Postoperative pain after laparoscopic cholecystectomy is not reduced by intraoperative analgesia guided by analgesia nociception index (ANI®) monitoring: a randomized clinical trial

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Editor’s key points

- Immediate postoperative pain is common after laparoscopic cholecystectomy, often requiring rescue analgesia.
- This study used intraoperative heart rate variability as a pain surrogate, to direct analgesia.
- The use of the analgesia nociception index (ANI) to direct intraoperative morphine did not improve postoperative analgesia.
- Further clinical investigation is required to establish the role of the ANI in pain management.

Background. Laparoscopic cholecystectomy frequently results in significant immediate postoperative pain. A new pain monitor, analgesic nociception index (ANI®), based on heart rate variability, has recently been approved for intraoperative nociception monitoring. We designed a single-blind, parallel-group, randomized control trial to test the hypothesis that protocol-driven intraoperative analgesia guided by ANI during laparoscopic cholecystectomy would improve titration of intraoperative analgesics leading to decreased postoperative pain.

Methods. One hundred and twenty consecutive adult participants presenting for elective laparoscopic cholecystectomy were recruited. Participants were randomly allocated by sealed envelope to receive intraoperative morphine either guided by ANI via a protocol (intervention group) or guided by the anaesthetist with ANI concealed (control group). All participants received paracetamol, parecoxib, fentanyl at induction, and local anaesthetic to port sites. The primary endpoint was the presence of moderate/severe pain (visual analogue scale ≥ 50 mm) at any of the four time points in the first postoperative hour. Secondary endpoints included postoperative rescue analgesia.

Results. Sixty participants were randomized to each group, and all but one drop-out from the intervention group were analysed. The usage of ANI guidance did not result in a decrease in the rate of moderate/severe pain (50.8% vs 45.0%; difference of −5.8%, 95% confidence interval, −23.7% to 12.1%, P=0.58), or the use of postoperative rescue analgesia.

Conclusions. This randomized control trial of intraoperative ANI-guided morphine administration in elective laparoscopic cholecystectomy failed to show any advantage over the current standard of care, and demonstrated a high level of postoperative pain, despite the use of multimodal analgesia.


Keywords: analgesics, opioid/therapeutic use; cholecystectomy, laparoscopic; heart rate; pain measurement/methods; pain, postoperative/drug therapy

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Immediate postoperative pain and analgesia requirements in the post-anaesthesia care unit (PACU) varies according to type of surgery, patient characteristics, and the timing and amount of intraoperative analgesia. Laparoscopic cholecystectomy is a surgical procedure that frequently results in significant immediate postoperative pain and the need for rescue analgesia in the PACU.

Intraoperative titration of opioids may result in improved immediate postoperative pain management, but there is currently no gold standard for nociception monitoring in unconscious patients. Clinical signs of sympathetic stimulation such as hypertension, tachycardia, and sweating may indicate intraoperative nociception, but these are non-specific and their absence does not rule it out. A variety of analgesia monitors have been
developed based on physiological principles, including skin vaso-
motor reflexes, plethysmography, pulse transit time, pupillo-
metry, electroencephalography, and heart rate variability
(HRV), but all have limitations in intraoperative settings.5

A new nociception monitor based on HRV, the analgesia
nociception index (ANI) monitor (MetroDoloris, Lille, France),
has been approved for use in many countries worldwide, pre-
dominantly in Europe and the Asia Pacific. Although HRV is influ-
enced by the sympathetic nervous system, thermoregulatory state,
baroreflex, and endocrine systems, high-frequency mod-
ulations (0.15–0.6 Hz) of HRV are a highly specific measure of
parasympathetic tone.6 The ANI monitor uses three electrocar-
diographic leads to measure parasympathetic tone on a scale
of 0–100, giving a continuous ANI reading and a continuous
moving 4 min average. An ANI over 50 is said to predict adequate
analgesia, while an ANI below 30 predicts autonomic reactivity
to nociceptive stimuli.7 There are currently no trials in the
literature that have investigated whether intraoperative ANI
monitoring can be used to reduce postoperative pain.

Titration of analgesics against haemodynamic parameters
with surgical stimulation is common practice, and it follows
that a more sensitive measure of autonomic reactivity, such
as ANI monitoring, might lead to decreased postoperative
pain. In the current study, we tested the hypothesis that
protocol-driven intraoperative analgesia guided by ANI moni-
toring during laparoscopic cholecystectomy would improve
titration of intraoperative analgesics leading to decreased im-
mediate postoperative pain.

