

BERITA Anesthesiologi

- Malaysian Society of Anaesthesiologists
- College of Anaesthesiologists, Academy of Medicine of Malaysia



Malaysian Society
of Anaesthesiologists



College of Anaesthesiologists,
Academy of Medicine of Malaysia

EDITORS

Dr Gunalan Arumugam
Dr Vanitha Sivanaser
Dr Leong Kok Weng
Dr Sivaraj Chandran



Message from the President of the MSA

It seemed like just yesterday I had penned the year-end message in our bulletin and all too soon it's time for another year-end write-up! The second half of 2016 has certainly been eventful. Let me give you a quick rundown.

Annual Scientific Congress 2016 ("ASC")

This year the ASC was held from 25th to 27th of August in Berjaya Times Square Convention Centre in Kuala Lumpur and was attended by about 800 delegates. Our Society for the very first time was invited to be a part of the World Congress of Anaesthesiologists ("WCA") by hosting the Obstetric Satellite Meeting of the WCA. As a result, we were fortunate this year to have a host of world renowned speakers who are leaders in their respective fields to share their thoughts

and expertise with us. It was indeed a privilege to hear these speakers. I would like to thank Professor Dr Y K Chan and Dr Loh Pui San for drawing up a brilliant scientific programme.

Professor Dr Marzida Mansor, the Organising Chairperson and her team put together a hugely successful ASC, a big thank you for a job well done.



CSA 2016

I was specially invited to Guangzhou in China for the Annual Conference of the Chinese Society of Anaesthesiologists in the capacity of President of MSA. We had a round-table conference where Presidents of 16 Asian countries participated and this

helped in the exchange of our views in many academic and research matters. A follow-up round-table conference was later held in Hong Kong during the WCA 2016 on establishing guidelines on airway management for the Asian region.



continued on page 2

CONTENTS

National Anaesthesia Day 2016	pg 4-14	16 th World Congress of Anaesthesiologists	pg 18
Ultrasound Guided Regional Anaesthesia 2016	pg 15	Malaysian National Registry of Regional Anaesthesia (MyRRA): Do we need it?	pg 19
A Region Going Regional: East Coast Regional Anaesthesia Workshop 2016	pg 16	Faculty of Anaesthesiologists, College of Surgeons of Malaysia – The Early Years (1975-1979)	pg 20-24
"Towards Pain Free"	pg 17	Advanced Vascular Access Workshop 2016	pg 25-26
'Adding Sugar To General Anaesthesia Reversal'	pg 17	Message from the President of the College of Anaesthesiologists, AMM	Back page

WCA 2016

The World Congress of Anaesthesiologists was held in Hong Kong from the 28th of August to the 2nd of September. My heartiest congratulations to Dr Gunalan Palari and Professor Dr Y K Chan on being nominated into the Publication and Education committees respectively. Professor Dr Y K Chan was also nominated into the Obstetric sub-committee. It is an honor to the Society and Malaysia that we have two representatives in the WFSA.

For a detailed account on WCA 2016, please see Dr Gunalan's write-up in this bulletin.



WCA 2024 Bid

In the first quarter of this year, through a letter of expression of interest, we applied to WFSA to host the WCA 2024 in Kuala Lumpur. We were shortlisted as one of three countries to make a formal oral presentation at the WCA 2016. The team which worked and presented the bid consisted of Dr Sushila Sivasubramaniam, Professor Dr Chan Yoo Kuen, Dr Lim Wee Leong, Ms Angie (from KLCC Bureau), Ms Aldia Lai (MCI Malaysia), Ms Chloe Chong (MyCeb) and I.

We were given 30 minutes to present our bid, followed by 15 minutes Q&A session. The presentation of the bid was done by Ms Angie and myself; and Ms Aldia presented the budget. At the end of the presentation, a healthy discussion ensued during the Q&A session. The result was announced on the 2nd of September 2016 at the closing ceremony of the WCA. Sadly, we lost the bid to Singapore (this was Singapore's third attempt in trying to win a WCA bid).

National Anaesthesia Day

World Anaesthesia Day is celebrated on the 16th of October while our National Anaesthesia Day was celebrated all over the country by the various hospitals on any one day in the month of October. I am happy to note that private hospitals are also joining in the celebration. There were



also many articles written by anaesthesiologists which were published in various newspapers.

This celebration is meant to create public awareness and recognition of the role and duties of the anaesthesiologists. You can read further on the celebrations held in the various hospitals in this bulletin.

ISACON 2016

I was invited by the President of the Indian Society of Anaesthesiologists to attend their ISACON 2016 meeting in Ludhiana, Punjab, from the 24th to the 29th of November. Professor Dr Marzida Mansor and Professor Dr Y K Chan were also invited as speakers for the Conference. We are in discussion with the Indian Society on sub-speciality training in cardiac and neuro anaesthesia by Malaysian anaesthesiologists in India.



Upcoming Events

- MSA/CoA ASC/AGM 2017 (27th – 30th April, 2017) at the Berjaya Waterfront Hotel, Johor Bahru, Johore
- World TIVA-TCI Congress 2018 (15th – 18th August 2018) at KLCC, Kuala Lumpur

I wish all my Christian friends a very Merry Christmas and a Happy New Year to all of you. May 2017 be a blessed and prosperous year for all of you.

As our next bulletin will be issued in March 2017, Kong Hee Fatt Choy to all those celebrating the Chinese New Year in a couple of weeks as well.

Dr Raveenthiran Rasiah





Malaysian Society
of Anaesthesiologists



College of
Anaesthesiologists

Malaysian Society of Anaesthesiologists & College of Anaesthesiologists, AMM Annual Scientific Congress

2017

27th to 30th APRIL 2017
Berjaya Waterfront Hotel
Johor Bahru, Johore

THEME
"RE-EMERGENCE"

WEBSITE www.msa.asm.org.my

CONGRESS SECRETARIAT

MALAYSIAN SOCIETY OF ANAESTHESIOLOGISTS

G-1 Medical Academies of Malaysia, 210 Jalan Tun Razak, 50400 Kuala Lumpur

TEL (603) 4023 4700, 4025 4700, 4025 3700 FAX (603) 4023 8100 EMAIL secretariat@msa.asm.org.my WEBSITE www.msa.asm.org.my



ISPP 2017

11th International Symposium on Pediatric Pain

WHEN 6th - 9th July 2017 WHERE Shangri-La Hotel, Kuala Lumpur, Malaysia

REGISTER
NOW
ispp2017.org

Registration Fee	Early Bird Registration (1st Nov 2016 to 15th April 2017)	Normal Registration (16th April to 20th June 2017)	Onsite Registration (6th July to 9th July 2017)
Delegate - Developed Nations	USD 600	USD 700	USD 850
Delegate - Developing Nations*	USD 400	USD 450	USD 500
Malaysian Delegates**	RM 850	RM 950	RM 1050
Trainee***	USD 400	USD 450	USD 500
Accompanying Person	USD 150	USD 200	USD 250

Organised by



Special Interest Group on
Pain in Childhood
International Association for the Study of Pain

Supported by



Visit us at www.ispp2017.org

Email us at secretariat@ispp2017.org

Contact +603 2788 4543

National Anaesthesia Day 2016

Hospital Kuala Lumpur, Kuala Lumpur

Reported by Dr Zarina Abu Kasim, Hospital Kuala Lumpur, Kuala Lumpur

World Anaesthesia Day on 16th October 2016 marked the 170th anniversary of the first use of ether anaesthesia by William T G Morton. In honour of this event, the Department of Anaesthesia and Intensive Care, Hospital Kuala Lumpur, organised a hospital level Anaesthesia Day celebration. This was a one month-long celebration throughout the month of October 2016, echoing the theme 'SAFE-T: Safe Anaesthesia for Everyone Today'.

Our 2016 Anaesthesia Day celebration began on the first day of October itself, with the Anaesthesia Amazing Race, which was held in FRIM Kepong Botanical Garden. The day started with one hour-long Zumba dance led by Zen Jonathan, followed by the amazing race. Fifty groups of 5-person team were flagged off in two sessions. The amazing race lasted for two hours. Concurrent to the amazing race, we had also set-up several exhibitions for the public. These included medical screening booth (screening for blood pressure, blood

glucose, and BMI), demonstration by physiotherapist, organ donation booth, basic life support (BLS) demonstration, and hand sculpture booth sponsored by Abbvie. There were also jigsaw puzzle contests for the children.

The event was celebrated with Dato' Dr Jahizah Hassan – our new Head of Anaesthesia Service, Datin Dr V Sivasakthi – our immediate past Head of Anaesthesia Service, Dr Raveenthiran Rasiah – President of MSA, Dr Sushila Sivasubramaniam – President of College of Anaesthesiologists, Dr Ruzita Othman – Deputy Director (Medical) II of Hospital Kuala Lumpur, Dato' Dr Subrahmanyam Balan – Head of Department of Anaesthesia of Hospital Sultanah Aminah Johor Bahru (HSAJB), Dr Melor Mansor – Head of Department of Anaesthesia of Hospital Ampang, and Dr Zalina Abd Razak – Head of Department of Anaesthesia of Hospital Putrajaya. Our Guest-of-Honour was Yang Berbahagia Dato' Dr Hj Azman bin Hj Abu Bakar – Director of Medical Development Division, Ministry of Health.



▲ Zumba dance



▲ GA machine



▲ Participants

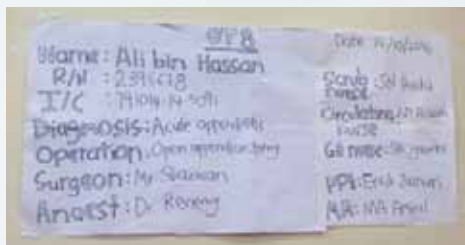


continued on page 5



SCACC

▼ Auditorium function



◀ Datin Dr Nor Akma binti Yusuf

He kindly officiated the event and also gave out prizes to the winners of the Anaesthesia Amazing Race and the children jigsaw puzzle contests. On the same day, the MSA Year Book 2016 – Regional Anaesthesia was also launched. The event ended with a press conference and lunch.

From 10th to 14th October, we set-up several exhibition booths at the lobby of Specialist Complex and Ambulatory Care Centre (SCACC), which is among the hospital's busiest and most frequented area by the public. The highlight of the exhibition was a sketch of the process of general anaesthesia for a mock patient with acute appendicitis undergoing open appendicectomy. The sketch was played by our medical officers and general operating theatre staff nurses. It showcased the entire process of operating theatre preparation, pre-op assessment, induction of anaesthesia and securing the airway, maintenance of anaesthesia and patient monitoring, emergence of anaesthesia and extubation, and post-operative care. Safe Surgery Saves-Lives (SSSL) initiatives were also stressed upon in the sketch. Explanation was given by Dr Lutfi Mohd Nizar. We were greatly moved by Dato' Dr Jahizah Hassan's support and presence in the programme, amidst her busy schedule.

Then, on Friday, 21st October, at 3.00 pm, our department hosted the hospital level auditorium function. Our Guest-of-Honour was Datin Dr Nor Akma binti Yusuf – Deputy Director of Medical Development Division. Other guests were Dato' Dr Jahizah Hassan, Dr Ruzita Othman – Deputy Director (Medical) II, Dr Shamsul Anuar Kamarudin – Deputy Director (Medical) III, and Heads of Department in Hospital Kuala Lumpur. After the blessing with Doa recitation, the programme started with the welcoming speech by Dato' Dr Jahizah Hassan, followed by the officiating speech by Datin Dr Nor Akma binti Yusuf. Then, the audiences were entertained with a 10-minute multimedia presentation on our scope of services and activities. After that, Dr Chin Kon Sin presented on the services provided by Anaesthesia Clinic in Hospital Kuala Lumpur. The auditorium function concluded with Bollywood dance performance by the general operating theatre staff nurses. The guest-of-honour was then brought to see our exhibition booths.

