

ZEN ACADEMY BULLETIN



Official newsletter of Zen Multispeciality Hospital, Mumbai

Editorial Board

Dr Avinash Supe

Dr Roy Patankar

Dr Prasad Bhukebag

Dr Vishakha Kalikar



Dear friends,

I am delighted to present you to the inaugural edition of the "**Zen Academy Bulletin**". This publication marks a significant milestone in our continuous journey to advance medical knowledge and foster a culture of learning and collaboration within Zen Hospital.

In this first issue, we have curated a diverse range of articles and insights that reflect our commitment to excellence in laparoscopic and minimally invasive surgery. You will find detailed coverage of recent innovations, thought-provoking discussions on emerging trends, and inspiring success stories from our esteemed colleagues.

We are also excited to highlight the groundbreaking "**Laparoscopy Unlimited**" program, showcasing live surgical demonstrations and expert symposiums held on the 3rd and 4th of August. This event symbolizes our dedication to pushing the boundaries of surgical excellence and patient care.

I extend my heartfelt gratitude to all contributors who have enriched this bulletin with their expertise and to our editorial team for their diligent efforts. Your feedback and suggestions are invaluable as we strive to make this bulletin a cornerstone of medical excellence. We are extremely thankful to Dr Roy Patankar, Director, Zen Hospital, for his initiatives and contributions. I am also grateful to Dr Prasad Bhukebag and Dr Vishakha Kalikar for editorial responsibility.

We look forward to your engagement and continued support in this exciting endeavor.

Warm Regards,

Dr. Avinash Supe

Academic Head, Zen Hospital

THE GROWTH AND SUCCESS OF ZEN MULTI SPECIALTY HOSPITAL

Established in 2015, Zen Multi Specialty Hospital in Chembur is a leading healthcare institution, known for excellence in patient care and medical innovation. With 110 beds, the hospital specializes in minimally invasive surgeries across general, orthopedic, and gastrointestinal (GI) fields, supported by a multidisciplinary team of specialists.

Early Growth

Zen Multi Specialty Hospital was founded to provide high-quality medical care using the latest minimally invasive surgical techniques. The hospital prioritizes advanced technologies and a patient-centric approach.

Minimal Invasive Surgeries

Specializing in laparoscopic and robotic surgeries, the hospital has performed over 200 robotic procedures, improving recovery times and outcomes. As a leader in fluorescent-guided surgery (FGS), the hospital boasts six peer-reviewed publications and offers accredited postgraduate and fellowship programs.

Comprehensive Care

The hospital provides multidisciplinary care with leading consultants in cardiology, intensive care, oncology, orthopedics, and more, ensuring coordinated patient treatment.

Academic Excellence

Zen Multi Specialty Hospital hosts conferences, workshops, and weekly teaching programs, fostering continuous learning and professional development, supported by numerous publications.

Future Prospects

Zen Multi Specialty Hospital plans to expand to 300 beds, broaden its range of minimally invasive and robotic surgeries, and integrate advanced technologies like AR and VR into its programs. By establishing collaborations with international medical institutions, the hospital aims to enhance knowledge exchange and elevate care standards. The vision includes developing an academic center of excellence and ensuring access to cutting-edge technologies for all societal strata. **Our motto is, “Good medicine may be a good practice model, but good business is rarely good medicine.”**

Under the leadership of Dr. Roy Patankar, Zen Multi Specialty Hospital has become a leading institution in minimally invasive surgery and comprehensive care. With plans for service expansion, global collaboration, and technological integration, the hospital is set to continue its legacy of excellence in healthcare.



