

Editor's Note

I welcome all to read the 4th edition of GEI Focus this year, the December 2021 issue. The 25th year celebrations have kickstarted with the first-ever National Conference of Ophthalmic Anaesthesiologists, conducted online which was a great success. We are glad to cover the activities and programs conducted by the departments of Ophthalmic Anaesthesia, Vitreo-Retina, Pediatric Ophthalmology and Quality and Communications in October and November as part of the 25th year celebration. In our endeavour to share our happiness with our patients, a lucky draw is being held, wherein each day one lucky patient from the out-patient department and admissions gets a prize as a part of 25th year celebrations. We are humbled by the trouble taken by our traffic cops and we are glad to team up with the Rotary inner wheel project, an initiative to donate umbrellas with solar-powered fans to keep them protected in the blistering heat. The recently held Annual State Conference KSOS Drishti 2021, had a very good representation from our hospital in terms of paper presentations, talks, participation in various events and we are glad to say, we have a good haul of wins this year too! We are looking forward to more events as our silver jubilee year progresses. Wishing everyone good luck and Prosperity in the New Year!

- Dr Vanashree M Nair

Through the EYES of an Ophthalmic Anesthesiologist!

A typical day for the Anesthesiologist in a busy operation theater of a tertiary eye care hospital is quite interesting and sometimes challenging too! What we have in front of us is a mix of cases, some are children, some healthy young adults, some old ill patients, all waiting to undergo a variety of different surgeries!

The majority of eye surgeries in our hospital are adult Cataracts which are done under local anaesthesia. These form the major chunk of cases each day! But they need careful eye monitoring, to ensure the smooth running of the procedure. Sometimes it may be an old patient wheeled in cheerfully but might develop a panic attack, the moment she sees the OT, while a seemingly frail person with many illnesses will walk out after a smooth procedure without much ado. Each surgery needs full attention to ensure comfort for the patient and operating surgeon!

The other major procedures are Retina surgeries, Squint (adult and pediatric), pediatric cataracts, glaucoma surgery, oculoplastic surgery, corneal transplant and trauma which are provided care by our team of anaesthesiologists. These may require a special type of local anaesthesia/sedation/ long-acting local anaesthesia drugs or general anaesthesia depending upon the complexity of the case.

A wide range of people having multiple systemic disorders come for EYE surgeries. An optimal condition of the patient is an important prerequisite for the smooth conduct of eye surgery under local anaesthesia. Monitored anaesthesia care plays an important role in providing such optimal conditions for eye surgery.

Anxiety is a major element in the patients coming for surgery. Most patients settle down with counseling, but a few may need some medication for controlling anxiety. Anxiety can lead to an increase in blood pressure or heart rate during surgery. This in turn can make the patient uncomfortable during the surgery, some susceptible patients may develop left ventricular failure /pulmonary edema during the surgery, which becomes an emergency. Such patients are resuscitated and shifted to nearby higher medical centers for advanced care. Hence it is important to monitor care during all surgeries to ensure the overall safety of all patients.

Children need to be operated on under general anaesthesia. Certain young adults or high-risk cases may also require sedation or general anaesthesia, depending on the type and duration of surgery.

All patients coming to the hospital for surgery are assessed pre-operatively for any underlying illnesses and their current health status. Many patients are found to be having high blood sugars /blood pressure / ischemic changes in ECG / respiratory infections. These patients are directed to a physician/cardiologist for evaluation and treatment of their newly diagnosed condition. They are operated once their parameters are under control. Many patients who already have pre-existing ailments but are not under regular follow up or have uncontrolled parameters need to be reassessed and parameters controlled before surgery.

As anaesthesiologists in GEI, we are proud to be part of this highly specialized team of doctors who provide excellent care to the patients!

