

Volume 1 Issue 6 ~ Oct-Dec 2024

# The Anaesthesia Pulse

The Official Newsletter of ISA Noida GB Nagar





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# Executive Members of ISA Noida GBN



Dr. Peeyush Chaudhary  
(President)



Dr. Kapil Singhal  
(Founder President)



Dr. Mukul Kumar Jain  
(Vice President)



Dr. Subrat Dam  
(Hon. Secretary)



Dr. Sameer T. Bolia  
(Treasurer)

## Executives

- Dr. Sonia Mathur
- Dr. Poonam Motiani
- Dr. SL Bakshi
- Dr. Rahul Singh
- Dr. Ankita Sharma
- Dr. Deepak Thapa
- Dr. Vibha Chhabra

## Scientific Coordinator

- Dr. Nazia Nazir

## Sports & Cultural Committee

- Dr. Vinay Shukla
- Dr. Kanika Goyal

## Editor in Chief

- Dr. Priyankar Sarkar

## Technical & Social Media

- Dr. Amandeep Singh  
Cheema

## Senior Advisory Board

- Dr. Subrata Datta
- Dr. Satyendra Kumar
- Dr. Kamini Jain
- Dr. Anshumali Choudhary
- Dr. Deepak Krishna



## Message from President ISA Noida GBN



**Dr Peeyush Chaudhary**

### **Greetings to my fellow Anaesthesiologists of Noida GBN.**

The final quarter of the year 2024 heralds a change of guard at the leadership level of the ISA Noida GBN City Branch as well as the UP State. Dr Kapil Singhal, our dynamic President, who spearheaded the creation and establishment of the City Branch and brought it up to a prestigious level of recognition at national level has moved on to shoulder the responsibility of the President of the UP State Branch. We wish him all the best in his new role, look forward to continuous support and encouragement from him as we tenaciously retain him by creating a post of Founder President.

While officiating as President of the City Branch for the last one year, I take over as President along with a newly elected team of Dr Mukul Jain as our new Vice President, Dr Subrat Dam as our new Honorary Secretary. Dr Sameer T Bolia continues as our Treasurer in the new team. There has been a reshuffle in the Executive Body as well with enhanced responsibilities given to some and inclusion of new faces as well.

The third and final quarter of the year 2024 brings us to looking up to the exciting new year 2025 for the branch as we head on to host the First Ever National Doctors Cricket League followed by a National Sponsored CME on the 15th and 16th of February 2025 at Noida. I would request all the members to be actively involved in organising the fiesta and making it successful.

The academic and social activities of the branch are being compiled by the new dynamic editorial board headed by Dr Priyankar Sarkar and we can look forward to seamless publishing of this newsletter every quarter.

At this juncture I would like to urge all the members to encourage all our colleagues who are not yet members of ISA to enrol themselves and be a part of this academic as well as socially interactive brotherhood/sisterhood.

Long live ISA

Jai Hind

**Dr Peeyush Chaudhary**



## Message from Hon. Secretary ISA Noida GBN



**Dr. Subrat Dam**

On behalf of the governing body of ISA Gautam budh Nagar city branch I wish all our city branch colleagues a very happy New year. You are all aware that the new office bearers have taken over w.e.f from 16th October 2024 with Dr. Peeyush chaudhary at the helm of affairs as President, Dr. (Prof) Mukul Jain as Vice president and the omnipresent Dr. Sameer bolia as the Treasurer who is responsible for the financial health of our society. The academic clock which moved smoothly in 2024 will double its efforts in 2025 under the academic acumen of Dr. Nazia nazeer from GIMS and we are fortunate to be selected to conduct our first ISA sponsored CME in mid February at Lemon tree in our city expecting full attendance of all members and an intense academic bonanza. Our endeavour is to dig deep into burgeoning evidence in the ever growing field of Anesthesiology and also to bring greater harmony amongst practicing Anesthesiologists of our city branch who have already set new standards in ISA related activities under the stewardship of our ebullient past President and now President U. P. Chapter Dr. Kapil Singhal. I again wish all members a very happy new year and enjoin everyone to participate sincerely in the activities of the branch.

