

ZEN ACADEMY BULLETIN



Official newsletter of Zen Multispeciality Hospital, Mumbai



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EDITORIAL

Dear Friends,

Following the successful launch of the inaugural issue of the Zen Hospital Bulletin, we are excited to announce the upcoming release of our second issue. The overwhelming positive feedback from our readers has inspired us to continue delivering valuable insights into medical advancements and the work being done at Zen Hospital. We greatly appreciate your support and enthusiasm, which motivates us to enhance our communication and keep you informed about the latest developments in healthcare.

Highlights of the Upcoming Issue

In this edition, we will delve into the latest trends in anaesthesia, showcasing how innovations in this field are enhancing patient care and safety. Modern anaesthesia has evolved significantly over the years, with new technologies and techniques improving the overall experience for patients undergoing surgical procedures. Our expert contributors will provide insights into how these advancements are reducing risks and ensuring better outcomes, making surgery a safer and more comfortable experience.

We are also excited to highlight the forthcoming opening of **Zen Annexe**, which will house a state-of-the-art **Centre of Excellence for Kidney Diseases**. This new facility will offer cutting-edge nephrology, urology, and dialysis services, alongside advanced laser and robotic surgery technologies. The establishment of the Zen Annexe represents our commitment to expanding specialized care for patients with kidney-related health issues, ensuring they have access to the best possible treatment options in a modern and welcoming environment.

Additionally, we will explore the role of new medical technologies at Zen Hospital, including our latest acquisition—the Stryker 1788 Advanced Surgical Visualization System. Our team of skilled surgeons is already experiencing the benefits of this cutting-edge technology, and we are excited to share their insights and success stories with you.

This bulletin reflects our ongoing commitment to providing the highest quality care and staying at the forefront of medical innovation. We are dedicated to continuously improving our services and ensuring that our patients receive the best care possible.

As always, we value your feedback and encourage you to share your thoughts on this issue and any topics you would like us to cover in future editions. Your input is essential in helping us serve you better.

We hope you enjoy this issue and look forward to your continued feedback and support.

Warm Regards,

Dr. Avinash Supe

Academic Head, Zen Hospital

ZEN HOSPITAL TO LAUNCH ZEN ANNEXE FOR ADVANCED HEALTHCARE

Dr Roy Patankar, Managing Director

Revitalizing Joy Hospital into Zen Annexe

After an eight-year hiatus, the iconic Joy Hospital will reopen as Zen Annexe in January 2025, a vital addition to Zen Multispeciality Hospital's facilities in Chembur, Mumbai. This transformation represents a milestone in enhancing healthcare accessibility and quality for the city.

Centre of Excellence for Kidney Diseases

At the heart of Zen Annexe will be the Centre of Excellence for Kidney Diseases, which will provide specialized services in renal care. Equipped with advanced robotic and laser surgery technology, comprehensive urodynamic studies, and shock wave lithotripsy, Zen Annexe will also launch a kidney transplant program supported by a top-tier team of nephrologists and urologists.

State-of-the-Art Infrastructure

The new facility will feature modern modular operation theatres and a sophisticated Intensive Care Unit with advanced monitoring systems. A dedicated rehabilitation centre will focus on cardiac recovery, sports medicine, and orthopaedic care, offering patients a full range of expert-led recovery programs.

Commitment to Community Health

"Zen Annexe represents our renewed commitment to community health," says Dr. Roy Patankar. By integrating advanced technology with compassionate care, Zen Annexe aims to become a healthcare destination that will serve the community for generations.

Enhanced Access to Specialized Medical Care

With this expansion, Zen Multispeciality Hospital aims to reduce waiting times for critical procedures and strengthen its emergency care capabilities. As Zen Annexe approaches its opening, the hospital focuses on assembling top medical talent and implementing advanced patient care protocols.

The addition of Zen Annexe underscores Zen Hospital's commitment to delivering world-class, patient-centered healthcare services to the community.

A New Era of Healthcare for Mumbai

The reopening of Joy Hospital as Zen Annexe signifies Zen Hospital's unwavering dedication to innovation, exceptional healthcare, and patient-focused care at its core.



ZEN HOSPITAL: LEADING IN MINIMALLY INVASIVE SURGERY WITH CUTTING-EDGE TECHNOLOGY

Dr Roy Patankar, Managing Director

Zen Hospital, is once again at the forefront of medical innovation with the recent acquisition of the **Stryker Advanced Surgical Visualization System 1788**. This cutting-edge system is designed to enhance the safety, precision, and outcomes of minimally invasive surgery (MIS), further cementing Zen Hospital's reputation as one of the top surgical centres in Mumbai.

