

## **Recognizing and Responding to Local Anesthetic Systemic Toxicity (LAST): Championing System Best Practices**

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**Introduction:** In my preceptorship as a senior student nurse in the PACU, I observed how the unique practice area of PeriAnesthesia includes and follows a significant amount of any of the administration practices of local anesthetics that feature the risk of LAST.

**Identification of the Problem:** Studies have shown that up to 84% of nurses in key practice areas for local anesthetic (LA) administration like the PACU, OR, Pre-Op, Outpatient, and L&D are unsure about LAST diagnosis and treatment (Ramirez, 2018). Upon discovery of the LAST treatment algorithm by the American Society of Regional Anesthesia and Pain Medicine (ASRA) next to my precepting PACU unit's medication administration station, I was surprised that very few of the nurses knew of LAST and the significance of the algorithm, with many having no recognition of the term.

**EBP Question/Purpose:** Patients post-local anesthetic administration necessitate careful observation for early identification of LAST. Adequate education reviewing the symptoms and treatment of LAST is essential to ensure continued readiness for this low volume, high risk event. What are clear steps nurses can take to understand and advocate for the care of patients at risk or presenting with LAST?

**Methods/Evidence:** Through a review of literature, this poster emphasizes the crucial facts and unique features of LAST, including how to recognize and respond to the toxicity. Additionally, this poster presents key takeaways for the reader on how to ensure and advocate for LAST evidence based practices in their system.

**Significance of Findings/Outcomes:** This digestible poster format about LAST allows for conference attendees to quickly encounter information on this significant topic, providing an opportunity to reflect and review on the subject. It also provides clear and concise examples of steps attendees can take to ensure EBP relating to LAST is present in their facility.

**Implications for perianesthesia nurses and future research:** PeriAnesthesia nurses can feel empowered to further understand and advocate for LAST EBP in their system through the review of this poster.