

Volume 1 Issue 1 (Oct- Dec 23)

The Anaesthesia Pulse

The Official Newsletter of ISA Noida GB Nagar



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**Message by the President,
Indian Society of Anaesthesiologists (ISA), National**

Dear fellow anaesthesiologists of Indian Society of Anaesthesiologists
(Noida Gautam Buddha Nagar branch),

Warm greetings to you all!

I am happy to note that the ISA Noida Gautam Buddha Nagar branch is on the brink of publishing its E-Newsletter. The members of ISA Noida Gautam Buddha Nagar branch have always been very active in ISA activities and the branch has always been very vibrant. This newsletter will display their activities and talent to the world.

I send my best wishes to ISA Noida Gautam Buddha Nagar branch and wish them success in this venture.

Long Live ISA!



Dr. MV Bhimeshwar
President, ISA National



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Message by the Honorary Secretary, Indian Society of Anaesthesiologists (ISA) National

My dear colleagues of Indian Society of Anaesthesiologists (Noida Gautam Buddha Nagar branch),

Warm greetings from ISA National Headquarters!

It is really heartening to note that ISA Noida Gautam Buddha Nagar branch is going to start publishing the E-Newsletter of the branch. A newsletter is an important means of communication that can help in sharing relevant and valuable information. It has always been desired that state and city branches of the ISA should come out with their newsletters.

The newsletter of the ISA branch can tell readers about the latest news, updates of ISA related events, activities carried out by ISA members and scientific information. It can portray to the world the calibre of the members of that branch and showcase their achievements. It can strengthen the bonds of unity amongst the members of the branch. Newsletters can be read by members of all age groups in any location: the hospital or home. Nevertheless, the ISA National has its monthly E-newsletter 'VAPOUR' which is published regularly and read widely throughout our nation. ISA Noida Gautam Buddha Nagar has always been in the forefront of academics and ISA activities. This newsletter is a welcome move and will be another feather in the cap of the members of this branch. I am sure that this will motivate and inspire other ISA state and city branches as well.

I heartily congratulate Dr Kapil Singhal, President ISA Noida Gautam Buddha Nagar branch, all the ISA office bearers and my colleagues of the branch for this initiative and wish them all the very best for the regular publication of this newsletter.

Long Live ISA!



Dr. Sukhminder Jit Singh Bajwa
Honorary Secretary, ISA National



It gives me immense pleasure and a feeling of pride to write the message for the inaugural Newsletter of ISA Noida Gautam Buddha Nagar, "The Anaesthesia Pulse". It is in continuation of the legacy of our branch that this is going to be the first Newsletter of any city branch from North India.

As a founder president, I want to thank the boundless enthusiasm of the members of our branch to make it the most vibrant "new" branch in the country. For ISA Noida GBN it is almost a habit of creating new records from time to time spanning right from the first ever Hybrid inauguration of our branch to many other "firsts" like organising ISA National CME and Annual State Conference in the first year of its existence, foundation day celebration along with annual CME, having our own zoom link, having own website (very few city/state branches can boast of this) and now taking out the 1st Newsletter of our branch. It must be mentioned that winning 02 National Awards in first year of formation and 03 National Awards in 2nd year is no mean achievement. I have been leading from the front to make ISA Noida Gautam Budh Nagar branch as one of the best in India. Members have been actively participating in monthly academic activities and other activities like- social responsibilities, sports, yoga, COLS training, family gatherings, etc. It makes me even happier to see my long-awaited dream come true in the form of this Newsletter.

The primary aim of publishing this newsletter is to give a platform to all the members to express themselves by not only writing academic articles but also by contributing stuff like poetry, story writing, painting, photography etc. Presently the intention is to publish the newsletter quarterly provided enough support and material is contributed by the members. I'm really thankful to Dr Poonam Motiani, our Editor, and the whole editorial team, they have worked tirelessly to make this possible. It will be unjust not to mention the name of Dr Priyankar Sarkar, who has burnt his heart out and put extraordinary efforts for getting this newsletter published.

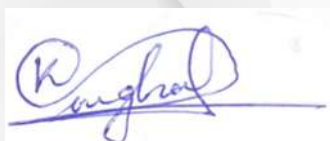
In the end I would like to urge all the members to kindly put efforts not only in continuing the activities of the branch but also overcome their inhibitions and come forward to contribute to the newsletter. Though my term as president of the branch is ending soon but I will be around, serving the branch in any capacity possible. I wish all the best to the new President Dr Peeyush Chaudhary and I'm sure our branch will continue to grow under his amicable leadership.

“Change is the only constant and to adapt is humane”

Jai Hind

Jai ISA

Long Live ISAians



Dr. Kapil Singhal
President ISA Noida GBN



Our city branch was installed during the time of Covid 19 epidemic, in adverse circumstances, and was the first branch in the history of ISA whose installation was done in a hybrid mode. With the enthusiasm and support of all members, our branch developed very well and kept achieving new milestones at regular intervals. We are the first branch to have our own website and to have conducted the first annual CME. Our branch has also received many medals for its branch activities. There is no doubt that with the constant and continuous support of all members, we will continue to proudly march ahead. It is also wonderful that we are going to release our e-newsletter and this again is an achievement as no city branch has one yet. I want to thank our beloved members for their continuous support and hope that they will continue to support us in the future with even more intensity.

Jain Hind, Jain ISA



Dr. Mukul Jain
Hon. Secretary ISA Noida GBN



Dear Esteemed Colleagues, Greetings from the Editorial team !
As we launch the Inaugural issue of The Anaesthesia Pulse, our very own ISA Noida GBN Newsletter, we are reminded of the time our city branch was installed, during Covid 19 epidemic - the First branch in history of ISA to be installed in a hybrid mode! Subsequently, we kept creating more "Firsts" - The "First" branch to have own website, to have conducted the "First" ISA National CME and Annual State conference, within a year of inception!

Adding to the list of "Firsts"- We are thrilled to introduce the Inaugural issue of The Anaesthesia Pulse, dedicated to advancing knowledge, promoting best practices and fostering collaboration within the field of anaesthesia!

As we stand at the threshold of this new venture, we would like to put on record our utmost appreciation for Dr Kapil Singhal, our Branch President for his infectious enthusiasm, perseverance and untiring efforts driving us all to do better than the best! I am also extremely thankful to Dr Mukul Jain, Hon. Secretary ISA Noida GBN and other members of the executive committee for their continued support and tireless efforts; to Dr Priyankar Sarkar, Co-Editor, for being my right hand and for putting in extraordinary efforts, towards this inaugural issue. I am also thankful to Dr Deepak Krishna, our Advisor, and all the editorial team members, Dr Harshwardhan, Dr Ankita, Dr Vibha, Dr Manish and Dr Ushkiran for their unending support helping shape this newsletter see the light of the day! I would like to specially mention Dr Ushkiran Kaur, a gem we discovered, for her unwavering commitment, in the journey of creating this inaugural issue! We extend our deepest gratitude to our contributors, comprised of esteemed experts and dedicated practitioners, for knowledge sharing and tireless support in creating content that resonates with our readership. As we embark on this exciting journey together, we invite you, our readers, to actively participate in this collaborative endeavour by providing your invaluable feedback and contributions.

Warm regards,

Poonam Motiani

**Dr Poonam Motiani,
Editor, The Anaesthesia Pulse**

A candid chat with Dr Kapil Singhal

Dr Priyankar Sarkar: We are in conversation with Dr Kapil Singhal, the dynamic president of ISA Noida GBN branch. Sir GBN is the last of the Delhi-NCR areas to get its own ISA branch. Why do you think it took so long and what were the initial challenges in setting up of the branch?

Dr Kapil Singhal: That's a very pertinent question. Well, I would like to say that this was primarily because of the less number of anaesthesiologists in the area, lack of interest from senior members of our profession because of their engagements with Delhi branch and lack of awareness about ISA programs and their benefits. Let me tell you an anecdote. Around 18 yrs back I attended a gathering of Anaesthesiologists in Noida which was under the aegis of the Delhi branch. On that day the thought of a Noida branch sprouted in my mind. Few years later, I proposed formation of our own branch but the idea was rejected by few senior members.

The initial challenge was to overcome the hesitation of being opposed. This fear was negated over time by having more like minded people together from early 2019 and in Dec 2019 , a proposal to have our own branch was passed unanimously in a dinner meeting organised by me. Unfortunately, the Covid 19 pandemic delayed our plans till July 2021 ISA.

Dr Priyankar Sarkar: In the 1st year of its existence, the branch took upon the onerous responsibility of hosting the state ISA conference. What was the motivation behind that?

Dr Kapil Singhal: Our branch has a distinction of having many firsts against it's name, organising UP State Chapter was one of the. It's important to realise that we picked up this responsibility within 2 and half months of the formation of branch. In fact, we organised National ISA sponsored CME also in the same year before the conference. It was in Aug 2021 during our 1st GBM that this idea popped in my mind to bid for the 2022 conference in Varanasi. To my surprise, this proposal was passed unanimously, despite the fact that none of us was having any clue as to how it will be done

Dr Priyankar Sarkar: UPISACON 2022 was well received by everyone. Be it the academic program, the inauguration ceremony, the organisation— everything received high praise. How did you pull off this gigantic success?

Dr Kapil Singhal: After having claimed the responsibility of organising UPISACON 2022 there was no looking back. It was clear in my mind that I have to prove many people wrong, especially people who opposed our bid in Varanasi because of their past experiences in Noida. To make it a grand success we started our preparations from November onwards. The first challenge was to form a team of dynamic, hungry and resourceful people. It was done in quick time with the help of Dr Peeyush Chaudhary, Dr Mukul Kumar Jain and Dr Sameer Bolia.

After that I started attending conferences where I made contacts, collected list of faculties, prospective sponsors, observed their positives and more importantly I focussed on noting the shortcomings of these meetings so that we don't repeat them. In each conference I used to calculate mentally how a certain thing could be improved. I had a fantastic team with me which was behind the success of UPISACON 2022 but I felt it was my responsibility to supervise each and every details with the different teams. Every minute detail of each and every aspect was discussed with the concerned team before implementation.

I personally took the responsibility of calling Anesthesia professors of all medical colleges and city branch representatives of UP . This personal call was one area which received lots of compliments. There were numerous other challenges we faced like website designing , sponsorship, payment gateway, workshop venue, unexpected heavy rains just before the conference; all those were overcome but it took a heavy toll on my mental and physical well-being . If I start enumerating all those challenges and how we overcome them, I might have to write a book but 'all is well, that ends well'.

