Paech M, Gurrin L. Int J Obstet Anesth. 2001 Jul;10(3):172-6)

#### **Surveys of Accidental Dural Puncture (ADP) and Postdural Puncture Headache (PDPH)**

Study	Sajjad &	Berger et	Baraz &	Harrington	Baysinger	
	Ryan	al.	Collis	& Schmitt	et al.	
Year	1995	1998	2005	2009	2011	2016
Location	UK	North	UK	U.S.	North	Israel
		America			America	
EBP after	42%	44%	29%	41%	81%	4%
<24h of						
conservative						
Tx						



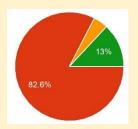
The most common time interval from diagnosis of PDPH to performing EBP was 24-48h

(Nordic survey. Acta Anaesthesiol Scand 2011; 55: 46–53)

In Israel 2016 < 24 h - 4.3% (1) 24-48 h - 95.7% (22) > 48 h - 0

### The volume of blood for Blood Patch

82.6% (19) - 15-25mL 13% (3) - up to high pressure filing 4.3% (1) - >25mL



#### Surveys of Accidental Dural Puncture (ADP) and Postdural Puncture Headache (PDPH)

Study	Sajjad & Ryan	Berger et al.	Baraz & Collis	Harrington & Schmitt	Baysinger et al.	
Year	1995	1998	2005	2009	2011	2016
Location	UK	North America	UK	U.S.	North America	Israel
Volume of blood injected	Not reported	Not reported	Not reported	66.8% give 16-20mL	60% give 11-20mL	82.6% give 15-25mL

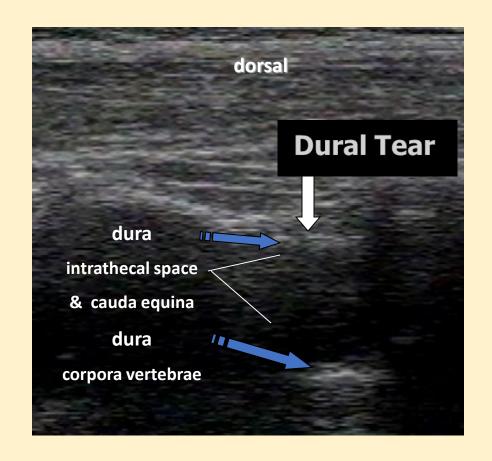
	<48 hours	≥48 hours	Overall
Permanent or partial relief			
15 mL	33.3 (9.0-65.1)	72.4 (52.8–87.3)	61.0 (41.5–75.8
20 mL	61.5 (31.6-86.1)	78.6 (59.1–91.7)	73.2 (57.1–85.8
30 mL	56.3 (29.9-80.3)	73.9 (51.6-89.9)	66.7 (49.8–80.9
Permanent relief <sup>a</sup>			10-20-00 W 10-10 W 10-
15 mL	0.0 (0-26.5)	13.8 (3.9–31.7)	9.8 (2.7–23.1)
20 mL	15.4 (1.9-45.5)	39.3 (21.5-59.4)	32.3 (18.1–48.1
30 mL	25.0 (7.3–52.4)	26.1 (10.2-48.4)	25.6 ( <mark>1</mark> 3.0–42.1

The Volume of Blood for Epidural Blood Patch in Obstetrics: A Randomized, Blinded Clinical Trial

(Paech, et al. Anesthesia & Analgesia 2011)

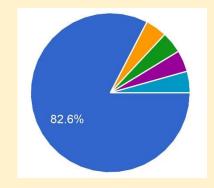
### +

# Imaging for the performance of Blood Patch





# 6 months after ADP , 2 BP and permanent PDPH MRI Lumbar Spine – CSF Leak at T12-L1 improvement and complete resolution



Always wit US – 1
Sometime with US – 1
Always with xR – 1
Sometime with xR - 1

Grau et al: Anästhesiol Intensivmed Notfallmed SchmerzTh 2002

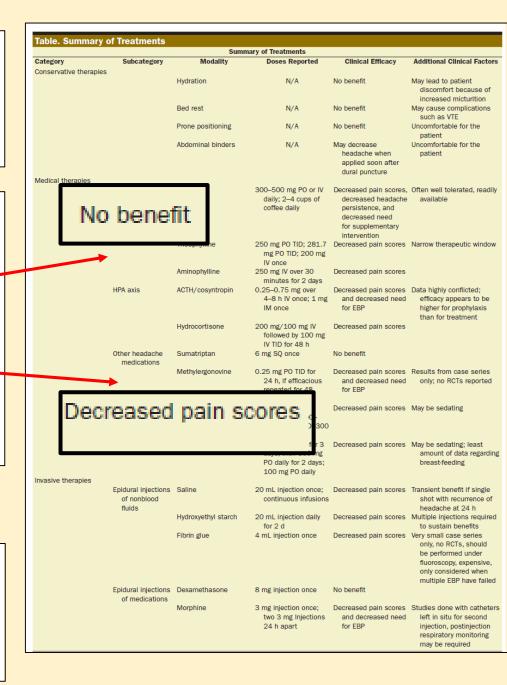
# Conservative treatment of PDPH

- \*Caffeine\*Bed rest
- \*Prone position \*Theophylline
- \*Aminophylline
   \* ACTH
- \*Gabapentin
- \*Hydrocortisone
   \*Pregabaline