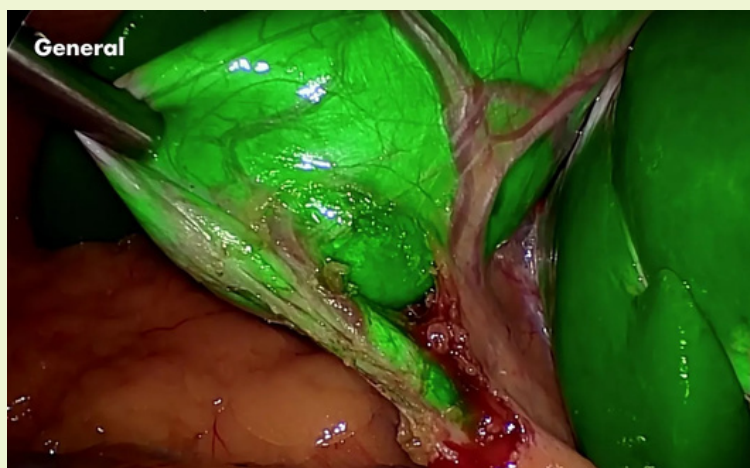
Enhanced Visual Clarity for Precision in Minimally Invasive Surgery

The Stryker 1788 comes equipped with a suite of advanced features that bring unprecedented clarity and control to laparoscopic procedures. Its high-definition camera and 32" 4K OLED surgical monitor offer surgeons a clear and vivid view of the surgical field.

Fluorescence Imaging: Advanced Visualization for Safer Surgeries

A standout feature of this system is its **fluorescence imaging capabilities**. **Integrated SPY Contrast, CSF (Colour Segmented Fluorescence), Overlay, and ENV (Endoscopic Near Infrared Visualization)** modes provide clear delineation of fluorescence signals, offering surgeons improved visualization of perfusion and critical anatomical structures, reducing the risk of complications during surgery.

In addition to its imaging capabilities, the Stryker also has the SPY-PHI, a portable handheld imager that allows surgeons to visualize perfusion during open surgeries, enhancing surgical accuracy even beyond laparoscopic procedures.



The powerful and versatile CCU (Camera Control Unit) is designed to adapt across multiple surgical specialties, making the system suitable for a wide range of minimally invasive procedures.

Zen Hospital's Commitment to Cutting-Edge Surgical Care

By incorporating the **Stryker 1788**, Zen Hospital reaffirms its commitment to providing cutting-edge surgical care. With this latest addition, Zen Hospital further strengthens its position as a leading centre for minimally invasive surgery in Mumbai and beyond, offering patients access to world-class healthcare innovations.



THE EVOLUTION OF ANAESTHESIA: MAKING SURGERY SAFER THAN EVER BEFORE

Dr Vikas Nair, Consultant Anaesthesiologist

Modern anaesthesia has come a long way from its humble beginnings. Today, with a remarkably low mortality rate of just 1 in 300,000, it stands as one of medicine's greatest success stories. But what transformed this once-risky procedure into the ultra-safe practice we know today?

From Rudimentary Beginnings to Skilled Perioperative Physicians

Just a few decades ago, anaesthesia was more rudimentary, relying on anaesthesiologists' vigilance and basic equipment. Post-operative recovery often meant hours of grogginess, nausea, and discomfort for patients. Today's anaesthesiologist is a highly skilled perioperative physician whose role extends far beyond the operating room. Their work encompasses comprehensive pre-operative assessment, optimization of patient health, customized anaesthesia planning, advanced monitoring during surgery, and specialized post-operative pain management.

The 1990s marked a turning point in anaesthesia care with the introduction of advanced multiparameter monitors, sophisticated workstations, depth-of-anaesthesia awareness monitors, and ultrasound-guided techniques. These innovations parallel modern car safety systems – just as Advanced Driver Assistance Systems can brake before a collision, today's monitoring systems can alert anaesthesiologists to potential issues before they become critical.

Enhanced Recovery After Surgery (ERAS) Protocols

The implementation of Enhanced Recovery After Surgery (ERAS) protocols has transformed post-operative care. These evidence-based protocols have revolutionized recovery by minimizing complications, reducing recovery time, improving patient comfort, and decreasing post-operative nausea and vomiting.

Commitment to Excellence in Anaesthetic Care

At our hospital, we pride ourselves on maintaining the highest standards of anaesthetic care through state-of-the-art monitoring equipment, highly trained anaesthesia technicians, and continuous professional development. Our commitment to excellence ensures that every patient receives the highest quality of care throughout their surgical journey.



