

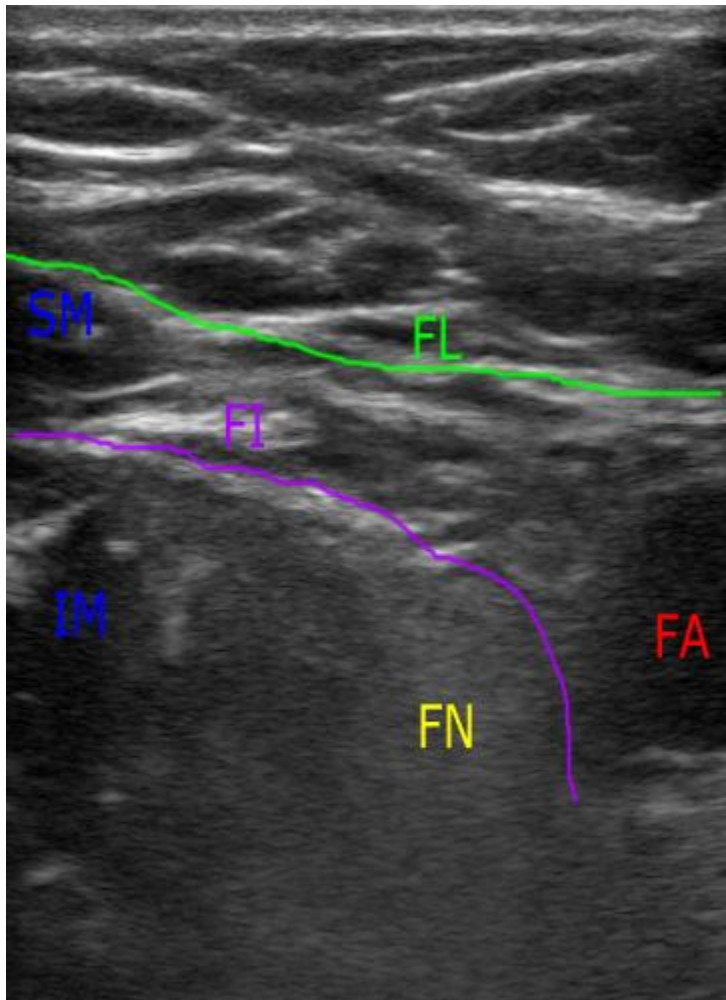
Uses

- Hip fractures
- Femur fractures (Check with ortho first, they are touchy on this)
- Hip dislocations (Can be useful if you are worried about sedating, use lidocaine)

Relevant Anatomy

Femoral nerve and lateral femoral cutaneous nerves lie deep to the fascia iliaca, adjacent to the iliacus muscle. Femoral vein and artery lie superficial to this fascia. Both nerves begin branching extensively proximally and so care should be taken to perform injection of anesthesia as close to the inguinal ligament as possible, though some spreading superiorly will occur.

Ultrasonography



Identify femoral artery superiorly in the groin prior to any branches

Slide laterally to identify iliacus muscle and overlying fascia (possibly identify femoral nerve)

Insert needle lateral to target area and advance under in plane visualization

Supplies Needed

0.2% or 0.5% Ropivacaine (Max dose 3mg/kg) (Need a volume of at least 30ml)

6mg Decadron (Order as 10mg IV solution and draw up as needed)

Extension tubing

60cc syringe

Sterile gloves

20g or 22g spinal needle

Sterile probe cover

Chlorhexidine swabs

Drape

Additional Resources

[NYSORA Fascia Iliac Block](#)

[ACEP Now Fascia Iliac Block](#)

[Fascia Iliac Block Presentation](#)

Drug	Concentration (mg/ml)	Maximum dose (mg/kg)	Maximum volume (ml)								
			35 kg	40 kg	45 kg	50 kg	60 kg	70 kg	80 kg	90 kg	100 kg
(Levo)Bupivacaine 0.25%	2.5 mg/ml	2 mg/kg	28	32	36	40	48	56	60ml (150mg)		
(Levo)Bupivacaine 0.5%	5 mg/ml		14	16	18	20	24	28	30ml (150mg)		
(Levo)Bupivacaine 0.75%	7.5 mg/ml		9.3	10.6	12	13	16	18	20ml (150mg)		
Bupivacaine 0.25% with Adrenaline (1:200000)	2.5 mg/ml	2 mg/kg	28	32	36	40	48	56	60ml (150mg)		
Bupivacaine 0.5% with Adrenaline (1:200000)	5 mg/ml		14	16	18	20	24	28	30ml (150mg)		
Ropivacaine 0.2%	2 mg/ml	3 mg/kg	52.5	60	67.5	75	90	105	120	135	150
Ropivacaine 0.75%	7.5 mg/ml		14	16	18	20	24	28	32	36	40
Ropivacaine 1%	10 mg/ml		10.5	12	13.5	15	18	21	24	27	30

or via the NBN Guidelines App.

Drug	Concentration (mg/ml)	Maximum dose (mg/kg)	Maximum volume (ml)								
			35 kg	40 kg	45 kg	50 kg	60 kg	70 kg	80 kg	90 kg	100 kg
Lidocaine 1%	10 mg/ml	3 mg/kg	10.5	12	13.5	15	18	20ml (200mg)			
Lidocaine 2%	20 mg/ml		5.25	6	6.75	7.5	9	10ml (200mg)			
Lidocaine 1% with Adrenaline (1:200000)	10 mg/ml	7 mg/kg	24.5	28	31.5	35	42	49	50ml (500mg)		
Lidocaine 2% with Adrenaline (1:200000)	20 mg/ml		12.25	14	15.75	17.5	21	24.5	25ml (500mg)		
Prilocaine 1%	10 mg/ml	6 mg/kg	21	24	27	30	36	40ml (400mg)			