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# Sternal pain after rigid fixation: a pilot study of randomization rigid vs conventional wire closure.

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# Sternal pain after rigid fixation: a pilot study of randomization rigid vs conventional wire closure.

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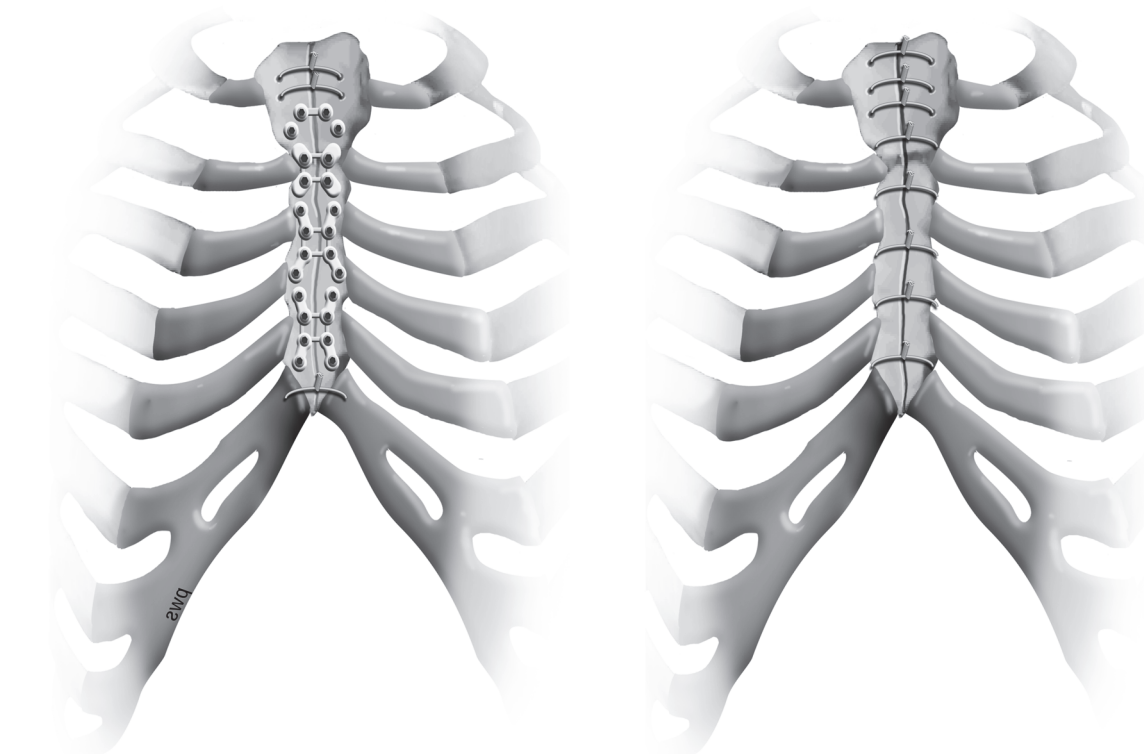
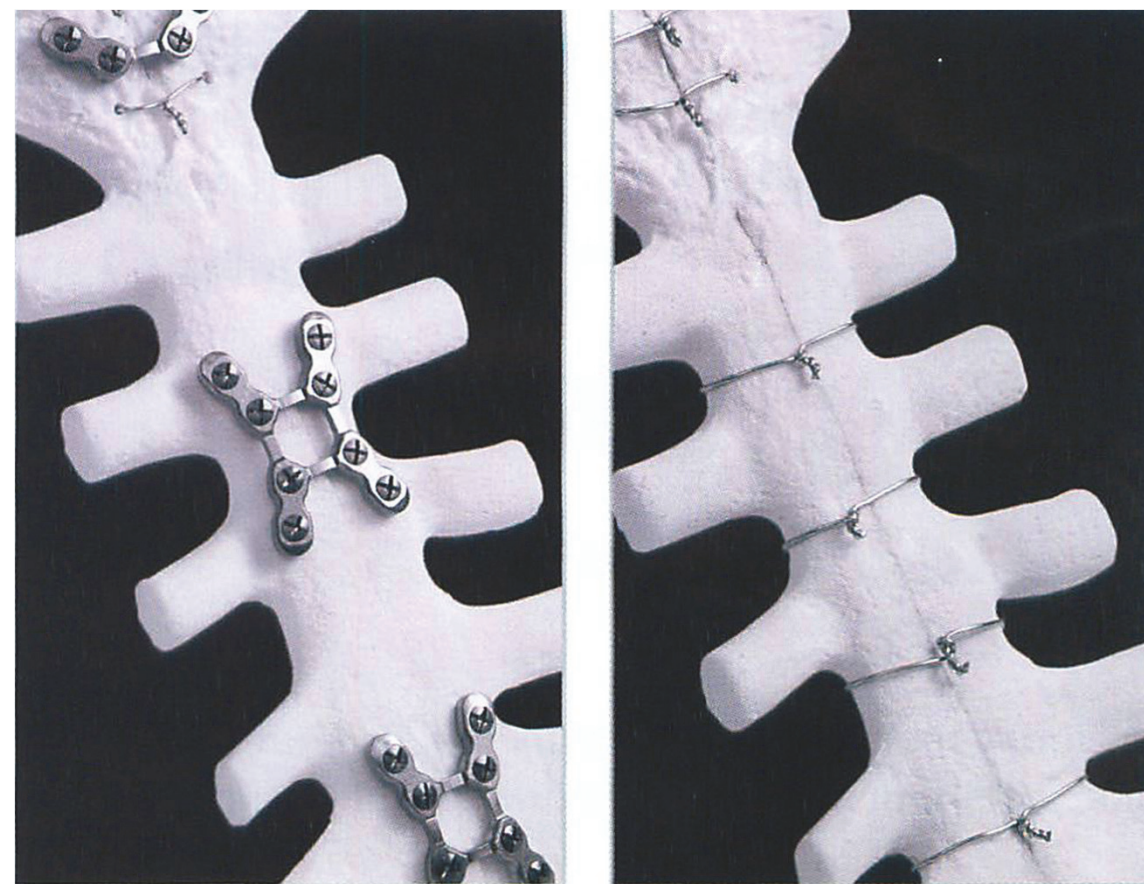
From Thomas Jefferson University Hospital, Philadelphia, PA, USA.

