NHS
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ESPER
Early Analgesia in Rib Fractures Trial

**E**rector **S**pinae **P**lane blocks for the **E**arly **A**nalgesia of **R**ib fractures in trauma: A multicentre pilot randomised controlled trial with feasibility and embedded qualitative assessment.
IRAS Reference: 299011

Participant Information **Summary** Sheet; Version 1.2, Dated 21-Feb-2022

Chief Investigator: David Hewson

## 1. What is the purpose of the study?

To test if a new method of pain relief - called an erector spinae plane (ESP) block - can help people with broken ribs get better pain relief and reduce their risk of getting chest problems after their injury. This is a feasibility study to test if we can perform a large scale trial to answer this question. Your participation is voluntary.

## 2. What do I have to do if I choose to take part?

You will continue to be given pain relief for your rib fractures as part of the usual treatment provided by the hospital. You will also be randomly (by chance) given either an injection of local anaesthetic into your back (called an ESP block) or a placebo (dummy) injection into your back. Although the doctor performing the injections will know which one you receive, you will not, and neither will the study team. The injection will either trickle numbing medicine (local anaesthetic) to the nerves that supply the broken ribs for 72 hours, making them less painful or a placebo solution of saline.

## 3. What are the possible benefits?

There is no guarantee taking part in the research will benefit you, however you will be helping us understand this injury better and potentially improve care for patients in the future.

## 4. What are the disadvantages?

Common risks of ESP blocks are bleeding, infection or the injection needing to be repeated. A rare complication can be local anaesthetic toxicity. You will be closely monitored for all possible side effects.

## 5. Further information.

This is a summary sheet and further details on the trial can be found on the full Participant Information Sheet (V2.0 25 Jan 2022). You can ask the study doctor or nurse any questions, before, during or after the trial. If you decide to take part we will ask you to read and sign a consent form. You can keep a copy of this information sheet and the consent form for your reference.

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