In conclusion, the many events organised were well-received by both the public and hospital staff. With that, I believed that we have succeeded in raising awareness about safety in anaesthesia.



National Anaesthesia Day 2016

Hospital Queen Elizabeth II, Kota Kinabalu, Sabah

Reported by Dr Lily Ng Mooi Hang, Hospital Queen Elizabeth II, Kota Kinabalu, Sabah

Teddies Promote “Safe Anaesthesia For Everyone Today”

World Anaesthesia Day 2016 was celebrated at the Hospital Queen Elizabeth II, Kota Kinabalu, Sabah, to commemorate the first successful demonstration of Ether Anaesthesia on 16th October 1846 by William Morton. This was one of the most significant events in the history of medicine. It took place at the Massachusetts General Hospital and the astounding discovery made it possible for patients to undergo painless surgery.

The theme for the National Anaesthesia Day 2016 in Malaysia was adopted from the World Federation of Societies of Anaesthesiologists (WFSA) campaign “Safe-T: Safe Anaesthesia for Everyone Today”, emphasising that safe anaesthesia is not a luxury, but is a human right.



An attractive exhibit of teddy bears was offered to the public, with each bear representing a patient treated in an area of specialty or interest of the department. They were teddy bears undergoing operation (Anaesthesia Bear), admitted to Intensive Care Unit (ICU Bear), receiving pain management (Pain Bear), promoting organ donation (Organ Bear) and of course Anaesthesiologist (Dr Bear) administering anaesthetics.

It was an immediate attention grabber. Children rushed to the bears with the more daring ones touching the bears. The adults too were busily clicking away at their handphones.



Posters on the effects of severe untreated pain, ingestion of herbals interacting with anaesthetics and smoking, as well as posters on anaesthesia were also available for public viewing. According to WFSA,

- more than 80% of the children in the world's poorest countries are likely to have required surgical treatment by 15 years old.
- globally over 5 billion people suffered because they did not have access to safe and affordable anaesthesia and surgery when they needed it.
- 16.9 million lives were lost from conditions needing surgical care in 2010. Some of them simply just needed a straightforward procedure.
- WFSA emphasised that safe anaesthesia was not a luxury. It was a human right.
- there was a shortage of more than 1 million specialist anaesthesiologists and surgeons worldwide, and by 2030, 2.28 million additional anaesthesiologists and surgeons would be needed.



Safety performance for nuclear power and airlines has been quoted to be less than 1 death per 100,000 encounters. How does healthcare compare? Its performance is greater than 1 death per 1,000 encounters, and as dangerous as bungee jumping of a steep cliff, and mountain climbing.

Before 1980s, patients learned that anaesthesia was 1,000 times more dangerous than being in an airplane 30,000 feet in the air. Complex healthcare systems are highly interdependent, and when one part which serves many functions fail, all the dependent functions fail as well. Small failures can therefore lead to large accidents.

The field of Anaesthesia, however, has become an exception in medicine. Anaesthesiologists became highly regarded worldwide as “Models of Patient Safety”, because they had led the medical profession in recognising that faulty systems and designs lead to failure, and understanding that doctors

continued on page 7

do not control all aspects of patient care. They made efforts to improve on system designs, standardise care, develop new drugs and provide high standards of training and education.

In the 1980s, farsighted anaesthesiologists discovered that two monitors, the capnograph and pulse oximeter, could make a difference to patient safety. In 1985, Harvard Anaesthesia Mandatory Monitoring Standard was introduced. At the time, even though not supported by randomised controlled trials, their success was dramatic. Anaesthesia mortality fell from 1/3,000 in 1985 to an impressive 1/200,000 in 1996.

In almost all areas of patient care at present time, the pulse oximeter is very much in demand, and taken for granted.

Many are not aware of this important pioneering work, and contribution of anaesthesiologists, to patient safety.

The industry standard of 6 sigma is a measure of quality in industry that strives for near perfection ie. < 3.4 errors or defects / million events. Low error rates are achieved only by the airlines, and nuclear power industry. Of all the processes in medicine, only anaesthesia is close to approaching 6 sigma (according to the US Institute of Health).

Patient safety is highly dependent on the anaesthesiologists technical skill, knowledge, experience and good "situational awareness", a non-technical skill. What is situational awareness? It is getting the information, understanding the information and thinking ahead. Knowing what is going on around you and be prepared to handle the situation.

It has been said that for the anaesthesia team, Everyday is Safety Day. Safety Day has no holiday.



Dr Kevin Carson (second from right) President of College of Anaesthetists Ireland & Team with Dr Lily Ng, HOD Anaes Sabah, Dr Chong Si Ching, Dr Faizal, Intensivist Dr Khoo Tien Meng and Chief Anaes PPP Dean Richard at Hospital Queen Elizabeth, Kota Kinabalu.

National Anaesthesia Day 2016

Shah Alam Hospital, Shah Alam, Selangor

Reported by Dr Aliah binti Ali & Dr Suziana Mahamad Rohani

Anaesthesia Day is officially celebrated internationally on the 16th of October 2016. This commemorates the first successful demonstration of ether anaesthesia on 16th of October, 1846. Since then, surgeries around the world are made possible in saving people's lives and improving quality of life.

Honouring this proud moment, our Department of Anaesthesia and Intensive Care, Shah Alam Hospital, celebrated Anaesthesia Day on the 21st of October 2016. Despite having limited time to prepare, the committee members managed to come up with interesting and informative displays. Three banners were hung at strategic places and few posters were displayed around Hospital Shah Alam to advertise the event.

Our Anaesthesia Day celebration began with an assembly held by our Department of Anaesthesia and Intensive Care. To showcase our department, an elaborate video montage of our department staff, methods of anaesthesia, intensive care, acute pain service, activities and inter-departmental events were shown. After the launching of the event, it was followed by cake-cutting ceremony which was done by Dr Abu Bakar bin Ahmad, Head of Department of Anaesthesia and Intensive Care, and Dr Hasni binti Hanapi, Hospital Director of Hospital Shah Alam. Attendees of event include all Heads of Department and staff of Hospital Shah Alam, and the public. We also had lecturers from UiTM (Dr Adlin and Dr Rusnani) and MSU (Dr Jacynta).

Exhibitions then took place at main lobby of our hospital. The exhibition consisted mainly a display of posters about the history of anaesthesia, general anaesthesia, regional anaesthesia, ICU and acute pain services. The main objective was to educate the public about the safety of anaesthesia in the



Launching of event: World Anaesthesia Day 2016, HSAS

hospital. In addition to that, video presentation about journey to anaesthesia and explanation about GA machine also caught the attention of members of the public.

We also set up a few booths in the hospital foyer to ensure participation from the public. The booths highlighted general and regional anaesthesia, acute pain service, CPR training, TOP (tissue organ procurement) team, National Kidney Institute, as well as a few participants from the corporate sector such as RHB, Etiqa, Royal Kiddy, as well as the blood bank team from Klang Hospital. We also managed to arrange fitness activity Zumba which were organised by the committee team.

For the children, they were entertained with a clown performance, as well as coloring contest. Besides that, guess-and-win games, lucky draw and photo booth corner were among the activities held. We also had Hungry Thug and One Bread Bangi food trucks and Cendol Songkok Tinggi catering for everyone to have their delicious lunch and cendol. We ended our day with prize giving for lucky draw, coloring contest and guess-and-win games.

Other activities included Ping Pong tournament which was held on the 15th and 16th of October 2016, in conjunction with Anaesthesia Day.

In conclusion, our planned event for National Anaesthesia Day went smoothly and we would like to express our gratitude to our Head of Department and the committee members for the continuous support in making this event a success.



continued on page 9

National Anaesthesia Day 2016

Hospital Tengku Ampuan Afzan, Kuantan, Pahang

Reported by Sivaraj Chandran



The Department of Anaesthesiology & Intensive Care, Hospital Tengku Ampuan Afzan, Kuantan, Pahang, organised a Bowling Tournament in conjunction with the National Anaesthesia Day 2016 celebration on 16th October 2016. The tournament which was held in Kuantan Plaza, started from 9 am to 2 pm. The theme for the tournament were “Anaesth – Strikelogist” which reflects the true nature of anaesthesiologists in striking for the best in everything they do whether it is work or play. Participants consist of doctors, staff nurses, medical assistants and support staff from the various departments. The tournament was officiated by Dato’ Dr Nor Khairiah bt Kenali, Head of Department of Anaesthesiology & Intensive Care, Hospital Tengku Ampuan Afzan, Kuantan, Pahang. The

responses from the participants were very good and everyone had a great quality time with their families. Children were also given an opportunity to participate and expose their skills in bowling. Various prizes such as hampers, souvenirs and lucky draw prizes were distributed to the winners. We would like to thank the committee headed by Dr Marzuki, Dr Azlina, Dr Syaima and their team for their tremendous effort in organising this tournament and making it a big success. 



continued from page 8



National Anaesthesia Day 2016

Serdang Hospital, Kajang, Selangor

Reported by Dr Haslan Ghazali

In conjunction with the National Anaesthesia Day celebration for 2016, Serdang Hospital organised a two-day event which comprised exhibitions, a treasure hunt and a Gala Dinner. It was jointly organised by the Department of Anaesthesia, Serdang Hospital, and the Cardiothoracic Anaesthesia and Perfusion Society of Serdang Hospital. This was a collaboration between the Departments to promote this year's National Anaesthesia Day theme which was "SAFE-T: Safe Anaesthesia for Everyone Today".

The exhibition was held on Thursday, 20th October 2016. The venue was the hospital lobby and involved members of the public. It was officiated by the Deputy Director of Serdang Hospital, Dr Suhaila. A mock resuscitation of a patient was showcased at the opening ceremony. The exhibition consisted of mock cardiac operating theatre and intensive care settings, the equipment which are used in the anaesthetic department especially in the operating theatre and the intensive care units. There were also six booths taken up by vendors promoting medical equipment used in anaesthesia. The exhibition was graced by a visit from the Health Minister, Datuk Seri Dr S Subramaniam, who took the opportunity to browse through the exhibition even though he came to the hospital coincidentally. Many people especially the public took this opportunity to understand what anaesthesia is and experience what it is like to be in an operating room or intensive care ward. Many of them do not realise the extent of measures that are taken to anaesthetise patients safely.

Other exhibitors who took part in the exhibition booths were the resuscitation team or Basic Life Support (BLS) team who also did a demonstration during the opening ceremony, the Transplant and Organ Procurement (TOP) team who was promoting organ donation among the public, as well as volunteers in health screening booths who were performing free medical checkup for the public.

The treasure hunt organised by the Anaesthesia Department was held on 22nd October 2016 at Taman Warisan Putrajaya. It was participated by 25 groups of consisting of four participants in each team. It was mainly participated by

the hospital staff and their families. We started the morning with some 'Senamrobik' exercises after registration. The Taman Warisan staff had prepared the questionnaires and the "Agrohunt" began by 9.00 am. Participants had a great time hunting for the answers while hiking up the steep hill. The hunt lasted for about two hours and the finale was held at the peak of the hill where there was a platform with a grandstand. Here, participants had a final task of identifying objects placed in four boxes. Everyone was tired but happy from the event and we ended the day with a group photo session.

The Gala Dinner was held on the same day as the treasure hunt at the Bangi Golf Resort, Bangi. The event started at 8.00 pm and the theme was "Superheroes vs Supervillains" where many came in their favourite costumes. More than 200 people attended the dinner comprising staff of the Department of Anaesthesia,

Serdang Hospital, and their families. A lot of children also attended the dinner dressed as their favourite comic hero or villain. The dinner opened with a speech from the Anaesthesia Day Celebration Director, Dr Isqandar Adnan and later by the Head of Department, Dr Kamarul Zaman Talib after which it was followed by a cake-cutting ceremony. There was also a karaoke competition and table games. There was a prize giving session for the winners of the "Agrohunt" held earlier in the morning. There were many lucky draw prizes which included a smartphone and an LED TV. Prizes were presented for the best dressed participants for the night. The dinner ended at about 11.30 pm.