Methods

This single-blind, parallel-group, randomized controlled trial
was conducted across two hospitals of a single health service
in outer metropolitan Melbourne, Australia. This study was
conducted in accordance with the Declaration of Helsinki and
ethics approval was obtained from the Peninsula Health
Human Research Ethics Committee (Ref: HREC/12/PH/65). The
study was registered with the Australian New Zealand Clinical
Trials Registry (Ref: ACTRN12612000953831). All participants
provided written informed consent before participation. The
ANI device was provided by an unencumbered loan for the dur-
ation of the trial by its Australian distributor, Becor Medical
Solutions.

One hundred and twenty adult patients having elective lap-
aroscopic cholecystectomy were recruited. Eligible partici-
pants were adults aged 18–75, capable of giving consent,
and in sinus rhythm. Exclusion criteria were pregnancy,
chronic pain (or regular preoperative opioid use), or conditions
affecting the autonomic nervous system such as diabetic auto-
nomic neuropathy.

On arrival to the operating theatre, participants were ran-
domly allocated to one of two treatment groups using pre-
pared sealed, opaque, and tamper-proof envelopes with
group allocation according to printed tables of random
numbers. Participants and PACU nurses performing pain assess-
ments were blinded to group allocation. Participants were
managed by a variety of surgeons and senior anaesthetists.

In the intervention group (Group I), the ANI monitor was
used to titrate intraoperative morphine using the 4 min
moving average of ANI displayed on the ANI monitor. After
surgery commenced, morphine 3 mg was given when 4 min
average ANI decreased below 50, or 5 mg when below 30,
unlike a parasympatholytic agent had just been given
(e.g. atropine). The ANI was reassessed at 5 min intervals
until the end of surgery with further boluses as needed. For par-
ticipants intolerant of morphine, fentanyl was given in equi-
analgesic doses (30 or 50 μg) and fentanyl dosage was
converted to morphine equivalents for analysis in a ratio of
100:1.8 In the control group (Group C), the ANI monitor was
connected to the participant but concealed from the anaeste-
thist, and morphine (fentanyl if intolerant) was administered
based on clinical signs and the anaesthetist's usual practice.
Morphine was selected for this trial as it is frequently used
during surgery in Australia and clinical observation during
familiarization with the ANI monitor demonstrated that its
intraoperative use resulted in a rapid increase in ANI in a
variety of surgical settings.

In all cases, general anaesthesia was induced with propofol
(1–3 mg kg⁻¹), an induction dose of fentanyl (1 μg kg⁻¹),
and neuromuscular blocking agent (anaesthetists' choice) to facili-
tate orotracheal intubation. Anaesthesia was maintained with
air/oxygen and sevoflurane/desflurane or propofol (one patient)
with bispectral index (BIS) monitoring to ensure ade-
quately depth of anaesthesia. Unless contraindicated, all parti-
cipants received i.v. paracetamol 1 g and parecoxib 40 mg plus
local anaesthetic infiltration to port sites. Pneumoperitoneum
was actively deflated before wound closure.

On emergence from anaesthesia, our institutional mor-
phine pain protocol was used (if required) in PACU as follows:
pain score of 4–6 on the 11-point (0–10) verbal rating scale
(VRS) received 2–4 mg morphine and pain score 7–10 received
3–5 mg, with reassessment and treatment every 5 min. Pain
scores on the visual analogue scale (VAS) were measured by
PACU staff using a VAS ruler at 15, 30, 45, and 60 min after
arrival in PACU and participants were familiarized with this
before operation during measurement of any pre-existing ab-
dominal pain. Other rescue analgesia including tramadol or
ketamine could be used in PACU for opioid-resistant pain
after discussion with the anaesthetist and its use was recorded.
Nausea was recorded at 30 and 60 min on a three-point scale
(none/mild/severe) as were anti-emetic requirements.

The primary endpoint of the study was the presence of mod-
erate/severe pain, defined as a VAS ≥ 50 mm, at any of the four
time points in the first postoperative hour. Secondary end-
points were cumulative VAS measurements at the four time
points, amount of rescue postoperative opioid and other
analgesics in PACU, total intraoperative opioid, and post-
operative nausea, vomiting, or antiemetic administration
within the first hour in PACU. In addition, ANI parameters,
intraoperative haemodynamic and BIS data, time from surgical
dressings to extubation, and time until readiness for discharge
from PACU were collected.

The sample size was calculated based on an initial pilot study
of 20 participants. We considered that a 30% decrease in the
rate of severe pain would be a clinically significant benefit. A study of 56 participants per group provided 80% power with a two-sided type I error of 0.05 to find this difference.

Two-sided Student's t-tests were used for all numerical data, and Fisher's exact test was used for categorical data. Analysis was undertaken using Stata V13.0 (StataCorp, College Station, TX, USA) and was according to intention to treat.