- Dr Pushpa Susan Isaac



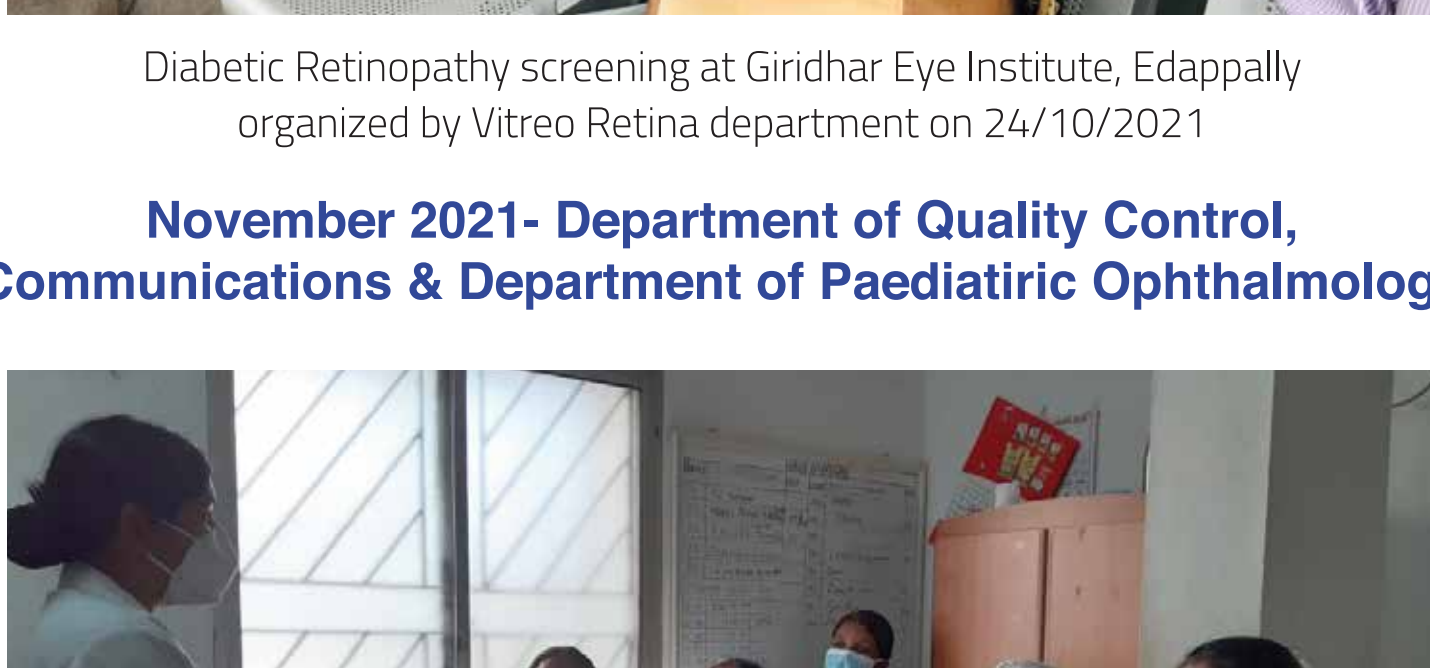
October 2021 - Dept. of Anaesthesia & Dept. Vitreo Retina



Association of Indian Ophthalmic Anaesthesiologists (AIOA)
1st National Conference- Virtual - organized by Dept. of Anaesthesia GEI



Diabetic Retinopathy screening on 02/10/2021 organized by Vitreo Retina department in association with Abhayam trust and Win society at Kumbalangi



World Sight Day 2021 screening program at Giridhar Eye Institute, Kadavanthra organized by Vitreo Retina department



Diabetic Retinopathy screening at Giridhar Eye Institute, Edappally organized by Vitreo Retina department on 24/10/2021