National Anaesthesia Day 2016

Hospital Enche' Besar Hajjah Khalsom, Kluang, Johore

Reported by Dr Syafiqah Najmi Khalid & Dr Mary Angeline A/P Peter



The Department of Anaesthesiology, Hospital Enche' Besar Hajjah Khalsom, Kluang, Johore, organised the National Anaesthesia Day celebrations at the hospital level to give exposure and awareness to the public about our anaesthesia service. The one week-long celebration was held from 16th October 2016 to 20th October 2016. This celebration was the result of hard work of 31 committee members from our Department of Anaesthesiology. We received good participation from members of the other Departments in the hospital, as well as warm participation by the public.

The Anaesthesia Day celebration on 20th October started with registration of participants at 8.00 am. This was followed by a 30-minute Zumba dance from 8.30 am to 9.00 am. At 9.00 am, the Anaesthesia Day celebration was officiated by our Hospital Director, Dr Hjh Azizah Bt Riduan, and included cake-cutting, lucky-draw, and prize-giving ceremony. From 10.00 am onwards, participants were invited to view the exhibition in our hospital out-patient department foyer. The contents of exhibition included information on history of anaesthesia, anaesthetic equipment, anaesthesia service (general and regional anaesthesia), and organ donation. The information was provided in the form of posters, display of the equipment, oral presentation, and a short video. A counter was arranged for organ donation. To strengthen the understanding of the public, there was also a quiz (with souvenirs of course!) for the public.

All in all, it was a successful few days and we would like to thank everyone directly and indirectly involved for the successful organisation of the National Anaesthesia Day 2016.



National Anaesthesia Day and Mini Walkathon 2016

Hospital Sultanah Bahiyah, Alor Setar, Kedah

Reported by Dr Leong Kok Weng

In conjunction with National Anaesthesia Day celebration, the Department of Anaesthesiology and Intensive Care, Hospital Sultanah Bahiyah, Alor Setar, Kedah, has organised several events. The objectives of the events were to expose and educate the public about the intricate process of anaesthesia, as well as to highlight the range of services provided by our department.

The highlight of the celebration fell on 19th November where we organised a succession of events: mini walkathon around the hospital compound, opening ceremony, exhibitions, karaoke and colouring contest – just to name a few. The day started with registration of participants, followed by a 30-minute warming up session with 'senamrobik' and Zumba dance. Then, the whistle was blown where participants commenced on the walkathon trail set up along the hospital. We were proud to say that most participants managed to conclude the walk in an hour time – which tells us that their METs are definitely at least 4 (pun intended).

After the mini walkathon, the opening ceremony for the National Anaesthesia Day celebration unfolded. After blessing by doa recitation, we heard attentively the welcoming speech by our Head of Department, Dr Ahmad Shaltut Bt Othman and our Hospital Director, Dr Zaiton Bt Udin, followed by officiating speech by Deputy Medical Director I, Dr Farique Rizal B Abd Hamid. The opening ceremony concluded with prize giving where prizes were given out to the winners of our mini walkathon. Following that, the participants were invited to visit our exhibition booths. Exhibition included simulation of operating theatre and relevant core anaesthetic monitoring equipment, replica of an ICU bed fully-equipped with mechanical ventilators and monitoring equipment, basic life support (BLS) demonstrations, acute and chronic pain service corner, medical check-up corner, and organ donation corner. Concurrent to the exhibitions, we organised a colouring contest for children, as well as a karaoke contest. We bid farewell to everyone at 2.00 pm in the afternoon.

In conclusion, the participation by hospital staff and public was encouraging, and we are motivated to make this National Anaesthesia Day celebration an annual event.



National Anaesthesia Day 2016

Hospital Tengku Ampuan Rahimah, Klang, Selangor

Reported by Dr Kevin Yong Vai Ket, Medical Officer, Department of Anaesthesia and Intensive Care

The Department of Anaesthesiology and Intensive Care, Hospital Tengku Ampuan Rahimah (HTAR), Klang, Selangor, celebrated World Anaesthesia Day 2016 on the 23rd of October 2016. The theme for this year is 'Safe Anaesthesia: Safe-T for Everybody Today'. In conjunction with this day, we organised a day of fun-filled treasure hunt activity. Dr Lee Ming Fei (Anaesthetic Specialist, HTAR) organised this year's event with the help of his appointed committee members comprising medical assistants, nurses, doctors and other allied healthcare providers from both operation theatres and intensive care units. The aim of this event was to bolster teamwork and awareness regarding the role of anaesthesiologist among healthcare providers, who made up majority of the participants. This exciting treasure hunt started at 9.00 am at our daycare hospital where Dr Ding Lay Ming (Hospital Director of HTAR) flagged off a total of 21 teams, each team consisting of two to four participants.



Medical assistant (MA) Hasrizal and MA Zhairie were the only game masters who knew the location and answers to each clue.



The team of medical assistants guarding the clues inside the colourful folders.



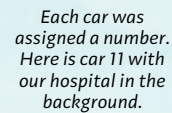
Contestants inside their cars awaiting for flag off.



Some of the contestants, committee members and photographer of the day.



Envelope containing clues to their next destinations.



Each car was assigned a number. Here is car 11 with our hospital in the background.



Dr Ding Lay Ming, Dr Mohd Rohisham and Dr Lee Ming Fei flags off the 21 teams in their respective cars.



Team number 18 with Dr Mohd Rohisham, Dr Lee Ming Fei, Dr Wilson and Dr Siew.



Contestants happy to have located the clues.



Contestants from operation theatre joining in the fun.

A picture of Dr Ding Lay Ming, Dr Mohd Rohisham and Dr Lee Ming Fei with all the contestants and our Anaesthesia Day 2016 banner and flag.



continued on page 14



Contestants hard at work trying to decipher the puzzles.

Everyone taking a picture with written messages on the background of a WFSA (World Federation of Societies of Anaesthesiologists) leaflet.



Team 18 at fifth place. Dr Rohisham presenting the price money to his own team!



First place goes to team from obstetric and gynaecology and public health department.

These 21 teams later discovered that they had to solve various puzzles based on clues scattered throughout Klang. In the end, the total points were calculated for each team and prizes were presented accordingly by Dr Mohd Rohisham bin Zainal Abidin (Head of Department of Anaesthesia and Intensive Care, HTAR). The prizes for first to fifth place were RM 1000, RM 700, RM 500, RM 300 and RM 200 respectively. Participants from sixth to tenth place each won a hamper. All teams were given individual T-shirts, car number stickers and goody bags. Our department also hosted a small poster exhibition within our daycare hospital for a week to continue to incite public interest. Overall, the event was a great success. We received countless text and word of mouth to let us know that everyone enjoyed the event tremendously.



The entire organising committee with the chair person Dr Lee Ming Fei and Dr Rohisham at the end of the event.



Welcoming the New Anaesthesiologists MMed Anaesthesiology November 2016

UKM

Universiti Kebangsaan Malaysia

Dr Umul Huda Binti Ahmad
Dr Chua Wei Yan @ Chay Tzong Yan
Dr Ainun Nadwah Binti Abdul Raof
Dr Nur Salwani Alias
Dr Terrence Teow Teik Leong

UM

University of Malaya

Dr Nur Hasnida Binti Zainal A'bidin
Dr Khaw Ju Lin
Dr Liu Sui Ching
Dr Nur Azreen Binti Hussain
Dr Kang Ker Cheah
Dr Shairil Rahayu Binti Ruslan
Dr Tai Seen Yee
Dr Cheang Peak Chee
Dr Liew Mun Thing

USM

Universiti Sains Malaysia

Dr Constance Liew Sat Lin
Dr Ikhwani Bin Wan Mohd Rubi
Dr Noor Shazlini Binti Mustapha
Dr Siti Nur Amani Binti Ab Aziz
Dr Shyamala a/p V Kumar
Dr Loh Sze Yee

ULTRASOUND GUIDED REGIONAL ANAESTHESIA 2016

Reported by **Dr Kunasheela Sekaran**, Department of Anaesthesiology, Seberang Jaya Hospital, Butterworth, Penang



The participants, organising committee and speakers for regional workshop 2016



Dr Amir demonstrating techniques of Truncal Block with ultrasound guidance



Dr Vellan was giving opening speech



Dr Azrin demonstrating techniques of Upper Limb Block with ultrasound guidance

Regional anaesthesia, specifically peripheral nerve block, is garnering widespread acceptance into the daily practice in many anaesthesiology departments across the country. It has many benefits which include less nausea from regional blocks with patients generally awoken faster after regional blocks. Regional blocks can also be used to reduce the pain after surgery and also will provide better pain control than intravenous or intramuscular opioids.

On 2nd and 3rd August 2016, the Department of Anaesthesiology and Intensive Care, Seberang Jaya Hospital, organised its 2nd Ultrasound Guided Regional Anaesthesia Workshop. A total of 20 doctors (from Northern region of Malaysia), participated in this workshop. This workshop was a success with good teamwork from all the doctors and paramedics in anaesthesiology department of Hospital Seberang Jaya under the guidance of our chairperson Dr Ambiga Chelliah. Four experts in regional anaesthesia from Hospital Kuala Lumpur, Dr Azrin bin Mohd Azidin and Dr Amiruddin bin Nik Mohamed Kamil, Dr Zolkepli b Haji Yahya from Hospital Sultan Abdul Halim, Dr Raziman b Abdul Razak from Hospital Ampang were invited to facilitate the workshop. The aim was to improve the daily practice of our doctors and paramedics and to equip them with updates for better quality care for our patients and also to provide exposure in regional anaesthesia to junior anaesthetists.

The first day of the workshop took place in Dewan Mutiara, Hospital Seberang Jaya with four lectures delivered by Dr Zolkepli, Dr Raziman, Dr Azrin and Dr Amiruddin which covered all aspects of regional anaesthesia from anatomy to the clinical aspects. It was subsequently followed by "hands-on sessions" in the afternoon where the participants were divided into four groups and each group was demonstrated the common locations for the ultrasound probe placement on volunteers. Phantom limb was also used for participants to practice on. Each group was allocated 40 minutes in each station to learn the proper technique in visualising the sonoanatomy of both upper, lower limb and truncal blocks.

The next day involves hands-on session on real patients and it took place in the operation theatre of Hospital Seberang Jaya. The participants were divided into two groups. A mixture of blocks

which included supra- and infra-clavicular blocks, axillary blocks, fascia iliaca blocks and the sciatic and femoral nerve blocks were demonstrated. During this session, some of the participants were given opportunity to perform the blocks under the supervision of the facilitators.

Over the two days, the workshop was carried out smoothly throughout its course and the participants left pleased with the knowledge and skills they had acquired as shown by the evaluation survey forms. To quote the Organising Chairperson of the update, Dr Ambiga Chelliah, "We believe that this programme would help us gain practical experience, as well as updates in our practice in the field of anaesthesiology and critical care"



A Region Going Regional: East Coast Regional Anaesthesia Workshop 2016

Department of Anaesthesiology of Hospital Tengku Ampuan Afzan (HTAA) Kuantan
and International Islamic University Malaysia (IIUM)

Reported by Dr Hion Yuen Teng, HTAA, Kuantan

Regional anaesthesia is a rapidly growing speciality and we, here in the East Coast, are not left behind. In Hospital Tengku Ampuan Afzan (HTAA), Kuantan, up to 448 cases of regional block were performed in 2015, whereby 292 blocks were for analgesia and 156 were for anaesthesia. This is mainly thanks to the efforts of a team of skilled specialists and medical officers, affectionally but informally known as SERBOK (SEkolah Regional BIOck Kuantan), a tongue-in-cheek reference to NYSORA. Their enthusiasm brought about one of our main events of the year:

The East Coast Regional Anaesthesia Workshop 2016, held on 19th to 20th August 2016.