Dr Priyankar Sarkar: After the conference ISA GBN did not rest on its laurels. What are the plaudits and trophies it went on to win in the past few months?

Dr Kapil Singhal: As I said earlier, ISA Noida GB Nagar branch has been very vibrant right from its inception. We had the first Hybrid Inauguration, we won 02 National awards In 2021 , just 04 months after the formation of branch, we won 03 National awards in 2022- Best Branch, Public awareness and COLS. I have personally received ISA National Diligent Award 2022. We also believe in sports and fitness and that's why our team participated in Up ISA IPL and went on to win the trophy. We have received Certificate of Appreciation by ISA UP State in recently held UPISACON 2023 at Kanpur. In the same conference Dr Ankita Sharma has won the competition in Inter city branch presentation.

Dr Priyankar Sarkar: Would you like to enumerate some of the advantages anesthesiologists will get by associating themselves with our ISA branch?

Dr Kapil Singhal: Anaesthesiologists will definitely have certain advantages but more importantly they should think how they can contribute to strengthen ISA Noida GBN, since it their own society. Anyhow they can be benefited in many ways by using different ISA programs which we are trying to implement at branch level like regular academics activity which will enhance their knowledge and skills and help them to provide safer Anesthesia to their patients, they can join social events like family dinner and make new friends. It's also a way to give back to society by associating with different activities for social causes which our branch organises from time to time. They can reach out to experienced people for help during difficult professional commitments. Also, by coming on a common platform and forging a bond of unity amongst ourselves, we can improve working conditions for our colleagues.

Dr Priyankar Sarkar: There was good media coverage of our state conference last year. Do you think we should engage with the media more often so as to let the people on the street understand our job and relevance better?

Dr Kapil Singhal: Having a good media coverage speaks for the quality of work which we did in the conference. I would love to engage with the media more as our profession is one of the most unknown in all of medical fraternity and we are the unsung heroes. The pandemic of Covid-19 helped bring anaesthesiologists into national and international limelight. We must emphasise on 'Know your Anesthesiologists' during all our media interactions and make the general public more aware about the importance of Anesthesia and its allied sub-specialities.

Thank you Dr Kapil Singhal for sparing your valuable time and giving us an insight into the hard work that underpins the success of ISA Noida GBN. You are an inspiration for us and together we should be able to take this organisation to greater heights in the future.

Monthly Meet – 23rd July, 2021



The first Clinical meet of ISA Noida GB Nagar, was held at Metro Hospital and Heart Institute, Noida in an offline mode. Paediatric Basic life support training was imparted by Dr. Poonam Motiani, Additional Professor, Paediatric Anaesthesia,

PGICH, Noida and Dr Umesh Shukla, Associate Professor, Paediatric Gastroenterology, to more than 30 medical and allied medical personnel. The talks, highlighting the difference between adults and children, were followed by Hands-on Training.

Monthly Meet – 24th August, 2021

The August Clinical meet of ISA Noida GBN was held at Cloudnine Hospital, Noida in a hybrid mode, with more than 20 attendees. In a talk on Labour Analgesia, Dr Amrita Nandi, Consultant, Cloudnine Hospital, Noida highlighted the various modalities of providing pain relief during labour, with their advantages and disadvantages. The talk was moderated by Dr Sandeep Chhadha, Senior Consultant, OBGY, and Dr Peeyush Chaudhary, Senior Consultant and HOD Anaesthesiology, at Cloudnine Hospital, Noida.

Monthly Meet – 14th September, 2021



The First Clinical meet of September 2021, of ISA Noida GBN was held at the Government Institute of Medical Sciences (GIMS), Greater Noida, in a hybrid mode as a CME -cum -Workshop on “Recent advances in CSSD and

its role in Hospital Infection”. The Academic event was inaugurated by Dr. Brig. Rakesh Gupta, Director , GIMS. Various faculty speakers including Dr Nazia Nazir, Dr Kapil Singhal, Dr Varun Goel, Dr Ajay K Sahni, Dr. Anupriya highlighted the various aspects of sterilisation and its role and impact on Hospital infection, in this event which was attended by over 50 attendees.

Monthly Meet – 16th September, 2021



The Second Clinical meet of September 2021, was held at Fortune Hotel, Sector 27, Noida. The Academic presentations included talks on Postoperative Pain - Role Of IV PCM by Dr. Vibha Chhabra, Consultant Apollo Hospital, Noida and on

Volume Replacement Therapy by Dr. Anshumali Chaudhary, Senior Consultant Anaesthesiologist, Dharamshila Narayana Hospital, Delhi and were moderated by Dr Anil Gurnani, Group Director And Chairman, Anaesthesia And Critical Care, Kailash Group of Hospitals and Dr Rashmi Sharma, Head, Department Of Emergency, Sharda Medical College, Greater Noida. Both the talks were very well received and were followed by engaging discussions.

Monthly Meet – 12th October, 2021



The Department of Anaesthesiology, Government Institute of Medical Sciences conducted an Airway Management Workshop at GIMS, Greater Noida. The workshop centered upon teaching the practical skills for

Airway Management including Effective bag mask ventilation, Appropriate use and intubation through SGADs, Tips and tricks of Direct and Video laryngoscopy etc. The Organizing Chairperson of the workshop Dr. Nazia Nazir, HOD Anaesthesia, along with invited faculty Dr Poonam Motiani, Dr Ridhima Sharma, Dr Anupriya, Dr Vibha Chhabra taught the practical skills and conducted the Hands-on training for skill development of the participating doctors.

Monthly Meet – 16th October 2021



A CME to mark World Anaesthesia Day was held at PGICH, Sector 30, Noida under the Aegis of ISA Noida GBN and Indian Association of Paediatric Anaesthesiologists (IAPA) in a Hybrid Mode. Academic Presentations including a case report on the “Use of LMA in a child in the prone position” by Dr Deepak Gupta, Fellow IAPA, moderated by Dr Mukul Kr Jain, Head, Paed. Anaesthesia; on “Difficult Airway Scenarios: Our Experience”, by Dr Arti Sinha, Fellow, IAPA, moderated by Dr Poonam Motiani, Additional Prof., Paed. Anaesthesia and a talk on “Safety of Blood

products” by Dr Satyam Arora, Associate Prof., Transfusion medicine, PGICH. In the active discussion which followed, Faculty and Consultants from various reputed hospitals in Noida, Greater Noida and Delhi participated and various aspects of difficult airway presentation, concerns, patient and OT preparation and conduct of such cases was discussed.

Monthly Meet – 27th November 2021

The November ISA Noida GBN Meet, was held at Metro Multispeciality hospital, Noida, in a Hybrid Mode. A talk on Yoga and Meditation: Fit Anaesthesiologist Campaign was delivered by Dr. Satyendra Kumar, HOD Anaesthesia and Critical Care, Metro Multispeciality Hospital, Noida in coordination with the Art of Living, emphasizing the importance of maintaining a Healthy Mind within a Healthy Body.

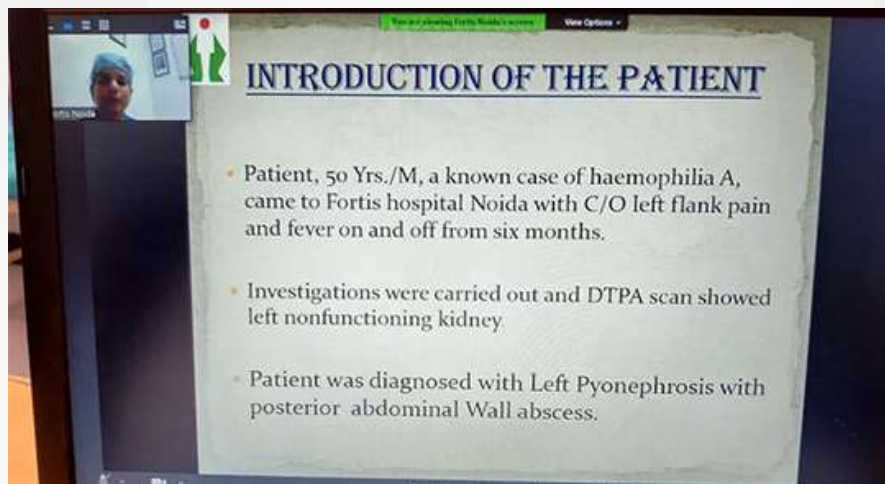
Monthly Meet – 16-18th December 2021



A CME cum Workshop on “COVID-19 Preparedness For Doctors “ was organized by the Department of Anesthesiology & Critical Care, GIMS, Greater Noida in coordination with ISA Noida GB Nagar.

The Organizing Chairman, Dr. Saurabh Srivastava, CMS, GIMS , the Organizing Secretary, Dr. Nazia Nazir, HOD, Anesthesia along with eminent faculty from Greater Noida, Noida and Delhi deliberated and discussed various aspects of COVID 19 situation including its impact, “what we learnt” and “Preparedness for doctors”. The event was well attended and appreciated.

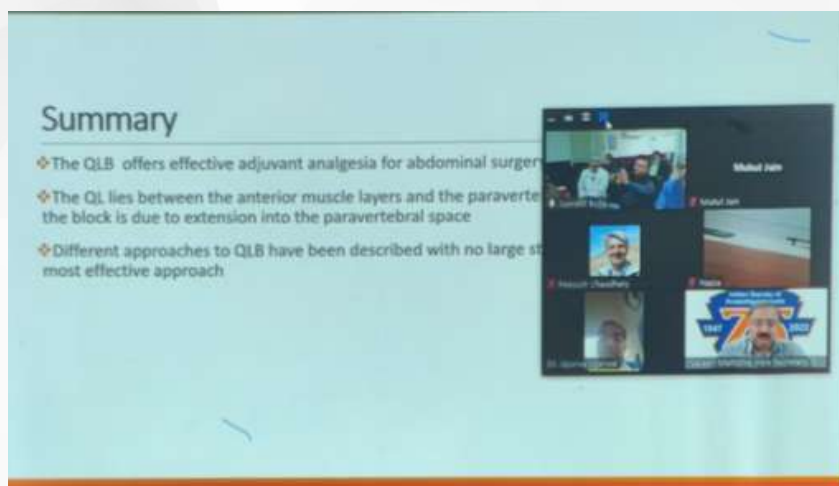
Monthly Meet – 27th of January, 2022



Fortis Hospital, Noida organised the monthly clinical meet in a hybrid format. Dr Dilpreet Kaur, Associate Consultant, presented a case on Laparoscopic Nephrectomy in a Factor VIII deficient patient.

