

**Specific Question:**

Is bupivacaine more effective at reducing pain and improving function than lidocaine when treating patients with a suprascapular nerve block (SSNB) injection?

**Clinical bottom line**

There is no evidence to specifically answer this question.

In general terms, the literature in this area, shows variation in methods, choice of drugs and dosage used in performing SSNB injections in the available literature. What occurs in practice appears to be based on clinical preference rather than the evidence.

**Why is this important?**

SSNB injections are used in Musculoskeletal and Pain clinics for patients with shoulder related pain. There is discrepancy amongst clinicians as to which local anaesthetic to use and the amount. As clinicians, we want to deliver evidence based practice and therefore want to explore if there is any evidence that can guide us to answer this question.

**Search timeframe (e.g. 2011-2021)**

**Inclusion Criteria**

	Description	Search terms
<b>Population and Setting</b>	Adults over 18 years old with chronic shoulder pain	Gleno-humeral joint arthritis, acromial-clavicular joint arthritis, Rotator cuff tear, Rotator cuff arthropathy,
<b>Intervention or Exposure</b>	Supra scapular nerve block (SSNB) injections	Bupivacaine, injection plus steroid (adacortyl or depo-medrone)  Clinically guided, ultrasound guided, blinded, bony land marks

Getting Evidence into Clinical Practice:  
Musculoskeletal Research Facilitation Group (CAT Group)  
Date: July 2021

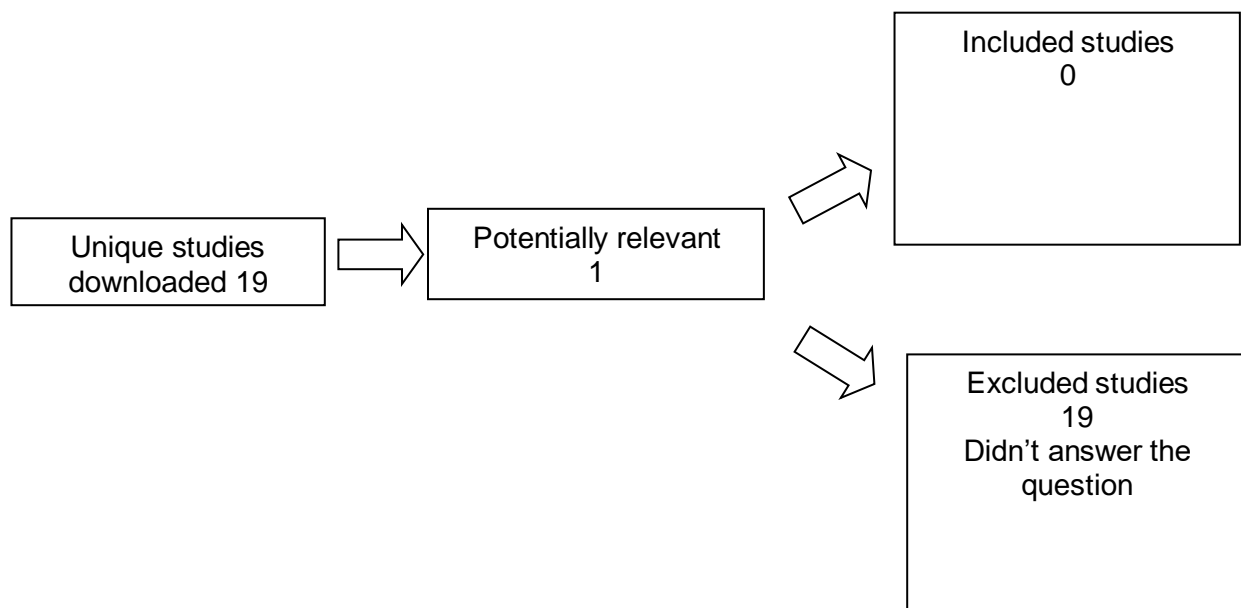
<b>Comparison, if any</b>	Supra scapular nerve block (SSNB) injection	Lidocaine plus steroid (ad cortyl or depo-medrone)  Clinically guided, blinded, bony land marks, ultrasound guided
<b>Outcomes of interest</b>	Reduced pain Improved function	Reduced pain Improved function
<b>Types of studies</b>	To include RCTs, meta-analysis and SRs	

**Routine Databases Searched**

Clinical Knowledge Summaries, PEDro, BMJ Updates, Clinical Evidence, TRIP, Database, NICE, HTA, Bandolier, The Cochrane Library, Medline, Cinahl, Embase, PsycInfo, Professional websites. Joanna Briggs Institute, Web of science, Sports discus and Pub med

**Date of search- April 2021**

**Results of the search**



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Date CAT completed: May 2021

## **Summary**

### **Implications for Practice/research**

There is no clear evidence to guide clinicians on the dosage or type of medication to use when performing a SSNB injection. Further research is needed to find out what is the most effective medication and dosage when delivering SSNB injections.

We will review what is being used locally within our community of practice by asking our colleagues from Rheumatology, Pain Service and Radiology so that we can try and achieve some form of standardisation and consistency across the trust.

Services may wish to consider audits of practice in the absence of robust evidence.

### **What would you tweet? (140 characters)**

There is no evidence to suggest what method, choice of medication or dosage is the most effective to use when performing SSNB injections. Further research is needed to ascertain this and guide clinicians to deliver the most effective treatment.