The workshop was organised by the Department of Anaesthesiology and Critical Care, International Islamic University Malaysia (IIUM) Kuantan, in collaboration with the Department of Anaesthesiology and Intensive Care, Hospital Tengku Ampuan Afzan (HTAA) Kuantan, and Persatuan Resusitasi IIUM Pahang (PRISMA). It was attended by 23 doctors and the organisers were excited to note that 39% of attendees hailed from other hospitals such as Hospital Kemaman, Hospital Sultan Haji Ahmad Shah, Temerloh, Hospital Kuala Lipis, Pusat Perubatan UKM and also Hospital Angkatan Tentera Tengku Mizan. The workshop was officiated by Professor Dato' Dr Ariff who encouraged us and shared his wisdom to becoming better doctors.



The first day of the event was held in the Kulliyah of Medicine, IIUM, where participants were first introduced to the basics of regional block in a series of informative lectures such as; preparations before starting regional block by Associate Professor Dr Hadi of IIUM and basic techniques and surface marking by Dr Wan Marzuki and Dr Sivaraj Chandran of HTAA and Dr Rasydan of IIUM. Theory sessions were then followed up by hands-on practice sessions using several lean IIUM medical students and HTAA staff as models for basic ultrasound techniques and

locating important nerves and structures in regional blocks. No students or staff were hurt during these sessions and we extend a big thank you to them for their time and patience. The session was adjourned on a happy note as we were fed with a delicious durian stew for tea.

The second day of the workshop was held in the ACC (Ambulatory Care Centre) Operation Theatre of HTAA, Kuantan. Participants were divided into four groups and were given the opportunity to perform the blocks on patients undergoing surgery that day. Groups were divided into upper limb blocks, lower limb blocks, truncal blocks and intravenous access. In between surgeries, enlightening teaching videos were played and at the end of the workshop, a short closing ceremony was held followed by a photography session.

We would like to thank the organising committee for all their hard work and dedication to make this event a big success. Great Job to the SERBOK team, Kuantan.



“ Towards Pain Free ”

Hospital Tengku Ampuan Afzan (HTAA), Kuantan, Pahang

Reported by Dr Ng Boon Hui, Department Anaesthesiology Hospital Tengku Ampuan Afzan, Kuantan, Pahang



The Department of Anaesthesiology & Intensive Care, Hospital Tengku Ampuan Afzan, Kuantan, has again embarked on the journey of “Towards Pain Free” status by organising an Acute Pain Service (APS) Workshop course for Nurses on 18th August 2016 coordinated by Dr Sivaraj Chandran, and the Acute Pain Service team under the guidance of Dato’ Dr Nor Khairiah bt Mohd Kenali, Head of Department Anaesthesiology & Intensive Care of Hospital Tengku Ampuan Afzan, Kuantan.

The aim of this workshop was to educate the nurses regarding the knowledge and skills in assessing pain, to introduce the standardised

pain assessment tools to the nurses and managing patients with pain. This workshop also was a good platform for the nurses to discuss in detail with the APS team regarding the common problems encountered in the ward and adherence to pain policy.

The workshop was well attended by a total number of 53 nurses from multidisciplinary teams. Our day

started with a welcome speech and introduction on ‘Pain Free Hospital’ by Dr Sivaraj Chandran, Anaesthesiologist and Pain Coordinator, followed by a short lecture on ‘Pain as 5th vital sign’ by Puan Nur Hazida, subsequently with an explanation on procedure for pain assessment by Matron Nurha and the role of Acute Pain Service team by Dr Shahridan. The hands-on session was lead by Dr Shafei, Dr Ng Boon Hui and Dr Shahridan demonstrating and explaining regarding various Acute Pain Service modes of analgesia such as epidural, intrathecal morphine, peripheral nerve blocks, patient controlled analgesic (PCA) morphine and subcutaneous morphine. This was to allow the nurses in the wards to have a better knowledge and understanding on the purpose of selected APS mode and to improve in nurses compliance in pain service.



‘Adding Sugar To General Anaesthesia Reversal’ Sugammadex Workshop

Reported by Dr Sayleni Murugaiyah, Hospital Tengku Ampuan Afzan, Kuantan, Pahang

The Department of Anaesthesiology & Intensive Care, Hospital Tengku Ampuan Afzan, Kuantan, in collaboration with MSD Malaysia, organised a “Sugammadex Day Workshop” which was held on 12th August 2016 at Hospital Tengku Ampuan Afzan, Kuantan, Pahang.

The workshop started with a welcoming message from the workshop organiser and a brief introduction about the workshop agenda and the history of Sugammadex itself. A lecture titled ‘Sugammadex – A Breakthrough in Management of Neuromuscular Blockade’ was given by our very own anaesthesiologist, Dr Sivaraj Chandran. We could not have picked a better person to enlighten us on the subject matter of reversal of neuromuscular block with Sugammadex. Brochures on Sugammadex and its dosages were handed out to the attendees who consisted of house officers, medical officers and specialists.

The workshop also incorporated a ‘hands-on session’ with the demonstration on the usage of Sugammadex and the right dosages for reversal of neuromuscular blockade induced by rocuronium, which was done by Dr Sivaraj Chandran at the General Operating Theatre.

We appreciate and thank the organisers for the knowledge shared at this workshop. Hopefully our increasing familiarity with the usage of Sugammadex, providing an anaesthetic option that allows predictable, safe and rapid reversal from any depth of blockade, will therefore, benefit our patients.



16th World Congress of Anaesthesiologists

Hong Kong Convention Centre 香港

Reported by Dr Gunalan Palari Arumugam

After a successful meeting in Argentina four years ago, the 16th World Congress of Anaesthesiologists organised by the Society of Anaesthetists of Hong Kong on behalf of the World Federation of Societies of Anaesthesiologists (WFSA) reconvened in Hong Kong from the 28th of August to the 2nd of September 2016. There were at least 50 delegates from Malaysia attending the Congress from both the public and private sectors, joining the almost 6000 delegates from all over the world.

The opening ceremony was a spectacular display of Hong Kong's diverse cultural and art scene, beginning with the entrance of a brightly coloured dragon show leading the organising committee and council members. Following this, there were short speeches by the WFSA President Dr David Wilkinson, Hong Kong Congress Committee Chair Professor Mike Erwin, and Scientific Programme Chair Professor Tony Gin.

To add a touch of class, there was a piano recital by pianist Joe Chindamo accompanied by the Salisbury Quartet which was then followed by an amazing display of artistry by internationally renowned sand artist Hoi Chiu. Hoi Chiu effortlessly created sand paintings live on stage and crafted in seconds images like a patient on an operating table and a backdrop of Hong Kong with the WCA logo written across it.

Following the performances, a few awards were then presented by the President of WFSA, Dr David Wilkinson. Lastly, delegates were then treated to a video featuring several familiar faces from the WFSA talking about anaesthesia in the future and their hopes for change. Following the Opening Ceremony, the delegates continued the jovial atmosphere by heading to the Exhibition Hall to enjoy a

drink and some light food.

The days after the Opening Ceremony was a mixture of listening to the many plenaries, lunch symposia and talks that covered pretty much every facet of the anaesthesia practice. On top of that, there were just so many exhibitors showcasing their latest equipment and medications commonly used in anaesthetic practice.

I also had the pleasure of taking part in the Publications Committee meeting where together with 15 other colleagues from around the world, we set out on some targets and projects that will hopefully help to spread the knowledge of safe anaesthetic practises especially to colleagues from the low resource countries.

One of the highlights of this WCA was the Harold Griffith lecture which featured two distinguished speakers Mr Tore Laerdal and Dr Atul Gawande. Both speakers were introduced to the delegates by WFSA President Dr David Wilkinson. Mr Tore Laerdal is the Executive Director of the Laerdal Foundation for Acute Medicine, founder and leader of Laerdal Global Health, and Chairman of Laerdal Medical, all based in Norway. He talked about some of his childhood experience growing up in Norway and some of his early work in humanitarian missions from which he was inspired to establish the Laerdal Global Health, a not-for-profit company with the sole purpose of providing highly affordable and culturally sensitive training and therapeutic solutions to help reduce maternal and new-born mortality in low resource settings.

Dr Atul Gawande was the second speaker and no stranger to those who have been following his exploits as a surgeon and an author. Dr Gawande discussed his role in developing the WHO Safe Surgery Checklist, and his role as the Chair of the Lifebox Initiative, which distributes vital pulse oximeters to almost 100 countries worldwide. Dr Gawande also discussed his work around The Lancet Commission on Global Surgery, of which he was a co-author and detailed the



Fellow Delegate

work he did as co-editor of the first volume on Essential Surgery to appear in the World Bank's highly influential compendium, Disease Control Priorities.

On the final day of the Congress, Professor Tony Gin and a panel of colleagues selected the winners of this year's WCA Abstract Poster Competition. We are glad to report that Dr Aliza Mohamad Yusof, from Universiti Kebangsaan Malaysia Medical Centre, Cheras, Kuala Lumpur won 1st prize for two poster presentations. One was for the Ambulatory Category for the poster "PATIENT-CONTROLLED SEDATION AND TARGET-CONTROLLED INFUSION OF PROPOFOL VERSUS CONVENTIONAL SEDATION FOR OUTPATIENT COLONOSCOPY" and the other was for the Respiration & Airway Category with the poster "POSTOPERATIVE SORE THROAT FOLLOWING PROSEAL LARYNGEAL MASK AIRWAY ANAESTHESIA: COMPARING ANALGESIC EFFICACY OF TRAMADOL AND BENZYDAMINE GARGLE". The Malaysian Society of Anaesthesiologists would like to congratulate Dr Aliza on her success.

It was then time to welcome the next Presidents of WFSA - Dr Gonzalo Barreiro from Uruguay and Dr Jannicke Mellin-Olsen from Norway. Both gave speeches looking to the future of the WFSA, committing to working with colleagues worldwide to advance the Federation.

The venue for the 2024 Congress was announced as Singapore, before Professor Karel Cvachovec, the Chair of the next Congress in Prague 2020, showed a video of Prague and gave an entertaining speech. The Malaysian Society of Anaesthesiologists was commended for putting in a strong bid. Thank you to the bidding team led by Dr Raveenthiran Rasiah.

All in all, this being my first World Congress that I have attended, it was truly an eye-opening experience and I look forward to re-establishing some of the friendships made in Hong Kong when we meet again in Prague in four years' time.



Publications Committee 2016 - 2020

Malaysian National Registry of Regional Anaesthesia (MyRRA): Do we need it?

By Dr Beh Zhi Yuen, Dr Azrin Mohd Azidin, Dr Amiruddin Nik Mohd Kamil
(the Hospital Kuala Lumpur team in the project www.rra.my)

& Dr Shahridan Mohd Fathil, Convenor of the Malaysian Special Interest Group in Regional Anaesthesia (SigRA)

As the Malaysian healthcare system continues to move forward, the current paper-based data recording system shall one day be replaced by a more efficient electronic recording system¹. Hence, a regional anaesthesia (RA) database in an electronic recording system would be the way to go. A registry for regional anaesthesia involving peripheral nerve block or neuraxial block; single centre or multi-centre; national or international collaboration has been around in most developed countries since early 2000.

To name a few...

- 1) The German Network for Acute Pain Management and Regional Anaesthesia (NRA) is a multi-centre (51 centres), non-interventional registry and benchmark project, assessing and analysing clinical and patient-reported procedural and outcome data of systemic analgesia and regional anaesthesia. This project is hosted by the German Society of Anaesthesia and Intensive Care Medicine (DGAI) and professional Society of German Anaesthetists (BDA). It started in the year 2007 and is expected to be completed by year 2030 with an estimated enrolment of about 250,000.
- 2) Three notable projects in Australia and New Zealand: The Australasian Regional Anaesthesia Collaboration (ARAC) 2006 – 2009; The Australian and New Zealand Registry of Regional Anaesthesia (AURORA) 2008 – 2011; and The International Clinical Registry of Regional Anaesthesia (IRORA) 2011 – 2014 which involved 19 centres located around the world.

