

# Sushruta

Newsletter of Surgical Society of Bangalore

AUG 2021

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# ಸುಶ್ರುತ

Newsletter of Surgical Society of Bangalore

AUG 2021

## Editorial

Dear Esteemed Member of SSB,

'SUSHRUTA' is a monthly newsletter, creating a platform where in the members and surgical postgraduates can publish original articles, case reports, surgical guidelines or any other material of surgical relevance, This will be made available online for all the members.

I request everyone to make use of this platform to disseminate, share or acquire knowledge.

Dr Kalaivani V  
Editor SSB KSCASI CC

Dear All,

Kindly encourage this new monthly initiative of the SSB.

### Academic Articles

Please send articles, guidelines, humour, stories, trivia, quiz questions and interesting Case report or case series with Review of literature for academic purposes.

### Non-Academic

Inviting articles - That may be appropriate and interesting to the SSB members. Examples: life beyond surgery, my daily routine, how I manage stress, interesting place I traveled, books I recommend etc.

### Opportunities / Classifieds

Relevant Jobs, Ad's and upcoming events can be included at a nominal fee as per the discretion of the Editorial team.

### Feedback / Suggestions

Any other suggestions for improvements, feedback, letters to the editor, inputs are welcome.

Deadline :

Last day of every month.

Send your article to : [editorssb@gmail.com](mailto:editorssb@gmail.com)

WhatsApp - 8197910166

Please mark all your contributions via emails, WhatsApp with the heading for Sushruta and mention your name, designation and institution.

Request all the SSB members to actively contribute, participate and wholeheartedly appreciate this new initiative "[Sushruta - official newsletter of the Surgical society of Bangalore](#)"

Regards,  
The Editorial team of Sushruta

# ಸುಶ್ರುತ

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## Message from the President

Dear Members,

The monthly clinical meetings will continue on a virtual platform as the fear of an impending third wave of the pandemic is yet not over. Please attend in good numbers to support the efforts of PG students and the hosting institutions.

The annual Professor Hanumaiah memorial CSEP will be conducted between 22nd to 26th November, 2021. It's on a virtual platform, between 5-9 pm. Please encourage your PG students to register and attend in good numbers. This will be followed by Annual orations on 27th November, Saturday evening. If situation permits, this will be a physical meeting.

Please contribute to our e-news letter SUSRUTHA and enrich it.  
Stay safe and stay protected.

Dr. Venkatachala K  
President SSBASICC 2021





## Best Paper

### Effect of post-operative local change in temperature in post-operative pain and surgical site infections.

Simily C C, Dr S G Subramanyam, Dr Karthikeyan, Dr Suhas and Dr Karthik, Department of General Surgery, Unit 4, St John's Medical College Hospital, Bangalore.



Dr Simily

#### ABSTRACT

Effect of post-operative local change in temperature in post-operative pain and surgical site infections.

#### Objective of the study :-

- To study the effect of local change in temperature in post-operative pain
- To identify the role of local change in temperature in post-operative surgical site infection.

#### Material and methods: -

##### Inclusion Criteria:-

Patients operated electively in the department of general surgery.

[x]Age: >18years and <60 years

[x]Midline laparotomy incision

##### Exclusion criteria:-

[x]Patients operated on an emergency-basis

[x]Patients underwent re-surgery during the same hospital stay

[x]Patients with co-morbidities like DM, PVD.

It is a prospective Interventional study done in a tertiary care centre. The study sample included 93 patients who were enrolled in the study between September 2019 to September 2021 While the study data were collected, the "Patient Information Form" and "interview form" prepared by the researcher was used to interview the patients. The "Visual Analogue Scale-VAS" was used to assess the severity of the patient's pain. Pain scores and surgical site infection were measured. Subjects were exposed to a change in temperature (warm – infrared lamp, cold –ice gel packs, control – neutral temperature of the recovery room) at the surgical site for 30 minutes in the immediate post-operative period, POD1, POD2, POD5 and via telephonic interview on POD10. Pain assessment was done using VAS and NPS



Patients were followed up for surgical site infection in the hospital on POD3 and POD5 and if patient is in the hospital on POD10 or if discharged input from the local physician. Surgical site infection was measured by ASEPSIS wound scoring based on Additional therapy (antibiotics and debridement), erythema, purulent discharge, serous discharge, separation of deep tissue, isolation of bacteria and hospital stay >14 days