The session was chaired by Dr Anutam Rai, Additional Director and HOD, Anaesthesia. Bleeding diathesis was the chief anaesthetic concern pertaining to this case that was discussed. Detailed pre-operative evaluation and preparation, strategies to minimise bleeding as well as management of blood loss were explored extensively.

Monthly Meet – 25th February 2022



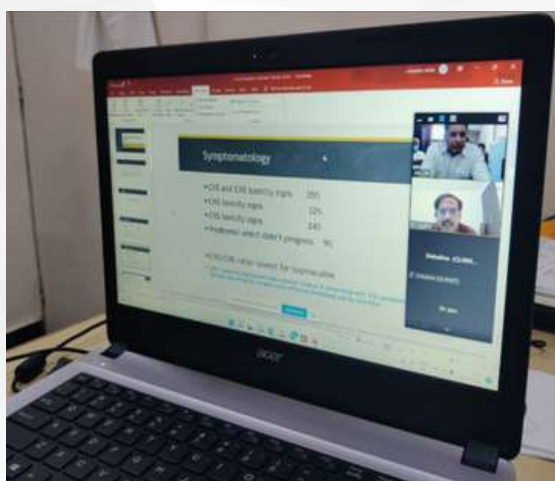
The clinical meet for February 2022 was held in hybrid mode, with the physical counterpart at Apollo Hospital, Noida. Dr Vibha Chhabra delivered an extensive talk on Regional Blocks: an integral part of Multimodal Analgesia techniques.

She spoke about advantages offered by regional nerve blocks including reduction in post-operative pain, lessening the opioid consumption and decreasing the incidence of nausea and vomiting and discussed techniques of various regional blocks during abdominal surgeries including transabdominal block, rectus sheath block, and Quadratus Lumborum block using Landmark as well as Ultrasound Guided technique.

Monthly Meet – 3rd March 2022

The clinical meet for March 2022 was held in hybrid mode, with the physical counterpart at Neo Hospital Noida. Dr Babar Suri, Consultant, Neo Hospital, delivered a talk on “Anaesthetic considerations in Neurointerventional Procedures”, in a session chaired by Dr Sonia Mathur, Senior consultant and head, Anaesthesia, Neo Hospital. The talk focused on the various Management strategies and Perioperative concerns of these cases. A hearty discussion with expert anaesthesiologists followed the talk. Dr Sonia closed the meeting with a vote of thanks.

Monthly Meet – 16th April 2022



The clinical meet for April 2022 was held on hybrid mode with many attendees, physically being held at the branch headquarters in Metro Hospital, Sec 11 Noida. Dr Priyanka Sarkar, Consultant Anesthesiologist, BLK Hospital, New Delhi presented a talk on Local Anesthetic Systemic Toxicity (LAST), moderated by Dr Rahul Singh, Head, Anaesthesia, Yatharth Hospital, Greater Noida. He highlighted its incidence (1-2 /1000 nerve blocks), the fact that such events are now commoner in airway topicalization or fascial plane blocks in contrast to neuraxial blocks or extremity blocks previously, Lignocaine being the commonest culprit. Also discussed the management. Senior anaesthesiologists shared their experiences.

Monthly Meet – 8th May 2022 (ISA National Sponsored)



ISA National Sponsored CME was organized by ISA Noida GB Nagar in association with the Department of Paediatric Anaesthesia, PGICH, at Conference Hall, 5th Floor, PGICH, Noida. It was done in hybrid mode and a total of 200 anaesthetists participated in the event from all over the country, out of them almost 100 were physically present. The organising team comprising Organising Chairman Dr Mukul Jain, Co-Chairman Dr Peeyush Chaudhary, Dr Kapil Singhal – Organising Secretary and Dr Sameer T Bolia Treasurer left no stone unturned to make it one of the most successful ISA National Sponsored CME.

National and state ISA office bearers (**Dr Virender Sharma**, Treasurer ISA National, **Dr Rajeev Gupta** GC ISA National, **Dr Bharat Bhushan** GC ISA National **Dr S S Bajwa**, **Dr Deepak Malviya**, Patron UP ISA, **Dr Anil Verma**, President UP ISA, **Dr Apurva Aggarwal**, Secretary UP ISA and **Prof Syed Moeid Ahmed** President Elect) graced the occasion with their presence. Director- **Prof Dr Ajai Singh** graced the occasion as Chief Guest, presence of **Dr Naveen Malhotra** Hon Secretary ISA National as Guest of Honour was the highlight and his encouraging speech during the inauguration was the source of motivation for many of us present there. A total of 12 CME lectures were held in which eminent faculty from across the country either delivered the talk or chaired the scientific sessions. It was a very well appreciated CME in almost all aspects, scientific sessions, galaxy of eminent faculty, large number of delegates, interactive session and other facilities. The event also received a widespread media coverage in local print and online media.

Monthly Meet – 25th June 2022



Monthly clinical meet of ISA Noida GBN, themed “Perioperative Management of Morbidly obese patients with OSA”, was held at Kailash Hospital & Neuro institute in a Hybrid mode and attended by 20 members in person and 20 members online.

The talks included Surgical Management of OSA: Multiple Challenges for Anesthesiologists by Dr. S. Dam, Overview of surgical procedures in OSA by Dr. Om Prakash (ENT surgeon), and Airway Management for OSA Surgery: A stepwise approach by Dr. Shipra Singh moderated by Dr. Deepak Krishna, Sr Consultant, Anaesthesia and Critical Care, Kailash Hospital, Sec 71, Noida and chaired by Dr. S. Dam (HOD Anaesthesia KHNI).

Monthly Meet – 8th of July 2022

The monthly clinical meet for the month of July, 2022, themed Balanced Salt IV Fluids, was organised at Metro Multispeciality Hospital, Sector 11, Noida, in a hybrid mode. A talk on Balanced Crystalloids versus Normal Saline in Critically ill Patients was delivered by Dr Kapil Singhal, President, of ISA Noida GBN. The importance of fluid resuscitation in critically ill patients, and the advantages and side effects of 0.9% saline administration, the most widely used IV fluid, were compared with balanced crystalloids such as Plasma-Lyte A and Kabilyte. He quoted from literature, studies that suggested, a small but significant advantage of balanced crystalloids over saline in reducing the risk of AKI or AKI/RRT in critically ill patients, but an uncertain and likely negligible effect on mortality.

Monthly Meet – 29th August 2022



The monthly clinical meet of August 2022 was held in PGICH Sector 30, Noida. This hybrid session saw the presentation of two rare cases by Dr Preeti Agrawal and Dr Vijayshree Kataria , both Specialists, ESIC Model Hospital, Noida.

The former presented the case of a patient with Hallermann–Steriff syndrome posted for laparoscopic cholecystectomy, posing the anaesthetic challenges of an anticipated difficult airway, owing to dysmorphic facial features, and intellectual disability leading to lack of communication and cooperation.

The second case, a twelve-year-old female with Wilson’s disease who underwent laparoscopic cholecystectomy, was one of the first reported cases of its kind posted for paediatric laparoscopic surgery. The presentations were moderated by Dr Jaswant Singh, Specialist and HOD, ESIC Model Hospital, Noida.

September 2022: 44th annual UP state conference UPI SACON 2022, Noida





The 44th Annual UP State Conference was organised from 24th to 25th September 2022 at Stellar Gymkhana, Greater Noida with the theme - Current trends in anaesthesia, "changing needs, needed changes". This conference created various landmarks in the history of Annual UP State ISA conference.

Four workshops were conducted at two different venues - Sharda Institute of Medical Science and Greater Noida Institute of Medical Science on 23rd September with lectures delivered online before the workshop allowing more time for actual hands-on workshops. Scientific sessions, posters, and paper presentations were conducted simultaneously in 4 different halls. More than 150 delegates registered for the workshop and more than 400 delegates registered for the conference.

Another key highlight of the event was the presence of National office bearers in large numbers including ISA National President - Dr Venkatgiri, ISA National Vice President-Dr Anjali Bhure, ISA National Hon. Secretary- Dr Naveen Malhotra, ISA National Treasurer- Dr Virendra Sharma and 04 GC members.

The conference was largely appreciated by all the faculty members, delegates, and State and National Office bearers in terms of the scientific content, number of sessions, punctuality, and time management.

Monthly Meet – 15th October 2022



The Monthly meet of ISA Noida GBN, in October 2022, was organized at PGICH, Noida, under the aegis of ISA Noida GBN and IAPA (Indian Association of Paediatric Anaesthesiologists), as a Public Awareness Programme – “Know your Anaesthesia, Know your

Anaesthesiologist” also marked the World Anaesthesia Day Celebration and the platinum jubilee of ISA. The program offered a scientific session comprising Public awareness talks by Dr Mukul, HOD and Prof., Dr Usha Kiran, Prof. and Dr Poonam, Additional Prof., Paediatric Anaesthesia, highlighting the various aspects of Anaesthesia- the importance of Preoperative preparation, the conduct of paediatric anaesthesia and the recovery in the postoperative period. Renowned faculty from Noida, Delhi - NCR participated in the event. A Ceremonial Cake cutting marked the auspicious occasion, which culminated successfully with the attendance of about 100 faculty from Noida, Delhi and NCR.

Monthly Meet – 29th October 2022

The second academic meet of the month, was organized in a hybrid mode at PGICH, Sector 30, Noida. Dr Poonam Motiani, Additional Prof, Paed. Anaesthesia delivered a talk on “Neonatal Gastrointestinal Surgical Emergencies: Surgical and Anaesthesia Concerns” and highlighted the importance of preoperative preparation of the Patient and the OT, the common neonatal conditions with their specific concerns and the importance of training and teaching in managing these small children safely in the perioperative period. The meet was conducted in a Hybrid mode and was attended by almost 30 members, either in person or online.

Monthly Meet – 28th December 2022

The monthly clinical meet of December 2022 was conducted by Government Institute of Medical Sciences, Greater Noida in a hybrid mode. The Academic presentation “Congenital diaphragmatic hernia –Paediatric and Adult Presentations”, was presented by Dr Abhishek Varshney, Junior Resident and moderated by Dr Nazia Nazir, Professor, Anesthesiology, GIMS, Greater Noida. These cases, which were operated at GIMS, were compared and contrasted in terms of their presentations and anaesthetic management. Multiple challenges faced, especially in the paediatric case, viz., left pulmonary hypoplasia, dextrocardia, and repeated intraoperative episodes of desaturation, were discussed. The meeting was attended by nearly 30 members, either in person and online.