The above projects were initiated as measures to improve the quality of regional anaesthesia practice, patient safety, to identify risk profiles and associations in cases of a complication. Plenty of interesting results were generated and they became landmark evidences for the practice of regional anaesthesia worldwide²⁻⁹.

The idea and plan to set up a web-based registry in Malaysia was initiated by Dr Beh Zhi Yuen, with the help of Dr Azrin Mohd Azidin and Dr Amiruddin Nik Mohd Kamil from Hospital Kuala Lumpur. The team, together with the support of the College of Anaesthesiologists SigRA and a generous funding of RM10,000 from the company AbbVie, had managed to kick-start the project in 2015. The website and registry has been functional since April 2016.

The objective of creating the web-based registry was to establish a platform for data collection and to record all cases involving peripheral nerve blocks in Malaysia. This would be part of a quality initiative programme to monitor the practice of RA in this country, especially among hospitals in the Ministry of Health with open invitations to the hospitals in the Ministry of Higher Education, Ministry of Defence, as well as private hospitals. The website also serves as a portal for news updates pertaining to RA conferences, workshops at national, as well as international scenes, plus guidelines and lecture notes produced by local RA experts. We pride ourselves in producing one of the least expensive web-based registry which is believed to be the first national registry in the South East Asia region. The cost to setup this is less than one-tenth of the usual funding for such projects.

In terms of data confidentiality and privacy, the registry requires

a username and password for access to their own institution. Patients' names and identification numbers are never required to be entered into the registry, instead each hospital can use their own codename system. There is a guidebook to assist newcomers on the data entry. The registry format is adopted and modified based on the template for data collection for peripheral nerve blocks by the New York School of Regional Anaesthesia (NYSORA). The American template is very comprehensive and is designed to ensure the best practice in RA and it is aimed to be medico-legally protected. Nevertheless, the formalisation of the form as part of the Malaysian legal anaesthetic documentation for peripheral nerve blocks has still a long way to go. Participants' compliance and completion of the registry data entry is of paramount emphasis to enable fruitful data analysis in the near future.

As of 25th of December 2016, the website had received 2,806 visitors, with 7,148 pages viewed and 3,888 engaged sessions. 67% of the visitors were from Malaysia whereas the rest were from United States, Germany, Singapore and other parts of the Asia region.

"One small step for man, one giant leap for mankind"
- Neil Armstrong

This is the beginning and also a long-term project commitment for the Malaysian SigRA. We look forward and welcome more participation from hospitals outside the Ministry of Health Malaysia and we will do our best to assist, if possible. We hope to generate valuable information pertaining to the practice of regional anaesthesia – peripheral nerve block in Malaysia in the near future – and may this website induce more interest on ultrasound guided regional anaesthesia among the Malaysian anaesthesia fraternity.

REFERENCES

- 1) Stausberg J, Koch D, Ingenerf J, Betzler M. Comparing paper-based with electronic patient records: lessons learned during a study on diagnosis and procedure codes. *J Am Med Inform Assoc* 2003; 10: 470-7
- 2) Volk T, Engelhardt L, Spies C, Steinfeldt T, Kutter B, Heller A, Werner C, Heid F, Bürkle H, Koch T, Vicent O, Geiger P, Kessler P, Wulf H. [A German network for regional anaesthesia of the scientific working group regional anaesthesia within DGAI and BDA]. *Anesthesiol Intensivmed Notfallmed Schmerzther*. 2009 Nov; 44 (11-12):778-80
- 3) Bomberg H, Kubulus C, Herberger S, Wagenpfeil S, Kessler P, Steinfeldt T, Standl T, Gottschalk A, Stork J, Meissner W, Birnbaum J, Koch T, Sessler DJ, Volk T, Raddatz A. Tunnelling of thoracic epidural catheters is associated with fewer catheter-related infections: a retrospective registry analysis. *Br J Anaesth*. 2016 Apr; 116(4):546-53.
- 4) Bomberg H, Albert N, Schmitt K, Gräber S, Kessler P, Steinfeldt T, Hering W, Gottschalk A, Standl T, Stork J, Meißner W, Teßmann R, Geiger P, Koch T, Spies CD, Volk T, Kubulus C. Obesity in regional anaesthesia – a risk factor for peripheral catheter-related infections. *Acta Anaesthesiol Scand*. 2015 Sep; 59(8):1038-48.
- 5) Bomberg H, Kubulus C, List F, Albert N, Schmitt K, Gräber S, Kessler P, Steinfeldt T, Standl T, Gottschalk A, Wirtz SP, Burgard G, Geiger P, Spies CD, Volk T. German Network for Regional Anaesthesia Investigators. Diabetes: a risk factor for catheter-associated infections. *Reg Anesth Pain Med*. 2015 Jan-Feb; 40(1):16-21.
- 6) Volk T, Engelhardt L, Spies C, Steinfeldt T, Gruenewald D, Kutter B, Heller A, Werner C, Heid F, Bürkle H, Gastmeier P, Wernecke KD, Koch T, Vicent O, Geiger P, Wulf H. [Incidence of infection from catheter procedures for regional anaesthesia: first results from the network of DGAI and BDA]. *Anaesthesist*. 2009 Nov; 58(11):1107-12.
- 7) Kubulus C, Schmitt K, Albert N, Raddatz A, Gräber S, Kessler P, Steinfeldt T, Standl T, Gottschalk A, Meissner W, Wirtz SP, Birnbaum J, Stork J, Volk T, Bomberg H. Awake, sedated or anaesthetised for regional anaesthesia block placements?: A retrospective registry analysis of acute complications and patient satisfaction in adults. *Eur J Anaesthesiol*. 2016 Oct; 33(10):715-24.
- 8) Barrington MJ, Watts SA, Gledhill SR, et al. Preliminary results of the Australasian Regional Anaesthesia Collaboration: a prospective audit of more than 7,000 peripheral nerve and plexus blocks for neurologic and other complications. *Reg Anesth Pain Med*. 2009; 34:534-541
- 9) Sites BD, Barrington MJ, Davis M. Using an International Clinical Registry of Regional Anesthesia to Identify Targets for Quality Improvement. *Reg Anesth Pain Med*. 2014; 39 (6): 487-495. 

FACULTY OF ANAESTHESIOLOGISTS

COLLEGE OF SURGEONS OF MALAYSIA

-THE EARLY YEARS (1975-1979)-

By Dr Anand Sachithanandan

Our first Prime Minister Tunku Abdul Rahman once famously remarked that whatever its past may be, a nation can only be true to itself, if it learns its history. Perhaps the same can be said of any organisation or society. It is imperative we remember our heritage as we continue to develop. This article narrates the origins of the Faculty of Anaesthesiologists and describes the pivotal role our Anaesthetic forefathers played in establishing the Faculty and laying the vital foundations for future success.

I. Background: A Bit of Modern History

An Academy of Medicine was established in Singapore in 1957, shortly after Malaya gained independence from British colonial rule. However following Singapore's departure from the Federation of Malaysia in 1965, an autonomous Academy of Medicine of Malaysia was formed in Kuala Lumpur in December 1966⁽¹⁾. Separately, an independent College of Surgeons of Malaysia started in November 1972 with an initial membership of twenty-three fellows, led by an eminent pioneer orthopaedic surgeon, the late Abdul Majid Ismail as founder President^a (2). Two and a half years later in April 1975, a Faculty of Anaesthesiologists was established within the College of Surgeons, with the objective of co-ordinating the academic activities and facilities for the local training of Anaesthesiologists here in Malaysia^b (3).

*If you don't know history, then you don't know anything.
You are a leaf that doesn't know it is part of a tree*

Michael Crichton

Regrettably, information regarding the origins of the Faculty and the vital contributions of its pioneer members remains inappropriately scarce in contemporary publications (4,5,6). This paucity of information may be in part, due to the apparent loss of a considerable portion of written documents, and minutes of Faculty meetings over the decades, exacerbated by a period of relative inactivity in the 1980s when the Parliamentary Bill (tabled in the late 1970s) to empower the local medical Colleges and Faculties to conduct postgraduate examinations was suddenly withdrawn (after a first reading) and subsequently granted to the Universities (4,6).

Hence the local universities were entrusted with the responsibilities for training and certification, starting with Universiti Kebangsaan Malaysia (UKM) and then Universiti Malaya (UM) who commenced their four-year postgraduate Anaesthesia Masters programmes in 1985 and 1987 respectively. However, what is less well known, yet unequivocally clear is that the training curriculum and format of the examinations at both universities was largely based on the pioneering work of the early Faculty of Anaesthesiologists (4,7).

II. The Beginning: Rationale & Aims of the Faculty

In 1976, Malaysia had in total only 36 qualified Anaesthesiologists. Each state General Hospital (GH) had one consultant Anaesthesiologist aided by 2-4 trainees to service a typical annual hospital workload of 8000 anaesthetics (general and regional) per every 1000 beds (3). The pioneers recognized that training in the GH was hampered by this tremendous service load and the lack of trained personnel. Training was not structured and highly variable according to the enthusiasm and efforts of the individual State Anaesthetist. The pioneers recognised the need for a more structured training pathway and for more trained specialists to meet the increasing workload.

Historically, aspiring trainees went abroad mainly to the United Kingdom or Ireland for specialist training and postgraduate examination. Although the Australasian Faculty of Anaesthetists had commenced their Primary and Final fellowship examinations locally in Kuala Lumpur in 1973 and 1975 respectively, the pioneers astutely envisaged this would be a short term arrangement, anticipating the Australasian College would withdraw their recognition in the future, which they eventually did in 1985 (8). It was also noted that Singapore had recently commenced their own postgraduate examinations.^c

"As it has been shown that we can train locally our doctors to obtain a postgraduate qualification without their need to go abroad, logically, we should aim and organize our own postgraduate certification"

A. E. Delilkan, T. Sachithanandan, S. W. Lim
Inaugural Board of Faculty of Anaesthesiologists,
College of Surgeons, Malaysia

Collectively, these reasons provided the impetus for a Faculty of Anaesthesiologists to be established within the College of Surgeons of Malaysia, in April 1975 with an initial membership of eighteen specialists. The Board of Faculty comprised A. E. Delilkan (as Dean), T. Sachithanandan (Vice Dean) and Lim Say Wan (Education Officer) for the inaugural years (1975-77). In the ensuing years (1977-79), T. Sachithanandan became Dean of the Faculty, with S. W. Lim (Vice Dean), Abdul Hamid Hj Abdul Rahman (Education Officer) and A. S. Manavalan (Secretary/Treasurer) (5,6,9).^d

The objective of the Faculty was to set standards of training, oversee curriculum development and conduct the postgraduate examinations in Anaesthesiology. Prior to this, eleven different multi-disciplined hospitals scattered in different parts of Malaysia and administered by different authority authorities were conducting training courses in Anaesthesiology (3).

a. Tan Sri Dato' Dr Abdul Majid Ismail was the first clinician to helm the Ministry of Health (MOH) when he was appointed the nation's second Director General of Health in 1971.

b. The English, Irish and Australasian Colleges of Anaesthetists all had similar origins, each starting as a Faculty of Anaesthetists within their respective College of Surgeons.

c. In 1971, Singapore introduced their own local Master of Medicine in Anaesthesia examinations employing external examiners.

d. The Faculty Board included 3-5 council members and the Dean was appointed a Vice President of the College of Surgeons (10). Details of other council members (if any) during these early formative years remain elusive.

continued on page 21

III. Legacy: A local postgraduate training format

***The scientific man does not aim at an immediate result...
His duty is to lay the foundation for those who are to come,
and point the way.***

Nikola Tesla

***"Today, we are on the threshold of a new era;
the establishment of the Faculty could not have been
at a more opportune moment in the history of
development of our postgraduate education.
By providing proper guidelines and leadership,
it can give further impetus to all our activities"***

*A. Damodaran, Faculty member
Postgraduate Training Symposium, June 1975*

Shortly after its formation the Faculty organised a national symposium on postgraduate training in Kuala Lumpur^e (4,11). In addition to the Board of Faculty, other prominent participants included Law Gim Teik (GHKL), A. Ganendran (UM), A. Damodaran (GH, Alor Setar) and S. Radhakrishna (GH, Kota Bharu) (10). The Faculty carefully evaluated the merits of various existing examination methods in different countries (Australia, USA, Canada, South Africa and the UK). Similarly there was much deliberation with regards to the proposed local qualification. The two most popular choices were either to award F.F.A.C.S.M. or F.C.S.M. (Anaesthesia) with a Diplomate of Malaysian Board (Anaesthesia)^f being the least attractive option. The Faculty also discussed robustly, the criteria for an optimal training unit^g. Consensus from this symposia coupled with trainee feedback from a subsequent national survey^h empowered the Faculty to develop and propose a training and examination pathway culminating with the award of a local postgraduate certification in Anaesthesiologyⁱ (3,11)(Figure 1). The Universities largely adopted this format several years later.

