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Prevalence and severity of post dural puncture headache (PDPH) and associated factors after spinal anaesthesia among patients in University of Gondar Referral and Teaching Hospital, Gondar, North West Ethiopia

Adugna Aregawi Kassa and Teresa Kisi Beyen
University of Gondar, Ethiopia

Background: Post Dural puncture headache (PDPH) has been a problem for patients after dural puncture. It is one of the most frequently occurring complications following spinal anaesthesia (SA). It is believed to originate from persistent leakage of cerebrospinal fluid (CSF) through the punctured Dura, greater than the CSF production after lumbar puncture. Even if the problem was indicated in many literatures, its magnitude and associated factors has never been studied in our country, particularly in the current study area yet. Thus, the aim of this study is to assess the magnitude of post dural puncture headache (PDPH) and associated factors after spinal anaesthesia among patients in University of Gondar Teaching and Referral Hospital.

Methods: An institution based cross sectional study was conducted from February 25-April 10, 2013 in University of Gondar Teaching and Referral Hospital, Gondar, Ethiopia. A total of 116 patients aged 17-74 years were included in the study. Data was collected by interviewing patients using structured and pre-tested questionnaire and reviewing chart. Both bivariable and multivariable logistic regressions were used to determine the association between Post Dural puncture headache and independent variables.

Results: Out of 116 patients who have undergone spinal anesthesia, 45 (38.8%) patients developed Post Dural puncture headache. Sex [AOR= 0.2; 95% CI: 0.058, 0.67], repeated attempts [AOR=0.22; 95% CI: 0.09, 0.54], and needle sizes [AOR=5.3; 95% CI: 1.66, 16.93] were found to be significantly associated with Post Dural puncture headache.

Conclusion: Prevalence of post dural puncture headache was found to be high among patients in the University of Gondar teaching and referral hospital after spinal anaesthesia (SA). The hospital management and the anesthetists of University of Gondar Teaching and Referral Hospital should minimize the incidence of Post Dural puncture headache by avoiding use of big needles and repeated attempt especially on female patients.

adugenet2007@yahoo.com

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