## Discussion:-

Ice pack and infra-red light - reduced postoperative pain and use of narcotics in the immediate post-operative days and these complementary to other pain management strategies because easy to administer, affordable, acceptable, has minimal/no toxicity. There is statistically significant reduction in post-operative pain on POD2 and POD5 in local change in temperature groups (P value is <0.05). There is no significant difference in SSI between the groups with local change in the temperature

## Conclusion:-

Ice packs and infrared light are simple, non-invasive and cost-effective adjuvant to standard postoperative pain management and in patients undergoing abdominal surgeries it reduces postoperative pain, narcotic use, hospital stay and promotes early mobilisation

## Key words:

Postoperative Pain, surgical site infection, midline laparotomy incision



## Best Poster

### Our Experience In Covid Surgeries

DR AJAY TOM FRANCIS

DR S G SUBRAMANYAM, DR KARTHIKEYAN, DR SUHAS AND DR KARTHIK ,  
DEPARTMENT OF GENERAL SURGERY, UNIT 4



Dr Ajay

#### ABSTRACT

##### Introduction:

Covid 19 has had a substantial effect on surgeons and patients who require surgical care. Specific issues include Inability to efficiently regulate delivery of surgical care, detrimental effects on patients with surgical disease, financial implications of the pandemic on health care systems, management of surgical workforce shortage, emotional toll to all involved

##### Materials and Methodology:

Retrospective study done at SJMCH. 40 Cases were reviewed for their mode of presentation, diagnosis and treatment. Patients were followed up for post op complications, morbidity and mortality.

##### Statistical Analysis:

Age 50 +/-10. M/F -36/4. Average Hospital Stay 10 days. No of patients who was Discharged Against Medical Advice were 6

##### Conclusion:

Hospital stay duration has increased. Severe Financial burden on patients. About 50% requiring ICU admission due to covid complications. Mortality of 30% among Covid patients. No of patient going DAMA was 15%



## Interview with surgeon - Dr . Anantharam B A

Dr Ananthram B A  
Popular Plastic Surgeon of Bengaluru  
President of Hand Surgery – 2008



Dr Anantharam B A

....As a Plastic Surgeon acquired skills in specific procedures, and core areas from experts and masters in these areas...

Dr Anantharam has spent a major part (ninety percent) of his professional career as an Honorary Surgeon, at Sr Martha's, the Sri Sathya Sai General Hospital, Whitefield, under the grace and personal guidance of Sri Sathya Sai Baba, also has served the Union Territory of Andamans and Nicobar Islands, as Honorary Consultant with unique experiences with the Autochthonous groups there, having operated on a number of them there.

He currently is Emeritus, Consultant–St. Martha's Hospital, Senior Consultant–St. Philomenas Hospital, and Director–Medical Services, Dhanvanthri Hospital Society's AMGH unit.



Born in – Bowring Hospital...Bangalore

How and why did you choose Surgery?

“From age 10 I wanted to be a Plastic Surgeon”

“I was exposed to Dr Paul Brand, Prof of Orthopaedics in CMC Vellore who did pioneering work in leprosy reconstructive work.”

Early on I was interested in surgery especially hand surgery due to my early influence with leprosy surgeons and their craft. Getting into MBBS and MS Surgery was a means to achieve my interest in Hand surgery.

Also I was influenced by a book “The edge of tomorrow” by Dr Tom Dooley which was about reconstructive work in Laos.

MBBS (1964 batch)– Bangalore Medical College (Now a distinguished alumnus)  
(I used to read about reconstructive surgery books during my clinical terms)

MS – General Surgery – Madras University 1977  
(It was the initiation of a three year M.S. course)

MCh. Plastic Surgery - Madras Medical College ( I was lucky as number of seats were increased to three that year with one seat allotted to outside state candidate)

## Your Mentor's

Dr Seshadri – the Principles of Surgery, I learnt from him, I still value.

Dr Ian Taylor - who did the first microvascular flap(Australia)

Dr Authikesavulu, Dr Alfred Maserhansas and many more....

## What are you Favourite surgeries?

Congenital Hand Deformity Surgeries and Cleft Lip & Palate surgeries. Vascular Malformations and aesthetic surgery

“His Neck contracture release by local anaesthesia is well recognised” –a student - Dr Raja Thomas (who became a plastic surgeon)





## Keys to younger Surgeon's

“...continuous life long learning...”