***"We have reached a stage of development beyond which we
must tread with much care, thought and planning.
Our further steps will have crucial bearings, particularly on
the future of postgraduate training and certification
in Anaesthesiology in our country"***

*A. E. Delilkan, T. Sachithanandan, S. W. Lim
Inaugural Board of Faculty of Anaesthesiologists,
College of Surgeons, Malaysia*

The seminal publication *Postgraduate training in Anaesthesiology in Malaysia-The Past, the Present and the Future* charted the future of postgraduate training and proposed certification in Anaesthesiology for this countryⁱ (3). This landmark article described the Faculty's recommendation for an *Exchange Scheme* whereby trainee-doctors in government hospitals would rotate to the University Hospital (UH) in Kuala Lumpur, for a period of six months prior to sitting for any postgraduate examination thus giving the trainee an opportunity to prepare for the examination, away from the overwhelmingly busy, predominantly service-orientated environment of a government hospital. In return, a UH

trainee would be sent out to a government state GH after he/she had passed the Primary (Basic Sciences) examination, exposing the UH-trainee to "the conditions and requirements of Anaesthesia pertinent to that prevailing elsewhere in the country" (3).

Figure 1

Postgraduate training and examination format proposed by the Faculty of Anaesthesiologists in 1977. This was largely adopted by the Universities when the Masters programme commenced almost a decade later (3).

Proposed Postgraduate Certification in Anaesthesiology in Malaysia

4 year training period (including 1 year of non- anaesthetic experience) <i>Examination</i>	- Medical Officer <i>Method of Assessment</i>
I. <i>Preliminary Examination</i> (after 1 year of anaesthetic practice)	Viva-voce
II. <i>Primary Examination</i> (Basic Sciences - Physiology (including clinical measurements and physical concepts) - Pharmacology (including elementary statistics)	Essay-type and multiple choice papers + viva-voce
III. <i>Final Examination</i> (Theory and Practice of Anaesthesia, related clinical medicine/surgery/anatomy, clinical measurements)	Essay-type and multiple choice papers + viva-voce in medicine (Clinical cases)

IV. Contemporary relevance: Seeds for Success today

Before anything else, preparation is the key to success
Alexander Graham Bell

In the late 1970s, in an attempt to address the chronic national shortage of Anaesthesiologists, the government (MOH) seriously contemplated setting up a paramedic programme (Nurse Anaesthesia Scheme) to train non-doctors to function as "technical anaesthetists" (5,12). The Faculty resolved to prevent this detrimental development by diligently and swiftly developing a training platform and curriculum framework. This effort convinced the policymakers that the required increase in specialist numbers could be soon achieved from a future local postgraduate training programme^k. By doing this, the Faculty helped to avert the government's retrogressive 'paramedic plan' and importantly, ensured professional standards and safety were maintained.

***Success depends upon previous preparation,
and without such preparation there is sure to be failure***
Confucius

By the mid 1980s, with the commencement of the Masters programmes, attitudes towards the discipline improved

e. The Faculty organized a National symposium on Postgraduate training in Anaesthesiology at the General Hospital, Kuala Lumpur on 28th June 1975.

f. The proposed Diplomate was modeled on the Diploma in Anaesthetics (D.A.), the world's first formal qualification in Anaesthesia that was introduced in 1935 by a Conjoint Board of the Royal College of Physicians in London and the Royal College of Surgeons of England. The D.A. predated the F.F.A. fellowship.

g. The advantages and limitations of training in a large state GH, at smaller district hospitals and at the University hospital was diligently discussed at length.

h. From September 1975-January 1976, AE Delilkan toured the country visiting all the major anaesthesia departments in eleven state GH hospitals, personally interviewing in total 44 Anaesthetic trainees.

i. The Faculty in close collaboration with the Anaesthesiology department at UM, developed this blueprint for local postgraduate training and certification.

j. This training and certification blueprint was published by the foundation Board of the Faculty (Delilkan AE, Sachithanandan T and Lim SW) in June 1977 in the Medical Journal of Malaysia.

k. At S.Radhakrishna's request, A.E.Delilkan personally lobbied the then Director General (Tan Sri Dr Abdul Khalid Sahan) to abort this backward plan of recruiting non-doctors to be trained in 'technical' Anaesthesia.

l. Anaesthesiology (together with Obstetrics & Gynaecology) now attracted the most medical officer applicants from the Ministry of Health (12).

continued on page 22

considerably^l. By 2009, 461 trainees had successfully completed the local training programme and obtained a Masters degree in Anaesthesia from UKM, UM or Universiti Sains Malaysia (USM since 1993)(4). To date (April 2016), 636 Malaysian doctors have been credentialed as specialists in Anaesthesiology & Critical Care on the National Specialist Register^m(13). A majority have completed a local postgraduate training scheme. The resounding success of the Masters programme has significantly and expeditiously boosted the number of trained Anaesthesiologists in the country, enabling the MOH to introduce in 2000, a three year subspecialty training programme for the post-gazettement specialist Anaesthesiologist, an effort commensurate with the increasingly complex healthcare needs of our rapidly expanding population (14). Interestingly, the recent Memorandum of Understanding (MoUⁿ) with the College of Anaesthetists of Ireland (CAI) may potentially enable the Malaysian College to resurrect a more active role in postgraduate training and curriculum development as what was originally intended by the pioneer Faculty, decades ago.

V. Evolution: From Then to Now

Following a failed attempt to become an independent College in 1986, the Faculty successfully became an independent Chapter in 1995 when the College of Surgeons came under the umbrella of the Academy of Medicine. Several years later in 1999, full status was accorded enabling an independent College of Anaesthesiologists to be established (4,6).

Hence the origins of the present day College of Anaesthesiologists can be effortlessly traced back to the nascent Faculty of Anaesthesiologists established within the College of Surgeons in 1975^o. It is reasonable to surmise that the College owes its existence and relevance in part, to the vision, tenacity and diligent endeavour of the pioneer Faculty who over four decades ago, recognised the need for an 'academic arm' within the specialty of Anaesthesiology in Malaysia, clearly defining its role and remit, and ensuring its financial sustainability.

In 1978 the Faculty successfully co-organized an academic meeting in Kuala Lumpur with the Australasian Faculty of Anaesthetists^p. This was an early illustration of successful international professional peer networking and highlighted the benefits of regional collaboration (4,15). Additionally, this meeting generated valuable revenue that not only funded further academic activities of the Faculty but provided the seed money to establish a future autonomous Chapter (4,7).

VI. Tribute: Pioneers of the Faculty

The greatest real thrill that life offers is to create, to construct, to develop something useful. Too often we fail to recognize and pay tribute to the creative spirit. It is that spirit that creates our jobs.

Alfred P. Sloan

The health of a nation depends on the provision of an affordable, accessible, sustainable, comprehensive and competent

healthcare service. Every surgical discipline, intensive & critical care, and many medical subspecialties cannot function fully or safely without the availability of trained Anaesthesiologists. The remarkable progress here in Malaysia has been largely facilitated by a structured local postgraduate training platform with appropriate certification. Current successes arise from the foundations set by previous generations. It is imperative such contributions be recognized and accurately documented for better understanding and future growth.

Since inception in 1975, several outstanding British-trained Anaesthesiologists have been responsible for much of the pioneering work described here notably, the early Board of Faculty (1975-1979); A. E. Delilkan, T. Sachithanandan, Lim Say Wan, Abdul Hamid Hj Abdul Rahman and A. S. Manavalan. Other prominent Faculty members included A. Ganendran^q, Law Gim Teik, A. Damodaran and S. Radhakrishna. Notably all are distinguished past Presidents of the Malaysian Society of Anaesthesiologists who maintained a genuine interest in postgraduate teaching and training throughout their illustrious careers. They have been rightfully recognised by the Society as local pioneers of Anaesthesia since the 2nd world war (5).

It would be remiss not to acknowledge and document the visionary work of the pioneer Faculty of the 1970s, who thoughtfully planned, carefully developed and meticulously lay the foundations for future success. Locally trained Malaysian Anaesthesiologists in active practice today have benefitted considerably and all aspiring future trainees too should be cognizant of the diligent and farsighted efforts of their eminent predecessors.

From the early Board of Faculty (1975-79), only A. E. Delilkan remains. In recognition of their pioneering work and for the benefit of the current and future generations of Anaesthesiologists, a brief biography of this foundation Board of Faculty is enclosed.

VII. Biography of pioneer Board of Faculty (1975-79)

There has to be this pioneer, the individual who has the courage, the ambition to overcome the obstacles that always develop when one tries to do something worthwhile, especially when it is new and different

Alfred P. Sloan



Datuk Emeritus Prof Dr A E Delilkan, F.F.A.R.C.S.

Dean, Faculty of Anaesthesiologists (1975-77)

As a Lecturer, Alexius Delilkan assisted Prof Ganendran in setting up the region's first Academic Department of Anaesthesiology at UM in 1965. Upon completion of his postgraduate training in the (St. Thomas, London) UK with a Colombo Plan scholarship under the university's Academic Staff Training Scheme (ASTS), he obtained the F.F.A.R.C.S. (1967). In 1969, Ganendran and Delilkan established the country's first ICU at University Hospital (which

m. As of 1st April 2016, there are 822 Anaesthesiologists in Malaysia with 56% in the public sector and 199 Masters trainees in public hospitals. (Source: Datuk Dr Noor Hisham Abdullah, Director General, MOH).

n. Despite the success of the Masters programme, there still remains an under provision of specialists. The College of Anaesthesiologists signed a MoU with the CAI on 27 April 2016, to train more Anaesthesiologists via the MOH's "parallel pathway".

o. The Faculty existed from 1975-1995 before an autonomous Chapter was established (1995-1999) prior to formation of an independent College in 1999.

p. The Faculty co-organised and hosted with the Australasian Faculty of Anaesthetists, the 51st General Scientific Meeting of the Australasian College of Surgeons, in Kuala Lumpur in 1978 (6,15). This meeting was previously erroneously reported to be a joint meeting with the Australian Society of Anaesthetists in 1976 (4).

q. Ganendran started the Department of Anaesthesiology at UM in 1965. He was the first Professor of Anaesthesia when a Chair was established in June 1975. Under his stewardship, the department gained international accreditation when the Australasian Faculty approved first six training posts in 1968, which increased to ten posts by 1972(11).

officially opened 18 January 1969) (16). Delilkan succeeded Ganendran as Professor and Head of Department in 1978 when the latter emigrated to Australia (5,16). Under his leadership till 2001, the department excelled to spectacular heights and is still held in high esteem today for its educational and research roles.