**Dr. Subrat Dam**



## Dr. Priyankar Sarkar Editor's note

We are well into the 2nd year of publishing our newsletter, The Anaesthesia Pulse, which is a shared platform to celebrate our achievements, imbibe new knowledge and give expression to our extracurricular activities.

The January issue of the newsletter is the most fun to compile as it brings together celebrations of World Anaesthesia Day at diverse hospitals across our branch. Celebrated on 16th October worldwide, World Anaesthesia Day heralds the first demonstration of successful administration of anaesthesia to a surgical patient. The implication—patients will not have to bear pain during a surgery ever again. This day remains one of the defining moments in modern medicine.

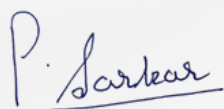
On WAD 2024 many hospitals organised a range of activities which have been adequately captured in the pages inside.

On the academic front, this issue provides a wrap of our last 3 monthly meets and highlights 2 case reports—one on empyema thoracis in a paediatric patient whose airway was managed with a single lumen tube & a regional block; the second is on local anaesthetic systemic toxicity (LAST). Alongside I have included a checklist on LAST prepared by American Society of Regional Anaesthesia; do go through it with special emphasis on the use of lipid emulsion.

We have a bevy of activities in the public awareness section along with an interesting column on challenges faced by “anaesthetist mothers” in balancing family life and professional commitments written by Dr Shikha Agarwal. I liked the originality and the thought process behind this column. Dr Sonia Mathur, a wildlife anaesthetist, was kind enough to share pics from her trip to Ranthambore National Park.

Keep reading and feel free to give us your feedback as to how we can improve OUR newsletter further.

Jai Hind Jai ISA



**Dr. Priyankar Sarkar**

## Central Zone UP ISACON 2024

It is a matter of great pride for everyone of us that our past president and the founder of this branch Dr Kapil Singhal has taken over the responsibilities of President of Indian Society of Anaesthesiology Uttar Pradesh branch at a glittering ceremony at the 15th Annual Central Zone ISACON 2024 held at Orchha & organised by Jhansi city branch. We are sure he will lead the State Association in a proactive, dignified and dynamic manner and the branch will win many accolades in the future.



**चेतना प्रकाश**  
By Arvind Gupta  
8700228959

**डॉ. कपिल सिंघल ने संभाला इंडियन सोसाइटी ऑफ एनएस्थेसियोलॉजिस्ट यूपी स्टेट चैप्टर के अध्यक्ष का पदभार**

**चेतना प्रकाश संवाददाता**  
नोएडा। डॉ. कपिल सिंघल डायरेक्टर एंड हेड एनएस्थेसिया एंड क्रिटिकल केयर एंड डिप्टी मेडिकल डायरेक्टर मेट्रो हॉस्पिटल्स एंड हार्ट इंस्टिट्यूट नोएडा ने 46वें उत्तर प्रदेश राज्य सम्मेलन में इंडियन सोसाइटी ऑफ एनएस्थेसियोलॉजिस्ट यूपी स्टेट चैप्टर के अध्यक्ष के रूप में पदभार संभाला, यह कार्यक्रम 26-27 अक्टूबर को ओरछा में आयोजित हुआ।

बताते चले कि डॉ. कपिल सिंघल 22 वर्षों से अधिक समय से मेट्रो अस्पताल नोएडा में काम कर रहे हैं और अपने मरीज को यथासंभव सर्वोत्तम और एनेस्थेसिया देने में विश्वास रखते हैं। वह सर्जरी से गुजर रहे सभी मरीजों को एनेस्थेसिया जांच के लिए जाने की सलाह देते हैं और वहां कोई एनस्थेसियोलॉजिस्ट नहीं है। वह अपने नेतृत्व में जीवन जीने के लिए आम आदमी को सीपीआर प्रशिक्षण प्रदान करने में हृदय से विश्वास करते हैं, उत्तर प्रदेश में ऐसे कई प्रशिक्षण परिसर और जागरूकता कार्यक्रम देखने को मिल सकते हैं।



