



[Spinal anesthesia in ambulatory surgery. Extent, routines and patient satisfaction].

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Abstract: Spinal anaesthesia has been used in day-care surgery for a long time, but the fear of post dural puncture headache has limited its use in younger patients. A survey was conducted in order to assess the extent to which spinal anaesthesia is used for day-care surgery, and the routines governing the present practice in Norwegian anaesthetic departments. Information was obtained on the use of spinal anaesthesia for day-care surgery. In half of the anaesthetic departments spinal anaesthesia was used regularly. A large proportion of the departments worked with a lower age limit over 30 years of age for use of spinal anaesthesia. This does not seem to be justified on the basis of the scientific evidence. A prospective patient study revealed that out of 120 day-care patients aged 15 to 45 years who were given spinal anaesthesia, 93% would accept the same kind of anaesthetic again. Based on recent studies, the fear of post dural puncture headache should not preclude the use of spinal anaesthesia as a good alternative to general anaesthesia in day-care surgery.

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