Monthly Meet – 18th January 2023



It was held at Cloudnine Hospital, Sector-51 Noida. The subject of discussion for this hybrid session was “Operation Theatre: Design and Management” and the speaker was Dr Peeyush Chaudhary, Senior Consultant and HOD, Cloudnine Hospitals,

Vice President ISA Noida GB Nagar. The topic was well expounded by Dr Chaudhary, covering basic concepts of designing ideal Operation Theatres (OTs) for small, medium and big hospitals including CSSD and TSSUs, and practical aspects of man, material and stock management in the day-to-day running of OTs with patient safety as the underlying aim. He also pointed out common pitfalls and how to manage the same effectively based on his personal experience of setting up

and commissioning OTs in various hospital over the years. The monthly meet was attended in good numbers by prominent members of ISA Noida GB Nagar including all office bearers and was followed by an Executive meeting of the branch.

Monthly Meet – February 2023



The clinical meet for February 2023 was held at Metro Multi Speciality Hospital, Noida in a hybrid mode. It comprised of two talks. Dr Prashanta Borathakur, HOD Cardiac Anaesthesia, Metro Hospitals and Heart Institutes presented the first talk and discussed about the crucial role of blood conservative strategies in cardiac surgeries highlighted by a case discussion of a

24-year-old patient, incidentally detected to have a positive direct coombs test, and hence Cold Agglutinin Disease, scheduled for minimally invasive mitral valve replacement surgery. The major anaesthetic challenge, the potential for developing life-threatening acute haemolytic anaemia triggered by transfusions or cooling, the multidisciplinary preparation and peri-operative management, with special emphasis on blood conservation strategies were discussed providing a great learning experience, on how a transfusion-free stable hospital course was achieved in this patient. The second talk was delivered by Dr Ankita Agarwal (HOD, Transfusion Medicine, Metro Hospitals & Heart Institutes, Noida) who discussed the diagnosis and management of cold agglutinin disease including the various pre-operative strategies for blood conservation, with particular stress on autologous blood transfusion methods, their techniques and pros and cons.

Monthly Meet – 17th March 2023



In March, the monthly clinical meet was conducted by GIMS, Greater Noida in hybrid format. A case was presented by Dr Garima Sinha (Assistant Professor, GIMS) on the

anaesthetic management of a case of severe ankylosing spondylitis having temporomandibular joint ankylosis and fixed flexion deformity of neck posted for elective cholecystectomy. The major challenges encountered in this case were difficult airway, patient positioning and restrictive lung disease. The evaluation of airway along with various strategies to manage difficult airways were discussed in detail. Special emphasis was laid on awake fiberoptic intubation, which had been practised in this case. The moderator of this educational session was Dr Nazia Nazir, Professor and Head, Department of Anaesthesia, GIMS. This meet was attended by over thirty branch members.

Monthly Meet – 27th April 2023



The monthly CME for April 2023 was conducted at Neo Hospital, Noida. Two talks formed part of the academic activity that was hosted in hybrid mode. The first on “Perioperative Management of Patients receiving Anticoagulants”, delivered by Dr. Anuraj Dubey (Consultant Anesthesia)

while the second titled “Volatile anaesthetics, climate change and the need for change” by Dr Priyanka Sarkar, Consultant Anaesthesiology, BLK Max Hospital. Dr. Sonia Mathur, HOD, Anaesthesia , Neo Hospital, chaired the talks. Dr Dubey , while describing the increasing use of anticoagulants, reiterated that knowledge of mechanism and duration of action can decrease the risk of bleeding, and improve post-surgical outcome. He described the use of anticoagulants in medical management of atrial fibrillations, DVT, post cardiac interventions like PTCA and CABG, CVA, and endovascular neuro-interventions (coiling, stenting, flow divertors) and expounded the 4 W’s (Why, Which, What surgery, When) and concerns regarding restarting anticoagulants postoperatively. Many attendees expressed their views and experience on the topic.

Monthly Meet – 31st May 2023



The clinical meet in the month of May was organised by Apollo Hospital in hybrid mode. Dr Ankita Sharma, consultant presented a case report on “The anaesthetic implications in patients with severe kyphoscoliosis posted for vaginal hysterectomy and pelvic floor repair” in a session chaired by Dr Sharad Upwar, Senior Consultant, Apollo Hospital.

The anaesthetic concerns of the case, a 57-year-old kyphoscoliotic female, namely, restrictive lung disease owing to kyphoscoliosis aggravated in an elderly patient with severely compromised cardiac and respiratory functions were detailed. The anaesthetic management of choice, whether general or regional, was debated during the meet, as were the recent advances and opinions of expert attendees. It was a fruitful session with around twenty attendees including virtual ones.

Monthly Meet – 7th June 2023



In July 2023, the monthly clinical meet was conducted by Cloudnine Hospital, Noida, in hybrid mode. Dr Anil Pandey, Senior Consultant spoke on the Anaesthetic Considerations for Non-Obstetric Surgery in Pregnant Patients. Amongst the various considerations discoursed by him , he laid emphasis on the fact that second trimester was the safest time when all elective surgeries should be planned as far as possible. He also discussed the drugs and techniques modifications required, in view of the altered physiology, to prevent the loss or harm to the unborn foetus. The session was moderated by Dr Peeyush Chaudhary, Vice President, ISA Noida Gb Nagar. Apart from office bearers of the branch and other anaesthesiologist members, the talk was attended by gynaecologists in larger numbers. The monthly meet was followed by the customary Executive meeting of the branch to discuss various points pertaining to the society.

Monthly Meet – 30th July 2023



The Foundation day of ISA GB Nagar was held at the Auditorium of Kailash Hospital & Neuro Institute under the able organization of Dr Subrat Dam (Chairman) & and Dr Deepak Krishna (Organizing Secretary) and the guidance of Dr Kapil Singhal (President, ISA Noida GBN) & Dr Peeyush Chaudhary (Vice President, ISA Noida GBN). The theme of the CME was: Impact, Excellence and Beyond in the City of GB Nagar.

The Academic program was divided into four sessions namely 1. Impact of modern Anaesthesia practices, 2. Impact of Excellence in Regional Anaesthesia, 3. Beyond the operation theatre and environmental impact of anaesthetic agents & 4. Miscellaneous topics in Anaesthesia, lasting 80 minutes each, were followed by an interesting open house panel discussion on the problems pertaining to private practitioners in the city of Gautam Budh Nagar. The session was attended by almost 100 delegates; the faculty was chosen from different hospitals comprising of younger generation anaesthesiologists while all the sessions were chaired by esteemed senior anaesthesiologists. The event was followed by a cultural get together, followed by dinner.

Monthly Meet – 28th August 2023

The clinical meet for the month of August was organised by Government Institute of Medical Sciences, Greater Noida as an online session. The anaesthetic management of a rare case of costal osteochondroma was presented by Dr Sushma Therissa Athota, Junior Resident, under the guidance of Dr Ruchi Singh, Assistant Professor. This case was operated at GIMS earlier this year jointly by the departments of surgery and orthopaedics. It posed dual anaesthetic challenges of difficult airway owing to obesity and intensive surgical dissection including that of the diaphragm. The former was managed with video-laryngoscopic guided intubation, while the latter was successfully achieved with one lung ventilation using a double-lumen tube. Post-operative analgesia was accomplished with erector spinae plane block. The overall perioperative course was uneventful. The chairperson of this session was Dr Nazia Nazir, Professor and Head, Department of Anaesthesia, GIMS. It was attended by almost 25 members.

Monthly Meet – 27th September, 2023



The clinical meet for the month of September was organised by Sharda Medical College, Greater Noida, in a hybrid mode. The topics presented were “Intraoperative SCAPE: How much resuscitation is enough?” by Dr Sadaf Chisthi, Consultant, moderated by Dr Manish Bharti, senior consultant and “The Effects of Preoperative Carbohydrate Loading on Patients Undergoing Laparoscopic Cholecystectomy: A Randomised Controlled Trial” by Dr Mrinalini Singh, consultant , and moderated by Dr Harsh Vardhan, Senior consultant. The concerns and the management of both the presentations were discussed and delebrated in great detail, in the meeting attended by more than 30 anaesthesiologists.



CME AND WORLD ANAESTHESIA DAY CELEBRATION (Under the Aegis of ISA NOIDA & IAPA)

DATE: 16TH OCTOBER 2021

**VENUE: BOARD ROOM, 1ST
FLOOR, PGICH, NOIDA**



- A CME to mark the World Anaesthesia Day was held at PGICH, Sector 30, Noida under the Aegis of ISA Noida GBN and Indian association of Paediatric Anaesthesiologists(IAPA) on 16th October 2021 in a Hybrid Mode.
- The Academic presentations included a case report "Use of LMA in a child in prone position" presented by Dr Deepak Gupta, Fellow IAPA, and moderated by Dr Mukul Kr Jain, Head, Dept. of Paediatric anaesthesia , PGICH and a case series "Difficult Airway Scenarios : Our Experience" , presented by Dr Arti Sinha, Fellow, IAPA and moderated by Dr Poonam Motiani, Additional professor, Paediatric Anaesthesia. The various aspects of difficult airway presentation, concerns, patient and OT preparation and conduct of such cases was discussed. This was followed by a talk on "Safety of Blood products" by Dr Satyam Arora, Associate Professor, Transfusion medicine, PGICH. More than 60 Faculty and Consultants from various reputed hospitals in Noida, Greater Noida and Delhi were present, either physically or virtually, and actively participated in the discussions.



As Part of the ISA Platinum Jubilee and World Anesthesia Day celebrations, in October 2022, certain activities were planned and conducted by our branch. They included:



1) ISA Flame started from National Head Quarters at Rohtak and travelled through different city branches all across the country, lighting its path with awareness and knowledge. It was received, with great enthusiasm, by the Office bearers, at the ISA Noida GBN Headquarters from executive members of ISA Ghaziabad and travelled henceforth, from Noida to assembly point at Kartavya Path on 16th October 2022. At Kartavya Path; all the city, state and national office bearers of ISA did a March along with the flame with the aim of spreading awareness about Anesthesia and it's challenges.

2) A Walkathon, followed by a Life Saver Course(COLS) was organized on 12th October 2022, at Noida stadium, to increase public awareness about Basic Life support and about Anaesthesiologists. This was led by the Branch President Dr Kapil Singhal, Vice President Dr Peeyush Chaudhary; Treasurer Dr Sameer T Bolia and other Executive Members including Dr Satyendra Kumar Dr Deepak, Dr Rahul, Dr Jaswant Singh and Dr Sonia Mathur. Active participation from morning walkers especially elderly was really encouraging.





