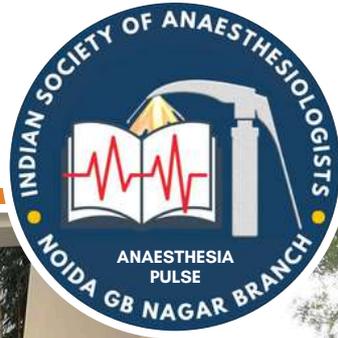


Volume 1 Issue 9 ~ Jul to Sep 2025

# The Anaesthesia Pulse

The Official Newsletter of ISA Noida GB Nagar





## *Table of Contents*

<b>Sno. Contents</b>	<b>Page</b>
1. Executive Members ISA Noida GBN	3
2. Message from President ISA Noida GBN	5
3. Editor's note - The Anaesthesia Pulse	6
4. 3rd Foundation Day and Annual CME ISA Noida GBN	7
5. Academic Monthly Meet	11
a. August - Foundation Day celebrations and CME, PGICH, Noida	11
b. September	12
6. Pericapsular nerve group (PENG) block by Dr Shipra Singh	14
7. Public Awareness & Social Responsibility Activities	18
8. Meeting a Teacher on Teacher's Day	19
9. Obituary	20
10. ISA GBN in the news	21
11. Misty Ghats of Central India- a travelogue by Dr Subrat Dam	22

# Executive Members of ISA Noida GBN



Dr. Peeyush Chaudhary  
(President)



Dr. Kapil Singhal  
(Founder President)



Dr. Mukul Kumar Jain  
(Vice President)



Dr. Subrat Dam  
(Hon. Secretary)



Dr. Sameer T. Bolia  
(Treasurer)



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

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- Dr. Kanika Goyal

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## Technical & Social Media

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Cheema

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



**Dr Peeyush Chaudhary**

Dear friends and colleagues.

Heartiest greetings to all for this festive season. May this bring peace and prosperity to each and everyone of you.

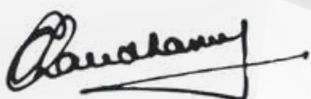
The city branch celebrated its fourth foundation day with the customary Annual CME at GIMS Greater Noida on 2nd August. It was resounding success with active participation from the PG students. This was followed by a grand banquet at Stellar Gymkhana.

PGICH also celebrated its foundation day on the 4th August with a CME attended by eminent faculty.

This teacher's day turned out to be a blessing for all of us as we were honoured to have our ISA National President, Dr Balavenkat amongst us. He had a one to one meeting with the members and gave us great insights about our speciality and the way forward. The monthly CMEs were regularly conducted as usual and COLS activity at a Junior School was the highlight of this quarter.

I urge all the members to keep the academic flame glowing and improve interpersonal interactions by meeting frequently.

Jai Hind, Jai ISA



**Dr Peeyush Chaudhary**



### Dr. Priyankar Sarkar Editor's note

Greetings of the day!

Last month, our close-knit community was plunged into sadness because of the untimely demise of two young, talented anaesthesiologists—Dr Rahul Singh and Dr Gaurav Mittal. Both were passionate about their professions and committed to giving the best to their patients.

I had the good fortune of coming across Dr Rahul at various ISA Noida events over the last couple of years. A pleasant, outgoing personality, he made friends easily. Once, at the 2nd foundation day CME event of our branch, I commented that I wanted to experience the feel of a particular car. Dr Rahul said his junior happens to own that vehicle make, we should cut our lunch short and go for a short ride right then. And off we went! I will miss him on a personal level.

Both Dr Rahul and Dr Gaurav will be missed dearly by friends and family alike.

In this issue we bring to you some moments from the 3rd Foundation Day and annual CME of ISA Noida GBN organised adeptly by Dr Nazia and her team at the Government Institute of Medical Sciences, Greater Noida. Eminent anaesthesiologists of Delhi-NCR gave enriching lectures on healthcare emergencies from an anaesthesiologist's perspective; there were panel discussions and paper/poster presentations by postgraduate students.

The PGICH, Sector 30, Noida, celebrated its foundation day on 4th Aug; it was marked by educational lectures and poster presentations.