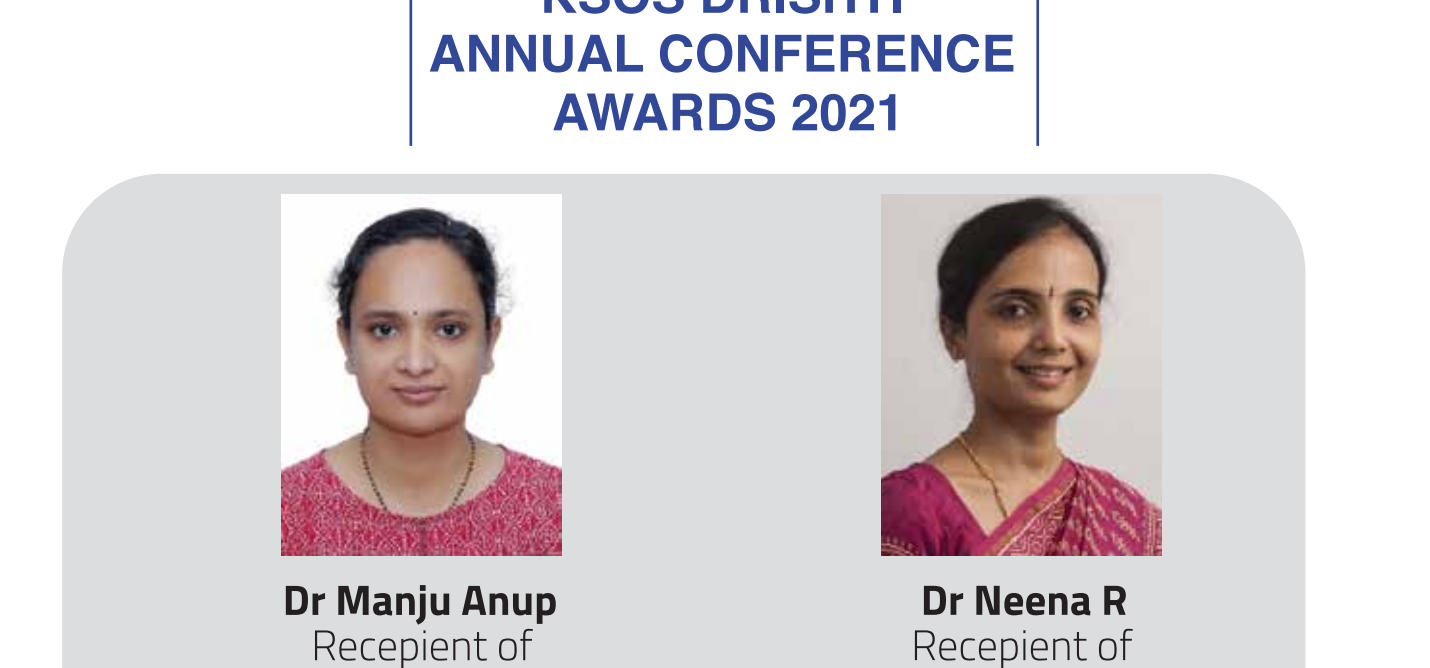
November 2021- Department of Quality Control, Communications & Department of Paediatric Ophthalmology