3) 3. A Public Awareness programme at PGICH, Noida on 15th October 2022.

- The Department of Paediatric Anaesthesia, PGICH, Noida organized a Public Awareness Programme - "Know your Anaesthesia, Know your Anaesthesiologist ", in a hybrid mode on 15th October 2022 at PGICH, Sector 30, Noida, under the aegis of ISA Noida GBN Branch and IAPA (Indian Association of Paediatric Anaesthesiologists).
- The program offered a scientific session comprising of Public awareness talks by Dr Mukul, Prof. and Head, Dr Usha Kiran, Professor and Dr Poonam, Additional prof., Paediatric anaesthesia highlighting the various aspects of Anaesthesia- Preoperative preparation, the conduct of paediatric anaesthesia and the recovery in the postoperative period . A Ceremonial Cake cutting, to mark the auspicious occasion, was followed by felicitation and encouraging and appreciative words by the Chief guest. About 100 faculty and specialists from Noida, Delhi - NCR participated in the event.



Inaugural function of ISA Noida GBN Branch

In July 2021 ISA Noida GBN was formally established under the aegis of Indian Society of Anaesthesiologists. The inauguration ceremony was held at Metro Multispecialty hospital Noida. This was the 1st ever hybrid (physical + online) inauguration ceremony of any branch mandated by the changed environment imposed by Covid-19 pandemic. The chief guest of the event was Dr Murlidhar Joshi, ISA National President. The guest of honour were Dr Naveen Malhotra Honorary Secretary ISA National. Dr. Suresh Kr Bhargawa Vice President; Dr. Venkatagiri President Elect; Dr. Lalit Mendiratta, Editor-in-Chief; Dr Apurva Agarwal Hon Secretary ISA UP State were amongst other senior members of the governing council and UP state ISA body. Dr Purushottam Lal, Eminent Cardiologist and Chairman Metro Group of Hospitals blessed the gathering by means of Video Message. In spite of Covid fears it was attended in large numbers by members of ISA Noida Gautam Buddha Nagar



Launch of ISA Noida GBN website

In February 2022, ISA Noida GBN launched their website, becoming one of the rare city branches across the country to have website of their own. On this occasion the chief guest was Dr Naveen Malhotra Hon Secretary ISA National while the guest of honor was Dr Apurva Aggarwal.



ISA National Sponsored CME

ISA National Sponsored CME was organized by ISA Noida GB Nagar in association with the Department of Paediatric Anaesthesia on 8th May 2022 at Conference Hall, PGICH, Noida. It was done in hybrid mode and around 200 anaesthetists participated in the event from all over country, out of them almost 100 were physically present. Organising team comprising Organising Chairman Dr Mukul Jain, Co-chairman Dr Peeyush Chaudhary, Dr Kapil Singhal - Organising Secretary and Dr Sameer T Bolia Treasurer left no stone unturned to make it one of the most successful ISA National Sponsored CME.

National and state ISA office bearers (Dr Virender Sharma, Treasurer ISA National, Dr Rajeev Gupta GC ISA National, Dr Bharat Bhushan GC ISA National Dr S S Bajwa, Dr Deepak Malviya, Patron UP ISA, Dr Anil Verma, President UP ISA, Dr Apurva Aggarwal, Secretary UP ISA and Prof Syed Moeid Ahmed President Elect) graced the occasion with their presence. Director Prof Dr Ajai Singh graced the occasion as Chief Guest, presence of Dr Naveen Malhotra Hon Secretary ISA National as Guest of Honour was the highlight and his encouraging speech during the inauguration was the source of motivation for many of us present there.

A total of 12 CME lectures were held in which eminent faculty from across the country either delivered the talk or chaired the scientific sessions. It was a well appreciated CME in terms of the scientific sessions delivered, presence of eminent faculty, quality of the interactive sessions etc. The event received widespread media coverage in local print and online media as well.



44th annual UP state conference 2022

It was a matter of great pride for the members of the branch to successfully bid for "44th Annual UP State conference" within 3 months of the formation of the branch. Soon after a special meeting of the branch was held and members were divided into different teams and given specific responsibilities. The intent was that each team should do their job competently while also coordinating with others so that the result is more holistic. From the planning till execution of this Annual UP State Conference many ups and downs were seen and faced by the organising team but like it is said, WHERE THERE IS A WILL, THERE IS A WAY and it was proved true by ISA G.B.N Branch members.

From deciding the theme and logo of the conference ,a lot was put into making it a memorable and historic event. From the start, competitive feeling was instilled in all of us by the Organising Team and Office bearers of the branch.

From deciding the theme and logo of the conference ,a lot was put into making it a memorable and historic event. The branch launched a competition to identify the theme and logo of the conference. Dr Sameer Bolia of Apollo Hospital, Noida was awarded for bringing out the BEST THEME for the conference. Similarly, Dr Nazia of GIMS, Greater Noida was awarded a prize for bringing out the BEST LOGO for the conference.



Conference was organised from 24th to 25th September 2022 at Stellar Gymkhana, Greater Noida. Theme of the conference was- Current trends in anaesthesia, "changing needs, needed changes". To take the advantage of the picturesque venue, certain events were scheduled to be hosted outdoors. However, heavy unseasonal rains a couple of days before the scheduled conference ruined such plans. Though disappointed, every member of the organising team put in great efforts to shift these events indoors and against all odds, this conference created various landmarks in the history of Annual UP State ISA conference.



Various firsts were created during the conference like-

1. Preliminary rounds of the Quiz started online 2 months before the conference, named as 'KAUN BANEGA UPISACON 2022 ka CHAMP' thus giving opportunity for maximum number of participation by the delegates sitting at the comfort of their college or home.
2. Four workshops were conducted at two different venues- Sharda Institute of Medical Science and Greater Noida Institute of Medical Science, on 23rd of September with lectures delivered online before the workshop itself leaving more time for actual hands on during the workshop.

3. Scientific Sessions, Posters and Paper presentations were conducted simultaneously in 04 different halls- similar to National conferences and A First for the state conference.
4. More than 150 delegates registered for the workshop and more than 400 delegates registered for the conference making it another record.
5. For the first time separate presentation area was used outside the scientific halls to felicitate the speakers and chairpersons which saved crucial time.
6. More than 50 deliberations, panel discussion, and pro-con were held in 22 scientific sessions and around 150 posters and papers were presented during the conference.



The conference was appreciated extensively by all the faculty members, delegates and State and National office bearers in terms of the scientific content, number of the sessions, punctuality, time management, quality of the speakers, hall arrangement and food quality. The souvenirs in the form of statue of Gautam Buddha and cultural programs garnered admiration as well.

It was indeed a treat for ISA GB Nagar branch for having ISA National Hon. Secretary Dr Naveen Malhotra to present a session in this Annual UP State Conference on the Topic HOW I DO IT? How to be ISA Secretary. Having this topic from the horses mouth itself was indeed a boon for our branch.

Another key highlight of the event was presence of National office bearers in large numbers, including ISA National President-Dr Venkatagiri, ISA National Vice President-Dr Anjali Bhure, ISA National Hon. Secretary- Dr Naveen Malhotra, ISA National Treasurer- Dr Virendra Sharma and 04 GC members. President Elect, ISA National could not attend because of the health emergency.

In the General Body Meeting, it was decided that Dr Kapil Singhal was chosen as the VICE PRESIDENT of ISA UP State ,2023 which was in icing on the cake for the whole branch of ISA G.B Nagar.



Inauguration Ceremony was held during the evening hours, it was graced by the presence of more than 250 delegate and dignitaries. Deserved candidates were awarded with the awards for which all of us wait throughout the year, one being PROF. PK SINGH YOUNG ANAESTHESIOLOGISTS AWARD bagged by Dr Ankur Khandelwal of AIIMS GUHAWATI. Prof ANIL AGARWAL BEST RESEARCHER AWARD was given to Dr SOHAN of Tata Memorial Hospital, MUMBAI. Lifetime achievement award was given to Dr Aditya Kumar , Consultant Neuroanesthetist from Agra. It was followed by cultural programs and gala dinner which was attended by more than 500 members and families.



Conference ended on 25th September afternoon after valedictory ceremony by ISA UP State President and Hon secretary. To bid for the 45th Annual Conference UP State to be held in 2023 was a challenge for the rest of the branches as our city branch had set such a benchmark that it was real challenge for others to reach that level. Still Lucknow, Kanpur and Mathura bid for it and Kanpur won the bid.

The conference gave cherishable moments to delegates and organisers alike, and renewed a sense of camaraderie amongst us. It has left memories to cherish in each and everyone's mind and heart who were involved in organisation in whatever capacity.

Foundation Day celebrations and Annual CME

Foundation day of ISA GB Nagar was held on 30th July 2023 by ISA GB Nagar in the Auditorium of Kailash hospital & Neuro Institute under the able organization of Dr Subrat Dam(Chairman) & Dr Deepak Krishna(Organizing Secretary) and the guidance of office bearers of ISA Noida GB Nagar. Dr Srikant Sharma - Director Kailash Institute of Neuroscience graced the occasion as Chief Guest. Two GC ISA National - Dr Rajeev Gupta and Bharat Bhushan were Guest of Honours. The theme of the CME was: Impact, Excellence & beyond in the city of GB Nagar. Dr S S Singh Bajwa , Hon Secretary ISA National and Dr Naveen Malhotra Past Hon Secretary ISA National blessed the branch by means of their Video Messages.

- 1. The Academic program was divided into four session**
- 2. Impact of modern Anaesthesia practices**
- 3. Impact of excellence in Regional Anaesthesia**
- 4. Beyond the operation theatre & environmental impact of anaesthetic agents**
- 5. Miscellaneous topics in Anaesthesia**

The above sessions, lasting 80 minutes each, were followed by an interesting open house panel discussion on the problems pertaining to private practitioners in the city of Gautam Budh Nagar. The session was attended by almost 100 delegates; the faculty was chosen from different hospitals comprising of younger generation anaesthesiologists while all the sessions were chaired by esteemed senior anaesthesiologists. Highlight of academic sessions was a Panel Discussion on Private Practitioner Challenges which saw a very enthusiastic participation from the whole gathering. The event was followed in the evening by a cultural get together at golf course club followed by dinner.