Regional anesthesia is the backbone for many surgical procedures, not only for providing anesthesia but also for perioperative analgesia. From this issue, we have started a segment on specific blocks an anaesthesiologist can look to add to their skills kitty. Dr Shipra Singh has outlined the fundamentals of giving a PENG block—a pericapsular nerve group block in hip fracture/total hip arthroplasty patients.

We have got a wrap-up of our regular monthly academic meets and COLS activity. Here, mention must be made of Dr Ankita Sharma and Dr Vibha Chhabra, without whose tireless efforts it would not have been possible to maintain the regular release of our newsletter.

The travel section is brimming with photos contributed by travel enthusiast Dr Subrat Dam. You can connect with him over WhatsApp for more such photos.

Sending joy, fun, warmth, and pious greetings to all of you on the auspicious occasions of Durga Puja, Diwali and Chaath Puja.



**Dr. Priyankar Sarkar**

The Indian Society of Anesthesiologists - Gautam Buddh Nagar City Branch celebrated its 3rd Annual Foundation Day on 2 August 2025, with great enthusiasm. The event was organized by the Department of Anesthesiology, Government Institute of Medical Sciences, Greater Noida. It was a blend of academic excellence and creativity featuring a Continuing Medical Education (CME) program titled "Diverse Roles of Anaesthesiologists in Healthcare Emergencies

## Key Highlights of the CME

- Expert Sessions: The CME featured expert-led sessions, panel discussions, and debates on cutting-edge anesthesia practices.
- Release of book for OT technicians: The book titled " Foundation of Operation Theatre technology" authored by Dr Nazia et al, was unveiled during the event, showcasing the society's commitment to disseminating knowledge and updates in the field of anesthesiology and OT technology
- Paper and Poster Competition: Students from various medical colleges and hospitals participated in the paper /poster competition, with meritorious students emerging as winners



## Inauguration





## Poster/Paper Presentations



## Speakers at the CME



## **Foundation day celebrations & CME, Postgraduate Institute of Child Health, PGICH, Noida**

The Department of Paediatric Anaesthesia, Postgraduate Institute of Child Health (PGICH), Noida, celebrated its 2nd Foundation Day by organising a CME titled RAPACON 2025 (Recent advances in paediatric anaesthesia conference) on 4th August 2025 at the Conference Hall, 5th floor, PGICH. The event, approved by the Uttar Pradesh Medical Council (Ref. No. 5346/25) with accreditation of three CME credit hours, was conducted in collaboration with ISA-GBN and IAPA.

The scientific program included lectures, pro-con sessions and a panel discussion by eminent speakers from Uttar Pradesh and Delhi. The program opened with a welcome address by Prof. Mukul Jain, Professor and Head, who greeted the delegates and faculty, followed by Prof. Poonam Motiani, who traced the journey of the department since its inception, highlighting milestones and growth.

Highlights of the morning session included debates on airway management in paediatric laparoscopy (LMA vs ETT), awake versus deep extubation, and lectures on Artificial Intelligence in Paediatric Anaesthesia, Total Intravenous Anaesthesia/TCI in children, a talk on lung isolation challenges and the challenges of managing a child with cardiac disease for non-cardiac surgery.

The inauguration was presided over by the Director, PGICH, with Dr. Uma Srivastava as Chief Guest. Afternoon sessions featured a lecture on neurophysiological monitoring, and an interesting panel discussion on neonatal intubation—"to cuff or not to cuff". The CME, attended by anaesthesiologists and paediatricians successfully facilitated academic exchange, clinical updates and collaborative learning in paediatric anaesthesia.



## Monthly meets September 2025 Mahanandan Superspecialty Hospital, Greater Noida

The monthly CME meet of ISA Noida Gautam Budh branch was held at Mahanandan Superspecialty Hospital, Greater Noida, on 27th September 2025 CME started with a keynote address by Prof Dr R C Mishra, Chairman, Mahanandan Hospital, followed by a welcome speech by Dr Peeyush Choudhary (president ISA Noida branch).

