

# Indian Society of Anaesthesiologists Lucknow Chapter Newsletter 2024

*World Anaesthesia Day is a reminder of the importance of Anaesthesia in our healthcare system. Anaesthesia makes surgery possible and safe for millions of patients each year. We are grateful to the Anaesthesiologists who dedicate their lives to providing this essential service.” – World Health Organization.*

## ISA Lucknow chapter

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President	Dr PK Das
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Dear esteemed members,

Greetings for the festive season! I hope this time brings you wisdom, health, and happiness. I would also like to extend my congratulations to the ISA Lucknow chapter on their newsletter, which covers a wide range of important topics.

In the post-COVID era, we have witnessed an alarming rise in cases of sudden cardiac arrest, affecting not only older individuals but also young and healthy people. This highlights the critical need for everyone, whether medical professionals, paramedics or the general public, to have a basic understanding of basic life support ( BLS). Having the knowledge and skills to perform BLS can save lives, and it is essential to raise awareness about this vital skill.

My team, including members of SGPGI and other institutions, is actively involved in teaching and training people in BLS and advanced cardiac life support (ACLS). We are committed to spreading this knowledge as widely as possible to empower our individuals to care in emergencies.

Another major event this month is UPCZISACON, which will be held in Jhansi. The organizing team is working tirelessly to ensure its success, and I wish them all the best for the Academic events they have planned.

In closing, I encourage you all to stay happy, spread smiles, and continue contributing to our profession and community. Let's make the upcoming years even better without collective efforts

Long live ISA!

Warm regards

Dr Sandeep Sahu

Secretary ISA UP



Dear Seniors , Members and Colleagues,

As President of the Society of Anaesthesia, it is my honour to present this year's report and reflect on the remarkable achievements we have made together. The progress of our society has been possible through the unwavering dedication of our members.

This year, we successfully organized monthly academic meetings at various institutions, providing invaluable learning opportunities, collaboration, and innovation opportunities. I would like to extend my heartfelt gratitude to all the members, especially from Lucknow, whose active participation made these events successful.

I would also like to take this opportunity to congratulate Dr. Virendra Sharma on becoming Vice President of the Indian Society of Anaesthesiologists (ISA). This is a moment of great pride and honour for all anaesthesiologists in Lucknow. Additionally, congratulations to Dr. Ranveer Tyagi from Agra for being appointed President of the Indian Society of Critical Care Medicine (ISCCM). These accomplishments are a source of pride for all anaesthesiologists across our region. As I reach the end of my tenure, I extend my deepest thanks to my colleagues on the executive committee. Your unwavering support and cooperation have been invaluable, and together, we have advanced the work of our society in many ways. It has been a privilege to serve as your president. I look forward to seeing the continued growth and success of the Society of Anesthesia in the years ahead.

Long live ISA!

Warm regards

Prof(Dr) Pravin Kumar Das

President, Society of Anaesthesia, Lucknow chapter



Dear Esteemed Members,

Warm festive greetings to you all! As we approach the end of another remarkable year, it's a perfect moment to reflect on our journey as the ISA Lucknow Chapter. With our seniors' guidance and our members' unwavering commitment, our Lucknow branch has made remarkable progress over time. I want to express my deepest gratitude to our seniors whose wisdom and mentorship have been instrumental in shaping our chapter's success. Their leadership has been invaluable in guiding us through every challenge and ensuring that we continue to grow as individuals and a collective.

Throughout this year, we've organised various educational activities that engaged us with the latest advancements in anaesthesia and critical care. We started the year with a problem-based learning session on labour analgesia, offering an interactive platform for our members. In March, the ISA Central Zone PG Assembly brought together postgraduate students for meaningful discussions and workshops promoting a more profound understanding of the field. Our clinical meets were also highlighted, especially those focused on Thoracic Anaesthesia and airway management, where attendees could explore the latest trends.

We also extended our efforts beyond academics through community outreach. This year, we took our responsibility as healthcare professionals a step further by teaching students basic life support (BLS) at the Government Girls Inter College, spreading vital life-saving knowledge. Additionally, we hosted a quiz competition for paramedics to acknowledge their key role in patient care and to inspire them to enhance their skills.

As in previous years, we presented the Golden Laryngoscope Award for the best PG research paper at KGMU, and we honoured the mentors shaping the future of anaesthesia on Teachers' Day.