ISA Noida GBN has won quite a few awards in its short tenure.

ISACON2021 Ahmedabad

- Award for best new branch
- 2nd prize in COLS activity



ISACON2022 Shillong

- Award for best branch
- 2nd prize in COLS activity
- 2nd prize in public awareness
- Dr Kapil Singhal, President ISA Noida GBN, won the National ISA diligent award



UPISACON2023 Kanpur

- Award for best branch
- Dr Ankita Sharma, Consultant Anaesthesiologist, Apollo Hospital Noida, won the 1st prize in city branch session



ISA IPL BHIMTAL 2023

ISA Noida GBN Branch participated in ISA sponsored CME and cricket league organised by Bareilly ISA Branch from 13th-14th May 2023 @ Bhimtal. A team of 11 members were sent including 1 female player and 1 child player as per the rules and regulations laid down by the organising committee. The team comprised of Dr Kapil Singhal (Captain) , Dr Mukul Kr Jain (Vice Captain) , Dr Prasantha , Dr Rahul Singh , Dr Vishvendu , Dr Abhishek Deswal , Dr Deepak Gupta, Dr Vikrant Sujjan , Dr Ankita Sharma and Dr Bhuvna Ahuja(being female players) and Ms Ishita (child player).

Our team the 'NOIDA TIGERS' emerged as real TIGERS by not only winning the opening match against Mathura but also by winning the trophy. We were the joint winners of ISAPL - 2 along with Lucknow due to paucity of time. The man of the Tournament was also from our team, bagged by Dr Abhishek Deswal. It was indeed a collective victory. This proves our city branch is not only good in academics but we are stars in Sports/ Culture activities too.



External oblique intercostal plane block : a novel technique for upper abdominal surgeries

~ Dr Shipra Singh, Consultant (Jaypee Hospital, Noida)

Introduction

Amongst the various fascial plane blocks, only a few, such as subcostal Transversus Abdominis Plane (TAP) and erector spinae block (ESP) can be used for upper abdominal surgeries. Subcostal TAP may not be 100% effective in upper abdominal surgeries, while patient positioning is difficult for ESP. Epidural block, though gold standard, has its limitations in patients on anticoagulants or with haemodynamic instability. Hence comes the role of external oblique intercostal (EOI) plane block, first described by Hamilton et al in 2019¹ which is relatively easy to perform and provides good analgesia for upper abdominal surgeries.

Anatomy

The external oblique is a thin, broad muscle that originates from lower 8 ribs runs inferomedially to insert into linea semilunaris. It extends anteriorly from the midclavicular line, forms an aponeurosis and becomes part of the anterior rectus sheath. Above the costal margin its posterior sheath is deficient, and the muscle epimysium lies directly on the costal cartilages with an intervening layer of fatty tissue. This provides a potential path for diffusion of local anaesthetic.

The upper abdominal wall is innervated by the ventral rami of spinal nerves T6 – T10. As these nerves course to the midline, they give off two key branches – the lateral cutaneous and anterior cutaneous branches of the intercostal nerves, which run within specific fascial planes. The EOI plane block targets both these branches with a single injection.

Technique

With the patient in supine position, a linear ultrasound transducer is placed in sagittal plane between the midclavicular and anterior axillary line at the level of sixth rib.

The latter is identified by either identifying the tenth rib at the lower costal margin and then counting upwards, or by identifying seventh rib at the xiphoid process and then moving one rib up. The transducer is then rotated slightly to obtain a paramedian sagittal oblique view, 1-2 cm medial to anterior axillary line to identify subcutaneous tissue, external oblique muscle, intercostal muscles, pleura and lung.

The needle trajectory is superomedial to inferolateral through external oblique muscle. The drug is deposited in the plane between external oblique and intercostal muscles between sixth and seventh ribs to obtain hydrodissection between the layers (figures 1,2). 15-20 mL of 0.25% Bupivacaine or 0.2% Ropivacaine suffices for each side. A catheter may be placed to provide prolonged analgesia.

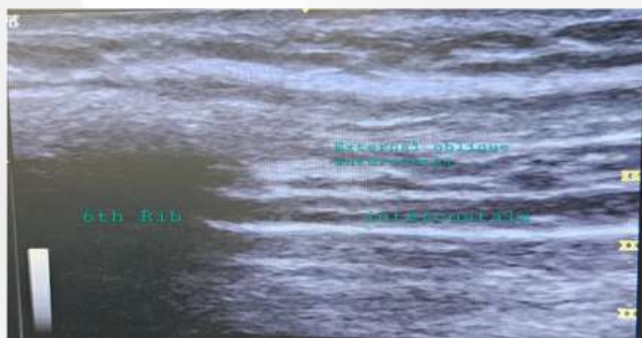


Figure 1. USG anatomy of external oblique muscle

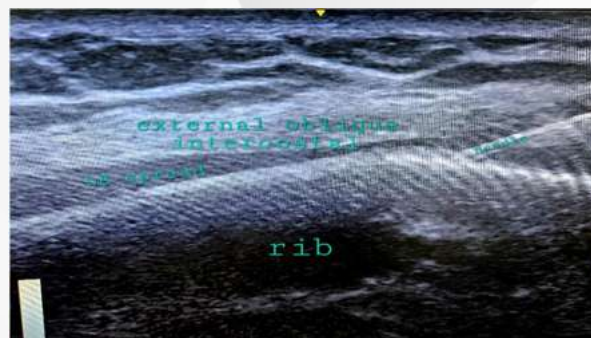


Figure 2. Local anaesthetic spread seen over 6th rib

Indications

EOI can be used for open and laparoscopic liver resections, renal, colorectal, gall bladder, pancreatic and bariatric surgeries.

Advantages

The landmarks of EOI are easily identifiable in sonography. It can be done easily in supine patients.

Needle or catheter insertion point is away from the surgical incision; hence chances of infection are lesser.

It is a superficial block so can be used in patients on anticoagulation. It may provide improved pain scores and opioid-sparing effects as compared to ESP due to its coverage of anterior and lateral cutaneous nerves². Its analgesia is superior to TAP block (which often spares the lateral cutaneous branches), the rectus sheath block (which is limited to midline incisions) and rhomboid intercostal subserratus plane (which unreliably blocks anterior cutaneous branches).

Limitations

EOI plane block lacks visceral coverage and its infraumbilical analgesic cover is questionable. This block needs further validation from large randomised control trials.

Conclusion

EOI is a promising block for upper abdominal wall analgesia, that is not completely covered by previously described fascial plane blocks. It is simple to perform and can be done even on patients taking anticoagulants.

References

1. Hamilton DL, Manickam BP. Is a thoracic fascial plane block the answer to upper abdominal wall analgesia? *Reg Anesth Pain Med* 2018;43:891-2. <https://doi.org/10.1097/AAP.0000000000000838>
2. Elsharkawy H, Kolli S, Soliman LM, et al. The external oblique intercostal block: anatomic evaluation and case series. *Pain Med* 2021;22:2436-42. <https://doi.org/10.1093/pm/pnab296>

Blood conservation strategy in a coombs positive patient undergoing minimal access mitral valve replacement ~ Dr Prashanta Borthakur, Senior Consultant & Head Cardiac Anaesthesia, Metro Heart Institute

Blood conservation in cardiac surgery is crucial for several reasons:

- 1. Reduced Risk of Complications**
- 2. Shorter Hospital Stays**
- 3. Improved Outcomes**
- 4. Resource Utilization**
- 5. Cost-Efficiency**
- 6. Enhanced Long-Term Health**
- 7. Ethical Considerations**

Overall, blood conservation in cardiac surgery not only improves patient outcomes but also contributes to more efficient healthcare delivery and resource allocation. Therefore I present one such case which required conservation strategies to overcome a pathological condition.

The case is a 24 yr. old who presented with Breathlessness on exertion and on further evaluation was diagnosed as

- Rheumatic heart disease with
- Severe Mitral stenosis
- Mean gradient-22mmhg
- Mitral Valvular area of 0.7 square cm.
- Severe Tricuspid Regurgitation
- NYHA II
- normal LV function

The patient was posted for minimally invasive mitral valve replacement Surgery.

- Routine blood investigations were found to be normal.
- Grouping & crossmatching revealed abnormal clumping of red blood cells leading to a direct coombs test being done which turns out to be positive.
- This was red flagged by our in-charge Transfusion Medicine specialist Dr Ankita.

What is cold Agglutinin disease?

Cold Agglutinin disease (CAD) is a rare type of Autoimmune haemolytic anaemia

characterised by the presence of high concentration of circulating cold sensitive antibodies. So this patient posted for major cardiac surgery having auto-antibodies to red cells, was at risk of suffering a life threatening acute haemolytic anaemia triggered by transfusions or on cooling of the patient.

A Team meeting was held with all the stakeholders—surgeons, critical care team, perfusion team, nursing staff and support staff

Our Aim for Safe conduct of Surgery was to prevent haemolysis triggered by

- Allogenic Blood transfusion &
- Low temperatures.

A 5-pronged strategy was devised

1. Hypotensive Anaesthesia
2. Acute Normovolaemic Haemodilution
3. Meticulous Haemostasis
4. Retrograde Autologous Blood Prime
5. Drift cooling

In Drift cooling

- Patients undergoing MVR surgery would be cooled to 32 degrees celsius on the pump to prevent the metabolic side effects of cardioplegia and extracorporeal circulation
- Temperature was maintained to drift up to 34 degrees to prevent metabolic effects of cardioplegic arrest
- High dose Steroid Therapy with Prednisolone & Hydrocortisone

In Retrograde Autologous Blood Prime

- Normally a heart lung machine circuit tubing contains about 500 -1000 ml of dead space and has to be primed
- Priming is done with a crystalloid or colloid
- The tubing length is reduced and autologous blood from the aorta is used to prime the pump thus preventing haemodilution

- Sensitising the surgical team is an important aspect of the exercise
- A pump sucker is used rather than a wall sucker

Acute Normovolemic Haemodilution (ANH) by drawing about 400 ml of the patients (Autologous) blood shortly after induction of Anaesthesia and simultaneously replacing it with a cell free fluid (Colloid solution) in a ratio of 1:1. Hypotensive anaesthesia was provided to can contribute to a reduction in overall blood loss targeting systolic pressures of 80-90 mmHg and the MAP of 60-65 mmHg

Review of Anaesthesia Medication: the following were used during the case

- Volatile Anaesthetic Agents
- Propofol
- Fentanyl
- Pre-med: Fentanyl 2mcg/kg body weight
- Induction: Propofol 2 mg/kg followed by an infusion of 1-4 mg/kg/hour
- Nitrates
- Muscle Relaxant: Infusion of Atracurium and Midazolam and Fentanyl infusion
- NTG infusion
- On Pump: methylprednisolone, hydrocortisone, frusemide
- Beta adrenoceptor antagonists
- Calcium Channel blockers

Monitoring

- 12 Lead ECG,
- Spo2 pulse oximetry
- Cardiac Output
- ABG target haematocrit of 30
- EtCO2 end tidal carbon dioxide
- Pulmonary arterial pressure trace,
- CVP central venous pressure 6-7mmHg
- TEE transesophageal echocardiography
- Temperature

Outcome

No blood products were transfused during the surgery. The patient was shifted to the ICU in a stable hemodynamic state. His ICU Stay was uneventful and he was extubated the next morning after ensuring that there was no drainage. The patient was shifted to the ward on day 2 and ultimately discharged home on Day 9.