GROWTH AND FUTURE SCOPE OF LAPSURG LIVE AT ZEN MULTI SPECIALTY HOSPITAL

Dr Roy Patankar

Introduction

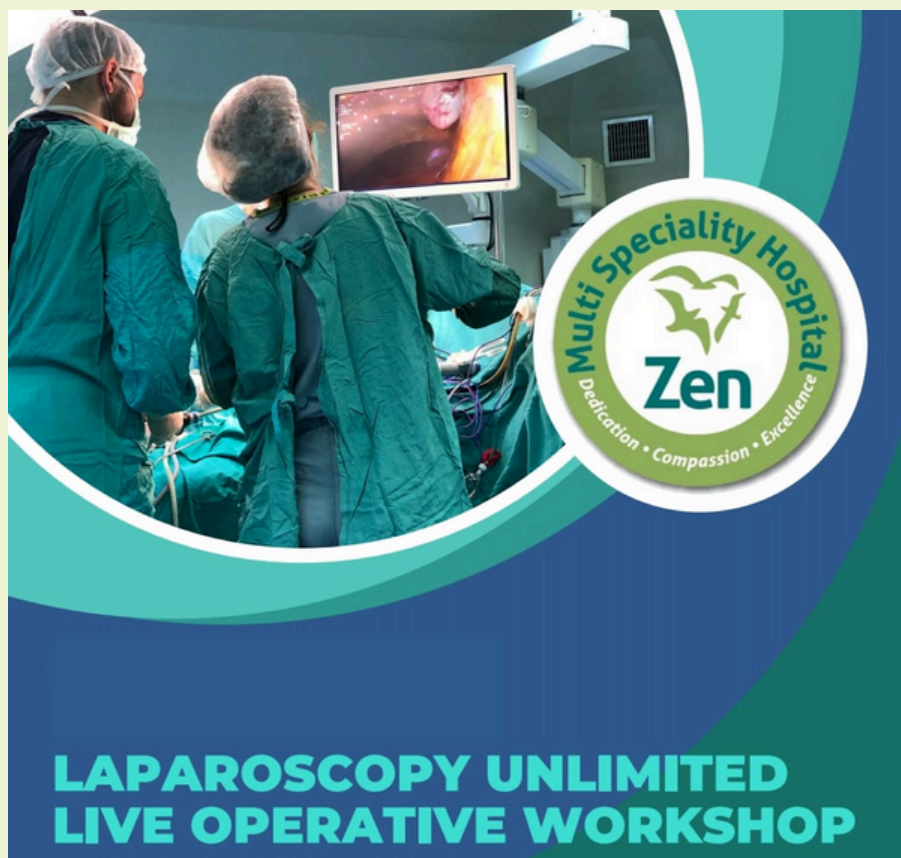
Zen Multi Specialty Hospital has pioneered minimal access laparoscopic and robotic surgeries. Our LapSurg Live workshop, started 13 years ago in Chembur, showcases live surgeries to local surgeons and, for the past three years, has been transmitted to 28 satellite centers across India and abroad to Sri Lanka, Bangladesh & Nepal. With over 3,000 participating surgeons, LapSurg Live is a cornerstone of surgical education and collaboration.

Growth of LapSurg Live

LapSurg Live was established to provide hands-on learning and real-time observation of advanced surgical techniques. Initially focused on Mumbai, the workshop quickly gained popularity due to its practical approach and expertise. The surgeries demonstrated include general, GI, hepatopancreatic biliary, colorectal, urological, and gynecological procedures. The integration of 3D laparoscopic vision with the CMR robotic system has further enhanced these demonstrations.

Impact and Future Scope of LapSurg Live

LapSurg Live provides an invaluable educational platform, engaging over 3,000 surgeons in real-time, and fostering community and collaboration. The workshop's future includes expanding content, integrating advanced technologies like AR and VR, reaching an international audience, involving participants in research, and enhancing interactivity with live polling and real-time feedback.



ROBOTIC SURGERY

Dr Prasad Bhukebag

Robotic surgery has revolutionized the field of minimally invasive surgery, offering unparalleled precision, control, and visibility. Zen Multi Specialty Hospital, led by Dr. Roy Patankar, has embraced robotic surgery with the **CMR Versius** system. Over the past two years, we've performed over 200 robotic surgeries, significantly improving patient outcomes. Our program covers a range of complex procedures, including *pelvic, colorectal, esophageal, prostate, and gynecological* surgeries. This technology has enhanced our surgical precision and expanded our capabilities in minimally invasive surgery.

Zen Multi Specialty Hospital is committed to leveraging the advantages of robotic surgery to provide exceptional care to our patients. The growth of our robotic surgery program under the leadership of Dr. Roy Patankar is a testament to our dedication to innovation and excellence in healthcare. With a focus on expanding our capabilities and continuous improvement, we look forward to a future where robotic surgery plays an even more significant role in improving patient outcomes.

