

DO NOT FORGET · THE SHORT CHECKLIST

Fascia iliaca compartment block

Injection of a large volume of dilute long-acting local anaesthetic deep to the fascia iliaca to block the femoral, lateral femoral cutaneous and (variably) obturator nerves, for analgesia in hip and femoral neck fracture.

EM Orbit

Patient reference	Date	Time	Completed by

The 12 steps that must not be missed

- [ ] **BEFORE**
  Calculate the maximum safe dose from the actual weight before drawing up: bupivacaine or levobupivacaine 2 mg/kg (maximum 150 mg); lidocaine plain 3 mg/kg.
  Frail or low-weight patients may need a lower concentration or reduced volume; follow local protocol.

- [ ] **BEFORE**
  Confirm 20% lipid emulsion and resuscitation equipment are available before injecting.

- [ ] **BEFORE**
  Perform 'Stop Before You Block': confirm the correct side with the patient, the notes, the imaging and the marked limb immediately before needle insertion.
  Wrong-side block is a never event.

- [ ] **DURING**
  Palpate the femoral artery and confirm the entry point is clearly lateral to it.

- [ ] **DURING**
  Stop advancing once through the fascia iliaca; do not advance further.

- [ ] **DURING**
  Aspirate before injection and after each increment of local anaesthetic.

- [ ] **DURING**
  Stop injecting if the patient reports severe pain or paraesthesia, if there is high resistance, or if blood is aspirated; reposition.

- [ ] **DURING**
  If the needle tip cannot be seen, stop advancing and realign the probe or the needle.

- [ ] **DURING**
  Stop injecting if the patient reports severe pain or paraesthesia, or if there is high resistance.

- [ ] **DURING**
  If local anaesthetic toxicity is suspected, stop injecting, call for help, manage the airway and circulation, and give 20% lipid emulsion 1.5 mL/kg IV bolus followed by an infusion per the national LAST guideline.

- [ ] **AFTER**
  Warn the patient and the nurse that the leg will be weak and numb and that the patient must not stand or walk unaided.
  Falls risk.

- [ ] **AFTER**
  Do not repeat the block or top up with other local anaesthetic without recalculating the cumulative dose.

The short list: an aid to memory, not the whole procedure. The full checklist is at the QR code. It does not replace your local protocol or your clinical judgement.