Cold Agglutinin Disease And Autologous Blood Transfusion ~ Dr Ankita Agarwal, Head of Transfusion Medicine, Metro Hospital

Cold Agglutinin Disease (CAD):

- CAD is a rare autoimmune disease characterized by the presence of antibodies (usually IgM) that react at temperatures below 30 degrees Celsius, leading to red blood cell agglutination and haemolytic anemia.
- It accounts for 15% of patients with Autoimmune Haemolytic Anaemia and can be idiopathic (10%) or secondary (90%).
- Secondary causes can include infections like Mycoplasma infection, infectious mononucleosis, and lymphoproliferative disorders.

Laboratory Diagnosis of CAD:

- Spontaneous agglutination occurs when the blood sample is collected in an EDTA tube at room temperature .
- Laboratory tests include complete blood count(decreased RBC count), blood smear, biochemical tests (increased serum Bilirubin and LDH, decreased Haptoglobin).
- Direct Antiglobulin Test (DAT) shows >90% positivity for complement component C3d only and antibody is usually IgM.
- Thermal amplitude study assesses the reactivity of antibodies present in serum or plasma. Reactivity at > 30 degrees centigrade is clinically significant.
- Cold agglutinin titers over 1000 at 4 degrees centigrade are clinically significant.

Transfusion in Cold AIHA:

- Transfusions should be ABO/Rh-compatible, and underlying alloantibodies should be ruled out and if present corresponding antigen negative units are to be given.
- A blood warmer should be used to keep the patient warm during transfusion.

Types of Blood Transfusion:

- Autologous Blood Transfusion (ABT) involves reinfusion of a patient's own blood products.
- Allogeneic/Homologous Blood Transfusion involves transfusing blood from a donor to a recipient.

ABT:

- A patient weighing > 50 Kg, having HB > 11 gm/dl, and Hct > 33% can donate 450 ml of blood safely.
- ABT can avoid acute haemolytic reactions, allergic reactions, febrile reactions, immunosuppressive effects, and disease transmission associated with allogeneic transfusion.
- It provides fresh blood for transfusion.
- A history of Hepatitis B or AIDS is not a contraindication for ABT.

Types of ABT:

1. Pre-operative Blood Donation (POBD):

- Pre-donation is usually done 4-5 weeks before surgery, one donation per week depending on the units required.
- Blood can be stored for 35 days if collected in a CPDA-1 blood bag.
- Complications can include volume overload or sepsis.

2. Acute Normovolemic Hemodilution (ANH):

- Blood is removed from the patient before or after anaesthesia and replaced with fluids.
- No pre-donation is done. The lost volume is replaced by crystalloids (1:3) and colloids (1:1).
- Blood collected depends on the patient's estimated blood volume, pre-operative Hct and lowest Hct desired (Hct is lowered to about 20% in ANH). The collected blood can be stored at room temperature for up to 4 hours or at 2-6 degrees for up to 24 hours.
- Suitable for emergency surgeries and quite indicated in cardiovascular and joint replacement surgeries.
- It provides fresh whole blood for transfusion. It does not cause any biochemical alterations associated with storage. Hemodilution decreases blood viscosity which improves tissue perfusion.
- Contraindicated in patients with Hb < 11 gm/dl, renal impairment, pulmonary disease, coagulation factor deficiencies, or bacteremia.

3. Intra and Post-operative Blood Salvaging:

- Blood is collected from the operative field and draining sites, processed, and reinfused.
- Hct of processed blood is 50–60%, and it has good oxygen transport properties.
- Contraindicated in cases of malignancy and infections.
- Complications include air embolism, sepsis, or DIC.
- Suitable in cases of significant blood loss or rare blood groups, and in elective and emergency surgeries.

It is contraindicated in

- patients with Hb < 11 gm/dl
- patients with renal impairment
- patients with pulmonary disease.
- patients with pre-operative deficiencies of coagulation factors
- bacteremia

INTRA AND POST OP BLOOD SALVAGING

Under this process, special equipment is used to collect the blood from the operative field and draining sites. The recovered blood is then mixed with anticoagulant and is collected in a reservoir with a filter. The filtered blood is washed with saline & suspended RBCs in the saline are pumped into a re-infusion bag.

Advantages

- Hct of processed blood is 50–60%
- Oxygen transport properties
- Survival of RBCs are equal or superior to stored allogeneic blood
- pH of salvaged blood is alkaline

It is contraindicated in

- Malignancy
- Infections

It is suggested in cases where blood loss is > 20% or the patient has a rare blood group. This is also suggested in case of elective and emergency surgeries.

Anaesthesia, Climate Change, & the Anaesthetist—the interlink and the need to change our practice

~ Dr Priyankar Sarkar,

Simple perspective

One hour of anaesthesia with desflurane is equal to driving 450–750 kilometres in a motor car, with sevoflurane 30 kilometres and with isoflurane 30–60 kilometres. So an anaesthetist using desflurane for one hour has contributed to emissions equivalent to driving a car to Bhopal or Gorakhpur while another anaesthetist using sevoflurane has driven only from Noida to Gurgaon.

Effect of different volatile anaesthetics on Earth's climate

An atmospheric gas becomes a greenhouse gas (GHG) by absorbing and reflecting infrared radiation that would otherwise escape into space. GHGs contribute to the warming of the Earth's troposphere and surface and hence to climate change.

Volatile anaesthetics (VAs) used to induce/ maintain general anaesthesia, including nitrous oxide, are potent GHGs.

The most commonly used metric to measure environmental impact of GHGs is global warming potential GWP. GWP calculates how much heat a GHG/VA traps in the earth's atmosphere over a time period of 100 years compared with a reference gas which is universally taken as carbon dioxide (Kyoto Protocol).

From table 1, it can be inferred that GWP of desflurane at 20 years and 50 years is much higher compared to sevoflurane and isoflurane.

	GWP @ 1 year	GWP @ 20 years	GWP @50 years	GWP@100 years
Isoflurane	6600	1795	847	490
Sevoflurane	4284	795	374	216
Desflurane	8526	5513	3047	1778
Nitrous Oxide	210	263	275	264

Table 1: GWPs of commonly used volatile anaesthetic agents

Carbon dioxide equivalency (CDE) reflecting clinical use of inhalational agents at 0.5 L/min fresh gas flow is a better metric.

Table 2 shows CDE of N₂O surpasses isoflurane and sevoflurane after 10 years and keeps on increasing. N₂O has an atmospheric lifetime of 114 years, much higher than other VAs, behaving like a stock pollutant thereby elevating its CDE, despite having a lower GWP. CDE of desflurane is 17 times and 20 times that of sevoflurane at 20 years and 100 years respectively. Hence both desflurane and nitrous oxide are bad for the environment.

	CDE @1 year	CDE @ 20 years	CDE @ 50 years	CDE @ 100 years
Isoflurane	18267	4969	2346	1356
Sevoflurane	21429	3979	1872	1082
Desflurane	107452	69490	38407	22419
Nitrous oxide	7625	9576	10011	9615

Table 2: carbon dioxide equivalent of commonly used volatile anesthetic agents

Desflurane will be decommissioned for use by NHS England in early 2024 and by the European Union from Jan 2026⁶.

Reducing carbon footprint when using VAs

1. Use desflurane and N₂O only in clinically indicated cases
 2. Avoid using both of them together
 3. Wherever possible use low FGFs
 4. Monitor MAC thereby avoiding using high concentration of VAs
 5. Maintain anaesthesia with total intravenous anaesthesia (TIVA) instead of VAs
- Get case done under regional anaesthesia (RA), with or without sedation

TIVA: a viable alternative

Using sevoflurane instead of desflurane decreases CO₂e, however use of TIVA or RA drastically cuts down on carbon footprint of OTs. RA has a CO₂e 5-30 times less than for propofol TIVA which in turn has a CO₂e 1.5-40 times less than for inhalational anaesthetic. So carbon footprint of

VAs >> propofol TIVA > RA

Most of us do not have access to programmed syringe pumps used to deliver TIVA. Similarly many anaesthetists do not have access to gas monitoring while using VAs. So it is our mindset which is holding us back from making TIVA and RA the cornerstone of our practice.

WFSA statement

WHO has declared climate change the most significant threat to human health in the 21st century. World federation of Societies of Anaesthesiologists (WFSA), of which India is a founder member, issued a consensus statement in November 2021 urging anaesthetists around the world to reduce the impact of the profession on climate.

Why should we make the change?

Effects of climate change are all around us. Some glaring ones

- Melting of polar ice caps in Antarctica and Arctic regions
- Disappearance of glaciers—"funeral" march held for Okjokull glacier in Iceland and Pizol glacier in Switzerland
- Wildfires in Amazon rainforest, Australia (2020), Greece (2023), Canada (2023)
- Intense rainfall and floods in several parts of India—Madhya Pradesh, Maharashtra, Himachal Pradesh etc

Anaesthetists should be far sighted and look to adapt to a new climate sensitive world. Though the contribution of our speciality to climate change is small, it is not insignificant. I would request every member to make themselves more aware on this topic and if convinced, make suitable changes in their anaesthesia practice.

For references, complete write up, scientific evidence and powerpoint presentations on the subject please check the website of ISA GBN.

COLS Activities

Compression only life support (COLS) emphasises giving uninterrupted high-quality chest compressions to persons with suspected cardiac arrest in “outside the hospital” scenarios.