The meeting was attended by around 40 persons, including dignitaries from ISA Noida GBN, Dr Peeyush (President, ISA Noida GBN), Dr Sameer, Dr Nazia, Dr Abhishek Deswal, Dr Prasanta, and various other practitioners and residents from different medical colleges for a period of insightful learning and collaboration. The sessions featured evidence-based updates on Fungal infection with recent advances in the ICU by Dr Abhishek Jain & an interactive case discussion on the hemodynamic effect on Position in Neurosurgery by Dr Amit Sharma, fostering clinical excellence and peer engagement. Both presentations were moderated by Dr Prasanta Borthakur.

This CME reinforced our commitment to advancing Anaesthesia care and professional development under banner of ISA Noida Gautam Budh Nagar branch; session ended with closing remarks by Dr Prasanta and felicitation of dignitaries followed by high tea.



## **Dr Shipra Singh, Principal Consultant, Yatharth Superspeciality Hospital, Greater Noida**

Hip fractures particularly in elderly patients are frequently associated with severe perioperative pain. Optimal analgesia is essential to reduce morbidity, facilitate patient positioning for spinal anesthesia, and improve postoperative recovery

Femoral nerve block and fascia iliaca block are commonly used to alleviate hip pain but have their own limitations. They either fail to provide complete coverage of the hip joint innervation or result in motor weakness, thereby delaying mobilization. The pericapsular nerve group (PENG) block has recently been proposed as a novel method to treat pain due to hip or pelvis fracture by targeting the terminal sensory articular nerve branches of the femoral nerve (FN), obturator nerve (ON), and accessory obturator nerve (AON)

The PENG block was first described in the anaesthesia literature by Giron et al. in 2018 specifically designed to target the anterior hip capsule, the most richly innervated and pain-sensitive region of the hip joint.

### **Relevant anatomy**

The hip joint receives innervation from multiple peripheral nerves, including:

- **Femoral nerve (FN)**
- **Obturator nerve (ON)**
- **Accessory obturator nerve (AON)**(present in ~30% of individuals)

The FN, ON and AON arise from the lumbar plexus (L2-L4). The FN passes into the thigh lateral to the femoral artery under the inguinal ligament (IL) and gives off articular branches which provide sensory innervations to the lateral and superomedial hip joint capsule. The obturator nerve passes through the obturator foramen and also gives off articular branches which provide sensory innervation to the inferomedial hip joint capsule. Articular branches of the FN, ON, and AON lie in the subfascial plane between the psoas tendon and the ilium and course downward into the hip joint between the iliopubic eminence (IPE) medially and the anterior inferior iliac spine (AIIS) laterally .

## Technique

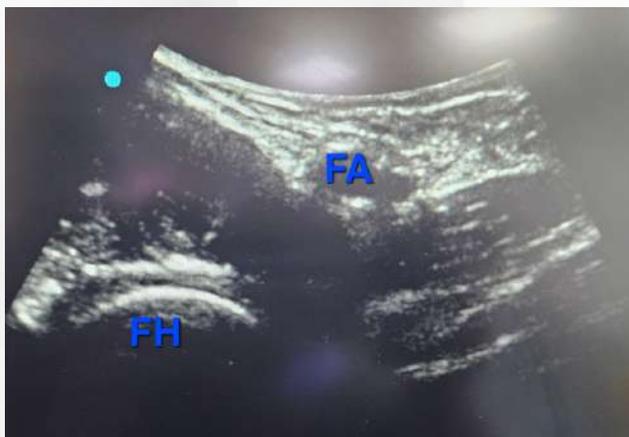
- Patient Positioning and Equipment
- Patient is positioned supine.
- A low-frequency curvilinear ultrasound probe is used. Linear probe may be used in thin patients
- Bupivacaine 0.25% or ropivacaine 0.5% may be used
- 100 mm short bevel nerve block needle
- Ultrasound Landmarks
- The curvilinear probe is used at an oblique angle parallel to the Inguinal ligament with probe marker to the patient's lateral side
- Initially, the probe should be positioned inferior to the inguinal ligament to identify the femoral head (Figure 1 ). Then the probe can be moved cranially until the anterior inferior iliac spine (AIIS) and iliopubic eminence (IPE) of the ilium are visualized ( Figure 2 )
- Alternately, the probe may be placed transversely over the anterior inferior iliac spine (AIIS) and then followed medially to identify the iliopubic eminence and superior pubic ramus.
- The psoas tendon is visualized above the pubic ramus.
- The femoral artery serves as a medial landmark.