**ISA Noida GBN bagged 3rd prize in the category of best city branch (small) at ISACON 2024, 71st Annual National Conference of ISA, Patna.**



## ISA Noida GBN won Best City Branch Award at the 15th Annual Central Zone ISACON 2024 and 46th UPISACON held at Orchha



## UP CZ ISACON 2024



Dr Kapil Singhal, founder and past president of ISA Noida GBN, won ISA Uttar Pradesh state EC appreciation award at the 15th Annual Central Zone ISACON 2024 held at Orchha

Prof Mukul Kumar Jain, previously honorary secretary and now vice president ISA Noida GBN won ISA Uttar Pradesh state EC appreciation award at the 15th Annual Central Zone ISACON 2024 held at Orchha



The Indian Society of Anaesthesiologists (ISA) Noida GB Nagar Branch proudly celebrated World Anesthesia Day on October 16th at Metro Hospitals and Heart Institute. The event aimed to promote awareness about anesthesia safety and excellence in patient care.

### Key Highlights of the whole event were :

1. COLS Training: ISA Noida GB Nagar Branch organized Cardiopulmonary Resuscitation COLS training for Housekeeping and General Duty Assistants (GDAs). This initiative empowered non-medical staff to respond effectively in emergency situations
2. Academic Sessions: Two informative lectures were delivered by Dr Deepak Thapa and Dr Kritika Agrawal on "Haemodynamic Monitoring- present to future" and "Elevating Anaesthesia Care- lessons from NHS" respectively
3. Skit: A thought-provoking skit, "The unequal dose" was performed by ISA Noida GB Nagar Branch members- Dr Ankita, Dr Vibha and Dr Kanika. It was followed by slogan/ quotes on anaesthesia by fellow anesthesiologists.

This was followed by cake cutting ceremony and speech by Dr Peeyush , Dr Subrat and Dr Mukul where they addressed the gathering and expressed their vision to take the branch forward. Dr Sameer T Bolia , Dr Sonia, Dr Kamini and many other members attended the event. Program was graced by presence of President ISA UP State Dr Kapil Singhal. His message included praise about commitment and dedication of Noida GB Nagar branch, in patient safety and care . He expressed his pride in how ISA Noida GB Nagar branch is doing activities every month and reaching upto masses via social activities too.





## World Anaesthesia Day celebrations 2024 @ Post Graduate Institute of Child Health, Noida

On the occasion of the World Anaesthesia Day, PGICH Noida conducted a CME on the theme Advancing Paediatric Anaesthesia Care. The program commenced with talks on enhanced recovery in paediatrics by Dr Amrit kaur and on regional anaesthesia for perioperative pain in Children by Dr Sunaakshi Puri.

This was followed by the welcome address by Dr Mukul Jain, the lamp lighting and cake cutting ceremony. Dr A. K Singh, Director PGICH, chief guest, delivered his inaugural address and congratulated the department and inspiring the faculty to mark a global presence with their achievement. A poster competition, organised on this day saw enthusiastic participation by the BSc OTT students. Finally, a very engaging audience Quiz was conducted by Dr Poonam Motiani and Dr Amrit Kaur. The program ended with a felicitation ceremony and high tea.



## World Anaesthesia Day celebrations 2024 @ Government Institute of Medical Sciences Greater Noida

GIMS Greater Noida celebrated World Anaesthesia Day 2024 with poster presentations and competition by the residents and students of paramedical College. In addition a Rangoli competition was also organised for the nursing staff. The theme of the poster and Rangoli competition was "workforce well being."

