

## The effect of ketamine on shivering in patients undergoing spinal anesthesia

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### \*Abstract

**Background:** Sever shivering is the most common adverse effect of spinal anesthesia during and after operation that causes physiologic complication. One of the drugs that could decrease operative shivering is ketamine.

**Objective:** The aim of this study is the effect of ketamine to reduce shivering, during spinal anesthesia.

**Methods:** This prospective randomized, and double-blind clinical trial was conducted on 355 patients of candida different surgeries with spinal anesthesia in Bu-Ali and Velayat Hospitals in Qazvin (2017). Patients were randomly divided into experimental (n=175) and control (n=180) groups. For the experimental and control groups, ketamine (0.2 ml/kg) or an equal volume of distilled water were administered with intravenous infusion pumps immediately after initiating spinal anesthesia, respectively. Then degree of shivering checked by anesthesiologist with visual scale during surgery.

**Findings:** The rate and intensity of shivering at ketamine group significantly decreased compared to the control group. Shivering during surgery was less than in men, urological surgery and age (20-40 years) in both groups.

**Conclusion:** Adding ketamine to drug's pump in patients undergoing spinal anesthesia could be effective method to control shivering during operation.

**Keywords:** Operative shivering, Spinal anesthesia, Ketamine, Intensity of shivering

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