## Needle Insertion

- Using an in-plane lateral-to-medial approach, the needle is advanced toward the fascial plane between the psoas tendon and the superior pubic ramus.
- After negative aspiration, 15–20 ml of local anesthetic (commonly ropivacaine 0.5% or bupivacaine 0.25%) is deposited under ultrasound guidance.

## Advantages

- Provides effective analgesia for hip fractures and hip arthroplasties.
- Motor-sparing effect facilitating early mobilization.
- Improves patient comfort and cooperation during positioning for spinal anaesthesia.
- Reduces perioperative opioid requirements and their associated side effects.



**Fig 1**



**Fig 2**

## Limitations

Technically more challenging than traditional blocks such as fascia iliaca block.

It cannot be offered as the only anesthesia for hip surgery as innervation of the posteromedial hip capsule comes from branches of the sacral plexus and sciatic nerve. May lead to motor block if drug volume is high or block given more medially due to femoral nerve involvement. Exact duration of analgesia remains under investigation.

## Complications

Complications are rare when performed under ultrasound guidance but may include:

- Local anesthetic systemic toxicity (LAST) due to inadvertent intravascular injection.
- Vascular puncture particularly near the femoral vessels.
- Nerve injury although rare.
- Incomplete block resulting in residual pain.

## Conclusion

The pericapsular nerve group block represents an innovative and effective regional anaesthesia technique for hip pain management. By selectively targeting the articular branches of the femoral, obturator, and accessory obturator nerves, it provides excellent analgesia while preserving motor function. Its role in orthopaedic surgeries is expanding, though larger-scale studies are required to establish standardized protocols, confirm safety, and validate long-term outcomes.



**Fig 3**

## Editor's Note—updated data from latest studies

As the proportion of geriatric population as a proportion of the world population rises, hip fracture and hip arthroplasty will increase in number. The biggest advantage of patients receiving the PENG block is early mobilisation with intact analgesia, in accordance with ERAS principles followed in many hospitals.

The biggest disadvantage is the inability of the PENG block to provide analgesia on its own; it has to be combined with some other modality.

Dolstra et al evaluated 118 studies to assess the best block for hip fracture patients. They found PENG is better than femoral nerve block and fascia iliaca compartment block in providing analgesia to such patients; it has less impact on quadriceps strength in postop period. (American Journal of Emergency Medicine, Oct 2025)

In a systematic review and meta-analysis by Lee et al  
BJA 135 (2): 469e482 (2025)

They evaluated 11 modalities of peripheral nerve block and their combinations in primary total hip arthroplasty patients. PENG plus local infiltration analgesia (in the posterior capsule) is one of the best single shot anaesthesia techniques for analgesia in the early postoperative period. Notable peak pain in this surgery occurs 2-12 hours after surgery; PENG plus LIA covers this period well.

COLS ACTIVITY was conducted on 02.09.2025 by ISA Noida GB NAGAR Branch at a Toddler's school First Cry Intellitos , Sector -50, Noida on the occasion of Teacher's Day Celebrations. Dr Peeyush Chaudhary (President ,ISA Noida GB Nagar ), Dr Kanika Goyal ( Associate Consultant at Apollo Hospital, Noida ) & Dr Vibha Chhabra ( Consultant at Manas Hospital, Noida ), were the trainers for giving COLS ACTIVITY. Dr Ankita Sharma (Senior Consultant, Neo Hospital,Noida) was the event co- ordinator for the same. The highlight of the activity was Toddler's learning CoLS too.