Delilkan was a highly published clinician with pioneering research in the field of neuroanaesthesia, specifically cerebral protection strategies for head injury patients in the ICU. He also campaigned tirelessly at large to promote a better understanding of the concept of brain stem death⁽¹⁶⁾. He led the Anaesthetic teams involved in the first successful separation of conjoint twins in Malaysia in 1981 and the first successful quintuplet delivery in 1996. The University conferred him an Emeritus Professorship in 2004 for the immense contributions he made during his long tenure^s. Delilkan (together with Ramani Vijayan) is also credited with establishing the first acute and chronic pain management service in Malaysia.

Delilkan was President of the Malaysian Society of Anaesthesiologists (1971/72), founder President of the Malaysian Association for the Study of Pain, and President of the Medico-Legal Society of Malaysia (2001-2004)(5).



Dato Dr T Sachithanandan, F.F.A.R.C.S.I.

**Vice Dean,
Faculty of Anaesthesiologists (1975-77)**

Dean, Faculty of Anaesthesiologists (1977-79)

T Sachithanandan completed his postgraduate training in England¹ (1961-63) at Middlesex London and Southend-on-Sea, returning to Malaya with the F.F.A.R.C.S.I. (1963). He was State Anaesthetist for Johore (1964-71 and 1977-81) and Perak (1972-77). Sachithanandan established the first Postgraduate Medical Centre in Malaysia in 1969, at the GH, Johore Bahru. He was also highly instrumental in setting up the first ICU in a MOH government hospital in Malaysia, in 1969 at GH, Johore Bahru.^u

T Sachithanandan was one of the co-founders of the Malaysian Society of Anaesthesiologists (MSA) in 1963 and as MSA President (1968/69), represented the Society in London when MSA was admitted to the World Federation of Societies of Anaesthesiologists (WFSA). He brought prominence and prestige to the fraternity as the first Anaesthesiologist to be elected President of the Malaysian Medical Association (MMA) in 1972/73 (5). As the senior consultant in government service in Johore Bahru and later Ipoh, Sachithanandan played a big role in the early development of the Anaesthesia and intensive care services in both states. Notably, Sachithanandan pioneered the technique of regional anaesthesia nerve blockade in Malaysia. The hallmark of his career was the passionate and charismatic leadership he provided, inspiring and training many young specialists^s(4,5).

- r. In 1998, Delilkan (together with the Faculty of Law, University Malaya) helped formulate a revision of the Human Tissues Act 1974, which facilitated the National Transplantation Programme.
- s. Delilkan was the first professor from the Faculty of Medicine, UM to be conferred with an Emeritus professorship.
- t. Post F.F.A., Sachithanandan worked as a research fellow at the Royal College of Surgeons, England (January-May 1964) with JF Nunn on pioneering work in respiratory physiology.
- u. This JB unit (officially opened 23 February 1969) was only the second ICU in the country after the UH unit. The fascinating story on its origin is chronicled in Supporting Life: The Journey of Intensive Care in Malaysia (16). Subsequently, ICUs were later established at Kota Bharu GH (S.Radhakrishna - 21 March 1972) and Alor Setar GH (A. Damodaran, 1972)(16).

T Sachithanandan (together with pioneer physician Lim Kee Jin) helped establish the Johor Specialist Hospital (KPJ Johor) in 1981, the state's first private hospital. His sudden tragic demise following unsuccessful coronary bypass surgery (Harley Street, London -May 1981) at age forty-nine was a big loss to the Anaesthesia fraternity in Malaysia (4).



**Dato Dr. Lim Say Wan, (S. W. Lim)
F.F.A.R.C.S.**

**Education Officer,
Faculty of Anaesthesiologists (1975-77)**

**Vice Dean,
Faculty of Anaesthesiologists (1977-79)**

Reginald Lim Say Wan started his Anaesthetic career as an Assistant Lecturer in the newly created Academic department at UM in 1965. Like Delilkan, Lim completed his postgraduate training in the UK (Liverpool) with a Colombo Plan scholarship under the ASTS and returned with the F.F.A.R.C.S. in 1969. After a short spell as a lecturer, he left UM for the private sector joining another pioneer, A S Manavalan in setting up the service at Pantai Hospital, Kuala Lumpur. Over the next two decades, Lim provided extraordinary organizational skills and leadership to numerous organisations. He was MSA President in 1974/75 and became only the second Anaesthesiologist to be elected MMA President in 1982/83^w(5).

Lim's interest in postgraduate education, which began with his role as the Education Officer of the inaugural Board of Faculty of Anaesthesiologists in 1975, progressed to regional and international levels. He was instrumental in establishing and mentoring regional groupings with international faculties. Lim's unprecedented active involvement in the World Federation of Societies of Anaesthesiologists (WFSA) over 16 years culminated in his election as WFSA President (1992-1996), the highest office within the specialty. Domestically, Lim Say Wan helped to enhance relations between the rival Colleges of the Academy during his term as Master of the Academy of Medicine, Malaysia (1984-1990). He was conferred Honorary Membership of three national societies including the MSA in 2003^x. Lim Say Wan passed away from advanced lung cancer (in December 2008) at the age of sixty-nine.



Dr Antony S Manavalan, F.F.A.R.C.S

**Secretary/Treasurer,
Faculty of Anaesthesiologists 1977-79**

Antony Sebastian Manavalan was an Indian expatriate doctor who undertook his Anaesthesia training in the UK in the 1950s and obtained the F.F.A.R.C.S. (1959), a year before he arrived in Malaya to practice at the Ipoh General Hospital, Perak. He subsequently worked and headed

- v. By the early 1970s, Sachithanandan's department at the GH, Johore Bahru was noted to have the highest record of medical officers in Anaesthesia who eventually obtained their F.F.A. fellowship (11).
- w. Since formation in 1959, to date, four Anaesthesiologists have been elected MMA President; T.Sachithanandan (in 1972/73), Lim Say Wan (1982/83), Mary Cardoso (2011/12 - first and only lady President) and currently, John Chew Chee Ming (2016/17).
- x. S W Lim was also conferred Honorary fellowships of the American and Australasian College of Physicians and awarded the Medal of the Australian & New Zealand College of Anaesthetists in 2001.

the Department of Anaesthesia at the Kuala Lumpur General Hospital (1961-65) and the Lady Templer Hospital, Kuala Lumpur (1965-73) where thoracic and non-open cardiac surgery was first being performed in Malaysia. Hence Manavalan was one of the earliest practitioners of cardiothoracic Anaesthesia in the country.

In 1973, Manavalan co-founded (with Lim Say Wan and others), the Pantai Medical Centre, Kuala Lumpur where he practiced till 1997. He was one of the co-founders of the MSA in 1963 and the Society's 2nd President (after founder President, FR Bhupalan) in 1965/66 (5). Despite his gentle, calm and often unassuming demeanour, Manavalan was passionate in training and teaching juniors both theoretical and practical aspects of Anaesthesia throughout his long career. He brought this wealth of experience to the Faculty during his tenure as the first Secretary/Treasurer of the Faculty.

A S Manavalan passed away following a longstanding illness (December 2008) at age eighty-two.



Tan Sri Dato' Prof Dr Abdul Hamid Abdul Rahman, F.F.A.R.C.S.

**Education Officer,
Faculty of Anaesthesiologists 1977-79**

Abdul Hamid Abdul Rahman returned to Malaysia with the F.F.A.R.C.S. (1968) upon completion of his postgraduate training in the UK (Middlesex and Hammersmith Hospitals, London). He was first appointed specialist Anaesthesiologist to the Kuantan General Hospital, Pahang and then a consultant at General Hospital Kuala Lumpur. In June 1973, Abdul Hamid together with peers Amir Abas and Rahim Omar, established the country's second medical school at UKM. As Senior Lecturer he pioneered setting up the Academic Department of Anaesthesiology at UKM in 1976 and later became its foundation Professor. Abdul Hamid was MSA President in 1973/74.

Highlights of a very distinguished academic career included him being appointed Dean of the Faculty of Medicine at UKM (1980-84) and subsequently Vice Chancellor of the University (1984-93), the first Anaesthesiologist to achieve either. The local postgraduate Masters in Anaesthesia programme first commenced at UKM in 1985 and Abdul Hamid would have been highly instrumental in facilitating this. In 1988, the University of Glasgow conferred him with an Honorary DSc, the highest academic accolade. Abdul Hamid Abdul Rahman passed away (June 2009) following a brief illness at age seventy-six.

References

1. Sreenevasan G. Academy of Medicine of Malaysia chapter (pages 7-14). History of Medicine in Malaysia Vol II. The Development of Medical and Health Services. ISBN 978-983-42545-1-3. (Published by Academy of Sciences of Malaysia, 2009)
2. Faridah Abdul Rashid. Biography of the Early Malay Doctors; 1900-1957. ISBN 978-1-47771-5995-8. Dr Abdul Majid bin Ismail chapter (pages 248-261). (Published 2012)
3. Delilkan AE, Sachithanandan T, Lim SW. Postgraduate training in Anaesthesiology in Malaysia-the past, the present and the future. Med J Malaysia 1977 Jun; 31 (4): 347-8.
4. Namazie Ibrahim M. Anaesthesia chapter (pages 15-31). History of Medicine in Malaysia Vol II. The Development of Medical and Health Services. ISBN 978-983-42545-1-3. (Published by Academy of Sciences of Malaysia, 2009)
5. Gurubatham AI, Damodaran A. History of Anaesthesia in Malaysia. (Published by Malaysian Society of Anaesthesiologists, 2013)
6. Namazie Ibrahim M. College of Anaesthesiologists chapter AMM 50th Golden Jubilee Academy of Medicine of Malaysia Anniversary Souvenir book (pages 44-47) (published by Academy of Medicine Malaysia, 2016)
7. Namazie Ibrahim M. President's ventilation. Berita Anestesiologi April 2007;8(1): 4-5.
8. Australian & New Zealand College of Anaesthetists (ANZCA) 2016 website (azca.edu.au/ANZCA timeline)
9. Personal correspondence. Letters (Dated, typed & signed on official Faculty letterhead paper from 1976/77) between early Board of Faculty members.
10. Namazie Ibrahim M. Victory over pain: The story of Anaesthesia in the Malay Peninsula. Berita Akademi (May 2016); 24 (1): 3-6.
11. Anaesthesiology Today - Symposium on Postgraduate training in Malaysia organised by Faculty of Anaesthesiologists, College of Surgeons of Malaysia. Malaysian J Surgery June 1976; 2(1): 11-56.
12. Delilkan AE. From "Anaesthetist" to "Anaesthesiology and Critical Care" -The Evolution and Revolution in Teaching/Training. Berita Anestesiologi (June 2010);12 (2).
13. National Specialist Register data -Annual Report (2015-2016) of the Academy of Medicine of Malaysia.
14. Anaesthesiology Subspecialty Training Programme, Medical Development Division, Ministry of Health Malaysia (July 2013) http://www.moh.gov.my/images/gallery/Rujukan/subspecialty_manual_2013_30July.pdf
15. Personal correspondence. Official letter (June 1978) from WM Crosby^z, to T.Sachithanandan.
16. Tan Beng Hui. Supporting Life: The Journey of Intensive Care in Malaysia. ISBN 978-967-11415-2-6. (Published by Malaysian Society of Intensive Care, 2015).

y. The word Faculty appears throughout this article and is an abbreviated reference to the Faculty of Anaesthesiologists, College of Surgeons of Malaysia for the early period, 1975-1979.

z. William Crosby was the Convenor of the Conjoint Scientific meeting between the Australasian Faculty and the Malaysian Faculty in 1978. He subsequently became Dean of the Faculty of Anaesthetists, Australasian College of Surgeons in 1982.