This was followed up by a public awareness program on 19 Oct in the OPD registration area of GIMS Greater Noida, for the patients and attendants where three skit and role plays were performed on various issues pertaining to Anaesthesiology like importance of preoperative fasting, pre-anaesthetic check up and high-risk patients. The inclusive nature of the competitions helped in increasing the outreach and awareness about the importance of Anaesthesia on this day.



## Other activities on World Anaesthesia Day 2024

### COLS workshop at Intellitos Firstcry Daycare Noida

COLS workshop was conducted in Intellitos Firstcry Daycare Noida by Dr Peeyush Chaudhary along with Dr Ankita Sharma. It was attended by the staff, teachers and guards of the daycare on the occasion on World Anaesthesia Day 2024





## A. OCTOBER 2024

Monthly CME of ISA Noida GB Nagar for the month of October 2024 was conducted by Metro Hospitals and Heart Institute, Noida in offline mode, on 16th Oct 2024. CME began with permission from President Dr. Peeyush Chaudhary.

The first topic of CME was Recent Advances in Anesthesia Monitoring presented by Dr Deepak Thapa, Sr. Consultant Anaesthesia and Critical care, Metro Hospitals. Dr Thapa discussed the latest advances in Anesthesia monitor available and techniques to use them.

He also give insight of how Anaesthesia will change in 2050. All the listeners interacted with a lot of enthusiasm.

The second topic of the CME was "Elevating Anesthesia Practices - Few lessons from NHS UK" presented by Dr. Kritika Agrawal Consultant Anesthesia and Critical care, Metro Hospitals. Dr Agrawal discussed some of the key differences in anaesthesia practices in India and UK and emphasized upon some practices which can be imbibed from UK to improve our perioperative patient care and safety.

It was followed by an interesting and interactive discusssion with the audience.

All The topics were moderated by Dr. Kapil Singhal, Head of dept Anesthesia & Critical Care, Metro Hospitals.

More than 50 anesthesiologists were present in person. CME ended with a vote of thanks by Hon Secretary, Dr Mukul Kr Jain.

## A. NOVEMBER 2024

Monthly CME of ISA Noida GB Nagar for the month of November 2024 was conducted by Max super speciality Hospital , Noida (formerly Jaypee hospital) in offline mode. CME began with permission from President ISA Noida GBN Dr. Peeyush Chaudhry.

The first topic of CME was “our experience with ultrasound guided FICB catheters in Hip surgeries” presented by Dr Pooja Mavi, Attending Consultant Anesthesia. Dr Pooja discussed the advantages of using FICB catheters in Hip surgeries along with Multimodal analgesia over conventional techniques like Epidural catheters in overall patient outcome. The topic was moderated by Dr Pooja Goel, Additional Director, Anesthesia.

The second topic of the CME was” our experience with bougie in double lumen tube insertion for lung isolation in unanticipated difficult airway ” presented by Dr.Malika Mukherjee , 3rd year DNB resident. Dr Malika discussed how Bougie is an indispensable part of our difficult airway cart for managing an unanticipated difficult airway and how with the help of bougie we were able to secure the airway with double lumen tube in an unanticipated difficult airway. The topic was moderated by Dr Shalini Sharma, Associate Director Anesthesia.

The topic for the last presentation was “ Takosubo cardiomyopathy: A case report “ which was presented by Dr Harinder, 2nd year DNB student. The moderator for the topic was Dr Nita Hazarika, senior consultant, Anesthesia. It was followed by an interesting and interactive discussion with the audience. More than 50 anesthesiologists were present in person. CME ended with a vote of thanks by Hon Secretary, Dr Subrat Dam.







## **B. DECEMBER 2024**

The monthly meet of December 2024 was conducted by Department of anesthesiology, intensive care and pain medicine, Government Institute of Medical Sciences in online mode.

The first topic was a presentation on the anaesthetic management of a 9 year old child with empyema thoracis scheduled for decortication surgery. A single lumen endotracheal tube advanced beyond the carina was used to provide one lung ventilation; erector spinae block was made use of to provide analgesia. The case was performed under general anaesthesia. This topic was presented by Dr Shoraj Singh, postgraduate student while it was moderated by Dr Anupriya Saxena, Associate Professor.