Dr. John Collins Warren performs the first surgery without pain as William Morton administers ether in 1846

POST-OPERATIVE PAIN MANAGEMENT MODALITIES: THE PATH AHEAD

Dr Prasanna Kini, Consultant Anaesthesiologist

As anaesthesiologists, our role has expanded significantly over the years. Today, our responsibilities extend beyond the operating room to include post-operative recovery and pain management. Effective post-operative pain control is essential to minimize the negative impact of acute pain following surgery and to facilitate a smoother transition back to normal function.

Traditional Pain Management and Opioid Use

Opioids have long been central to managing acute post-operative pain, but they come with significant drawbacks, including increased hospital morbidity, costs, and adverse effects like nausea, sedation, sleep disturbances, and respiratory depression. Additionally, opioid misuse has become a critical public health issue.

Multimodal Analgesia: A Shift Towards Safer Pain Control

To reduce opioid-related side effects and improve pain outcomes, multimodal analgesia—a combination of different analgesics—was introduced over a decade ago to minimize opioid use. Recent guidelines from multiple medical societies now recommend site-specific regional anaesthesia within this strategy, proving effective across various surgeries.

The Role of Regional Anaesthesia and ERAS Protocols

Enhanced Recovery After Surgery (ERAS) protocols have popularized regional anaesthesia, often replacing continuous neuraxial techniques. The rise in oral and post-operative anticoagulant use has further limited neuraxial approaches, reinforcing this shift.



Ultrasound-Guided Regional Anaesthesia (USGRA) being performed

UPCOMING USGRA WORKSHOP AT TACON 2024

Dr Prasanna Kini, Consultant Anaesthesiologist

Advances in Ultrasound-Guided Regional Anaesthesia (USGRA)

Ultrasound technology has transformed regional anaesthesia, making it safer and more efficient by allowing real-time visualization for precise nerve targeting, replacing older “blind” techniques. However, challenges remain in achieving high-quality images without acoustic or anatomical artefacts. To overcome these challenges, regular training through workshops, fellowships, and other learning modalities is essential.

Taking the first step towards addressing this critical need, **Zen Multispeciality Hospital** is proud to host the **TACON 2024 USGRA workshop** in association with **APICE Foundation for Anaesthesia Medical Education**. This initiative reflects our commitment to advancing medical education and improving patient care through specialized training in ultrasound-guided regional anaesthesia. The workshop represents a significant milestone in our mission to bridge the skills gap and foster excellence in anaesthesia practice. Led by expert faculty, this exclusive workshop will be held on 15th November 2024 at Zen Hospital. Join us to enhance your USGRA skills and elevate post-operative pain management techniques.

TACON 2024
Mumbai
15th-17th Nov

USGRA Workshop
15th Nov 2024

10 Station
Covering Most US Guided Blocks

Max Scanning Experience

Pre-Workshop Reading Material

- 1 Interscalene, Supraclavicular and Infraclavicular
Drs Shishir and Dilnaz
- 2 Axillary and Individual Nerves
Drs Somchandra and Vikas
- 3 PEC-1, II, SAP and EOI
Drs Senna and Pinal
- 4 RSB, TAP and IIN
Drs Priyanka and Chethan
- 5 ESB and Spine
Drs Mohit and Sudhakar
- 6 Femoral, Obturator and Adductor Canal
Drs Nagendra and Shilpa
- 7 Saphenous Below Knee and Ankle Block
Drs Tamilselvan and Rasika
- 8 Proximal Sciatic and Popliteal Sciatic
Drs Dharmi and Aswani
- 9 Needling
Drs Balaji and Irine
- 10 RAD (RA Discussion) With Coffee
Drs Shalini, Guru and Shiv

Introducing RAD with AMAA

Workshop Leads: Drs Kala and Anil
Mentors: Drs Shalini, Guru and Shiv

TACON 2024
'Controversies in Anaesthesia, Pain & Intensive Care - The Global Perspectives'

15th to 17th November 2024

VENUE :
Fine Arts Society,
Chembur, Mumbai

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REVOLUTIONIZING PILONIDAL SINUS CARE: LASER TREATMENT AT ZEN HOSPITAL

Dr Nitish Jhawar, Consultant Colorectal Surgeon

Pilonidal sinus (PS) is a chronic condition marked by inflammation in the natal cleft, often due to trapped hair and debris. Primarily affecting young adults, it can lead to painful abscesses requiring surgical intervention due to recurrent infections. Traditional treatments, such as incision and drainage, often have drawbacks like prolonged recovery and higher recurrence rates. Recently, laser therapy has emerged as a minimally invasive alternative with significant benefits.

