

BEST PRACTICES AND INNOVATION

1. USE OF ULTRASONOGRAPHY FOR IN THE PERI-OPERATIVE CARE AND ICU:

Ultrasonography has remarkably changed the way we care for our patients. In the operating rooms, we use administer ultrasound guided nerve blocks for anaesthesia. This significant reduces the pain experienced by the patient from 7-9/10 to less than 3/10 on the numerical pain scale. When catheters are placed through ultrasound guidance, they are used for management of post- operative pain. This also reduces the amount of anaesthetic drugs and painkillers given to the patient and thus the adverse effects caused by them. In the ICU, we use ultrasonography to guide intravenous fluid therapy and for taking patients off the ventilator and this helps them recover faster.

2. LABOUR ANALGESIA: Pain management during labour is still less known and has a lot of taboo in the rural population. We are trying to break these barriers and provide a comfortable birthing experience. We have started providing labour epidural analgesia which significantly reduces the pain experienced by them. Thus the stress and exhaustion experienced by labouring mothers is minimised.

3. ACTIVE PARTICIPATION AND TRAINING FOR CODE BLUE:

We are trained and active members of the Code Blue team and are available 24x7 to resuscitate patients in the hospital. We also conduct workshops on Basic Life Support and Advanced Cardiac Life Support on a regular basis for undergraduate and post- graduate students

4. PAIN MANAGEMENT: Currently, we are actively involved in acute perioperative cancer pain management. We provide epidural analgesia and fascial plane blocks for these patients, thus notably reducing perioperative stress and pain. For patients who cannot be given these nerve blocks, we have transdermal opioid patches to keep them pain-free after

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surgery. We are rapidly making advances in the direction and soon will be able to provide pain management for patients with chronic pain also.