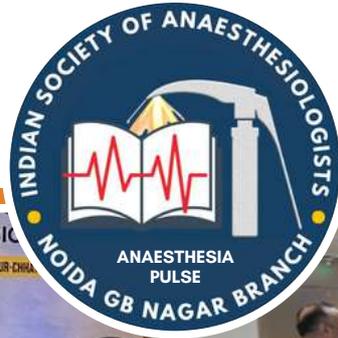


Volume 1 Issue 10 ~ Oct to Dec 2025

The Anaesthesia Pulse

The Official Newsletter of ISA Noida GB Nagar



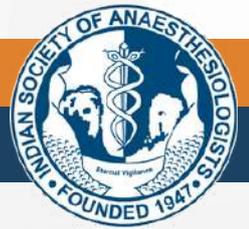
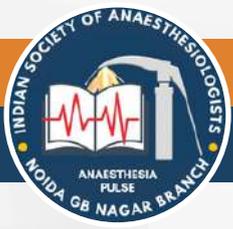


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Dr. Kapil Singhal
(Founder President)



Dr. Mukul Kumar Jain
(Vice President)



Dr. Sonia Mathur
(Hon. Secretary)



Dr. Sameer T. Bolia
(Treasurer)



Dr. Deepak Thapa
(Joint Treasurer)



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- Dr. Ankita Sharma
- Dr. Manish Bharti
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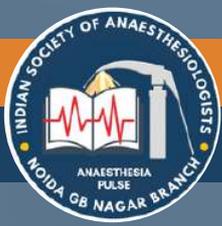
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Message from President ISA Noida GBN



Dr Peeyush Chaudhary

Dear Friends,

I am delighted by another vibrant quarter for our City Branch. Our commitment to academic excellence and community service continues to bear fruit, and I am proud of the collective effort that has made this possible.

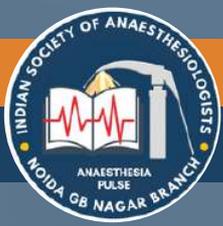
At UPISACON, Lucknow, October 2025, Dr Kapil, Dr. Ankita, and I received Individual Appreciation Awards, and our city branch was honoured with the State Best City Branch Award.

At National ISACON at Raipur, Nov 2025, we secured the Best City Branch Award, the Public Awareness Award, and Dr. Ankita was appreciated with the Young Talent Award. Kapil received the President's Appreciation Award.

In December, we partnered with Sharda University and participated in the International Medical Update Conference at Greater Noida, conducting a CCLS Course and a POCUS workshop. The same month, a successful one-day POCUS workshop was conducted by ISA Noida GBN at Sir Ganga Ram Hospital, New Delhi, under the guidance of Dr. Manish Bharti. Our monthly CMEs were held at ESIC, Neo Hospital, and Cloudnine Hospital, which remains a cornerstone of our educational outreach, keeps our members at the forefront of clinical knowledge.

Thank you to all the organizers, faculty, and participants who made these achievements possible. Let us continue to innovate, learn, and serve the community with dedication. Wishing you all a very happy, healthy and successful New Year 2026.

Dr Peeyush Chaudhary



Message from Hon Secretary ISA Noida GBN



Dr Sonia Mathur

Greetings to all members of ISA Noida GB Nagar

As we step into January 2026, the beginning of a new academic year, I extend my warm wishes to all our members and their families. The New Year brings renewed enthusiasm, fresh ideas, and a strong commitment to academic excellence and professional growth within our fraternity.

The month of January has been planned with a focus on skill enhancement, interdisciplinary collaboration, and continuous medical education. Our branch will be organising monthly academic meetings, interactive CMEs, and hands-on workshops aimed at strengthening both core anaesthesia skills and emerging subspecialty interests. These programs are designed to be practical, evidence-based, and relevant to everyday clinical practice.

We are also encouraging collaborative academic activities with allied specialties such as critical care, internal medicine, and emergency medicine, fostering a multidisciplinary approach to patient care. Resident and young consultant participation remains a priority, and special emphasis will be placed on case-based discussions, simulation, and focused learning modules.

As we move forward, I urge all members to actively participate, share their expertise, and contribute ideas that will further enrich our academic programs. Together, let us make 2026 a year of learning, innovation, and unity for ISA Noida GB Nagar.

Sonia Mathur

Dr Sonia Mathur



Dr. Priyankar Sarkar Editor's note

Greetings of the day and wishing everyone a very Happy New Year 2026!