It was a matter of great honour for ISA Noida GBN to play host to Dr J Balavenkat Subramanian, President ISA National, on the occasion of Teacher's Day. Being an acamedician par excellence, great orator and teacher, Dr Balavenkat shared snippets of his experience and knowledge which would be helpful for the younger generation of members who attended the meet-up.



## Obituary

### In Loving Memory: Dr. Rahul Singh and Dr Gaurav Mittal

We mourn the untimely passing of Dr Rahul Singh, Senior Consultant Anaesthesia and Critical Care at Yatharth Hospital, Noida, and Executive Member of ISA Noida; and Dr Gaurav Mittal, Consultant Intensivist at Max Hospital, Noida. Both were beloved and respected pillars of the city's medical community.

Dr. Rahul Singh was renowned for his boundless energy, optimism, and devotion as a Senior Consultant Anaesthesiologist and Critical Care expert. A graduate from Maulana Azad Medical College, Delhi, Dr Rahul Singh was known as a "true friend in need," Dr. Singh was admired for his humility, diligence, and joyful presence. He was a dynamic force—always ready for emergencies, always with a smile, and always putting patients first. His friendly, supportive spirit and proficiency as an anaesthesiologist inspired both peers and trainees alike.

Dr. Gaurav Mittal was recognized for his unwavering dedication and compassion in critical care medicine. A graduate of AIIMS, New Delhi, Dr. Mittal guided countless patients and their families through moments of crisis with firm expertise, empathy, and steadfast support. His gentle manner, deep clinical knowledge, and tireless devotion to his patients made him a cherished physician and colleague. The loss of Dr. Mittal leaves an irreplaceable void in the lives of those he treated, taught, and mentored.

Both physicians were celebrated for more than just their clinical excellence—they were steadfast advocates for patient welfare, supportive colleagues, and shining examples of ethical medical practice. Their commitment to the highest standards of care, education, and friendship elevated all who worked with them. They are survived by their grieving families, friends, colleagues, and the countless patients whose lives they touched. Their legacies will live on through the compassion, knowledge, and selflessness they modeled every day. May their souls rest in peace.

## MEDICAL EDU SESSION HELD AT GIMS IN GR NOIDA

**Maria Khan**

maria.khan@hindustantimes.com

**GREATER NOIDA:** The Department of Anaesthesia at Government Institute of Medical Sciences (GIMS), Greater Noida hosted a Continuing Medical Education (CME) session, marking the third foundation day of the Indian Society of Anaesthesiologists' Gautam Budh Nagar branch, officials said on Monday.

The faculty and clinicians underscored the role of anaesthesiologists in trauma care, ventilator management, critical care units, and disaster response scenarios.

In a parallel celebration, the Paediatric Anaesthesia Department at Child PGI Noida marked its second foundation day with a separate one-day CME dedicated to paediatric anaesthesia, officials said.

नई दिल्ली | मंगलवार • 05.08.2025

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न्यूज डायरी

जिम्स में एनेस्थेसियोलॉजिस्ट की भूमिका पर विमर्श ग्रेटर नोएडा (संवाद)। जिम्स में शनिवार को एनेस्थीसिया विभाग की ओर से आपात स्थितियों में एनेस्थेसियोलॉजिस्ट की विविध भूमिका विषय पर सतत चिकित्सा शिक्षा (सीएमई) कार्यक्रम का आयोजन किया गया। जिम्स के निदेशक डॉ. ब्रिगेडियर राकेश कुमार गुप्ता ने बताया कि यह कार्यक्रम इंडियन सोसाइटी ऑफ एनेस्थेसियोलॉजिस्ट्स जीबी नगर शाखा के तीसरे स्थापना दिवस के अवसर पर आयोजित किया गया। पैरामेडिकल छात्रों के लिए एनेस्थीसिया विभाग के संकाय की ओर से लिखित एक पुस्तक का भी विमोचन किया गया।

# Hindustan Times

NEW DELHI/NOIDA/GHAZIABAD  
TUESDAY  
AUGUST 05, 2025

## एनेस्थेसिया विभाग ने 02 अगस्त, 2025 को "स्वास्थ्य देखभाल आपात स्थितियों में एनेस्थेसियालॉजिस्ट की विविध भूमिका" पर सीएमई की मेजबानी की