Dr Anantharam is training in Healthcare Management, in order to acquire an MBA.

## Interests /Hobbies beyond surgery -

He keeps busy with his interests in leather work, stick carving, photography, and travel and golf.

## Family time is important:

Enjoys time with family and more particularly the four grandchildren.

## Other Interests:

As an active Freemason of 46 years, is a strong advocate of the tenets and principles of Freemasonry, is the Ruling Master of Lodge Sanjeevini, a lodge of Doctors and Dental Surgeons. He holds the rank of Assistant Grand Master, of the Grand Lodge of India.

## Favourite place of travel

you recommend – Austria - Briganze. It borders many European countries.



## Favourite quote

“ A doctor doesn't save life, he delays death”

Any way you tackle stress... – GOLF

Main focus :

Keys to your success...

EQ (emotional intelligence) is more important than IQ

Any message to younger surgeon's.

I feel, it is important to be and stay competent and efficient, adapting to change and advanced technology, and being a good doctor working with intelligence on emotions -- with EMPATHY.



## Surgical Society of Bangalore Association of Surgeons of India City Chapter

1st Floor, I.M.A. House, Alur Venkata Rao Road, Bangalore - 560 018.

Web : [www.ssbsaic.org](http://www.ssbsaic.org), Email : [cmeinsurgery@gmail.com](mailto:cmeinsurgery@gmail.com), Mob : 9243108442

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**22nd - 26th NOVEMBER 2021**

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- MORE EMPHASIS ON CLINICALS & CASE PRESENTATION
- INTERACTIVE SESSIONS WITH EXTERNAL & INTERNAL FACULTY WHO ARE EXAMINERS FOR POST - GRADUATES
- ENTRY THEORY PREPARATION & EXIT OPERATIVE SURGERY
- DR. NITHYANANDA SHETTY ENDOWMENT LECTURE
- STATE LEVEL SURGICAL QUIZ - QUIZ MASTER DR.C S RAJAN
- PROF.B.HANUMAI AH MEMORIAL ORATION
- PROF.M.AUTHIKESHAVALU MEMORIAL ORATION
- MILLENNIUM GOLD MEDAL AWARD - 2021

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**DR. VENKATACHALA K**  
PRESIDENT

**DR. HARISH N S**  
HON SECRETARY



## **Surgical Society of Bangalore A.S.I.C.C.** **Millennium GOLD MEDAL AWARD – 2021**

[www.ssbasicc.org](http://www.ssbasicc.org)

*Dear Doctor,*

*Applications are invited from young practicing surgeons for the Award of Surgical Society of Bangalore ASICC Gold Medal & Certificate of Merit. Eligible candidates (see below) should send the details of the scientific paper by email on or before 30<sup>th</sup> September 2021 to be presented at the special session to be held during the annual CSEP in November 2021.*

*We request the heads of the departments of all the teaching institutions to encourage young surgeons to participate in this contest.*

### **ELIGIBILITY**

1. The Candidate must have completed M.S. / DNB in General Surgery with 5 Years Post M.S/DNB Experience OR 2 Years Post M.Ch. Experience.
2. The Candidate must be below 45 years of Age.
3. The Candidate must be an eligible member of the Associations of Surgeons of India & Surgical Society of Bangalore ASICC.
4. The Candidate must be a practicing Surgeon in Bengaluru.

### **PRESENTATION**


Duration of Presentation is 10 min. / (8 min Presentation – 2 min Discussion).


### **APPLICATION DETAIL**

1. Title of the Subject, Full Text of the paper in not more than 1500 words, should be submitted to the Secretary, Surgical Society of Bangalore ASICC office, at LMA House on or before 30<sup>th</sup> SEPTEMBER 2021. [ by email ]
2. The Application should be accompanied by a brief Bio Data of the candidate which should include A.S.I Membership Number.
3. **Office Address:** - Surgical Society of Bangalore ASICC – LMA House, Alur Venkata Rao Road, Chamarajpet, Bangalore – 560 018.
  - Office Time: 11 – 4 PM
  - Mobile - 9243108442
  - Email: - [ssbasicc1974@gmail.com](mailto:ssbasicc1974@gmail.com), [cmeinsurgery@gmail.com](mailto:cmeinsurgery@gmail.com)
  - website: • [www.ssbasicc.org](http://www.ssbasicc.org)

### **PROGRAMME**

1. Date and Time of session will be intimated to the individual candidates.
2. Senior Professors in Surgery and Senior Surgeons will be the Honorary Judges.
3. The Millennium Gold Medal Award 2021 Paper Presentation will be held on 20<sup>th</sup> Tue Nov 2021
4. The Name of the Successful Young Surgeon will be announced on 27<sup>th</sup> November during the CSEP 2021.