It is my privilege to bring you the current issue of our newsletter. The Oct-Dec issue is one of the most exciting to compile for it not only includes details of how the most important day in our specialty, World Anaesthesia Day, is celebrated across various hospitals in our district but it also includes details of our award wins at the Uttar Pradesh State anaesthesia conference (47th UPISACON) and those at the national ISACON (72nd ISACON), of which we have made a happy habit. I extend my heartiest congratulation to Dr Kapil Singhal, Dr Peeyush Chaudhary and Dr Ankita Sharma for their individual awards and to every member of our branch who have worked hard to contribute to its success.

ISA Noida GBN was involved in 2 multi-disciplinary conferences—International Medicine Update 2025 at Sharda Hospital and a POCUS workshop held at Sir Gangaram Hospital, New Delhi—which is a notable First for the branch and in which Dr Manish Bharti played a central role. Both events were organised on a big scale, were outstanding successes and left an indelible mark on the minds of the attendees.

Also this issue sees the first Secretarial column from Dr Sonia Mathur, Head of Dept of Anaesthesia and Critical Care, Neo Hospital, Noida. We wish Dr Subrat Dam a healthy and long life as he decides to move on because of health related concerns.

I would request all members to engage wholesomely with the various activities organised by our branch, attend our monthly CMEs which are good hubs for new learning and contribute generously in the form of articles, case reports, extracurricular activities etc to our newsletter.



Dr. Priyankar Sarkar

It was a proud moment for us when our branch picked up a total of 4 awards at the Indian Society of Anaesthesiology National Conference 2025 ISACON held at Raipur. It was a Dhurandhar performance by ISA Noida GBN and we are immensely proud to share the details here.

ISA Noida GBN bagged 2nd prize in the category of Best City Branch (medium) at ISACON 2025, 72nd Annual National Conference of ISA, Raipur



ISA Noida GBN bagged 3rd prize in the category of Best City Branch (small) in Public Awareness at ISACON 2025, 72nd Annual National Conference of ISA, Raipur



Our founder president Dr Kapil Singhal added another illustrious medal to his already full cupboard when he was conferred the **ISA National President's Appreciation award 2025** at ISACON 2025, 72nd Annual National Conference of ISA, Raipur



Our dynamic and ebullient member Dr Ankita Sharma won the **ISA National Young Talent Award 2025** for her invaluable contributions and outstanding services to the society.



Dr Ankita receiving the award from Dr Peeyush and Dr Kapil at the Neo Hospital CME

ISA Noida GBN bagged Best City Branch Award at the 47th UPISACON held at Lucknow, 2025



Dr Peeyush Chaudhary, President ISA Noida GBN and Dr Ankita Sharma received the EC Appreciation Award at 47th UPISACON held at Lucknow, 2025



ESIC Medical College & Hospital, Noida

Department of Anaesthesia, ESIC Medical college and Hospital Noida conducted monthly meeting of ISA (Indian Society of Anaesthesiology) Noida GBN in offline mode in the month of October, 2025. The Dean of our college, Dr Harnam Kaur welcomed, Dr Peeyush Chaudhary, President ISA Noida GBN, Dr Singhal; Founder President ISA Noida GBN and President ISA UP State; Dr Mukul; Vice president ISA Noida GBN; Dr Sonia, Honorary Secretary ISA Noida GBN, Dr Deepak Thapa, and Dr Poonam Motiani.



The topics presented were 1. Navigating through flames, management of post burns-contracture patient by speaker Dr Barkha Bharti, moderator Dr Seema Kalra 2. Beyond the operating room – the expanding frontiers of Anaesthesia in non operating room anaesthesia-settings by speaker Dr Surbhi Tyagi, moderator Dr Vijayshree. There was an interesting discussion on the above topics with the esteemed faculty giving their valuable inputs. The meeting concluded with a vote of thanks by Dr Jaswant Singh. 15-20 eminent anaesthesiologists of our district graced the CME with their presence.





Neo Hospital, Noida

A CME on “Green Anaesthesia-- A Small Step with a Big Climate Impact” was organized and conducted on 6th December 2025 at Neo Hospital, Noida. The session was inaugurated by Dr. Kapil Singhal and was on offline mode.

The scientific lecture was delivered by Dr. Kshitij Arya who highlighted the significant contribution of anaesthesia to healthcare-related greenhouse gas emissions and the growing need for sustainable practices. Key concepts discussed included avoidance of high-impact anaesthetic agents, adoption of low-flow and metabolic anaesthesia, increased use of TIVA, and implementation of effective scavenging systems.