Advantages of Robotic Surgery:

1. Enhanced precision and control in confined spaces
2. Improved visualization with 3D cameras
3. Reduced pain and faster recovery due to minimal tissue trauma
4. Better ergonomics for surgeons, reducing fatigue-related errors

Future Scope at Zen:

1. Expanding to thoracic, head and neck, and complex abdominal procedures
2. Establishing a dedicated surgeon training program
3. Collaborating with research institutions for innovation
4. Enhancing patient education on robotic surgery benefits



From L to R: Dr Roy Patankar, Dr Prasad Bhukebag, Dr Tanveer Majeed, Dr Avinash Supe, Dr Ajeet Mishra, Dr Vishakha Kalikar, Dr Veena Aurangabadwalla

BATTLING THE BULGE: THE HERNIA AND ABDOMINAL WALL RECONSTRUCTION EXPERIENCE AT ZEN

Vishakha Kalikar

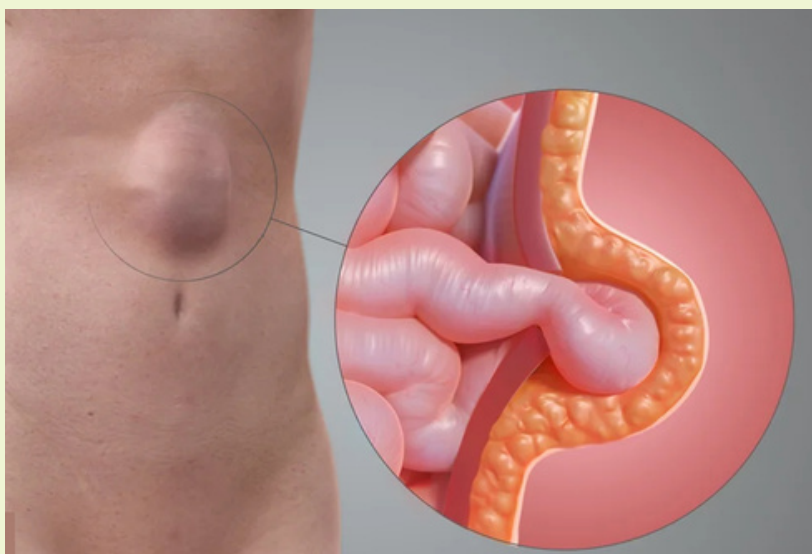
Zen Hospital has become a centre of excellence for abdominal wall reconstruction (AWR) surgery in Mumbai, reflecting a broader trend in advanced surgical techniques such as Intraperitoneal Onlay Mesh (IPOM), eTEP, Transversus Abdominis Release (TAR), SCOLA, and Recto Rectus Repair. The hospital is at the forefront of adopting these minimally invasive methods, providing significant benefits to patients.

Innovative Techniques and Expertise

Led by Dr. Rajan Modi and Dr. Vishakha Kalikar, our team of highly skilled surgeons has performed over 300 complex procedures in the past seven years. Trained at national and international centres, including Madrid, Spain, our surgeons ensure successful outcomes and improved quality of life for our patients. Minimally invasive techniques in AWR reduce postoperative pain and morbidity, leading to faster recovery times and shorter hospital stays.

Comprehensive Patient Care

Zen Hospital emphasizes holistic patient care, focusing on both physical and psychological well-being. Our robust prehabilitation program includes a nutritionist, pulmonary physiotherapist, and surgical team to enhance patient outcomes preoperatively. By minimizing surgical trauma through innovative techniques, patients experience less discomfort and a quicker return to daily activities, ensuring the best possible care from diagnosis through recovery.



Educational Initiatives and Workshops

Zen Hospital is dedicated to advancing AWR surgery through workshops and training sessions that attract surgeons from across the region. These educational initiatives foster a collaborative environment for learning and innovation, raising the standard of care locally and internationally.

Research and Development

Our commitment to R&D in AWR surgery ensures our practices are informed by the latest scientific advancements. Our surgeons actively participate in leading research studies, continuously refining our techniques to offer the most advanced treatments.

Commitment to Excellence

Zen Hospital remains committed to providing the highest standard of care in AWR surgery. Our adoption of minimally invasive approaches sets new benchmarks in patient care and surgical excellence. By improving techniques and expanding our knowledge base, we reinforce our position as a leading AWR surgery center in Mumbai.