I would like to extend my heartfelt thanks to our President, Dr. P.K. Das, whose tenure is coming to an end on October 16th. His contributions to the ISA Lucknow Chapter have been invaluable. He has been consistently active and supportive, particularly in promoting our academic events.

We will also continue to rely on his guidance in the future. I want to express my gratitude to our executive members, Dr. Somnath Longani and Dr. Suraj Chaudhary, for their significant contributions to the success of the ISA Lucknow Chapter. Looking ahead to the upcoming year, I am excited about the opportunities it brings.

I encourage you to stay actively involved in our chapter's activities as we build on our success. Together, we can work toward an even brighter future for anaesthesia care and patient safety. Wishing you and your families a joyous, peaceful, and prosperous festive season!

Long Live ISA!

Warm regards,

Dr. Prem Raj Singh

Secretary, ISA Lucknow Chapter



Dear esteemed readers,

Warm Greetings from the ISA Lucknow chapter! It is an honour and a privilege to present this issue of the newsletter. I seek the blessings and best wishes of all seniors and colleagues. I am happy to present glimpses of all Lucknow ISA chapter academic and non-academic activities on this issue. The ISA Lucknow chapter organized various educational activities to update us on anaesthesia and critical care advancements.

Nowadays, more stress is placed on workforce well-being, which considers multidimensional aspects. The World Federation of Societies of Anesthesiologists (WFSA) highlighted the importance of supporting anaesthesia professionals' mental, emotional, and physical health, which is this year's theme for World Anaesthesia Day. I extend my heartfelt thanks to Dr SS Nath for his valuable contribution to a special article on the same topic. I also deeply thank Dr Tanmay Tiwari for sharing his experience as an organizing secretary for ICACON2024.

This newsletter includes a message from the president and secretary of the ISA Lucknow chapter, two special articles, and academic/nonacademic activities. A section on fun and facts about anaesthesia and a crossword puzzle has also been added. ISA Lucknow chapter invites both academic and nonacademic from all ISA members. Happy reading!

May this festive season bring overall well-being and happiness.

Long Live ISA!

Warm regards,

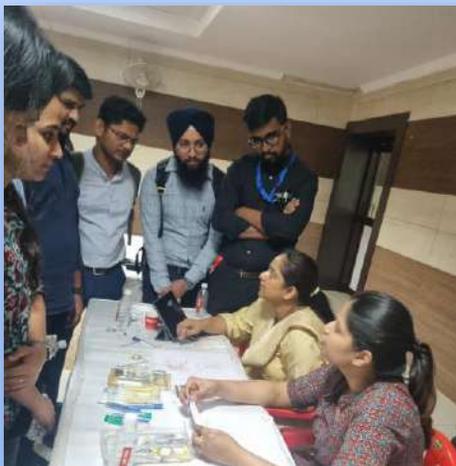
Dr. Indubala Maurya

Editor, ISA Lucknow Chapter

1. ISA Lucknow chapter organized a problem-based learning discussion on labor analgesia at Apollo Medics Hospital, Lucknow, on 12 Jan 2023. The discussion included recent advances in labor analgesia, new practice guidelines on PDPH, and a panel discussion.



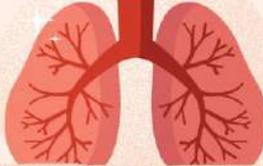
2. ISA sponsored the ISA Central Zone PG Assembly, organised by KGMU in association with the Lucknow ISA chapter, from 12-16 March 2024. It was a practical course that included case presentation, panel discussion, and table viva.



3. The ISA Lucknow chapter Conducted a clinical meeting on Thoracic Anesthesia at KGMU on 12 April 2024. The meeting covered important aspects of thoracic anesthesia, ranging from airway management to postoperative care.



**Clinical Meet of ISA Lucknow Chapter**  
**"Thoracic Anesthesia in Focus: From Basic Principles to Advanced Practices"**



You are cordially invited to attend an informative session at the Department of Anesthesia, K.G.M.U.

Date: Friday, April 12, 2024  
Time: 3:00 p.m.