Emerging innovations such as anaesthetic gas capture and recycling technologies and Green OT initiatives were also addressed. The session emphasised that behavioural change and awareness among anaesthesiologists are crucial for reducing environmental impact without compromising patient safety. The programme was well attended by 15–20 anaesthesiologists from across the district. It concluded with a vote of thanks by Dr. Sonia Mathur Consultant Anaesthesiologist and Head of Dept, OT and Critical Care, Neo Hospital.



Cloud Nine Hospital, Noida

The monthly CME for the month of Dec 2025 was conducted at Cloudnine Hospital, Pari Chowk, Greater Noida.

The topic, Peripartum Cardiomyopathy, was presented by Dr Vivek Singh who brought out the fact that the disease, which is not very rare in our Indian population (1:3000 live births) has to be ruled out by specific diagnostic criteria as most of the symptoms mimic the normal physiological changes of pregnancy itself. There was a lively post presentation discussion by the audience which brought out a lot of practical aspects of PPCM. The meeting concluded with vote of thanks by the Unit Head and presentation of plants to the speaker and senior members in the audience. The meeting was well attended by anaesthesiologists from a number of hospitals in Noida.



On the occasion of WORLD ANAESTHESIA DAY 2025, ISA NOIDA G.B NAGAR organised a four day drive of COLS sessions in four different housing societies of the city starting on the 12th October, 2025. We had activities at Omaxe twin towers sector 50 on 12th October, followed by Divine Meadows Sector 108 on 13th October, then at Ward 10 Park Mahavir Apts on 14th October, and lastly and DASNAC Jewel of Noida, sector 75 on 15th October. The sessions started with introduction of the team and educating the public about the role of anaesthesiologists and stressing upon Pre Anaesthesia Assessment. The drive was appreciated by all and every society asked for repeat sessions too.

COLS was explained by the team and members of public were given opportunity to have hands on experience with CPR mannequins.

Divine sector 108



RWA sector 29



Dasnac society, sector 75



WAD 2025 was also celebrated on 16th October 2025 in Postgraduate Institute of Child Health, Noida under the aegis of IAPA and ISA Noida GBN.

The Department of Paediatric Anaesthesia, Post Graduate Institute of Child Health, Noida celebrated World Anaesthesia Day on 16th October 2025 under the aegis of Indian Society of Anaesthesiologists and IAPA. The event began with a skit for the general public on the “Importance of pre-anaesthetic evaluation” by the students of Allied health care. It was received with warmth and generated interest in the public regarding the various aspects of pre-anaesthetic evaluation and subsequent administration of anaesthesia in children.

The skit was followed by felicitation of dignitaries, the chief guest, Prof AK Singh, Director PGICH, Dr Peeyush Chaudhary, President ISA GBN and Dr Sameer Bolia, Treasurer ISA GBN. The dignitaries then performed the lamp lighting followed by the inaugural address by Dr Mukul Jain, Head of Department of Paediatric Anaesthesia and CMS PGICH. Dr Poonam Motiani, Professor Paediatric Anaesthesia, gave us a glimpse into the present, present and future of Anaesthesia through her talk on the Evolution of Anaesthesia.

In line with the theme of World Anaesthesia Day 2025, “Anaesthesiology in Health care emergencies” a Pre-test on Paediatric Basic Life Support was conducted by Dr Bhumika Kalra, Assistant Professor Paediatric Anaesthesia, PGICH, followed by a talk on Paediatric Basic Life Support by Dr Amrit Kaur, Assistant Professor Paediatric Anaesthesia, PGICH. The program ended with the hands on training in BLS, which saw an enthusiastic participation by the faculty and students of PGICH, who, by the end of the session, could confidently perform the CPR and deliver rescue breaths in both children and adults.

The Day of celebrations on ended in a best way by Dr Kapil Singhal, President ISA UP by being on air , spreading awareness about Anaesthesia Fraternity amongst general public and answering their queries. Special thanks to Akash Vani 102.6 RM for having him as a Guest.





World Anaesthesia Day celebrations 2025 @ Government Institute of Medical Sciences Greater Noida

World Anesthesia Day was observed at GIMS to highlight the vital role of anesthesia in ensuring safe surgical care and improved patient outcomes.

