Press release

Please fill in this form and return it to graduateschoolhealth@au.dk in Word format no later than three weeks prior to your defence.

Basic information

Name: Christian Jessen, MD, Phd-fellow Email: chijss@rm.dk Phone: 78425339

Department of: Clinical Medicine

Main supervisor: Thomas Fichtner Bendtsen, MD, PhD

Title of dissertation: The Effect of Peripheral Nerve Blocks for Alleviating Pain in Elective Hip Arthroscopy Patients

Date for defence: 16/1-2026 at (time of day): 15.00 Place: Auditorium, Horsens Regional Hospital, Strandpromenaden 35, 8700 Horsens.

Press release (Danish)

Ph.d. forsvar om nye nerveblokader, der halverer behovet for morfin efter kikkertoperation i hofteleddet

Unge patienter oplever ofte stærke smerter efter kikkertoperation i hofteleddet, og de har derfor traditionelt haft behov for store mængder morfin. Men morfin giver mange bivirkninger, og der er et stort behov for bedre og mere skånsom smertebehandling.

I sit ph.d.-projekt har anæstesilæge og ph.d.-studerende Christian Jessen undersøgt effekten af to forskellige nyudviklede perifere nerveblokader til denne patientgruppe. Resultaterne stammer fra to randomiserede kliniske forsøg og viser, at begge teknikker kan reducere behovet for morfin med 50 % efter operationen.

Ud over disse studier præsenterer ph.d.-projektet også en helt nyudviklet nerveblokade, der kombinerer de to afprøvede teknikker og dermed kan dække hele hofteleddets smerteførende nerver.

Denne nye blokade vurderes at kunne få betydelig international opmærksomhed, da den har potentiale til at forbedre behandlingen hos alle patienter med akutte kirurgiske hoftesmerter.

Ph.d.-projektet er udført ved Aarhus Universitet, Health, og forsvaret finder sted den 16. januar 2026 kl. 15.00 i Auditoriet, Regionshospitalet Horsens, Strandpromenaden 35, 8700 Horsens.
Titlen på projektet er: "The Effect of Peripheral Nerve Blocks for Alleviating Pain in Elective Hip Arthroscopy Patients."

Yderligere oplysninger:
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- Thomas Baad-Hansen, MD, PhD (formand) — Aarhus Universitetshospital
- Ottokar Stundner, MD (opponent) — Innsbruck Medical University

AARHUS UNIVERSITY

- Stephen Haskins, MD (opponent) — Hospital for Special Surgery, New York

Press release (English)

PhD defence on new nerve block techniques that cut opioid use by 50% after hip arthroscopy

Adults undergoing hip arthroscopy frequently experience substantial postoperative pain, often requiring high doses of opioids in the recovery unit. Opioids, however, are associated with numerous side effects, creating an urgent need for safer and more effective postoperative pain management strategies.

In his PhD project, anaesthesiologist and PhD fellow Christian Jessen investigated the effect of two different peripheral nerve blocks in this patient group. Based on two randomized clinical trials, both techniques were shown to reduce postoperative opioid requirements by 50%.

In addition, the dissertation presents a newly developed nerve block, combining the two existing techniques to provide complete analgesic coverage of the hip joint.

This novel block is expected to attract significant international attention, as it may benefit all patients suffering from acute hip pain — both postoperative and traumatic.

The PhD project was carried out at Aarhus University, Health, and the defence will take place on January 16th, 2026 at 3:00 PM in the Auditorium, Horsens Regional Hospital, Strandpromenaden 35, 8700 Horsens.
The dissertation is titled: "The Effect of Peripheral Nerve Blocks for Alleviating Pain in Elective Hip Arthroscopy Patients."

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Assessment committee:

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