The second topic was a case report on rare presentation of systemic toxicity due to local anaesthetic injection while conducting an ultrasound guided brachial plexus block. The patient developed seizures which was treated with benzodiazepine and oxygen. This case was presented by Dr Sushma Athota, post graduate student while the session was moderated by Dr Ruchi Singh, Associate Professor.

The monthly meet was conducted under the overall guidance of Dr Nazia Nazir, Professor and head of Department.

Vote of thanks was given by hon secretary Dr Subrat Dam. The meeting was attended by 30-35 anaesthesiologists in online mode.

## Early-onset local anesthetic toxicity observed as seizure activity

**Dr Sushma Athota, postgraduate student**

**Dr Ruchi Singh, Associate Professor**

**Dr Nazia Nazir, Professor**

**Institute: Department of anesthesiology, intensive care and pain medicine,  
Government Institute of Medical Sciences, Greater Noida**

### Abstract

Systemic toxicity from local anesthetics or LAST is often due to accidental intravascular injection, which can lead to CNS and cardiovascular issues. This case involved a 45-year-old male who experienced seizure activity within 30 seconds after a supra-clavicular brachial plexus block. Despite negative aspiration, which typically helps avoid intravascular injection, the patient experienced a seizure shortly after the injection. He was treated with intravenous midazolam and oxygen, and no further neurological symptoms were noted. Patient recovered without complications.

### Case Presentation

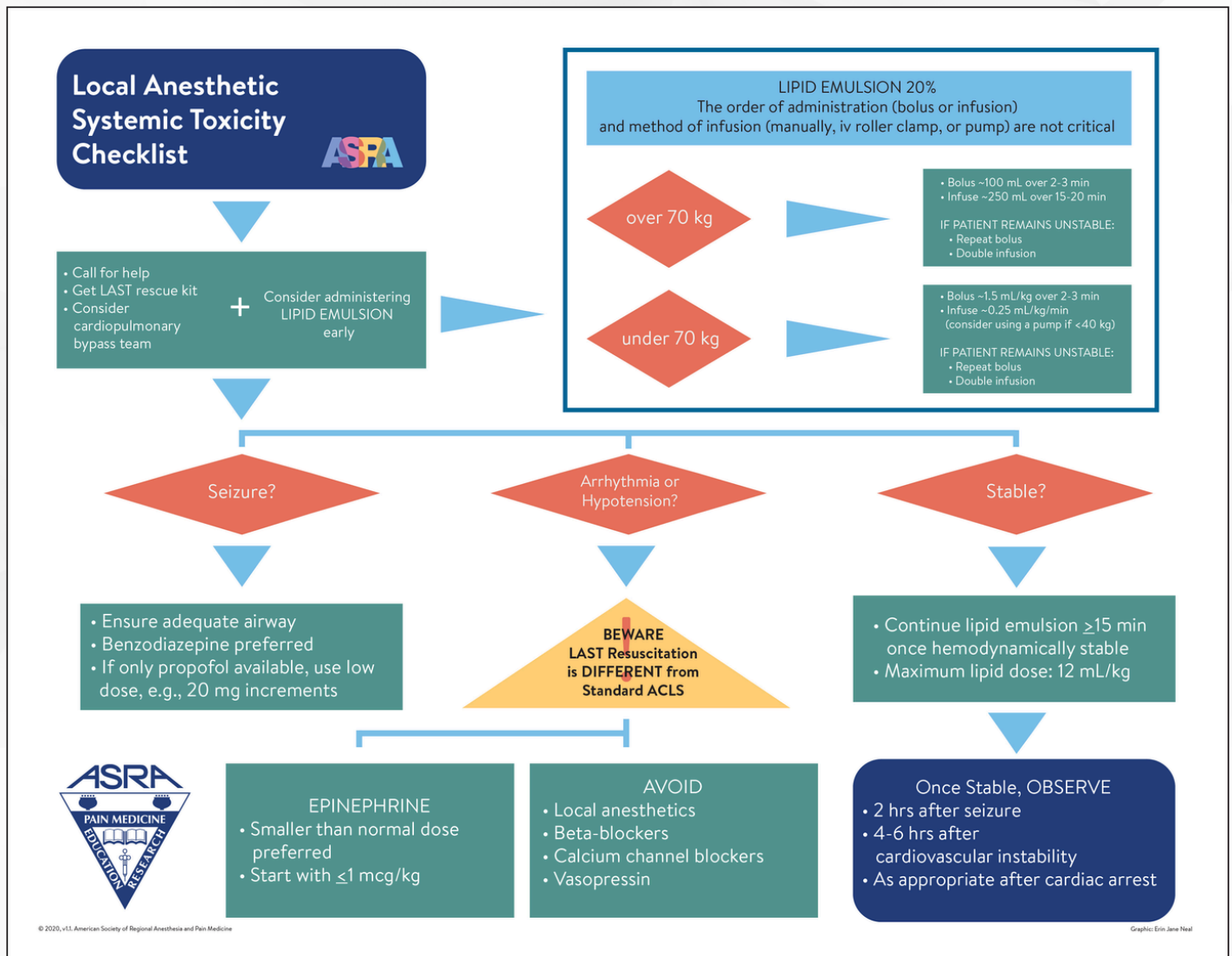
A 45-year-old male with a right distal radius fracture underwent an ultrasound-guided supra-clavicular brachial plexus block under sedation. The procedure was unremarkable until, after administering 13 mL of local anesthetics (bupivacaine and lignocaine), he developed generalized tonic-clonic seizures within 30 seconds. Immediate treatment included midazolam and supplemental oxygen administration, after which the patient regained consciousness with stable vital signs. No neurological deficits were noted, and CT scans of brain were normal. The surgery was postponed, and the patient was monitored in the ICU. He was later treated with levetiracetam as a precautionary measure and successfully underwent surgery under general anesthesia.