Zen Hospital's success in AWR surgery is a testament to our dedication to innovation, education, and patient-centered care.

INTERNATIONAL COLLABORATIONS AND KNOWLEDGE EXCHANGE

Dr Prasad Bhukebag

In the second week of May, Zen Multispeciality Hospital was honored to welcome esteemed surgeons from Jordan, Tajikistan, and Uzbekistan for a comprehensive learning experience focused on Advanced Laparoscopic Surgeries. This visit facilitated productive dialogues and valuable knowledge exchanges, reinforcing our dedication to international medical collaboration.

At the close of May, we had the privilege of hosting Dr. Abdullahi Ibrahim from Kenya, who spent three days observing our Advanced Laparoscopic and LASER training program. His visit highlighted the global reach and impact of surgical advancements and best practices.

On July 24, a distinguished team of Indonesian surgeons visited Zen Hospital to observe Robotic Urological procedures. This engagement further solidified our role in championing and disseminating advanced surgical techniques on a worldwide scale.



Delighted to host Dr. Abdullahi Ibrahim at Zen Hospital today for advanced laparoscopic and laser training



Zen Hospital was privileged to host surgeons from Jakarta, Indonesia, today for robotic training.

INSIGHTS FROM MY TIME AS A FELLOW

Dr Priya Gupta



My time as a fellow at Zen Hospital, Chembur, in the field of Minimal Access Surgery has been an incredibly enriching and transformative period in my professional journey. The experience has been marked by substantial educational growth, practical exposure, and academic achievements, all of which have significantly boosted my confidence and skills as a surgeon.

Educational and Practical Exposure

The fellowship program at Zen Hospital is renowned for its comprehensive approach to surgical education. During my tenure, I had the opportunity to learn and master a variety of new techniques in minimal access surgery. This hands-on experience was invaluable, allowing me to apply theoretical knowledge in practical settings and refine my surgical skills. The state-of-the-art facilities and advanced surgical equipment at Zen Hospital provided an excellent environment for learning and practice.

Academic and Research Opportunities

One of the highlights of my fellowship was the robust academic program crafted by Dr Supe. The Wednesday morning clinical meetings and Saturday morning teaching sessions were particularly beneficial. These sessions were meticulously organized and covered a wide range of topics relevant to minimal access surgery. The discussions and presentations during these meetings enhanced my understanding and kept me updated with the latest advancements in the field.

In addition to clinical practice, the fellowship also emphasized research and academic writing. I had the opportunity to contribute six research papers, which was a rewarding experience. The mentorship and guidance provided by the senior surgeons and faculty members were instrumental in honing my research skills and academic writing abilities.

Personal Growth and Confidence

As a girl from another town, the working experience at Zen Hospital was immensely positive. The hospital staff and my colleagues were welcoming and supportive, making my transition smooth and comfortable. The exposure to a diverse patient population and a variety of clinical cases contributed significantly to my professional development.

Overall, my fellowship at Zen Hospital has been a period of substantial growth, both surgically and academically. The comprehensive training, hands-on experience, and academic exposure have equipped me with the skills and confidence to excel in my career as a surgeon. I am grateful for the opportunity to be a part of this esteemed institution and look forward to applying the knowledge and skills I have acquired in my future endeavours.



JOURNEY TO ANCIENT MARVELS: MACHU PICCHU AND THE GALAPAGOS ISLANDS

Dr Sitaram Prasad

The Americas, often referred to as "the other side of the world," are quite a journey even with direct flights. South America is even more remote, with no direct flights from India. Our previous travels prepared us for visiting Machu Picchu and the Galapagos Islands.

Machu Picchu is renowned for its Incan ruins in a stunning mountain landscape. The Galapagos Islands, though less known, are significant for their connection with Darwin's work on evolution. These Ecuadorian islands, annexed in 1832, are now a national park and UNESCO heritage site.

Tourists can't visit the Galapagos alone; entry is regulated, and guides are required. We joined a group tour on comfortable boats. Our trip to Machu Picchu was an add-on from our cruise company. The gateway to Machu Picchu is Cusco, reached via Lima, Peru's capital.

Cusco, at nearly 14,000 ft above sea level, poses a risk of altitude sickness. We opted for a leisurely pace, while our companions took medication and suffered side effects. Cusco blends native culture with strong Spanish influence, especially in the pink stone Cathedral.