September 2022

Venue: Metro Hospital Noida



April 2023

Venue: Metro Hospital Noida



May 2023

Venue: Metro Hospital Noida



July 2023

Venue: PGICH Noida

July 2023
Venue: GIMS



July 2023
Venue: Cloud 9 Hospital,
Noida



July 2023
Venue: ESI Hospital



September 2023
Venue: Metro Hospitals and
Heart Institute



COLS for Delhi half marathon,
Metro Hospital Noida

BCLS Activities

Basic Cardiac life support training in Noida GBN



July 2021

Venue: Metro Hospital, Noida

March 2022
Venue: Metro Hospital Noida



October 2022

Venue: Metro Hospital Noida

May 2023
Venue: GIMS, Greater Noida



September 2023

Venue: GIMS, Greater Noida

October 2023

PGICH, Noida

November 2023

Jaypee Hospital / Fortis Hospital

December 2023

Metro Hospital, Noida

February 2024

IAPA 2024 by PGICH, Noida with IAPA UP

IAPA - 2024

15th Annual National Conference of Indian Association of Paediatric Anaesthesiologists

Early Bird Registrations till

15TH

October 2023

"Paediatric Anaesthesia: From a Subspecialty to a Superspecialty"

Organised by Postgraduate Institute of Child Health (PGICH), Noida with IAPA UP

DATE - 9th - 11th February 2024
VENUE - Hotel Crowne Plaza, Mayur Vihar, Delhi- 110091

Pre-Conference Workshops

- Paediatric Airway
- Regional Blocks
- Simulation
- Paediatric Ventilation
- Hemodynamic Monitoring
- Research Methodology

40 seats each (First come First serve basis)
Workshop Registration Fee - Rs 2,500/-

Category	Early Bird (13/09/2023 to 15/10/2023)			Regular (16/10/2023 to 30/11/2023)	Late (01/12/2023 to 31/01/2024)	Spot (01/02/2024 to 9/02/2024)
	Without Accommodation	With Accommodation* (9th-11th Feb 2024)	With Accommodation* (8th-11th Feb 2024)	Without Accommodation	Without Accommodation	Without Accommodation
IAPA Member	₹ 11,000	₹ 22,000	₹ 27,500	₹ 12,000	₹ 14,000	₹ 18,000
Non - IAPA Member	₹ 13,000	₹ 24,000	₹ 29,500	₹ 14,000	₹ 16,500	₹ 20,000
PG Student / IAPA Trainee	₹ 8,500	₹ 19,500	₹ 25,000	₹ 9,500	₹ 12,000	₹ 14,000
Accompanying Person	₹ 8,500	₹ 19,500	₹ 25,000	₹ 9,500	₹ 9,500	₹ 9,500
International Delegate	US\$ 350	US\$ 480	US\$ 550	US\$ 400	US\$ 450	US\$ 500
International Accompanying person	US\$ 300	US\$ 440	US\$ 510	US\$ 300	US\$ 400	US\$ 450

Accommodation at Hotel Crowne Plaza (On Twin Sharing Basis).
Limited Seats on First come First serve Basis

For more details on Registration, Workshops, Accommodation, etc., please visit our website www.iapa2024noida.com

Dr Mukul K Jain
Organising Chairman

Dr Poonam Motiani
Organising Secretary

PATRON: Prof A. K Singh (Director, PGICH)

IAPA NATIONAL TEAM:

- Dr Neerja Bhardwaj (President)
- Dr Nandini Malay Dave (Vice President)
- Dr Aavula Muralidhar (Secretary)
- Dr Dinesh K Gunasekaran (Treasurer)

ORGANISING CO-SECRETARY:

- Dr Premraj Singh
- Dr Kapil Singhal

Secretariat Office: Dept. of Paediatric Anaesthesia, 2nd Floor, Postgraduate Institute of Child Health (PGICH), Noida | **Email:** anaesthesia.ssph@gmail.com | **Phone:** +91 9810952715 ; +91 9971588623

सदी जो बीसवीं बीती

बने प्रोटोकॉल और नीति,
सुरक्षित सर्जरी जीती!

सुरक्षित तन,
सुखी हुआ मन,
हमारा प्रण,
प्रयासों के मेवा की,
वह तर गया, जिसने सेवा की!

डिजिटल क्रांति का भरती दंभ,
इक्कीसवीं सदी हुई प्रारंभ!
OT से बाहर निकल आए,
निश्चेतक पंख फैलाए,
चहुँ और पाँव जमाए !

तभी विषाणु उड़ आए,
महामारी बन कर छाए,
निश्चेतक योद्धा बन आए,
सदां अग्रिम पंक्ति पाए !

जमा कर जड़ें,
हैं सबसे बड़े,
रहेंगे खड़े!

न चिंता रोटी कलेवा की,
वह तर गया जिसने सेवा की!

जय हो! निश्चेतन देवा की,
वह तर गया जिसने सेवा की!

जय हो! निश्चेतन देवा की,
वह तर गया जिसने सेवा की!

Dr Ankita Sharma
Consultant
Anaesthesiologist
Apollo Hospital Noida



Paediatric anaesthesiologist's Perspective ~ Dr Poonam Motiani

In the realm of dreams, where innocence lies,
A paediatric heart, a tender sunrise.
With hands that cradle, with eyes that see,
I stand as a guardian, strong and free.

Tiny hands, reaching out for mine,
Trusting souls, in a world so fine.
In laughter and tears, in each fleeting smile,
I find my purpose, in every mile.

Whispers of comfort, in soft-spoken words,
In the language of love, where empathy stirs.
I cradle their fears, I ease their dismay,
Guiding them through, come what may.

In the dance of the gurney, we waltz and we sway,
In the operating theater, where dreams find their way.
With the hum of machines and the scent of the air,
I cocoon them in warmth, in my vigilant care.

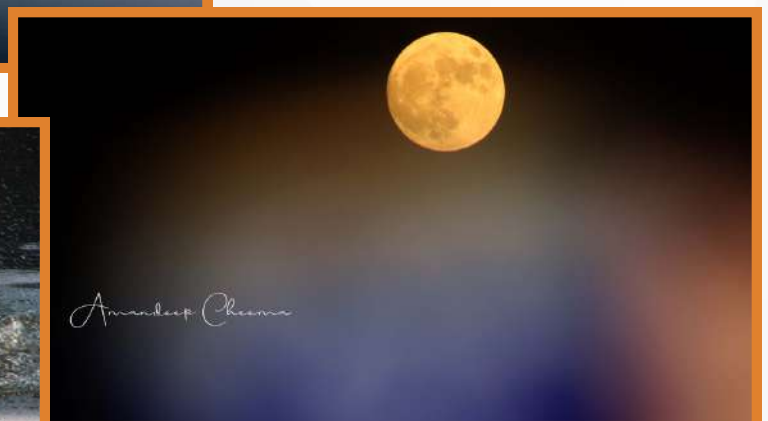
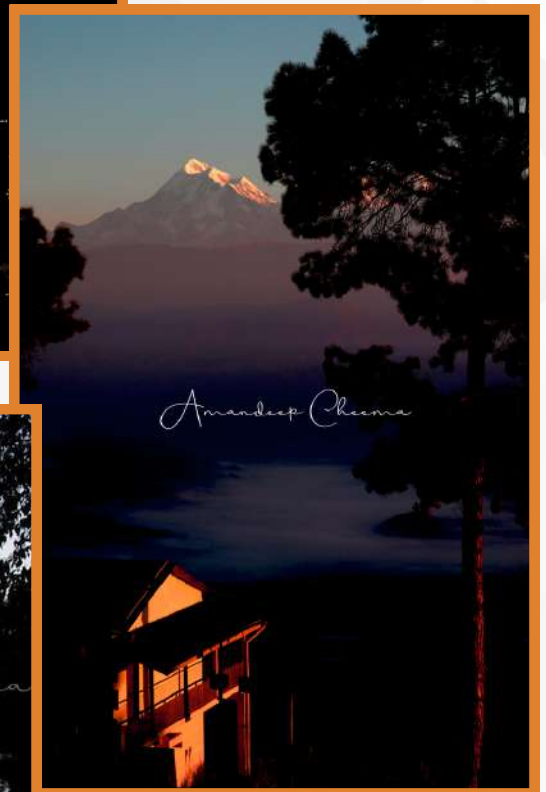
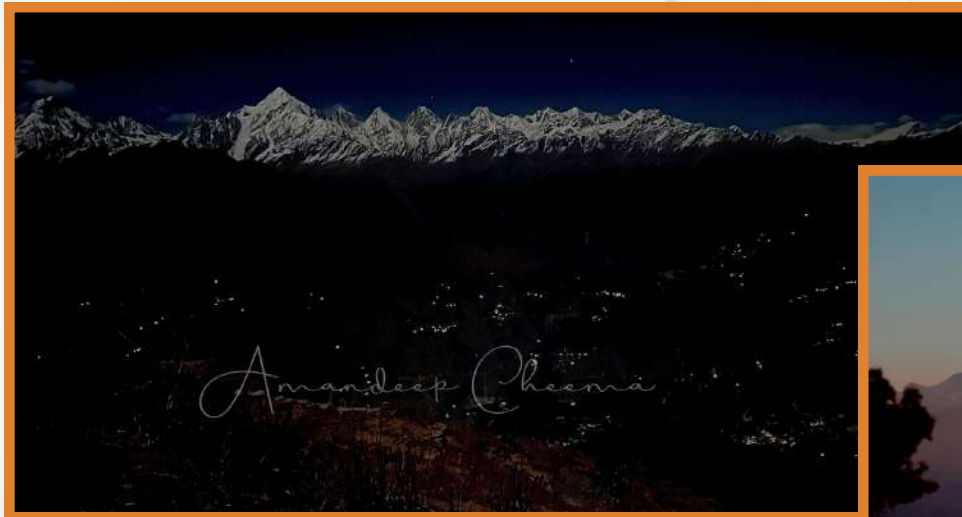
Their breath, a melody, fragile and sweet,
Their laughter, a symphony, pure and complete.
I measure the doses, the delicate art,
Balancing safety with the beat of their heart.

In the depth of their slumber, I watch and I tend,
A steadfast protector, on me they depend.
For every small hero, who faces the unknown,
I'm here by their side, they're never alone.

In the eyes of a child, I find my reflection,
A beacon of hope, a source of direction.
For as long as I stand in this healer's embrace,
I'll carry the love of each young, precious face.



Amazing Photography Skills by Dr. Amandeep Singh Cheema



Volume 1 Issue 1

The Anaesthesia Pulse

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Amandeep Cheema

isanoidagbnagar@gmail.com

www.isanoidagbnagar.com