### Discussion

Central nervous system toxicity from local anesthetics, which includes seizures, can result from systemic absorption or accidental intravascular injection. In this case seizures were possibly caused due to intravascular injection, even though negative aspiration was performed. Ultrasound guidance reduces the incidence of LAST, but negative aspiration does not fully eliminate the risk. Treatment involves immediate seizure control with benzodiazepines like midazolam and maintaining adequate ventilation. Guidelines emphasize incremental drug administration and having emergency equipment ready during such procedures.

## Conclusion

This case highlights the importance of careful monitoring and proper technique during regional anesthesia. Despite the use of ultrasound, there is still a risk of accidental intravascular injection, which can lead to LAST. Clinicians should ensure readiness for immediate intervention, including having rescue drugs and equipment available.



## Single lumen endotracheal tube for one lung ventilation in paediatric empyema thoracis

Dr Shoraj Singh, postgraduate student

Dr Anupriya Saxena, Associate Professor

Dr Nazia Nazir, Professor

Institute: Department of anesthesiology, intensive care and pain medicine,  
Government Institute of Medical Sciences, Greater Noida

### Background

Empyema thoracis, a serious condition more common in children, arises when an exudative parapneumonic pleural effusion becomes infected. If untreated, it leads to significant lung compromise and long-term functional impairment. The goal of treatment is quick recovery without residual pulmonary complications. Initial management includes chest tube drainage and antibiotics, while surgery (VATS or thoracotomy decortication) is necessary in complicated cases.

### Case presentation

This report discusses the anesthetic management of a 9-year-old child undergoing thoracic decortication for right-sided empyema. One-lung ventilation (OLV) on the left side in pediatric patients poses significant challenges. A multifaceted anesthetic approach, including careful intraoperative ventilation management and pain relief, is crucial to facilitate postoperative lung expansion. The use of a single-lumen endotracheal tube advanced beyond the carina for OLV, combined with an erector spinae plane block and general anesthesia, proved successful and effective in this case.