**Results**

Between October 2012 and November 2013, 120 patients were assessed for study eligibility and all were recruited and randomized, with equal numbers to the intervention (Group I) and control groups (Group C) (Fig. 1).

One participant (Group I) was withdrawn during surgery due to persistent loss of signal on the ANI monitor, which made intraoperative opioid titration impossible. This participant did not have data collected. Two consecutive participants, one from each group, were accidentally not treated according to the group they were allocated. An intention-to-treat analysis was performed. Occasional interference from the use of diathermy caused the ANI monitor to be momentarily unable to display the ANI reading. The percentage of time with good quality readings was 96.2% in Group I and 96.8% in Group C: a difference of 0.6% (95% confidence interval, −6% to 7%).

The groups were similar at baseline (Table 1). The proportion of participants with moderate/severe pain (VAS ≥ 50 mm at any time) in PACU was high overall and not decreased in Group I. Such pain scores in the first hour in PACU occurred in 50.8% of Group I, and 45.0% of Group C: a difference of −5.8% (95% confidence interval, −23.7% to 12.1%, \( P=0.58 \)). This corresponds to a −12.9% relative reduction in the rate of moderate/severe pain (95% confidence interval, −52.7% to 26.9%), which does not include the pre-specified reduction of 30% that we deemed clinically significant. Severe pain (VAS ≥ 70 mm) occurred in 39.0% of Group I and 30% of Group C: a difference of −9.0% (95% confidence interval, −26.0% to 8.0%, \( P=0.34 \)), relative reduction of −30.0% (95% confidence interval, −86.7% to 26.7%). A secondary analysis was done excluding a small number of participants (9% of all participants) that received post-induction intraoperative fentanyl which did not affect the results, with 50.1% of Group I, and 41.2% of Group C experiencing moderate/severe postoperative pain: a
A small number of minor protocol violations occurred. BIS was not recorded in 10 participants (three intervention group, seven control group). Parecoxib was omitted in three controls with one receiving ketorolac instead. Time to extubation and PACU discharge was not recorded for 12 participants (four intervention group, eight control group) and three participants left PACU before the specified 60 min (two intervention group, one control group). Missing data were not imputed.

**Discussion**

Our results suggest that protocol-driven intraoperative analgesia guided by 5 minutely assessment of averaged ANI does not reduce postoperative pain or analgesic requirements in adults undergoing elective laparoscopic cholecystectomy. Of note, the 95% confidence interval upper limit for moderate/severe pain was less than our proposed important difference of a 30% reduction. Therefore, this study indicates that ANI monitoring, using our protocol, does not result in decreased postoperative pain compared with using clinical signs and usual practice.

Moderate/severe pain in the immediate postoperative period was common overall, despite the regimen of fentanyl/morphine, paracetamol, non-steroidal anti-inflammatory drugs, and local anaesthetic to port sites. Such findings are consistent with other studies of laparoscopic surgery and may result from the interaction of pain from incisions to skin, liver bed, and peritoneum and also diaphragm irritation from retained gas. Our patient population was predominantly young and female, and both gender and age have been shown to be determinants of postoperative pain and opioid requirements. Analgesic techniques such as intraperitoneal local anaesthesia or adjuvants such as ketamine may be useful in reducing pain after laparoscopic cholecystectomy.

We expected that participants in the intervention group would have a smaller proportion of intraoperative time with

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**Table 1** Baseline characteristics in Group I (intervention) and Group C (control). Presented as mean (range), mean (sd), or number (%). VAS, visual analogue scale

<table>
<thead>
<tr>
<th></th>
<th>Group I (n = 60)</th>
<th>Group C (n = 60)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (yr)</td>
<td>43.3 (20–72)</td>
<td>44.4 (23–73)</td>
</tr>
<tr>
<td>Gender (female)</td>
<td>45 (75%)</td>
<td>50 (83%)</td>
</tr>
<tr>
<td>Weight (kg)</td>
<td>84.0 (20.5)</td>
<td>82.3 (21.2)</td>
</tr>
<tr>
<td>Baseline pain (VAS in mm)</td>
<td>4.7 (12.8)</td>
<td>4.5 (10.2)</td>
</tr>
<tr>
<td>Intolerant to morphine</td>
<td>2 (3.3%)</td>
<td>5 (8.3%)</td>
</tr>
</tbody>
</table>

**Table 2** Comparison of primary and secondary outcomes between Group I (intervention) and Group C (control). Presented as mean (sd), or number (%). VAS, visual analogue scale; PONV, postoperative nausea or vomiting; ANI, analgesia nociception index; HR, heart rate; SAP, systolic arterial pressure; BIS, bispectral index; PACU, post-anaesthesia care unit