  
Dr. VENKATACHALA K  
President

  
Dr. HARISH N S  
Hon. Secretary

## Surgical Society of Bengaluru A.S.I.C.C.

[www.ssbasicc.org](http://www.ssbasicc.org)

### TRAVELLING FELLOWSHIP IN LAPAROSCOPY - 2021

Dear Doctor,

*Warm greetings to you,*

*Surgical Society of Bangalore ASICC offers Travelling Fellowship in Laparoscopy to an eligible candidate on once a year basis.*

- *Applications are invited from eligible candidate which should be sent to the Office Address: - Surgical Society of Bangalore ASICC – LMA, House, Alur Venkata Rao Road, Chamarajpet, Bangalore – 560 018.*
- *Office Time: 11 – 4 PM / Mobile – 9243108442.  
Email: [ssbasicc1974@gmail.com](mailto:ssbasicc1974@gmail.com), [cmcinsurgery@gmail.com](mailto:cmcinsurgery@gmail.com), website: [www.ssbasicc.org](http://www.ssbasicc.org)*
- The eligibility criteria are as follows.
  1. The award is aimed to encourage practicing member surgeon to visit another center in India for learning or upgrading his / her skills in Laparoscopic Surgery during 2021-22
  2. The course in Laparoscopy should be of good reputation & standing for at least three weeks duration.
  3. Postgraduate students are also eligible to apply for (Traveling Fellowship) who are Associate member of SSBASICC.
  4. The Post M.S., General Surgery Candidate should be a member of the Surgical Society of Bangalore ASICC, with a special interest towards Laparoscopy.
  5. The award would be given only once in a year and only once to a member.
  6. The award will carry approximately Rs 5000/- as the award money and a citation.
  7. The application for the award along with the details of the proposed training may be submitted to the Honorary Secretary with a brief Bio- Data, routed through the competent forwarding authority.
  8. The award will be decided by the Executive Committee members of the corresponding year.
  9. The decision of the committee would be final.
  10. The award will be presented by the President – SSBASICC during the major event during 2021-22
  11. The awardee should submit the Fellowship utilization report to the SSBASICC within 1 month of the visit.

*The last date for receiving the Application for Travelling Fellowship in Laparoscopy is 30<sup>th</sup> SEPT 2021.*

*The Chosen Applicants Name will be announced on the "Annual Dinner Day" which is scheduled to be held on 27<sup>th</sup> November 2021.*



Dr. Venkatachala K  
President



Dr. Harish N S  
Hon. Secretary



## Post-hemorrhoidectomy pain: can surgeons reduce it? A systematic review and network meta-analysis of randomized trials

Zutoia Balciscueta et al. Int J Colorectal Dis. 2021.

## Can surgeons reduce Post hemorrhoidectomy pain

Int J Colorectal Dis. 2021 Aug 20.

doi: 10.1007/s00384-021-04013-6. Online ahead of print.

### Authors

Zutoia Balciscueta 1, Izaskun Balciscueta 2, Natalia Uribe 3

### Affiliations

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2Department of General and Digestive Surgery, La Ribera University Hospital, Alzira, Valencia, Spain.

3Department of General and Digestive Surgery, Colorectal Unit, Arnau de Vilanova Hospital, C/ San Clemente n° 12, 46015, Valencia, Spain.

PMID: 34417639

DOI: 10.1007/s00384-021-04013-6



## Abstract

**Purpose:** Hemorrhoidectomy remains the gold standard treatment for grade III-IV hemorrhoids. However, despite strong recommendations for the suitability of outpatient surgery, post-operative pain has been a limitation to the widespread inclusion of this condition in day surgery programs. The aims of the study were to analyze and compare the post-operative pain of conventional open hemorrhoidectomy, considered the reference technique, against other surgical procedures such as closed hemorrhoidectomy, open hemorrhoidectomy using bipolar or ultrasonic sealant, hemorrhoidopexy, or HAL-RAR, when performed exclusively as outpatients.