Prof P. K. Das PRESIDENT	DR PREM RAJ SINGH SECRETARY	DR MANISH SINGH TREASURER
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Vice President: Dr. B. N. Singh  
Editor: Dr. Indu Bala Maurya  
Executive Members  
Dr. Somnath Longani, Dr. Vinod Srivastav,  
Dr. Himanshu, Dr. Zia Arshad, Dr. Suraj Chaudhary

**Scheduled Topics:**

**"Airway Management in Thoracic Surgery"**  
**Dr. Suraj**  
Learn about the complexities and solutions in airway management specific to thoracic surgical procedures.  
3:00-3:25

**"Anesthetic Considerations for Thoracic Surgery"**  
**Dr. Shefali Gautam**  
Delve into the unique considerations and planning needed for anesthesia in thoracic surgeries.  
3:25-3:50

**"Challenges in Pediatric Thoracic Surgery"**  
**Dr. Tapas Singh**  
An insight into the peculiarities and approaches for managing the young ones undergoing thoracic surgeries.  
3:50-4:15

**"Challenges of Cardio-Pulmonary Association in Thoracic Surgery"**  
**Dr. Karan Kaushik**  
Understand the interplay between cardio-pulmonary function and its impact on thoracic anesthesia.  
4:15-4:40

**"Pain Management in Thoracic Surgery"**  
**Dr. Abhishek Rajput**  
Explore innovative pain control strategies post-thoracic surgery for enhanced patient outcomes.  
4:40-5:05 P.M.

**Felicitation**  
**High Tea and Program Concludes**



4. A postgraduate clinical meeting was held at RML Hospital, Lucknow, in association with the ISA Lucknow chapter, on 25 May 2024, which included important exam-oriented case presentations for junior residents,



5. The ISA Chapter organised a clinical meeting titled "Recent Advances in Airway Management: Innovations, Challenges, and Future Directions." This event was planned for September 5th, 2024. On this occasion, ISA Lucknow felicitated esteemed teachers for their unwavering dedication and significant contributions to the field of Anaesthesia.



6. ISA Lucknow chapter successfully conducted the “Golden Laryngoscope Award for the best PG Paper Presentation” at Dr. RMLIMS on 9 September 2024. Sixteen postgraduate residents presented their original papers, and they were evaluated by our esteemed judges, Prof. Dinesh Kaushal, Prof. P.K. Das, Prof. Ashish Kannaujia and Dr. Priyesh.

The ISA Congratulations to the winners:

1. Dr. Shubhi
2. Dr. Vaishali
3. Dr. Esther and Dr. Snehpriya M.

The first-place winner will receive Rs. 5,000 in cash and a certificate. The runners-up will receive certificates during the World Anaesthesia Day celebration on October 16th, 2024.



7. The Lucknow ISA Chapter organised a Quiz competition for nursing and paramedic students on 11 October 2024 at KGMU, Lucknow. The top three winners will be felicitated on World Anaesthesia Day, 16 October 2024. Students from various institutions actively participated. The quiz was coordinated under Dr Aparna Shukla's guidance and Dr Manoj's assistance.

The winners are:

