Pain Control and Enhanced Recovery after Cesarean Delivery

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Educational Objectives:

- Participant will be able to describe the most effective route of opioid administration for pain control following cesarean delivery
- Participant will be able to describe the side effects of neuraxial morphine and treatment options for these side effects
- Participant will be able to describe non-opioid options for pain control following cesarean delivery
- Participant will be able to list potential benefits of creating an enhanced recovery protocol for patients undergoing cesarean delivery

Outline

1. Neuraxial morphine
   a. Dosing
   b. Side effect profile
      i. Treatment of side effects
   c. Monitoring
2. Multimodal analgesia
   a. NSAIDS (ketorolac)
   b. Acetaminophen
   c. Gabapentin
3. Regional blocks
   a. Transversus abdominis plane (TAP) block
      i. Comparing TAP block to neuraxial morphine
Select References: