

## Fascia Iliaca Block – Landmark technique

1	Fractured neck of femur proven on X-ray
2	Gain consent and check no contraindications
3	Prepare kit (FIB box found in department) using aseptic technique
4	Position patient correctly and ensure adequate assistance and monitoring
5	Identify insertion point: <ul style="list-style-type: none"> <li>• Identify ASIS and pubic tubercle</li> <li>• Divide into thirds</li> <li>• 1 cm below junction between middle and outer third</li> <li>• Palpate femoral artery to ensure insertion point is lateral</li> </ul>
6	Clean skin and inject 1 mL of lidocaine to form a bleb
7	Use a blunt needle: through skin, bounce, pop, bounce, pop
8	Aim cephalad, aspirate, check not near femoral artery, inject bupivacaine (there should be no resistance)
9	Document procedure (sticker available) <ul style="list-style-type: none"> <li>• Record observations (5, 10, 15 &amp; 30 mins)</li> </ul>

### Contraindications:

- Severe dementia
- Unconscious
- INR > 1.5
- Allergy to local anaesthetic
- Infection area overlying site of injection
- Previous femoral bypass surgery

### Safe doses/max doses:

- 0.25% bupivacaine
- 2.5 mg/mL
- Safe maximum dose = 2 mg/kg
- 0.5% bupivacaine
- 5 mg/mL
- Safe maximum dose = 2 mg/kg

**See local anaesthetic dosing chart overleaf**

## Fascia Iliaca Block – Landmark technique – Local Anaesthetic Dosing Chart

	Maximum dose (mg/kg)	Maximum volume (mL)						
Weight		35 kg	40 kg	45 kg	50 kg	60 kg	70 kg	80-100 kg
<b>0.25% bupivacaine</b>	2	28	32	36	40	48	56	60
<b>0.5% bupivacaine</b>	2	14	16	18	20	24	28	30
<b>1% lidocaine</b>	3	10.5	12	13.5	15	18	20	20
<b>2% lidocaine</b>	3	5.25	6	6.75	7.5	9	10	10