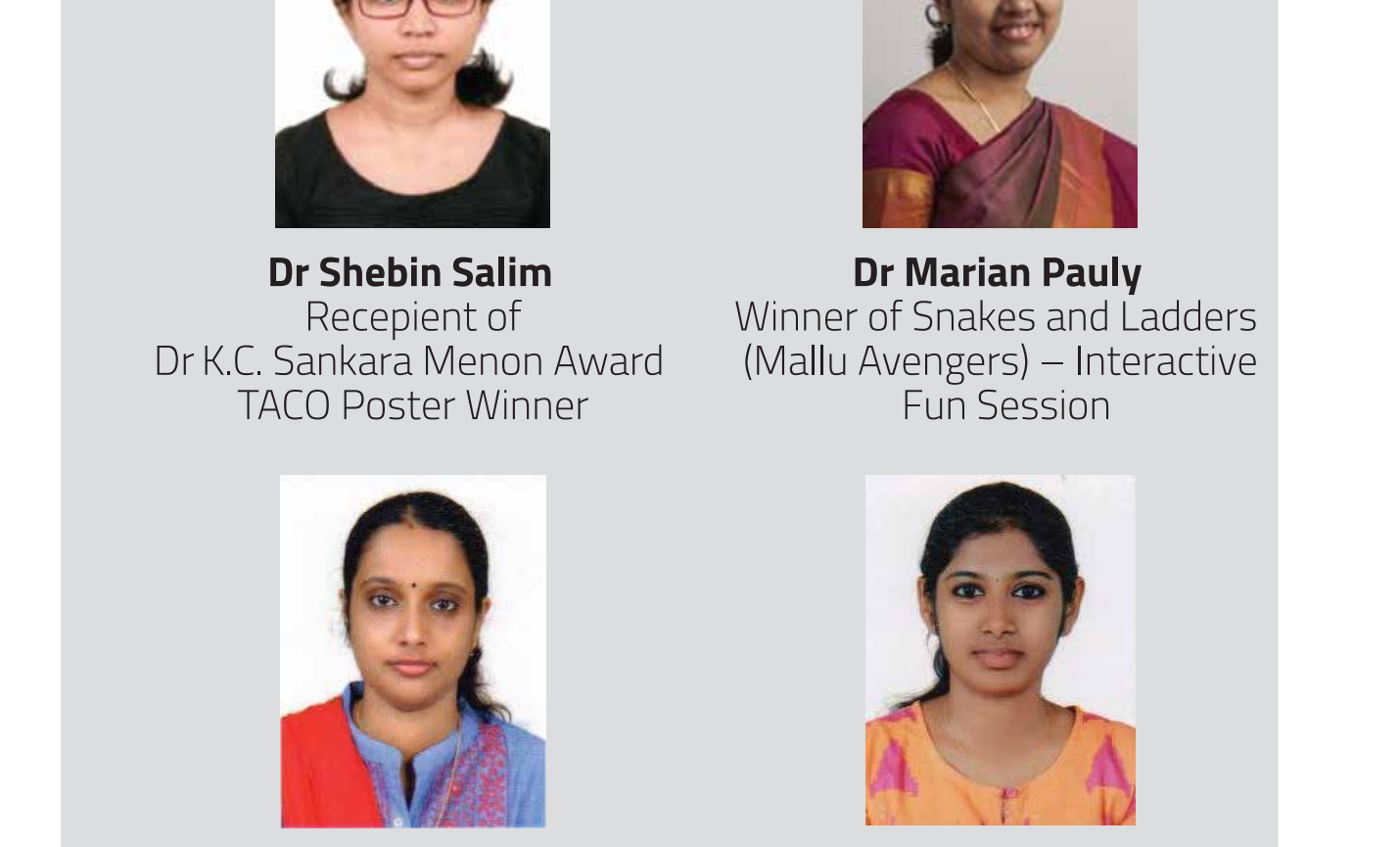
Training program for nurses on Infection Control by Ms Anumol P A, organized by Dept. of Quality Control



Drawing competition for children – organized by Dept. of Paediatric Ophthalmology in connection with the National Children's Day 2021



Dept. of Paediatric ophthalmology conducted a webinar on Children's Eye Health in association with Tale tellers on 05/12/2021



Dr Rosina Thomas presented a gift to Mr Mahesan A R, the first winner of the Daily Lucky Draw conducted in connection with the 25th year celebration of GEI



GEI in association with Innerwheel Club of Cochin and Kochi City Police kick-started a project to distribute solar connected umbrellas with facilities of a fan, charging point and water bottle

Awards & Achievements

KSOS DRISHTI ANNUAL CONFERENCE AWARDS 2021



Dr Manju Anup
Recipient of Dr Mohandas Memorial Award



Dr Neena R
Recipient of Dr Noel Moniz Anterior Segment Award

Dr Shebin Salim
Recipient of Dr K.C. Sankara Menon Award
TACO Poster Winner

Dr Marian Pauly
Winner of Snakes and Ladders (Mallu Avengers) – Interactive Fun Session

Dr Remya S
shared second prize in TACO Quiz

Dr Keerthana Zacharia
shared second prize in TACO Quiz



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