

## *PARALLEL SESSION 5:*

# *THORACIC & ABDOMINAL BLOCKS*

*TIME: 15:45 - 17:15*



16:45 - 17:00

### **Parasternal block for cardiac surgery**

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#### **Abstract:**

Post-median sternotomy pain poses significant challenges in management and can lead to various postoperative complications. The PROSPECT guideline now recommends the parasternal intercostal plane (PIP) block for intraoperative pain control during cardiac surgery via median sternotomy. This block, administered via ultrasound guidance, has two approaches: the superficial and deep PIP blocks. The superficial PIP block involves injecting local anesthetic lateral to the sternum, superficial to the internal intercostal muscles and deep to the pectoralis major muscle. On the other hand, the deep PIP block (transversus thoracis plane block) entails depositing local anesthetic between the internal intercostal muscles and the transversus thoracis muscle. Despite its proven safety and efficacy, uncertainties persist regarding optimal dosages, injection techniques, and preferred PIP block approaches. This presentation aims to highlight the advantages and optimal techniques for both superficial and deep PIP blocks in cardiac surgery.