

CARA NEWS

Beyond p values | When research is not research | PECS vs Paravertebral

Beyond p values

Have you ever wondered why the credibility of a piece of academic work hangs on a single inferential statistic? Or does it...? In evaluating research a statistically significant result is quite literally the holy grail. But what are p values and why do we place so much importance on them?...

When research is not research

Clinical audit is central to the performance of physicians in clinical practice. Knowing how we perform and how our performance impacts important clinical outcomes enables practice beneficial and contextually relevant change...

PECS vs Paravertebral

The deposition of local anaesthetic between and deep to the pectoral muscles in an attempt to provide analgesia following breast surgery has been described. The much talked about PECS block has finally been evaluated in a RCT...

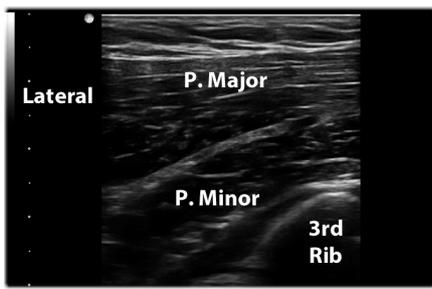


Welcome

Welcome to the first issue of the Cork Academy of Regional Anaesthesia's CARA News. In this newsletter we will bring you some items that we've found interesting from the world of regional anaesthesia, medical education and clinical research. We hope to provide useful resources, challenge dogma and generate discussion on topics relevant to your clinical practice. Each of this month's topics will be listed on our Facebook page (<https://www.facebook.com/corkacademyra/>). If you'd like to share your thoughts (keep it clean please!!!) please use the comment threads below each post. We would also love to hear your thoughts on topics you'd like us to cover. Please get in touch by email (corkregionalanaesthesia@gmail.com), Facebook or twitter (@CorkAcad). Please also share this newsletter with your friends and colleagues. Thanks for subscribing and we look forward to hearing from you soon.



**Excellence in Education,
Research and Innovation**



PECS vs Paravertebral

British Journal of Anaesthesia, 117 (3): 382–6 (2016)

Kulhari and co-authors conducted a RCT to compare the efficacy of single shot T3 paravertebral to PECS II block. Ultrasound guidance and 25 ml 0.5% bupivacaine was used in each group. The study was powered to detect a 30% difference in morphine consumption at 24 hours.

Forty patients were randomised into two groups. The authors report a longer time to first analgesic request and less morphine consumption at 24 hours in the group receiving PECS II block.

The authors conclude that PECS is safe, effective and superior to paravertebral for the outcome measures reported.

This article is available on the college of anaesthetists portal or at: <https://bj.a.oxfordjournals.org/content/117/3/382.full.pdf+html>

Beyond p values

...The interpretation of statistics was the topic of an excellent BJA podcast available at the following link: http://www.oxfordjournals.org/podcasts/bja_podcast.xml.



This thought provoking conversation explores how data misrepresentation and misinterpretation can have serious unintended consequences. A framework for data interpretation is also discussed which may inform how you read and interpret research data. Try it out with the PECS feature article (left). The Ionnadis article cited in the podcast can be found here: <http://journals.plos.org/plosmedicine/article/asset?id=10.1371/journal.pmed.0020124.PDF>

When research is not research

... Although it may appear intuitive, clinical audit and clinical research are not one in the same. The authors of a recent case report in Anaesthesia (Anaesthesia 2016, 71, 487–505) found this out to their peril. Reading their account and the associated editorial commentary, a salutary reminder is provided of our responsibilities in properly conducting both clinical audit and clinical research. This series of articles is essential reading for all clinicians. The articles are copyrighted and available to Anaesthesia subscribers and AAGBI members here: <http://onlinelibrary.wiley.com/doi/10.1111/anae.2016.71.issue-5/issuetoc>.

Upcoming Events

Children and Regional Anaesthesia, February 26th 2016, ASSERT Centre, University College Cork. More on: www.anaesthesiaacademy.ie

Cycling and CME, March 27-31, Mallorca, Spain. To register an interest please contact us directly by email.



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