The occasion focused on creating awareness about recent advancements in anesthetic techniques, patient safety protocols, and the critical contribution of anesthesiologists across perioperative, critical care, and pain management services. The day was marked by a seminar and poster presentations by students pursuing BOATT course in school of paramedical studies in the forenoon. This was followed by a nukkad natak on importance of pre-op fasting period in the OPD area for community awareness.

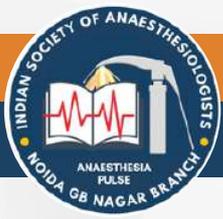
The post graduate students presented a seminar on history of evolution of Anesthesiology as a specialty followed by a quiz session by use of gamification. Faculty members and residents actively participated in the celebrations through academic and awareness activities. The event reaffirmed GIMS' commitment to clinical excellence, patient safety, and continuous learning in the field of anesthesiology.

A BLS program for ambulance drivers of 108 was also conducted.



COLS activity at Apollo Hospitals on WAD 2025





The International Medicine Update, Sharda University IMUCON 2025



IMUCON 2025 held at Sharda University in Greater Noida, India, from 10–13th December 2025 marked a landmark event in medical education and interdisciplinary collaboration. Organized under the visionary guidance of Dr. Deepak Sharma, Head of Internal Medicine at Sharda Hospital, and in close partnership with the Indian Society of Anesthesiologists (ISA) Noida GBN chapter, this global initiative brought together diverse specialties—including internal medicine, critical care medicine, and anesthesiology—to address pressing challenges in patient care. With over 400 delegates from across India and international participants, IMUCON 2025 fostered a dynamic platform for knowledge exchange, skill-building, and innovation, underscoring Sharda University's commitment to advancing healthcare excellence.

The conference theme was "Integrated Care in a Complex World," and had sessions spanning cutting-edge topics such as multimodal management of sepsis, advances in mechanical ventilation, point-of-care ultrasound (POCUS) integration in critical care, and perioperative optimization strategies. Renowned speakers from institutions like Sir Ganga Ram Hospital, Indraprastha Apollo Hospitals, and international affiliates delivered keynote addresses, blending evidence-based insights with real-world case studies.

A core highlight of IMUCON 2025 was its two workshops.

Comprehensive Cardiopulmonary Life Support (CCLS) Workshop: Empowering Resuscitation Expertise

The CCLS workshop, conducted under the aegis of the Indian Society of Anesthesiologists (ISA), trained 25 dedicated mentees in advanced resuscitation techniques. Held on December 11, this intensive session was jointly directed by Dr. Peeyush Chaudhary, esteemed President of ISA GB, and Dr. Manish Bharti, a leading critical care specialist. Instructors from Government Institute of Medical Sciences (GIMS) Noida. Participants engaged in scenario-based training covering airway management, defibrillation protocols, vasopressor administration, and post-resuscitation care using state-of-the-art mannequins and simulation labs at Sharda Medical College. Dr. Chaudhary emphasized the workshop's relevance in Indian ICUs, where rapid response to cardiac arrests can significantly reduce mortality. Feedback from attendees was overwhelmingly positive, with 95% reporting increased confidence in leading code blue teams.



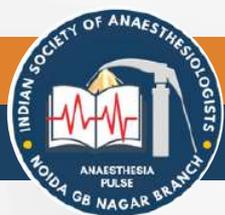
Point-of-Care Ultrasound (POCUS) Workshop: Revolutionizing Bedside Diagnostics

The POCUS workshop on December 12 drew 40 mentees from varied specialties, including internal medicine, pediatrics, anesthesiology, and emergency medicine. Chief mentor Dr. Manish Bharti, from ISIC Multispecialty Hospital, led a stellar faculty lineup that included experts from Artemis Hospital, Indraprastha Apollo Hospital, Fortis Hospital (Noida), and GIMS Noida.

The curriculum covered essential protocols such as FAST (Focused Assessment with Sonography for Trauma), lung ultrasound for ARDS monitoring, cardiac views for shock assessment, and vascular access guidance. One standout feature was the emphasis on POCUS in resource-constrained settings—a nod to India's diverse healthcare challenges. Dr. Bharti shared insights from his extensive experience, demonstrating how POCUS reduces diagnostic delays by up to 50% in critical care. By the session's end, mentees were equipped to incorporate POCUS into daily practice, potentially enhancing patient safety and efficiency across specialties. These workshops, successfully executed under ISA GB Noida's oversight and Dr. Sharma's strategic leadership, were more than training exercises; they were catalysts for systemic change. Beyond workshops, IMUCON 2025 featured panel discussions on ethical dilemmas in critical care, NABH compliance in ICUs, and the role of mindfulness in high-pressure environments. The conference culminated in a closing ceremony on December 13, where Dr. Sharma and ISA leaders awarded certificates and unveiled plans for IMUCON 2026.