### Conclusion

A comprehensive anesthetic strategy, particularly meticulous pain management, is essential for successful outcomes in children with empyema thoracis. This case highlights the safety and efficacy of single-lumen endotracheal tubes for OLV in pediatric patients when combined with regional anesthesia techniques like the erector spinae block

Dr Ankita Sharma, Executive member of ISA GB Nagar working as Consultant anaesthesiologist and critical care specialist in Neo Hospital conducted a live CME/ continuing medical education program in collaboration with digital platform Clirnet on 19.11.2024 under the aegis of ISA GB Nagar in an online mode. The topic of was “ complications and management in spinal anaesthesia: postop outcomes”.

Dr Peeyush Chaudhary, President ISA Noida GB Nagar working as Senior Consultant and Head department of Anaesthesia at Cloudnine Hospital, Noida and East Delhi was the panelist during the session. The feedback received by the attendees from around the country highlighted the importance of the topic and the engaging manner in which it was presented. The CME was useful in creating awareness about this topic.



 **LIVE CME**

## Complications and Management in **Spinal Anaesthesia:** Post-operative Outcomes

**19<sup>th</sup> November, 2024 | 6:00 PM - 6:30 PM**



**Speaker**

**Dr. Ankita Sharma**  
MBBS, MD (Anaesthesiology),  
Medical Consultant Neo Hospital Noida,  
Executive Member ISA Noida  
GB Nagar, Uttar Pradesh, India

+



**Panelist**

**Dr. Peeyush Chaudhary**  
Senior Consultant and  
HOD Anaesthesiology  
Cloudnine Hospitals Noida And East Delhi  
President ISA Noida GB Nagar

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Ek Dost Heals Thy Heart, a unit of Danias Assisted Living , celebrated their Founders Day on 5th December 2024, with their focus group of senior citizens at their Dementia Care Centre in Noida.

Dr Kapil Singhal President ISA UP State and Founder President ISA Noida GBN was the guest of honour at their program. He spread awareness about importance of Anaesthesiologists, Dementia care and Critical care challenge in senior citizens.

Dr. Kapil Singhal ensured all help on behalf of ISA Noida to provide CPR trainings at different locations especially schools, colleges, corporates, RWAs. The event was covered by Barsha Chabbria, the RJ of the community Radio channel Salaam Namaste.



Inner Wheel Club Noida in association with Ek Dost Heals Thy Heart, a unit of Danias Assisted Living and ISA Noida GB Nagar conducted Cardiopulmonary Resuscitation Awareness Program on 21st December 2024.

The event was led by Dr Kapil Singhal , President ISA UP STATE and Deputy Medical Director and Head of Anaesthesia and Critical Care at Metro Hospitals , Noida.

In this event, CPR Awareness and COLS Training workshop was conducted to help each citizen be a life saviour. Hands on demonstration was also performed on the dummies by the team and the attendees. This event was a mega hit amongst the senior citizens.



## दैनिक उदय

दिल्ली, नोएडा, हरियाणा, गाज़ियाबाद

23-12-2024 (सोमवार)

### इनर व्हील क्लब ऑफ नोएडा डिस्ट्रिक्ट 301 द्वारा किया गया सीपीआर जागरूकता अभियान।

**सुविचार** -

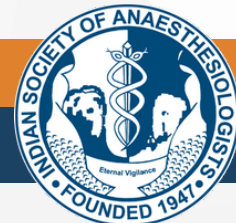
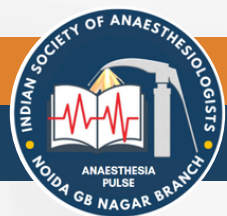
समय का उतम उपयोग करना सीखें क्योंकि विश्व के ज्यादातर सफल मनुष्यों ने इसी का प्रयोग किया है।





