

Acupuncture in acute ankle injury preliminary case report Emergency Department

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The authors report a case of 33-year-old man who present with twisted acute ankle injury .He had pain , swelling around ankle and difficult to walk was assessment .His clinical diagnosis is acute ankle sprain with severe pain. Several treatment we used drug for pain control. In this case we used acupuncture to relief pain.

Key word: acupuncture, ankle injury, VAS , length of stay, Emergency Department

Introduction: Using acupuncture treatment in Thailand setting under Thai Medical Council was established in 1982. Nowaday1,600 Thai physicians have qualified acupuncturist after graduated short-term 3 months acupuncture and moxibustion training course¹.1995 World Health Organization (WHO) recommended that the acupuncture and moxibustion treatment can be applied for approximately 59 kinds of diseases include musculoskeletal problem². One of the most common of musculoskeletal is acute ankle contusion and sprain. Rajavithi Hospital is the biggest super tertiary in MOPH and trauma level one of Thailand. In 2014 there have 12,000 trauma cases per year, 536 cases in Emergency Department (ED) were acute ankle injury. Several treatment we used drug for analgesia to relief pain. Some patients have drug adverse events in the non-selective NSAIDs group^{5,6,7} and time consuming to delay services. Acupuncture is Traditional Chinese Medicine commonly used in Thailand but no acupuncture treatment in ED was found.

Objective: This study aim to assessment pain and swelling in acute ankle injury treatment

Short time length of stay in Rajavithi ED was also observe

M&M: Traumatic adult Thai patient 33 year old who have present twisted acute ankle injury. He had pain, swelling and difficult to walk was using assessment by Ottawa Ankle Rules (OAR).

Plain radiography of ankle showed no demonstrable fracture, no subluxation or no dislocation.....

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สำเนาถูกต้อง
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The patient position is supine. This patient self administered pain level (on an 11-point numeric scale, ranging from 0 = no pain to 10 = maximum pain) Verbal Analog Scale (VAS) was assessment with a range of 0-10 before acupuncture treatment. Identify KUNLUN (BL-60)³ point (figure3,4) and QIUXU (GB-40)⁴ point(figure1,2) then using needle size 0.25X40 mm.long1.5 inch. One needle was applied at KUNLUN (BL-60) point depth 0.5-1.0cun and the other needle was applied at QIUXU (GB-40) point depth 0.5- 1.5cun were perform and pain reassessment after 20 minutes. VAS level decrease from 8 to 4 and the patient can walk with gait aid. One week after injury the clinical of pain and swelling had improved. However pain level remained. The ankle anterior drawer stability test showed Negative. The patient satisfied in acupuncture treatment. Inform& consent was done to academic report.

Result: Overall acupuncture treatment significantly. Decrease pain level 8to4 (VAS 8 to4) and decrease waiting time from pharmacy and drug action 30 minute in ED. No skin infection was found in this case. After acupuncture he patient can more motion in dorsiflexion(figure7)and plantar flexion(figure8)

Discussion: This study to assessment pain and swelling in acute ankle injuries patient relief pain by acupuncture treatment. The pain scale was assessment found decreased 50percentile VAS pain score from 8 to 4 in 20 min. No difference pain scale when the patient walking or rest. Ankle sprain is one of the injuries in working man group who is active people. The most mechanism of injuries of ankle sprain had twisted injury, motorcycle, falling down and sport injuries.

The pain outcome and the stability of the patient ankle joint should be observed one month after acupuncture treatment.

Conclusion: Acupuncture showed good clinical result and patient satisfied the treatment. Acupuncture can be used for continuous quality improvement in Emergency Department. Further study should be assessed in more case.

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