Acknowledgements

A special thanks to the following for kindly providing relevant information/clarification:

Ms Julianne Kiely (Australian Society of Anaesthetists),
Ms Monica Cronin (Australian & New Zealand College of Anaesthetists), Dato Dr Sylvian Das,
Datin Yoga Radhakrishna, Datin Jeannie Lim, Puan Sri Datin Rohana Abdul Hamid, Dato Dr S Jenagaratnam,
Mr (Dr) Justin Lim, Universiti Malaya Library staff, Dr Joseph Manavalan, Datuk Emeritus Professor Dr Alex Delilkan.

EDITORS NOTE: THE ARTICLE HAS BEEN PUBLISHED AS PER THE ORIGINAL SUBMISSION TO THE EDITORS WITHOUT ANY ALTERATIONS. ALL CORRESPONDENCES WITH REGARDS TO THIS ARTICLE IS TO BE DIRECTED TO THE AUTHOR.



ADVANCED VASCULAR ACCESS WORKSHOP 2016

Venue: Advanced Medical & Dental Institute, Universiti Sains Malaysia

In collaboration with Kolej Universiti Insaniah, Department of Anaesthesia and Intensive Care, Hospital Sultan Abdul Halim, Sungai Petani, Hospital Kepala Batas & Hospital Pulau Pinang.

Reported by Dr Chong Soon Eu

The medical profession in our country has gained momentum in recent years. There is a need to improve medical services with the increase in expectation from the society on the quality of healthcare and this should be comparable with international standards.

One of the important techniques and current standards of care which ensures the safety and comfort of patients is ultrasound guidance in central vascular cannulation. However, many doctors still have not mastered this skill, possibly due to lack of awareness on its importance.

Recently, an Advanced Vascular Access Workshop had been designed specifically to assist doctors and anaesthetists towards competency, underpinned by theoretical knowledge in the practical skills required to insert intravenous central and peripheral lines and arterial cannula.



Adjuncts for vascular cannulation



Practical session on meat-based phantom



Practical session on ultrasound guided arterial line cannulation



Practical session on blue phantom



Practical session for CVL cannulation on ICU patient



Lectures by Dr Nazuha

The two-day workshop, from the 17th to 18th of November 2016, was held at the Advanced Medical and Dental Institute (AMDI), USM, with hands-on sessions in Hospital Sultan Abdul Halim, Sungai Petani, Kedah, and Hospital Kepala Batas, Seberang Perai. The workshop was carried out successfully by a team of anaesthetists: Dr Zolkepli Hj Yahaya, Dr Chong Soon Eu and Dr Nazuha Mohd Najid, with the assistance of anaesthetic staff from AMDI.

The first day of this workshop began with the opening ceremony officiated by Dr Mohd Yusri Musa, Deputy Director of AMDI. A total of 23 participants attended this workshop. All of them were medical officers from anaesthesia, emergency or surgical departments from Perlis, Kedah, and Penang.

The first lecture on "Introduction and Current Best Evidence-Based Usage of Ultrasound in Central Venous Cannulation" was given by Dr Chong Soon Eu who is also a Cochrane author on the topic of "Ultrasound Guided Neuraxial Blockade".

Further information on "Anatomy & Variations of Various Vessels and Complications of Vascular Access Using Anatomical Landmark" were given by Dr Nazuha Mohd Najid, anaesthesiologist from Hospital Sungai Petani. She has just completed her training in Japan where ultrasound guided cannulation is routinely performed for better patient care.

This was followed by "Principle of Ultrasound to be Applied for Vascular Access" and "Pearls for Using Ultrasound Guided Vascular Access" by Dr Zolkepli Hj Yahaya who has a deep interest in ultrasound guidance vascular access and regional anaesthesia.

In the afternoon programme, the participants were divided into four groups. They were given the chance to have hands-on activities in appreciating sonoanatomy of internal jugular, subclavian, axillary, femoral and peripheral veins of the upper and lower limbs of human volunteers.

Every participant was guided on the proper technique in visualising the anatomy using the ultrasound machine. Additionally, the blue and meat-based phantoms were prepared for training the participants on needle and probe coordination. This simulation training is currently being recommended by the latest AAGBI guideline 2016 for vascular access.

continued on page 26



Hands-on session on subclavian vein scanning using ultrasound



Hands-on session on volunteers



The first Advanced Vascular Access Workshop



Collaboration between different institutions for a better patient care

On the second day, the participants had hands-on practice on real life patients in the ICUs at Hospital Sultan Abdul Halim and Hospital Kepala Batas involving the central and peripheral intravenous lines, as well as cannulation of peripheral arteries, namely radial and dorsalis pedis arteries. Eight procedures were successfully performed. Dr Helmi Abdul Halim from Hospital Kepala

Batas and Dr Alex Tang Chee Liat from Hospital Pulau Pinang had joined Dr Zolkepli, Dr Nazuha and Dr Chong in facilitating the hands-on session.



After the Hands-on session in ICU of Kepala Batas Hospital





trainees who were pursuing their FCAI. All three hospitals obtained successful accreditation.

The second accreditation was from 24th to 28th October 2016 for Penang Hospital, Hospital Umum Sarawak including the Heart Centre and Queen Elizabeth Hospital Kota Kinabalu, and the Women & Children's Hospital, Likas, Sabah. It was suggested to explore hospitals in East Malaysia as regional training centres. Originally, we had only wished for accreditation to be limited to the hospitals that were under ANZCA as training centres, i.e. Hospital Kuala Lumpur, Sultanah Aminah Hospital Johor Bahru and Penang Hospital. The accreditation team consisted of the President Dr Kevin Carson, and CEO CAI Mr Fintan Foy, accompanied by their personal assistant Ms Denise Johnston.

The representatives from the College of Anaesthetists of Ireland also met the Deputy Director General of Health Malaysia, Datuk Dr Jeyaindran Sinnadurai.

b) Yearly OSCE/ SOE

The CAI conducted the first OSCE/SOE on Malaysian soil on 18th to 20th November 2016 in Perdana University, Serdang, Selangor. There were 22 local and international candidates who sat for the examinations. A total of six out of 22 secured a pass and hence their MCAI. It is seen that Malaysia will be the next international centre for the yearly OSCE/SOE that will be held in the second half of the year (Winter Exams).

c) 'Training of Examiners' workshop and the 'Training of Trainers' workshop

The CAI conducted the 'Training of Examiners' workshop and the 'Training of Trainers' workshop on the 17th and

21st November, respectively. There were a total of nine examiners for the 'TOE' workshop. They were from the MOH, the UMMC, the IJN and the private sector. I am pleased to inform that they had the opportunity to be examiners for the OSCE/ SOE and may also be invited to Ireland as examiners. The 'TOT' workshop saw 42 enthusiastic participants from MOH and the Universities. It was well conducted.

It was indeed an eye opener! There will be more training workshops in the future.

To find out about the eligibility of candidates for the examinations, please contact the secretariat and also visit the website that will be set up by COA and to be ready, latest by January 2017.

16th World Congress of Anaesthesiologists, Hong Kong

There were three meetings with the CAI, the ANZCA and the RCOA and their Committees. It was very fruitful. The Royal College of Anaesthetists Great Britain was keen to pursue training for Malaysians through the Medical Training Initiative (MTI). The ANZCA President, CEO and some of the Council Members hope to pursue some constructive engagement in the future after their supporting role in specialty anaesthetic training ends in 2017.

Finally, I would like to take this opportunity to congratulate and thank the Organising Chairman, Professor Dr Marzida Mansor and the scientific team of Professor Dr Y K Chan and Dr Loh Pui San on an excellent Annual Scientific Congress 2016 / Obstetric Anaesthesia Satellite Meeting. On this note, I would also like to congratulate the SIG Regional Anaesthesia on all their efforts and involvement for the 50th Malaysia-Singapore Congress of Medicine & 3rd AMM-AMS-HKAM Tripartite Congress (incorporating the 1st Emergency Medicine Annual Scientific Meeting). Syabas to All!

Best Wishes.

Sushila Sivasubramaniam



Message from the President of the College of Anaesthesiologists, AMM



Dear Colleagues and Friends

Merry Christmas & a Happy New Year! I wish each and every one of you a fantastic 2017. 2016 has been a very eventful and memorable year for the College of Anaesthesiologists, Academy of Medicine of Malaysia, and the Academy of Medicine of Malaysia,

among which was the 50th Golden Jubilee of the Academy of Medicine of Malaysia and the signing of the MOU with the College of Anaesthetists of Ireland which led to the OSCE/SOE examination being held for the first time in Malaysia.

50th Malaysia-Singapore Congress of Medicine & 3rd AMM-AMS-HKAM Tripartite Congress (incorporating the 1st Emergency Medicine Annual Scientific Meeting)

from 19th - 21st August 2016

The Academy celebrated its 50th anniversary in 2016 and events were held to commemorate this very auspicious occasion. The major event was the hosting of the 50th Malaysia-Singapore Congress of Medicine & 3rd AMM-AMS-HKAM Tripartite Congress (incorporating the 1st Emergency Medicine Annual Scientific Meeting) from 19th to 21st August 2016 at the Shangri-La Hotel, Kuala Lumpur. The opening ceremony was officiated by DYMM Paduka Seri Sultan Perak Darul Ridzuan, Sultan Nazrin Muizuddin Shah ibni Almarhum Sultan Azlan Muhibbuddin Shah, the Royal Patron of the Academy, who also delivered the Golden Jubilee Oration. There were more than 19 overseas Presidents and representatives from the overseas Academies and Colleges. Amongst them were the Presidents from the Australian and New Zealand College of Anaesthetists and the College of Anaesthetists of Ireland and a representative from the

Singapore College of Anaesthesiologists. The Presidents were conferred the Fellowships of the Academy. The ceremony also saw six anaesthesiologists being inducted into the College of Anaesthesiologists. It was indeed a proud moment for them and for me!

The SIG Regional Anaesthesia conducted a very successful one-day concurrent workshop which attracted foreign delegates who found the hands-on workshop very informative. The Gala Night was held on Saturday 20th August. The Past Presidents of the Academy were the guests of honour. The highlight of the night was the video montage that encompassed the achievements of the Academy and the eleven Colleges under the umbrella of the Academy over the last five decades. In the spirit of hosting the Past Presidents of the Academy, the COA invited all its past Presidents to attend as well. I was delighted that most of them came and celebrated this historic event of the Academy. The evening also saw a befitting launch of a commemorative coffee table book to mark this occasion and the acknowledgement of the hard work and leadership of our predecessors. On a personal note, I was indeed humbled to be part of this celebration.



Upcoming Meetings 2017

- 1st World Congress of Anaesthesia on Obstetrics, Bali, Indonesia, 23rd to 25th February 2017
- 1st National Regional Anaesthesia Symposium Malaysia, in conjunction with the Regional Anaesthesia Asia, Penang General Hospital, Penang, 11th to 12th March 2017
- 4th Neuroanaesthesia Symposium, Riverside Majestic Hotel, Kuching, Sarawak, 31st March to 2nd April 2017
- Annual Scientific Congress, Malaysian Society of Anaesthesiologists / College of Anaesthesiologists, Berjaya Waterfront Hotel, Johor Bahru, Johore, 27th to 30th April 2017
- ISPP 2017 11th International Symposium on Paediatric Pain, Shangri-La Hotel, Kuala Lumpur, 6th to 9th July 2017

College of Anaesthetists of Ireland

The College of Anaesthetists of Ireland has commenced fulfilling its obligations as stated in the MoU which was signed in April 2016.

a) Accreditation of the Regional Training Centres

The first visit involved Kuala Lumpur Hospital, University Malaya Medical Centre and National University Malaysia Medical Centre from 19th to 21st July 2016. The Irish accreditation team was led by its President Dr Kevin Carson, CEO CAI Mr Fintan Foy, Dr Padraig Sheehan, Council Member and Accreditation Coordinator and Ms Marie Golden, Training Manager. During the accreditation, they also met up with the

continued on page 27