संवाददाता

ग्रेटर नोएडा। एनेस्थीसिया विभाग ने "स्वास्थ्य देखभाल आपात स्थितियों में एनेस्थेसियोलॉजिस्ट की विविध भूमिका" विषय पर एक सतत चिकित्सा शिक्षा (सीएमई) कार्यक्रम का सफलतापूर्वक आयोजन किया। यह कार्यक्रम इंडियन सोसाइटी ऑफ एनेस्थेसियोलॉजिस्ट - जीबी नगर शाखा के तीसरे स्थापना दिवस के अवसर पर आयोजित किया गया था।

कार्यक्रम को प्रो. आर. एम. द्वारा सम्मानित किया गया था। शर्मा मुख्य अतिथि के रूप में, और ब्रिगेडियर। जीआईएमएस के निदेशक राकेश गुप्ता ने इस कार्यक्रम के संरक्षक के रूप में कार्य किया। सीएमई ने सम्मानित अस्पतालों और चिकित्सा संस्थानों के प्रतिष्ठित संकाय सदस्यों की उत्साही



भागोदारी देखीं, जिन्होंने आपात और गंभीर देखभाल से लेकर आपदा प्रबंधन और



उससे आगे तक स्वास्थ्य देखभाल आपात स्थितियों के व्यापक स्पेक्ट्रम के प्रबंधन में

कार्यक्रम का एक प्रमुख आकर्षण एनेस्थीसिया विभाग के संकाय द्वारा लिखित पैरामेडिकल छात्रों के लिए एक पुस्तक का विमोचन था। पुस्तक का उद्देश्य पैरिऑपरेटिव, आसतकालीन और महत्वपूर्ण देखभाल सेवाओं में शामिल सहायक कर्मचारियों के लिए एक मूल्यवान शैक्षणिक संसाधन के रूप में काम करना है। विभाग उन सभी गणमान्य व्यक्तियों, यकाओं और प्रतिभागियों के प्रति अपना हार्दिक आभार व्यक्त करता है जिनके योगदान ने इस कार्यक्रम को एक सफल अकादमिक उत्सव बना दिया।

Travelling is an extension of human endeavours to explore our Mother Earth and its myriad dimensions on high mountains, dense forests, innumerable river systems and vast ocean and sea coast; we are lucky to be living in a country which possesses countless breathtaking landscapes. The river systems and dense forests of our heartland in MP & Maharashtra... a place I often visit with its multitudinous green mountains, swirling rivers and dripping forests more so in the monsoon... One of them is the ghat section near Nasik from Igatpuri a beautiful modern hill station to Malshej ghat and Bhandardara...almost a waterfall every 100 metres.

The second is *Raneh falls* near the historical amorous temples in Khajuraho where the Tawa river drops 60-100 metres in several confluent waterfalls in a deep crater created 400 million years ago...





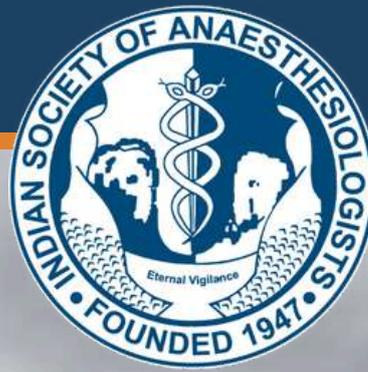
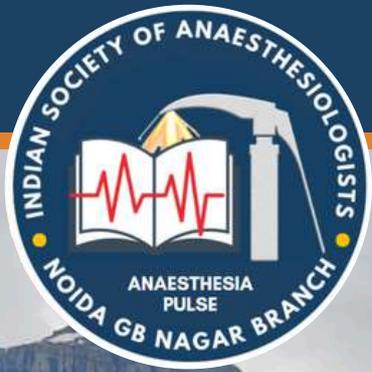
## Tawa dam and reservoir in Itarsi, Madhya Pradesh



Volume 1 Issue 9

# *The Anaesthesia Pulse*

The Official Newsletter of ISA Noida GB Nagar



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