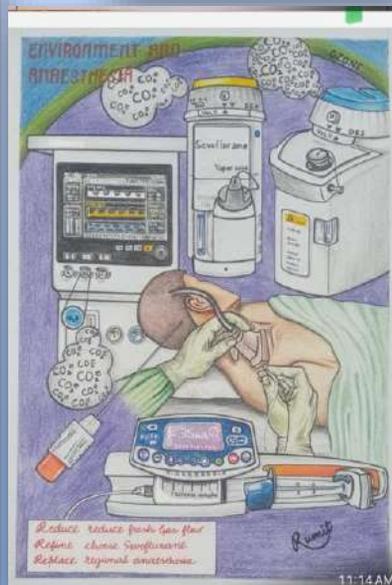
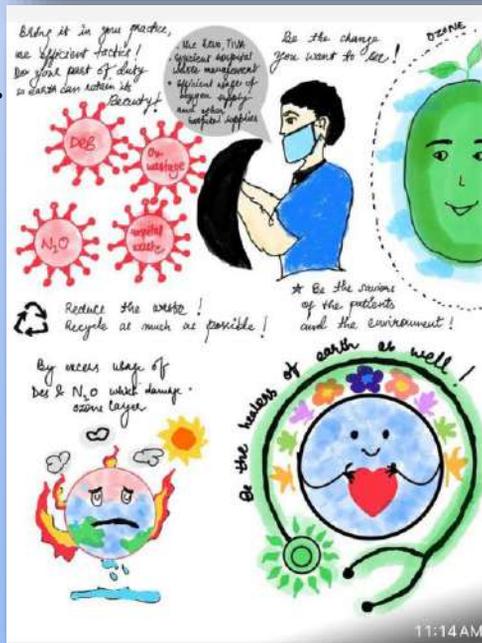
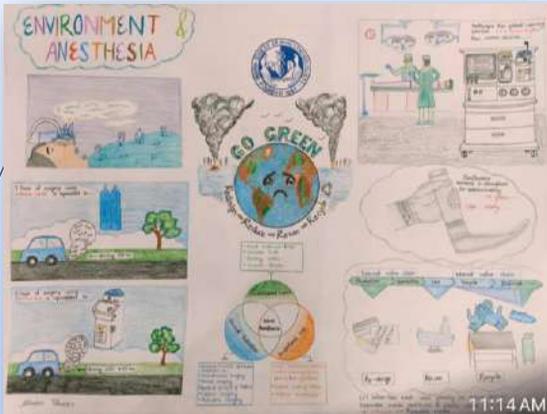
1. Urooj Ahmad (KGMU)
2. Nitesh Mathur (KGMU)
3. Priyanka Shukla (SGPGIMS)
4. Anuj Pathak (SGPGIMS)
5. Jaanvi Yadav (KGMU)
6. Vijaya Shukla (GSVM)



8. The Lucknow ISA Chapter organized a poster competition for resident doctors on the theme of “Anaesthesia and the Environment.” The winners will be felicitated on World Anaesthesia Day, 16 October 2024. The ISA Chapter, Lucknow, saw enthusiastic participation from residents of various institutions.

The top three residents selected by our esteemed judges are:

1. Sonam Pandey - SGPGI
2. Surbhi Negi - KGMU
3. Runit Bhagat—SGPGI



9. The Indian Society of Anaesthesiologists (ISA), Lucknow branch, conducted a Basic Life Support workshop at GGIC. During the event, the ISA Lucknow branch also distributed stationery to the students. A total of 100 students from grades 9 to 12 received hands-on training in CPR and essential life-saving skills.

Dr. Hemlata led the workshop, with assistance from Drs. Sateesh Verma, Manoj Chaurasia, Deepali, Shagun, and Anjana.



### Workforce Well-Being

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Dr Soumya Sankar Nath, Dr RMLIMS, Lucknow



The well-being of the anaesthesia workforce is a critical issue, not only for the healthcare providers themselves but also for the overall quality of patient care. Incidents of suicide and sudden cardiac deaths are common among our colleagues. The World Federation of Society of Anaesthesiologists chose this year's World Anesthesia Day theme as 'Workforce well-being'. Anaesthesiologists work in high-stress environments that demand constant vigilance, precision, and rapid decision-making. Ensuring the well-being of this workforce is essential for maintaining individual and systemic resilience in healthcare settings. There are several reasons as to why anaesthesia workforce well-being has become paramount:

1. *Work Environment Stressors:* The nature of anaesthesia practice is inherently stressful. Anaesthesia providers manage life-threatening situations, monitor vital signs, ensure pain control, and prevent complications during surgeries and other procedures. Furthermore, many anaesthesia professionals work in high-acuity settings like trauma centers, emergency rooms, and intensive care units, where the demands are amplified. Frequent night shifts, long hours, and irregular sleep patterns are common in this field, leading to chronic sleep deprivation. Over time, the physical and cognitive fatigue associated with this can compromise personal well-being and job performance.

2. *Mental Health and Burnout:* Burnout has become a growing concern among anaesthesia professionals with the highest healthcare burnout rates. The chronic exposure to stress, combined with long hours, intense workloads, and little time for recovery, creates an environment where burnout can quickly develop. The symptoms of burnout are often multidimensional, including emotional exhaustion, depersonalization, and a reduced sense of personal accomplishment. These factors affect the individual's mental health and influence the quality of care they provide. Anaesthesia professionals experiencing burnout are more prone to errors, lapses in judgment, and diminished communication skills all of which can lead to patient safety issues.