## Objective

To investigate if rigid closure reduces sternal pain

### Rigid

### Wire



## Methods

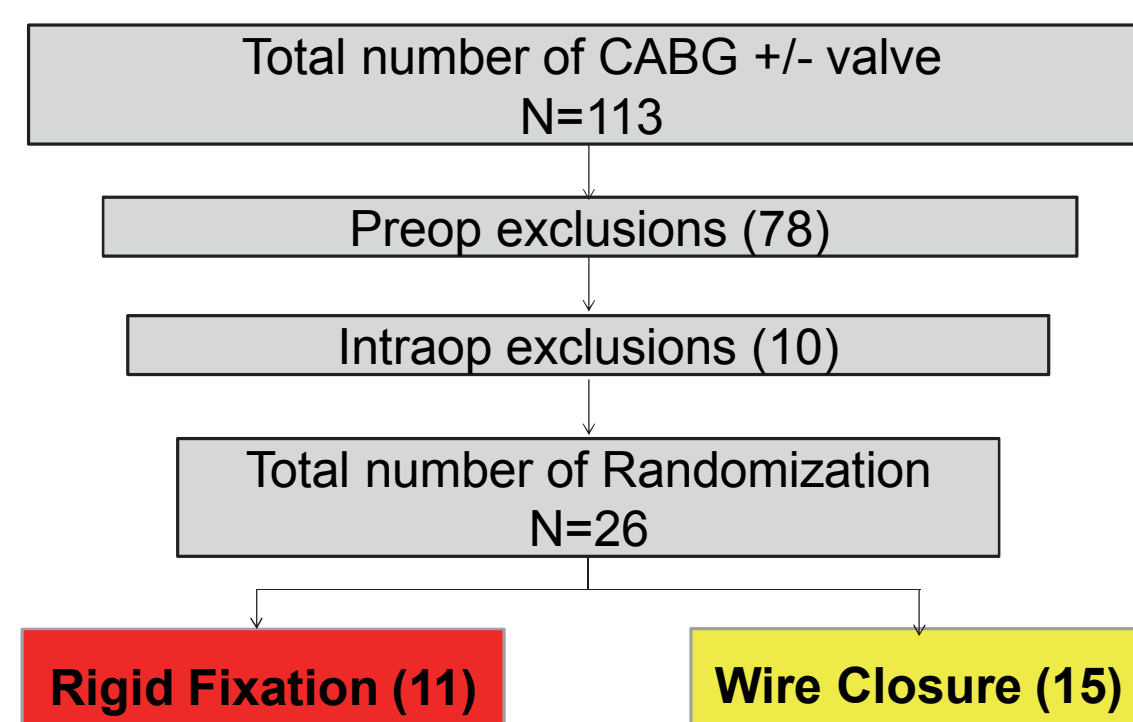
Prospective randomized CABG +/- valve  
Study period: 07/2011 – 1/2012  
Rigid fixation: n=11  
Wire closure: n=15

### Pre-Op and Intra-Op Exclusions

Preop exclusions (78)	Intraop exclusions (10)
Age >80 (14)	Unexpected aortic surgery (1)
Emergency (6)	Osteoporosis (4)
Redo sternum (11)	Bleeding (5)
Hemodialysis (8)	
Hx of Osteoporosis (5)	
Radiation hx (1)	
Malignancy (5)	
Immunosuppression (2)	
Known coagulopathy (2)	
Infections, IE (5)	
Metal allergy (1)	
BMI above 40 (4)	

Compliance (4)  
Refusal (10)