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Group I (n = 59)</th>
<th>Group C (n = 60)</th>
<th>Difference (95% CI)</th>
<th>P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate/severe pain at any time</td>
<td>30 (50.8%)</td>
<td>27 (45.0%)</td>
<td>−5.8% (−23.7%, 12.1%)</td>
<td>0.58</td>
</tr>
<tr>
<td>Cumulative VAS scores (mm)</td>
<td>152 (100)</td>
<td>138 (79)</td>
<td>−14 (−47, +20)</td>
<td>0.42</td>
</tr>
<tr>
<td>Rescue morphine equivalent (mg)</td>
<td>8.8 (7.2)</td>
<td>8.0 (6.5)</td>
<td>−0.8 (−3.3, +1.7)</td>
<td>0.52</td>
</tr>
<tr>
<td>Other rescue analgesia needed</td>
<td>17 (29%)</td>
<td>12 (20%)</td>
<td>−9% (−24%, +7%)</td>
<td>0.29</td>
</tr>
<tr>
<td>PONV or any rescue antiemetics</td>
<td>19 (33%)</td>
<td>25 (42%)</td>
<td>+9% (−8%, +27%)</td>
<td>0.34</td>
</tr>
<tr>
<td>Interooperative morphine equivalent (mg)</td>
<td>12.4 (6.5)</td>
<td>12.0 (5.0)</td>
<td>−0.4 (−2.5, +1.7)</td>
<td>0.72</td>
</tr>
<tr>
<td>Percentage of time spent with ANI &lt; 50</td>
<td>30.2 (15.1)</td>
<td>31.0 (13.5)</td>
<td>−0.8 (−4.4, +6.0)</td>
<td>0.77</td>
</tr>
<tr>
<td>Mean ANI²® energy</td>
<td>0.547 (0.201)</td>
<td>0.523 (0.156)</td>
<td>−0.023 (−0.089, +0.042)</td>
<td>0.48</td>
</tr>
<tr>
<td>Mean HR</td>
<td>73 (12)</td>
<td>75 (12)</td>
<td>+2 (−2, +7)</td>
<td>0.30</td>
</tr>
<tr>
<td>Mean SAP</td>
<td>113 (13)</td>
<td>117 (18)</td>
<td>+4 (−2, +10)</td>
<td>0.17</td>
</tr>
<tr>
<td>Mean BIS®</td>
<td>35 (6)</td>
<td>37 (7)</td>
<td>+2 (−0.6, +4.4)</td>
<td>0.13</td>
</tr>
<tr>
<td>Surgical time (min)</td>
<td>74.4 (21)</td>
<td>74.5 (22)</td>
<td>−0.1 (−8, +8)</td>
<td>0.99</td>
</tr>
<tr>
<td>Time to extubation (min)</td>
<td>9.3 (4.4)</td>
<td>8.1 (4.2)</td>
<td>−1.1 (−2.7, +0.5)</td>
<td>0.17</td>
</tr>
<tr>
<td>Time to readiness for discharge from PACU (min)</td>
<td>55 (23)</td>
<td>55 (20)</td>
<td>0 (−8, +8)</td>
<td>0.93</td>
</tr>
</tbody>
</table>
There are several limitations to our study. First, laparoscopic surgery may not be ideal to examine parasympathetic tone due to the effects of pneumoperitoneum on vagal tone and ANI. This may be reflected in the low proportion of time that both groups spent with an ANI < 50. Secondly, the control group was not given protocolized care. This was done to mimic real-world anaesthesia and increase the generalizability of the study. However, this introduces a potential treatment bias whereby control participants may have been given more analgesia than a regular laparoscopic cholecystectomy participant due to their participation in the study. Thirdly, pain is influenced by several factors including patient anxiety and expectations, which may have been increased by recruitment to the trial.

This is the first study, to our knowledge, that has investigated the use of intraoperative ANI monitoring in altering postoperative outcomes. We found that the use of protocol-driven intraoperative analgesia guided by ANI monitoring did not reduce postoperative pain and conclude that this monitor is not useful in altering clinically significant outcomes after elective laparoscopic cholecystectomy.

Authors’ contributions
J.S.: idea and protocol development, literature review, ethics application, recruitment of participants, data collection and entry, data analysis, and write-up. A.W.: idea and protocol development, recruitment of participants, data collection, write-up, and supervisor. C.W.: recruitment of participants, data collection and entry, and write-up. A.C.: recruitment of participants, data collection and entry, and write-up. H.S.: recruitment of participants, data collection, and write-up. S.L.: idea and protocol development, recruitment of participants, data analysis, and write-up.

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Declaration of interest
None declared.

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ANI-guided analgesia for cholecystectomy


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