**3. Substance Abuse:** Substance abuse is a unique and particularly concerning risk within the anaesthesia workforce. Anaesthesia providers have easy access to powerful narcotics and sedatives, and the stress of their job can sometimes lead to misuse of these substances.

I suggest a few key areas where improvement can be made:

- 1. Work-Life Balance:** Anesthesia departments can implement strategies to promote better work-life balance, such as flexible scheduling, adequate time off, and policies that allow for sufficient recovery after long or night shifts.
- 2. Supportive Work Culture:** Building a supportive, non-punitive culture is essential. Open conversations about mental health and burnout should be normalized.
- 3. Mental Health Resources:** Institutions should provide easy access to mental health resources, including confidential counselling services, peer support groups, and employee assistance programs to identify early signs of burnout or depression.
- 4. Resilience Training:** Resilience training and mindfulness programs can provide anaesthesia providers with tools to cope with stress. Encouraging meditation, relaxation techniques, and other self-care methods can improve emotional regulation and reduce the likelihood of burnout.
- 5. Peer Support Networks:** Establishing peer support systems where anaesthesia professionals can share their experiences, challenges, and coping strategies can create a more cohesive and supportive environment.
- 6. Physical Health Promotion:** Encouraging physical activity, proper nutrition, and healthy sleep habits is crucial for physical well-being. Organisations can offer wellness programs that promote these activities or provide incentives for engaging in regular physical activity.
- 7. Organizational Support:** This includes fostering an environment that values employee health and providing resources for mental and physical well-being.

In conclusion, the well-being of the anaesthesia workforce is vital to maintaining high-quality patient care and the health of the professionals themselves. Addressing this workforce's physical, emotional, and mental challenges requires a comprehensive approach combining individual self-care strategies with organizational support systems. The healthcare industry can create a more resilient, compassionate, and effective workforce by prioritizing wellness.

### **Tips to organize a conference: Experience from ICACON 2024**

-Dr Tanmay Tiwari, KGMU, Lucknow



Hard work, meticulous planning, choosing the right vendors, a supportive team, and smart financial planning are some factors that lead to a successful conference. We must be prepared for prolonged hard work, financial stress, and the roller coaster of emotions. Our social life, free time, or family time takes a back seat for at least 6 months before the conference. I am sharing my experience and plans for ICACON2024 as an organizing secretary.

#### *Phase 1 (10-12 months before conference )*

1. **Bid Preparation:** Form a core team with a clear vision to host a grand event and Approach the bidding process with passion and sincerity. Start planning from scratch, covering every aspect to ensure a successful event.
2. **Team Communication:** Allocate tasks to team leaders, setting deadlines and expectations for timely responses.
3. **Workshops:** Ensure workshops are clinically relevant and appealing to participants.
4. **Scientific Agenda:** Recognize that the conference's soul is its scientific agenda, and Assign the task of developing the agenda to a knowledgeable and experienced team to meet audience needs.
5. **Fund Generation:** Open a current account, secure a GST number, and involve a Chartered Accountant to ensure transparent financial management. Set the conference registration fees at an affordable level to encourage participation and Start liaising with industry partners early to secure funds.
6. **3V Strategy (Venue, Vendors, Event Flow):** Secure the venue, finalise vendors, and plan early event flow, and develop a tentative budget and a critical path plan to stay on track.
7. **Website and Outreach:** Launch the conference website and distribute flyers to target audiences.

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8. Secretary and Secretariat: Ensure the secretary and secretariat are efficient, responsive, and collaborative in managing registrations.

*Phase 2 (3-4 months before conference)*

1. Inviting Faculty: Send formal invites to faculty for workshops and conferences at least 90-100 days in advance and Offer complimentary stays for workshop faculty as per policy.
2. Workshop Requirements: Collect instrument requirements from workshop lead faculty and arrange them early to avoid last-minute issues.
3. Backup Faculty: Have local faculty on standby to mitigate last-minute cancellations from out-of-town speakers.
4. Vendor Management: Pay vendors 30-50% advance to ensure readiness and commitment.
5. VIP Invites: Prepare and send out VIP invitations for the formal inauguration.