## Randomization



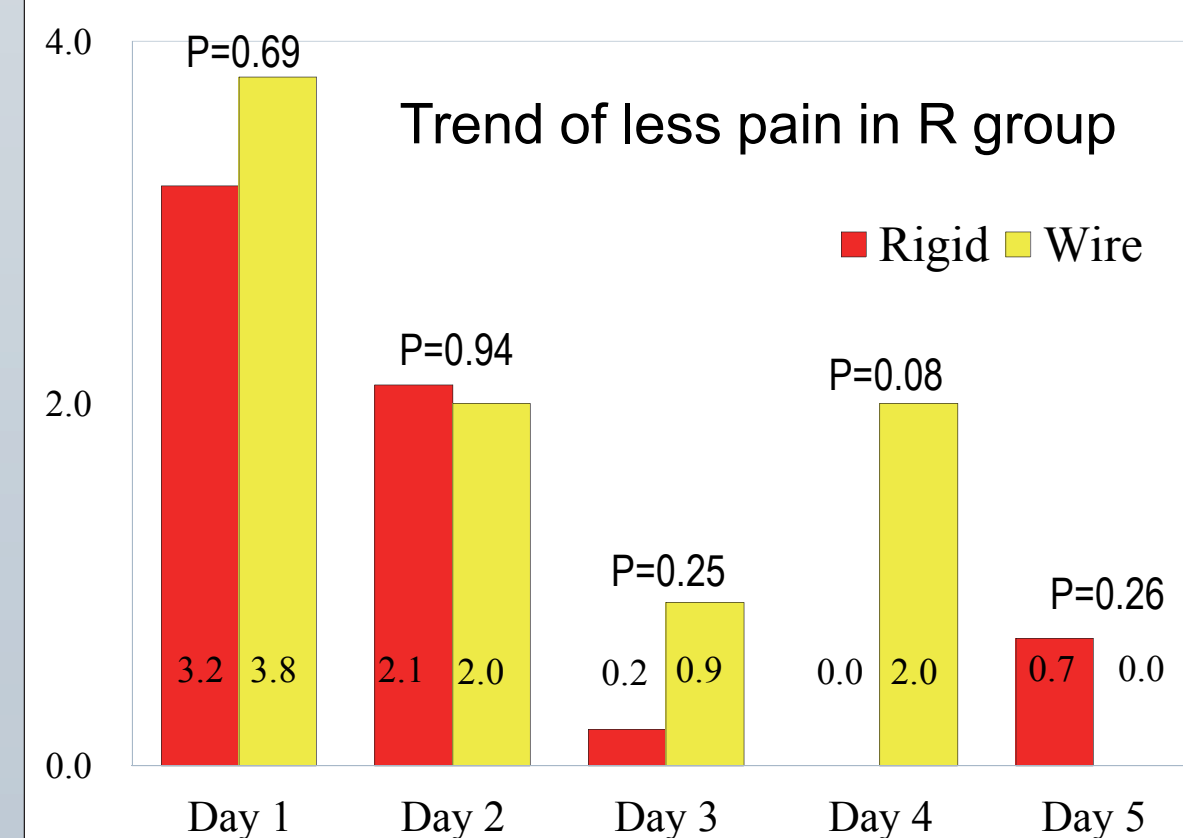
## Patient Risk Factors

	Rigid	Wire	P
Age	67 ± 8	66 ± 10	0.78
Male	10 (91%)	13 (87%)	0.74
BMI	30 ± 6	28 ± 5	0.30
Poor EF (<40%)	1 (9.1%)	0	0.23
Diabetes	6 (55%)	5 (33%)	0.28
Insulin user	2 (18%)	4 (27%)	0.61
Smoking	5 (46%)	6 (40%)	0.78
PVD	1 (9.1%)	0	0.23
Cr above 1.5	1 (9.1%)	0	0.23
CABG	8 (73%)	13 (87%)	0.37
Valve	5 (46%)	4 (27%)	0.32
CABG + Valve	2 (18%)	2 (13%)	0.74

## Postop Outcomes

	Rigid	Wire	P
Intubation hours	7.3 ± 3.1	9.2 ± 7.2	0.37
Intubation >24 h	0	1 (6.7%)	0.38
ICU stay hours	55 ± 34	41 ± 24	0.26
ICU stay > 48h	5 (46%)	5 (33%)	0.53
Postop stay days	5.9 ± 2.0	6.3 ± 4.4	0.76
Postop stay >7d	1 (9%)	3 (20%)	0.45
Postop CVA	1 (9%)	0	0.23
Atrial Fibrillation	4 (36%)	6 (40%)	0.85
Superf sternal infection	0	1 (7%)	0.38
Deep sternal infection	1 (9%)	0	0.23
Pneumonia	0	0	0.99

## Pain Score



## Narcotic Requirement Dosage Calculation

24 hours narcotic requirement was calculated using the following formula and expressed in IV morphine equivalent

