

## Update on Acute Pain Management – What is New? (ERAS, Ketamine, Gabapentinoids, Peripheral Nerve Blocks, etc)

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Acute pain management is very important because some negative effects due to the inadequate pain relief. On the other hand, the selection of analgesia for acute pain need to be more carefully and consider the patient pre-existing disease or injury and co-morbidity. That's why we need the balance between risk and benefit. An understanding to clinical application of analgesia options needs by doctor who will treat acute pain, either long-used analgesia or some new analgesia. Many studies and clinical application now focused on the opioid choices, non-opioid analgesic such as Ketamine, Dexmedetomidine and recently the using of nerve block and regional analgesia.

Opioids still the standard analgesia for moderate to severe acute pain and no one kind of opioid superior compared to the others so the selection depends on patient condition and needs.

Ketamine is *old new drug* which is currently widely used as low-dose analgesia which can reduce the side effects and the choice for opioid tolerance or opioid induced hyperalgesia. In addition, ketamine stereoisomers has been available in several countries which can provide adequate analgesia with minimal side effects.

Dexketomidine, alpha-2 adrenergic antagonist, has been the choice of analgesia for patients with acute pain especially in intensive care whose need strong analgesia with rapid onset and offset with minimal effects on organ systems.

The role of nerve blocks in the treatment of acute pain was popular due to the increasing use of ultrasound guiding which gives the precise injection location, good analgesia and minimization the use of a number of local anesthetics. The ERAS (Enhanced Recovery After Surgery ) concept introduced for better outcome for perioperative patient and analgesia modality play a big role on this concept such as epidural analgesia perioperative for abdominal surgery and the titration of opioid using and optimalize non-opioid analgesic such as gabapentinoid.