*Phase 3 (7-10 days before Conference)*

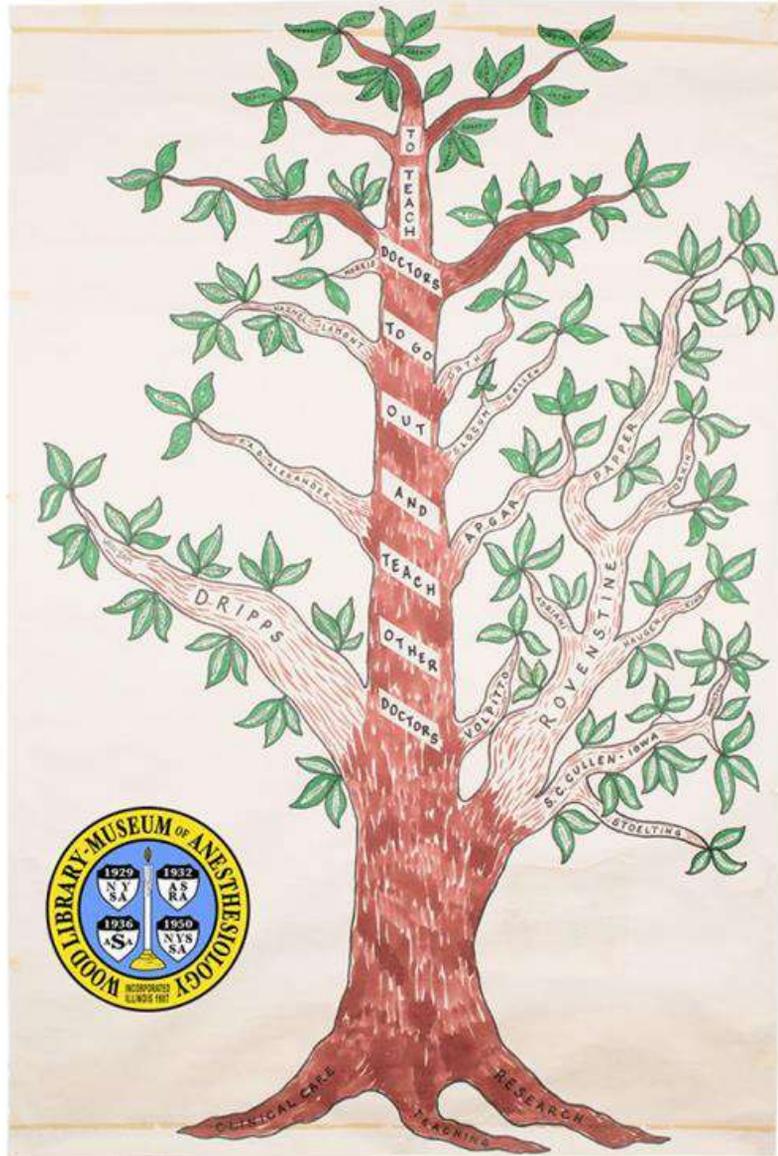
1. Dry Run: Conduct a dry run for both workshops and the main conference to ensure everything is in place.
2. Faculty Arrangements: Confirm faculty itineraries, including their arrival dates and accommodation details.
3. Final Preparations: All teams should be in “ready-to-execute” mode, avoiding complacency as the event nears.

*Phase 4 ( On the day of the conference) – LET’S DO IT MODE: Execution with a Smile:*

In the final execution phase, maintain a problem-solving mindset with a positive attitude.

This approach ensured the successful organization of ICACON 2024, making it a memorable and efficiently run conference!