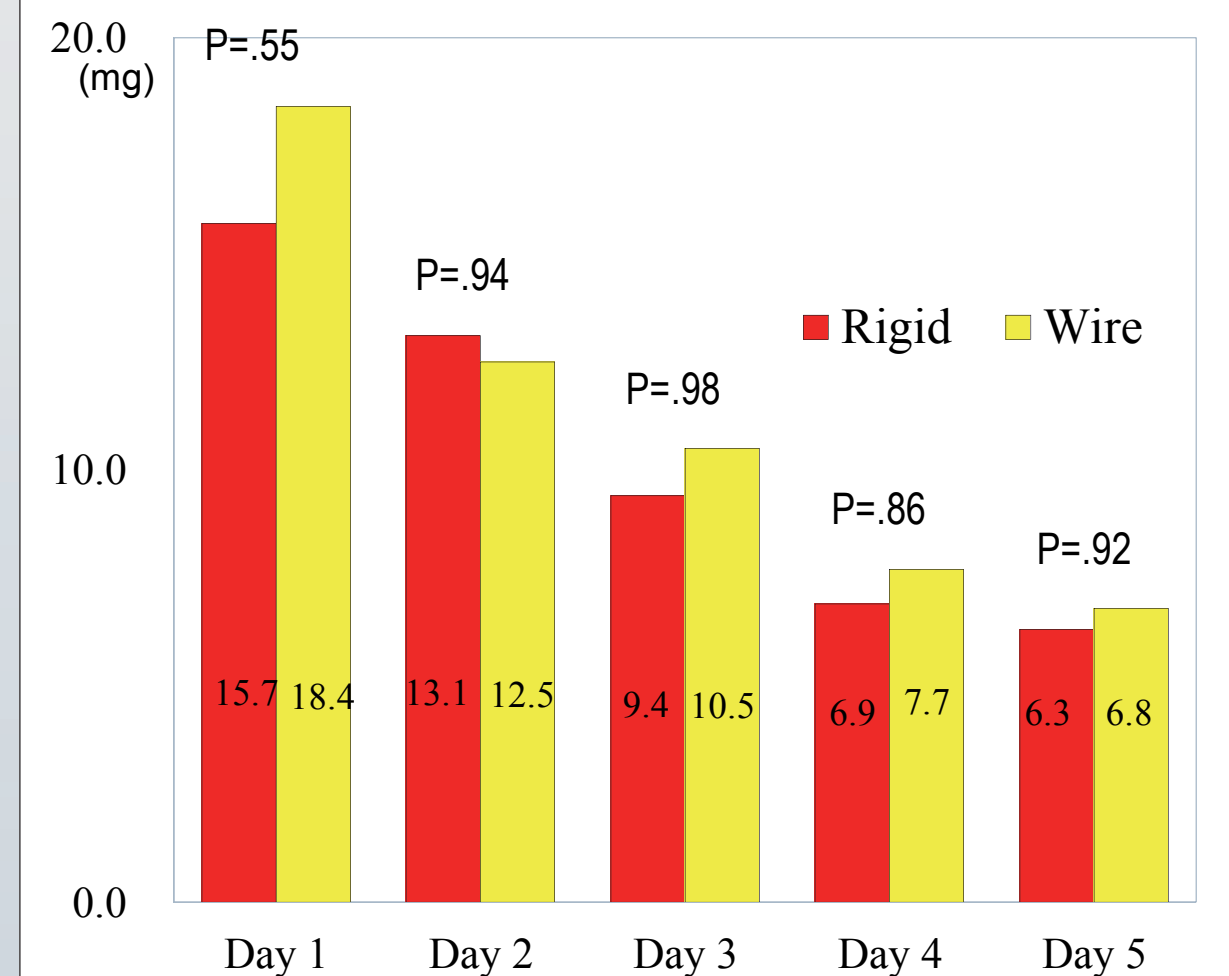
	IV	PO
Morphine	1mg	3mg
Hydromorphone	0.15mg	0.75mg
Percocet	N/A	3mg
Fentanyl	0.01mg (10mcg)	N/A

e.g.  
5 mg PO morphine is equianalgesic to 1.33mg IV morphine.  
2 mg PO hydromorphone is equianalgesic to 2.67mg IV morphine

Adapted from: Debria B. et al. Opioid equianalgesic calculations. J Palliative Med. 1999; 2: 209-218.

## Total Narcotic Requirement

There was a trend of less narcotic requirement in group R



## Conclusion

Randomized data showed a trend of fewer narcotic requirement in rigid fixation than in conventional wire closure.

## Implications

Rigid fixation may potentially improve immediate sternal pain after open heart surgery.

Less narcotic requirement potentially facilitate early return to the normal activity. Larger population is required to justify study.

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