Despite luxurious surroundings, altitude sickness caused insomnia. We took the Henry Bingham Express to Machu Picchu, a luxurious train offering breathtaking views. The journey ended at Aguas Calientes, a quaint town at the base of the ruins. We stayed at the solitary hotel near the ruins, ready to visit one of the seven wonders of the world.

Machu Picchu, spread over nearly 40,000 hectares, provides solitude despite many tourists. Our guide led us through the lower level, suitable for an elderly group member. The ruins, built with interlacing stone blocks, have stood the test of time, with some restored sections.

The next day, we explored the upper reaches of the ruins, a challenging trek equivalent to climbing 21 floors. The ascent provided a bird's eye view of the ruins and surrounding terracing, showcasing Incan engineering. We descended past the quarry and the School of Astronomy, humbled by the ancient architecture.

The return journey featured a fashion show of Alpaca and Llama wool clothes. Despite fatigue, the trip left us in awe of both Machu Picchu and the Galapagos Islands.

ANAESTHESIA UPDATE

Dr Prasanna Kini

Global Anesthesia Experts Converge in Mumbai for **TACON 2024**, hosted in collaboration with Zen Multispeciality Hospital

The Global Anaesthesia Society (GAS), a leading international platform for anesthesia professionals, in collaboration with Zen Multispeciality Hospital, is set to host its biennial conference, TACON 2024, in Mumbai. This highly anticipated event will bring together over 80 expert faculty and 500 delegates from across India and six other countries to explore the latest advancements and controversies in anesthesia, pain management, and intensive care.

A Legacy of Collaboration and Education

Founded in 2011, GAS has grown to a membership of over 35,000, fostering a global community of anesthesiologists dedicated to advancing their field. The APICE Foundation for Anaesthesia Medical Education, a non-profit organization, complements GAS's mission by promoting safe anesthesia practices worldwide. By collaborating with GAS to host TACON 2024, Zen Multispeciality Hospital strengthens its commitment to medical education and the advancement of anesthesiology.



For more details visit :

<https://tinyurl.com/3v595knv>

Or Scan this QR



TACON 2024: A Comprehensive Academic Feast

Building on the success of the RADS 3-in-1 workshop in March 2023, TACON 2024 promises an enriching experience for attendees. The academic program will feature:

- **Hands-on Workshops:** Skill enhancement in USG-guided regional anesthesia, segmental spinal anesthesia, crisis management simulation, and point-of-care ultrasound (POCUS).
- **Expert Lectures:** Cutting-edge lectures on a wide range of topics, ensuring attendees stay at the forefront of the field.
- **Global Perspectives:** Engaging discussions and debates, showcasing diverse viewpoints from around the world.
- **Cultural Extravaganza:** Opportunities for networking, informal interactions, and cultural exchange, making it a truly memorable event.

Join us at TACON 2024 and be part of the future of anesthesia!

Dates : 15th - 17th November 2024

Venue : Fine Arts Society, Chembur, Mumbai.

ROBOTIC KNEE REPLACEMENT SURGERY - THE FUTURE

Dr Rakesh Nair

When conservative treatments fail, individuals with knee osteoarthritis, typically aged 45 to 85, have two surgical options: partial knee replacement or total knee replacement (TKR). Robotic partial knee replacement is becoming more popular, especially for younger patients with damage limited to the inner knee. This approach allows for a potential TKR in the future if another surgery is needed.

The advantages of robotic total knee replacement over conventional surgery :

- Better implant positioning
- Precise surgical bone cuts,
- Fast recovery
- Shorter hospital stay.
- Less tissue trauma, less blood loss, and faster recovery.
- Reduces risk of infection



Benefits of robotic-assisted Unicondylar Knee Replacement (partial knee replacement) :

- Painless surgery
- No chances of fat embolism
- Improved accuracy and precision in implant placement
- Reduced risk of complications, such as misalignment or implant loosening
- Faster recovery times and shorter hospital stays
- Enhanced long-term outcomes, including an improved range

To conclude with a real-life example: A 65-year-old patient recently underwent robotic knee surgery after having traditional knee surgery a few years earlier. She reported that her recovery from the robotic surgery was faster and less painful compared to the traditional approach.