## The Aqualumni Tree

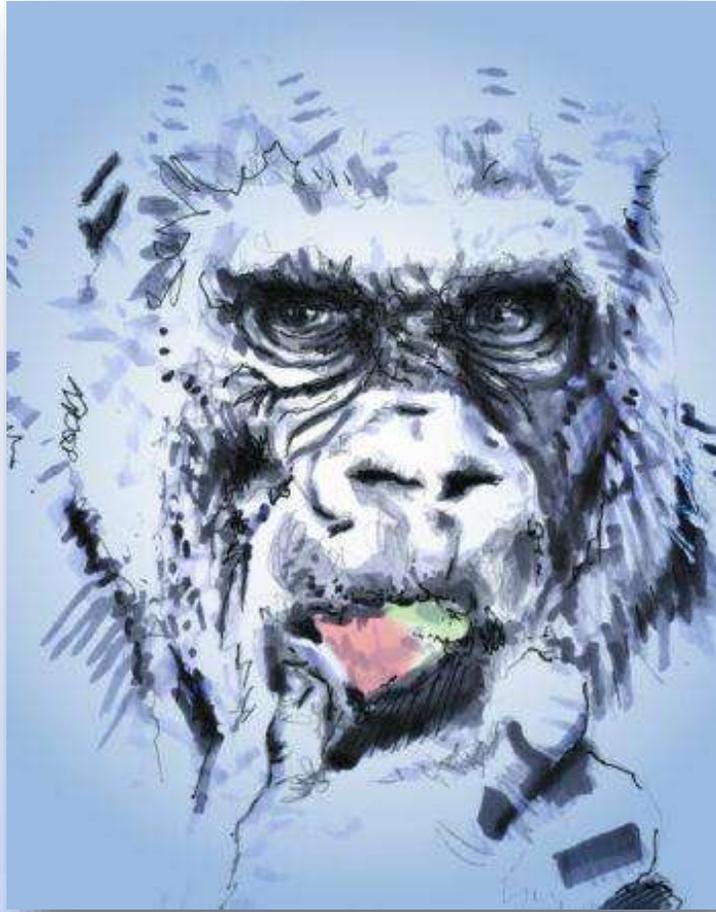


Dr. Ralph M. Waters' (1883-1979) residents called themselves "the Aqualumni". Many became leaders of the speciality, and many started new residency programs. The tradition continued as many of their trainees founded yet more academic programs. This lineage is represented in the "Aqualumni Tree", created by Aqualumnus Dr. Lucien Morris and his wife. Other members of this eminent group: Drs. F. A. D. Alexander, Virginia Apgar, Stuart Cullen, Noel Gillespie, Torsten Gordh, Robert Hingson, Carlos Parsloe, Emory Rovenstine, Ivan Taylor, and Perry Volpitto.

Source: <https://www.woodlibrarymuseum.org/>

### Famous patient in anaesthesia: Jenny the Gorilla

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In 1965, Dr A.H. “Buddy” Giesecke administered anaesthesia to Jenny, a gorilla who needed diagnostic tests. The veterinarian of the Dallas Zoo contacted Giesecke on June 21, 1965. Jenny, Jenny at that time, was 11 years old, 4 ½ feet tall, and 225 lbs, was suspected of having bowel obstruction. The vet wisely predicted that a patient of Jenny’s size and weight should be under general anaesthesia for diagnostic tests and treatment.

Dr. Giesecke’s delivered a talk when he was president of the Southern Society of Anesthesiologists at their Annual Meeting in March, 1972 “A *MOST INTERESTING PATIENT: THE PRESIDENT’S ADDRESS*. He described the anesthetic management and ultimate treatment of “an extremely uncooperative patient.”

Source:

- <https://www.woodlibrarymuseum.org/>
- Dr. Giesecke Anesthetizes a Giant Gorilla . Anesthesiology May 2024, Vol. 140, 990.

## Crossword puzzle

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Search the names of various manoeuvres used in anaesthesia. It contains a total of ten names.

Have fun!

H	E	I	M	L	I	C	H	T	L	K
H	B	T	R	T	K	S	J	I	A	E
I	A	T	O	C	L	H	K	M	R	T
N	I	I	P	C	E	E	L	O	S	Y
T	L	P	H	B	E	T	P	R	O	I
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T	Y	H	H	R	R	Y	I	M	A	A
I	O	A	E	P	O	O	L	K	L	O
D	M	N	K	E	E	P	S	F	E	N
A	H	D	V	A	L	S	A	L	V	A
K	N	Y	G	I	M	E	Y	T	K	Y
S	E	L	L	I	C	K	S	I	A	S

The ISA Lucknow chapter invites articles originally written by ISA members. The articles include interesting case reports, articles on current clinical relevance, interesting clinical photos, etc. Any extracurricular issues of interest to anaesthesiologists are also welcome. We also encourage your comments or feedback.

Happy Festivities!

Warm Regards,  
Dr Indubala Maurya  
Editor, ISA Lucknow chapter  
email: [indubala.maurya@gmail.com](mailto:indubala.maurya@gmail.com)

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Answer for Crossword puzzle:

Recruitment, Bailey, Heimlich, Sellick's, Chandy, BURP, OELM, Larson, MILS, Valsalva