A RANDOMIZED CONTROLLED TRIAL OF OPIOID ONLY VERSUS COMBINED OPIOID AND NON-Steroidal ANTI INFLAMMATORY ANALGESICS FOR PAIN RELIEF IN THE FIRST 48 HOURS AFTER CAESAREAN SECTION

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INTRODUCTION: Postoperative pain is complex in nature, requiring a combination of pharmacological and non-pharmacological methods. Effective management of postoperative pain will reduce postoperative morbidity, hospital stay and cost.

OBJECTIVES: To compare the clinical effectiveness and adverse effects of a combination of non-selective cyclooxygenase (COX) inhibitor (Diclofenac sodium 50mg) and opioid (Pentazocine 60mg) to the more commonly used opioid only (Pentazocine 60mg) postoperatively in the obstetric section of obstetrics and gynecology department of AKTH.

METHODOLOGY: This was a randomized double-blind controlled study conducted at AKTH Nigeria. A total of 166 patients were enrolled in the study scheduled to undergo either emergency or elective cesarean section and classified according to American Society of Anaesthesiologist (ASA) physical status I or II.

RESULTS: The average age was 28.35 years (SD±6.426) in the group I and 26.9(SD±6.133) in group II. The mean parity was 3.27(SD±2.67) and 2.75(SD±2.14) while the mean gestational age at admission was 37.68(SD±2.69) and 38.18(SD±2.63) weeks in the first and second groups respectively. Comparison of the level of pain experienced and patients satisfaction during the first 48 hours postoperatively revealed that the level of pain was statistically significantly less and patient’s satisfaction significantly better in group I compared to group II (P-value 0.00001).

CONCLUSION: The present study shows that the use of combined analgesia compared to single agent analgesia is safe, significantly reduced pain and improved patient satisfaction during post operative period following caesarean section.