As Dr. Manish Bharti noted in his closing remarks, "True excellence in medicine isn't siloed—it's synergistic." IMUCON 2025 embodied this ethos, leaving an indelible impact on all who attended.





POCUS Workshop at Sir Gangaram Hospital



An excellent point-of-care ultrasound POCUS workshop blending innovation, collaboration, and hands-on mastery was held at Sir Gangaram Hospital on 20th Dec 2025 in collaboration with the Indian Society of Anesthesiologists (ISA) Noida GBN branch and the Emergency Medicine Department of Sir Ganga Ram Hospital. The workshop drew 25 dedicated trainees—intensivists, emergency physicians, and residents—from leading institutions in the NCR region. Leading the faculty; Dr. Ajay Bahl and Dr Manish Bharti, jointly as Course Directors, brought insights from resource-constrained ICUs and holistic POCUS integration; This dedicated workshop shared advanced cardiac and lung ultrasound protocols; Indraprastha Apollo Hospital's trainers demonstrated vascular access and FAST exams with surgical precision; Artemis Hospital focused on and trauma and approach to circulatory collapse; GIMS Noida emphasized airway and vascular access and Fortis Noida highlighted basic physics principle on imaging trends.

The program kicked off with interactive lectures on POCUS fundamentals—probe selection, image optimization, and artifact recognition—tailored to high-stakes scenarios like shock assessment, respiratory failure, and procedural guidance. Trainees then rotated through six hands-on stations, simulating live ICU cases: lung ultrasound for pneumothorax and B-lines, cardiac views for ejection fraction and tamponade, abdominal scans for free fluid, vascular access for central lines, and focused neurological assessments.

"POCUS isn't just a tool; it's an extension of our clinical intuition," remarked by ISA GB president Dr Peeyush Chaudhary. As trainees iteratively refined their scans, receiving real-time feedback, what made this workshop truly unique was its emphasis on practical innovation amid India's diverse healthcare landscape in emerging emergency scenarios. Discussions delved into low-cost adaptations for under-resourced settings, NABH-compliant protocols, and integrating POCUS with—topics close to the heart of critical care and emergency medicine practitioners. The ISA GB-Noida and Emergency Medicine Department's joint effort fostered cross-specialty dialogues, breaking silos between anesthesiology, emergency medicine, and intensivist roles. Feedback was overwhelmingly positive: 95% of attendees rated the hands-on sessions as "outstanding," with many pledging to implement POCUS in their daily rounds.

This POCUS workshop at Sir Ganga Ram Hospital exemplifies how strategic collaborations can democratize cutting-edge skills, ultimately saving lives in critical moments. As we reflect on 2025's milestones, events like this propel Indian critical care toward global standards, blending technology, teamwork, and tenacity.



Dr Priyankar Sarkar
Senior Consultant, BLK-Max Hospital
New Delhi

Incidence of perioperative euglycemic diabetic ketoacidosis (EDKA) is on the rise especially as indications of SGLT2i have expanded. Overall mortality rate is low 2.4%, though high proportion of patients require ICU admission.

SGLT2 is a channel protein found in proximal renal tubules which is responsible for 90% of glucose reabsorption along the sodium gradient. Hence SGLT2i mainly cause glycosuria with mild diuresis. Main indications of its use are

- Heart Failure with reduced ejection fraction HFrEF with or without DM
- Type 2 DM with diabetic kidney disease, HF or CVD
- Type 2 DM at high risk for CVD

Initially SGLT2 inhibitor drugs (SGLT2i) were used for control of Type 2 DM but recent trials like EMPA-REG, CANVAS & DECLARE-TIMI trials show decreased deaths and hospitalisation in HF patients.

DAPA-HF and EMPEROR-reduced trials in these trials SGLT2i were started in targeted HF patients to assess benefits showed

- Decreased cardiovascular deaths
- Decreased HF hospitalisation
- Decreased ICU care and inotrope support as primary outcomes
- And decreased decline in renal function as secondary outcome.

EMPIRE-HF additionally showed cardiac remodelling and preserved EF. Hence now SGLT2i is now used for expanded list of indications and has become very popular. An anaesthesiologist is more likely nowadays to encounter a patient posted for surgery who is on SGLT2 inhibitor drugs.