Review of the Alternatives to Epidural Blood Patch for Treatment of Postdural Puncture Headache in the Parturient

(Anesth Analg 2017;124:1219–28)

Daniel Katz, MD, and Yaakov Beilin, MD



Occipital nerve blocks	Greater and lesser
Sphenopalatine nerve blocks	Intranasal

2 mL 0.5%
bupivacaine;
4 mL 0.25%
levobupivacaine; 2
mL dexamethasone
(6.6 mg) with 2 mL
1% lidocaine; 4 mL
0.25% bupivacaine
with triamcinolone
20 mg
1 cotton-tip applicator

soaked with 5%

water-soluble

Decreased pain scores

for EBP

Decreased pain scores and decreased need for EBP

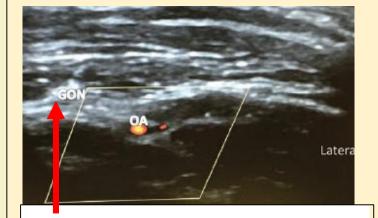


Figure 3. Identification of the greater occipital nerve (GON) and the occipital artery (OA) via ultrasound.

Figure 2. Traditional and auricular acupuncture sites.

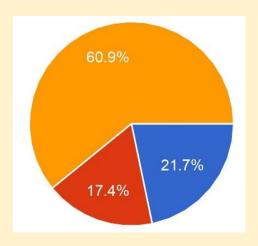






### Institutional protocol for the PDPH treatment or for the performance of Blood Patch

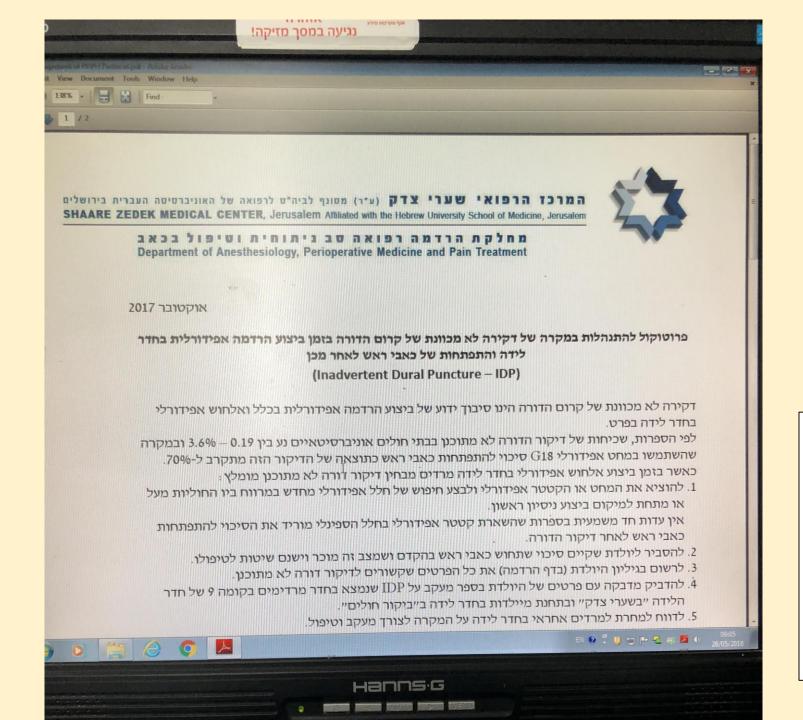




Protocol for PDPH treatment 21.7% (5)
Protocol just for Blood Patch 17.4% (4)
No protocols 60.9% (14%)

#### Surveys of Accidental Dural Puncture (ADP) and Postdural Puncture Headache (PDPH)

Study	Sajjad &	Berger et	Baraz &	Harrington	Baysinger et	
	Ryan	al.	Collis	& Schmitt	al.	
Year	1995	1998	2005	2009	2011	2016
Location	UK	North	UK	U.S.	North America	Israel
		America			(Mainly U.S.)	
Protocol for	58.5%	8.3%	85%	10.8%	14%	21.7%
PDPH						
management						

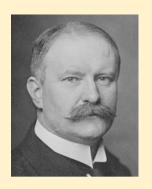


# 150-200 Consultations of patients with PDPH

**50-60** Blood patch (2017 – 58)

SZMC Institutional Protocol for management of IDP and PDPH

## Summary



Karl August Gustav Bier

- PDPH is a "hot topic" now
- PDPH is the cause of only ~5% of peripartum headache
- PDPH is a problem with significant morbidity and even mortality
- There is no effective way to prevent PDPH
- Epidural Blood Patch performed at the right time is an effective treatment
- Institutional protocol for PDPH treatment is crucial



# Thank you!!!