एक दोस्त हील्स थियर हार्ट ने इनर व्हील क्लब नोएडा के साथ मिलकर शनिवार, 21 दिसंबर को कार्यक्रम आयोजित किया। कार्यक्रम का संचालन डॉ. कपिल सिंहल, उप चिकित्सा निदेशक और प्रमुख एनेस्थीसिया और क्रिटिकल केयर मेट्रो हॉस्पिटल्स एंड हार्ट इंस्टीट्यूट, नोएडा और यूपी चैप्टर के अध्यक्ष ने किया। उन्होंने प्रत्येक नागरिक के लिए उद्धारकर्ता बनने के महत्व को साझा किया। उन्होंने प्रक्रिया के दौरान सही तकनीक, क्या करें और क्या न करें के बारे में जागरूकता फैलाई। प्रशिक्षण कार्यशालाएं नियमित आधार पर आयोजित की जाएंगी। इनर व्हील सभी स्कूलों, कॉलेजों, क्लबों, कॉरपोरेट्स और रेजिडेंट एसोसिएशन तक यह संदेश फैलाने के लिए पसंदीदा संगठन है। वहीं आपको बता दें कि इस पूरे कार्यक्रम के लिए क्लब प्रेसिडेंट डॉ रितु डीलो जी ने क्लब सदस्य शीनू दानिया का धन्यवाद किया।





Indian Society of Anaesthesiologists  
Noida Gautam Budh Nagar



## Inaugural ISA-NPL (Indian Society of Anaesthesiologists National Premier League)

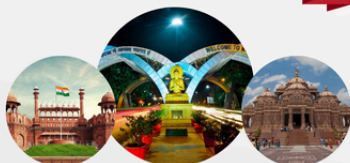
Tennis Ball Cricket

15th February 2025, Saturday



1st time in India, hosted by ISA Noida GBN City Branch

Last date of team  
registration- 7th Jan 2025



Email: [isanoitagbnagar@gmail.com](mailto:isanoitagbnagar@gmail.com)  
For more information visit our website: [www.isanoitagbnagar.com](http://www.isanoitagbnagar.com)

Indian Society of Anaesthesiologists  
Noida Gautam Budh Nagar



## ISA Sponsored National CME



16th February 2025, Sunday

Theme - "High Risk Obstetrics and Neonatal Anaesthesia"

Venue- Sandal Suites, Lemon Tree Hotels, Noida



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### **Life of an Anesthetist Mother: Intricacies and Management**

The life of a mother who is an anesthetist by profession is a daunting task that requires immense skill, dedication, and resilience. Anesthetists play a vital role in ensuring the safe administration of anesthesia and their work is often high-pressure and demanding. Adding to this, being a mother brings its own set of challenges.

#### **Intricacies**

Dealing with life-and-death situations on a daily basis can be emotionally draining, and the weight of responsibility for patients' lives can be overwhelming. This emotional burden can seep into their personal lives, affecting their relationships with their families and children.

Other significant challenge is to juggle their work schedules with childcare responsibilities, which can be exhausting and stressful leading to blurring of the lines between their personal and professional lives.

Another key challenge faced by anesthetist mothers is the unpredictable nature of their work. This can be particularly challenging for mothers with young children, as it can be difficult to find childcare on short notice.

#### **Management**

Despite these challenges, anesthetist mothers have developed various strategies to manage their stress and maintain their mental and emotional well-being. One effective technique is prioritization and time management. By setting clear boundaries and prioritizing their tasks, anesthetist mothers can optimize their time and energy, ensuring that they meet their professional obligations while also attending to their family's needs. Additionally, many anesthetist mothers rely on support networks, such as colleagues, friends, child daycares and family members, to share their emotional burdens and receive emotional support.



**Dr Shikha Agarwal**  
**Assistant Professor**  
**Dept of Anaesthesia**  
**Sharda Medical College, Greater Noida**

## Some snapshots from Ranthombore National Park shared by our wildlife enthusiast Dr Sonia Mathur



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