

Title: The efficacy and safety of oral chloralhydrate for sedation in Pediatric Ophthalmology patients in clinical setting in a tertiary care set up in Pakistan.

Objective: to observe the effectiveness of oral chloralhydrate for purposes of sedation in pediatric population in ophthalmology clinic as well as determining its safety by monitoring side effects in the administered population.

Methodology: Retrospective analysis of data of all patients who underwent sedation in ophthalmology clinic with oral chloralhydrate over a 2 year 5 month period from December 2015 to April 2018.

Results: 894 patients underwent sedation with oral chloralhydrate in the defined period. Sedation was given by qualified nurses or doctors and continuous vitals monitoring including oxygen saturation and ECG was carried out throughout the period of sedation. Complete NPO was a necessary requirement before sedation. The demographic data collected included the age and weight (kg) of the patients. Detailed history and physical examination was carried out prior to sedation and ASA levels of above 2 as well as Mallampatti score of above 2 were not given sedation. The purpose for sedation was also noted with the highest being detailed ocular examination. Other purposes included A scan, B scan and procedures like removal of sutures and foreign bodies, placing prosthesis etc.

Failure rate, defined as children not effectively sedated. Side effect profile including desaturation, ECG changes, nausea, vomiting and paradoxical reaction were also noted.

Conclusion: Oral chloralhydrate was found both effective and safe for sedation purpose in a clinical setting in the pediatric population with a potential to reduce the number of children needing general anaesthesia.

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