Increased usage of SGLT2i in recent times has been linked to the increased incidence of EDKA.

Diagnostic criteria of EDKA or euglycemic diabetic ketoacidosis

- Relative hypoglycemia RBS <250mg/dl
- High anion gap metabolic acidosis, serum bicarbonate <18mEq/L, pH<7.3 Ketonemia

The term EDKA is being sought to be replaced with SGLT2i- associated euglycemic ketoacidosis.

Factors which increase the risk of perioperative EDKA associated with SGLT2i

- Female sex
- Poorly controlled Type 2 DM (HbA1c >8%)
- Pts on insulin
- Liver disease Obesity
- Emergency surgery Bariatric surgery
- Surgical stress
- Prolonged starvation-- preop fasting, poor postop intake, dehydration

Pathophysiology

SGLT2 inhibition in proximal renal tubules promotes glycosuria decreases blood glucose decreases insulin and increases glucagon production decreases insulin: glucagon ratio.

Above plus precipitating factors lipolysis, gluconeogenesis, hepatic fatty acid oxidation ketogenesis

Increased ketogenesis in the body combined with increased ketone body absorption in renal tubules leads to ketoacidosis.

How to diagnose EDKA

It can be reliably diagnosed when patient has signs and symptoms of diabetic ketoacidosis plus

- High degree of suspicion in patients on SGLT2i
- Medical records should be checked thoroughly regarding when the drug was given, hydration status of patient,

NPO orders

- Investigations to be sent: RBS, arterial blood gas, serum ketones, serum electrolytes, KFT
- Sr Ketone > 1.5mmol/L at any time
- Point-of-care blood ketone testing

Why EDKA is a diagnostic challenge

Due to increased excretion of glucose in urine, patient might have normal glycemia levels which may falsely point suspicion towards other differential diagnosis

- Urine ketones are not a reliable indicator
- Urine glucose may not reflect blood glucose levels (refer point 1)
- Periop hypovolemia may mask hyperglycemia induced polyuria

Treatment of EDKA

- Intravenous fluid resuscitation
- Intravenous insulin to treat ketosis
- Intravenous potassium supplement
- 5% dextrose to be added when RBS < 200mg/dl
- Perform serial ABGs, serum electrolytes to guide treatment

Prevention

- Stop SGLT2i 72 hours before surgery
- Recommendations from the American Society of Anaesthesiology, European Society of Anesthesia and Intensive Care & European Society of Cardiology recommend stopping SGLT2i 3-4 days before surgery.
- Exception: patients without DM taking SGLT2i for protection against heart failure or for cardiorenal protection
- Restart after patient resumes adequate oral intake
- Consider risks vs benefits while using intraop injection dexamethasone
- Education of patients and surgical teams



Upcoming Clinical Meets 2026



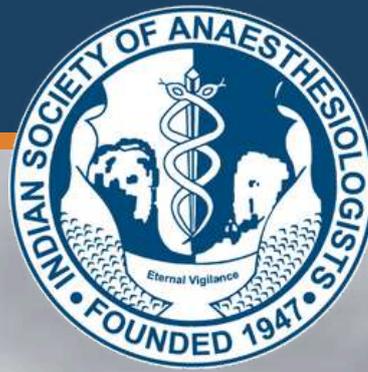
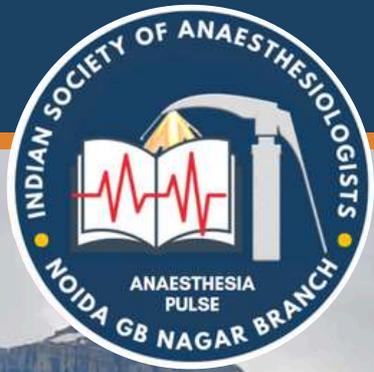
List of venues for the monthly CME events of ISA Noida GBN

- Jan - Post Graduate Institute of Child Health, Noida
- Feb - Metro Hospital & Heart Institute, Noida
- March - Max Superspeciality Hospital, Sector 128, Noida
- April - Apollo Hospital, Noida
- May - Cloudnine Hospital, Sector 50, Noida
- June - TBA
- July - TBA
- August - Government Institute of Medical Sciences, Greater Noida
- Sept - Yatharth Superspeciality Hospital, Greater Noida
- October - Kailash Hospital and Neuro Institute, Sector 71, Noida
- November - Neo hospital, Noida
- December - TBA

Volume 1 Issue 10

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