## Methods:

A systematic review and meta-analysis was conducted according to PRISMA methodology. All prospective and randomized studies of patients operated on for hemorrhoids in day surgery and specifying the value of post-operative pain, using a validated scale, were included. Conventional meta-analyses and a random-effects network meta-analysis were carried out.

## Results:

Twenty-nine studies were included (3309 patients). None of the procedures described severe pain in the post-operative period. Hemorrhoidopexy was the least painful. Conventional open hemorrhoidectomy was the most painful on the first and seventh post-operative days. Pain was reduced after closed hemorrhoidectomy technique and when bipolar or harmonic scalpel was used. Furthermore, transfixive ligation of the hemorrhoidal pedicle was associated with increased post-operative pain.

## Conclusion:

Hemorrhoidal surgery is feasible in day surgery units and post-operative pain can be adequately managed in an outpatient setting. Hemorrhoidopexy was the least painful; however, data should be carefully evaluated by the high rate of long-term recurrence described in literature. Closed hemorrhoidectomy, performed with bipolar or ultrasonic sealing, avoiding transfixive ligation of the hemorrhoidal pedicle, may improve post-operative pain control.



Trial registration: CRD42020185160.

Keywords: Ambulatory surgery; CMA; Day-case surgery; Hemorrhoidal disease; Meta-analysis; Pain; Randomized; Scale.

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<https://qrgo.page.link/Fb3qL>

#evidence

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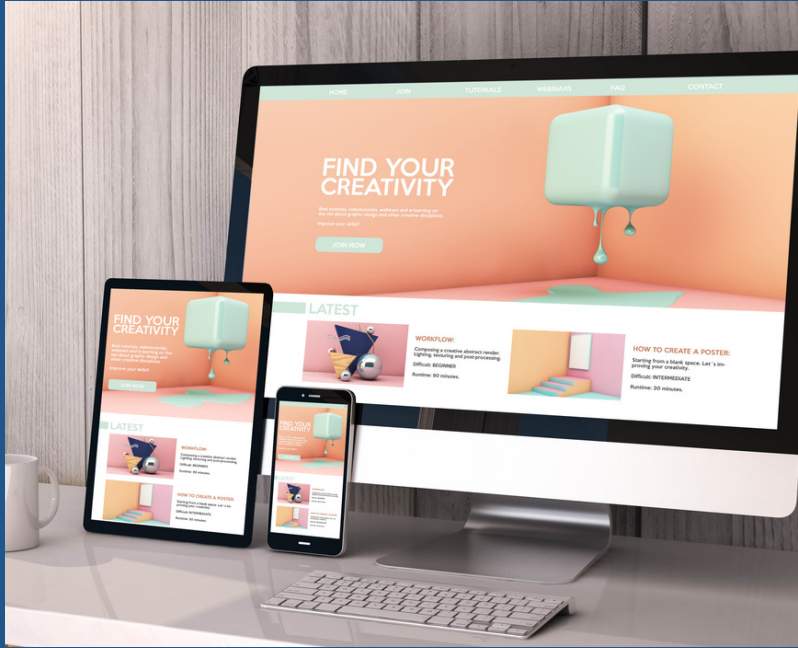




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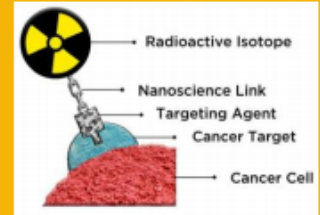
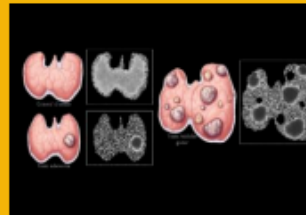
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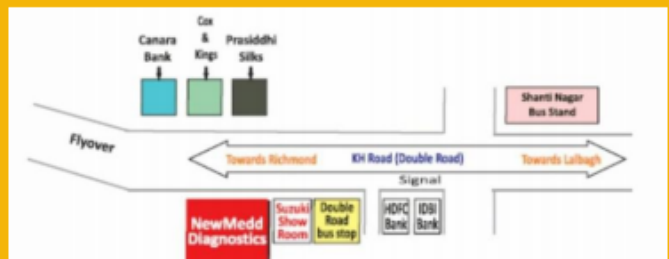
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AUG 2021

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