



Rural Onboarding 2022

Anaesthetics

Introduction: One of the greatest barriers to patients receiving surgical interventions in a rural setting, is a lack of safe or adequate anaesthesia. Not only do you need to know the clinical science, but also the maintenance and check of the equipment. This module saves lives.

TOP Anaesthetic Work Based Activities to focus on this week.

How confident are you in:

- Conscious sedation
- ESMOE spinal
- Preparing your spinal station.
- Checking machines
- GA in unstable patients
- When spinals go wrong- trouble shooting

Reading material / Tutorials/ Webinars / Additional resources

- District Anaesthesia YouTube channel:
<https://www.youtube.com/channel/UC5RyvotEzpFIKFYozpKUgAw>
To sign up for the live sessions every couple of weeks on an early Tuesday morning: email Prof David Bishop: davidgbishop@gmail.com
- An approach to District Anaesthesia; SAFE and SIMPLE. Prof David Bishop Rural Onboarding webinar. <https://youtu.be/Zt8yGgegzhQ>
- Management of a High Spinal – suggested guideline in the South African context:
https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwiS9s_vmZb2AhVPwAIHHSxMDqoQFnoECAIQAQ&url=http%3A%2F%2Fwww.sajaa.co.za%2Findex.php%2Fsajaa%2Farticle%2Fview%2F1791%2F1771&usg=AOvVaw0n4nzF8k7kymKCjRetT3r
- Anaesthesia for ruptured ectopic pregnancy at district level, Bishop & Le Roux, SAFP:
<https://safpi.co.za/index.php/safpi/article/view/5304/6762>

- Patient sedation and analgesia Dr Joyce Gibson, Anaesthetist Frere hospital. Dr Joyce Gibson takes us through the paces of safe patient sedation and analgesia.
<https://youtu.be/kZskjzS35bk>
- Safe Anaesthetics and Safe Sedation. Zithulele hospital. A great PowerPoint presentation on safe anaesthetics in a rural district hospital.
http://www.zithulele.org/uploads/4/1/4/2/4142372/rural_sedation_anaesthetics_2021.pdf
- Obstetric spinal anaesthesia. Dr Le Roux. A practical zoom webinar on spinal anaesthesia in your obstetric patients. <https://youtu.be/YOlV9xBY5j0>
- Opioid-Free Anaesthesia. A paradigm shift. SAJP , PC Anamourlis. A thought provoking 2019 article in the SAJP regarding use of opioids.
<https://safpi.co.za/index.php/safpi/article/view/4993/5900>
- Anaesthetics video tutorials Propofology, UK based, UK based, international project created out of the desire to advance the role of the FOAMed (Free Open Access to Medical Education) to everyone involved in anaesthesia, critical care and pain medicine.
<https://www.propofology.com/tutorial-list.html>
- Anaesthesia for ruptured ectopic pregnancy at district level. SAJP 2021, DG Bishop and SPDP le Roux. A simple approach to the anaesthesia for unstable patients requiring laparotomy for ruptured ectopic pregnancy.
- <https://safpi.co.za/index.php/safpi/article/view/5304>
- Spinal anaesthesia for caesarean section webinar. Feb 2021 Dr S Le Roux:
<https://youtu.be/YOlV9xBY5j0>
- What to have in your obstetric spinal tray: <https://youtu.be/mAorYKBv500>

Google drive folder link with resources:

<https://drive.google.com/drive/folders/1l89UkJy6FYh-aAjKLLrT8YmmerK1PfRJ?usp=sharing>

Including

- ESMOE posters – airway evaluation, appropriate levels of care, equipment list
- Poster for anaesthesia for ruptured ectopic pregnancy
- East London Hospital complex Anaesthetics reference handbook
- Algorithms – obstetrics failed tracheal intubation
- Management high spinal anaesthesia guidelines

Other

The Anaesthetist behind the mask: Anaesthesiology in South Africa:

<https://youtu.be/Og2zkdFM2nU>