Laser Treatment Techniques

Zen Hospital in Chembur has pioneered advanced laser therapies for PS, including the **Endoscopic Pilonidal Sinus Treatment (EPSiT)**. This procedure uses a fistuloscope to identify sinuses, aided by methylene blue dye for visibility. Endoscopic tools remove hair and necrotic tissue, followed by laser ablation using a radial diode laser probe (1470 nm) to destroy the sinus tract while coagulating small vessels to minimize bleeding.



LASER Surgery for Pilonidal Sinus

Postoperative Care

After treatment, care focuses on keeping the area clean and dry to prevent infections, with follow-up appointments to monitor healing. Recurrences are rare with laser therapy.

At Zen Hospital, laser treatment for pilonidal sinus has become routine, providing significant relief and faster recovery while setting a new standard of care.

Advantages of Laser Therapy:

- 1. Minimally Invasive:** Smaller incisions reduce tissue trauma, promoting faster healing.
- 2. Reduced Bleeding**
- 3. Decreased Pain:** Targeted laser energy results in less postoperative pain and a quicker return to daily activities.
- 4. Lower Recurrence Rates:** Laser therapy has a recurrence rate below 5%, compared to up to 30% with traditional methods (Dessily et al., 2017).
- 5. Outpatient Procedure:** Most treatments are performed under local anesthesia, allowing patients to resume normal activities within 48-72 hours.
- 6. Improved Cosmetic Outcomes:** Smaller incisions lead to minimal scarring and a lower risk of wound complications.

ICELAND: A JOURNEY THROUGH NATURE'S WONDERS

Dr Avinash Supe, Consultant Gastrointestinal Surgeon

As a Surgeon, my life is filled with high-stakes decision-making. Recently, I stepped away from the operating room to explore the powerful landscapes of Iceland. This self-drive trip became one of the most transformative experiences of my life, revealing nature's raw beauty at every turn.

Our journey began in **Reykjavik**, where modernity meets tradition, rich with Viking history. We explored the **Golden Circle**, starting at **Pingvellir National Park**, where the rift valleys mark the meeting point of tectonic plates. Nearby, the Geysir geothermal area erupted regularly, showcasing the living Earth. At **Gullfoss**, the Golden Waterfall, I felt the raw power of nature as its waters cascaded into the gorge below.

One of the most awe-inspiring moments was standing before a live volcano, witnessing molten rock spill into the air—a reminder of the immense forces shaping our world and the fragility of life.

Continuing our adventure, we explored the **Western Circle**, where the iconic **Kirkjufell Mountain** stood majestically. Miraculously, the Northern Lights began to dance in shimmering hues of green and purple—a dreamlike scene with the mountain as a sentinel beneath the cosmic display.

Traveling along the lower Ring Road, we reached **Vik's Black Beach**, where the wind howled across dark sands and the ocean crashed against basalt columns, showcasing nature's wild beauty. Further along, at Diamond Beach and Glacier Lagoon, we marveled at icebergs glittering in the sunlight, creating a stunning contrast against the black sand. We also admired **Vestrahorn Mountain** during sunrise and sunset.

Throughout our travels, we encountered over 100 breathtaking waterfalls, often accompanied by rainbows in the mist, as if nature was putting on a show just for us. The mighty **Skógafoss** and delicate **Seljalandsfoss** left us speechless. Each corner of Iceland revealed ancient river-carved canyons, vast glaciers, and diverse landscapes that felt like traveling between worlds.

Iceland, where fire meets ice and the heavens kiss the Earth, stirs the soul and leaves a lasting impression. This journey was more than a vacation; it was an intimate encounter with the forces shaping our planet and a reminder of nature's majesty.



A towering Icelandic volcano dominates the landscape, spewing bright orange lava that flows down its dark rocky slopes.

OVERVIEW OF THIS YEAR'S SCIENTIFIC PUBLICATIONS FROM ZEN HOSPITAL

- Krishnani N, Gupta P, Patankar R (October 20, 2024) ***Ruptured Diaphragmatic Eventration: Lessons Learned***. Cureus 16(10): e71929. doi:10.7759/cureus.71929
- Gupta P, Wani S, Kalikar V, Patankar R. ***First ever reported case of right-sided rupture of eventration of the diaphragm: Thoraco-laparoscopic approach***. J Minim Access Surg. 2024 Jan 19. doi: 10.4103/jmas.jmas_333_23. Epub ahead of print. PMID: 38240315.
- ***TWO-TUBE OSTOMY- A NOVEL TECHNIQUE FOR SURGICAL MANAGEMENT OF POST ERCP DUODENAL PERFORATION***, Dr. Nikhil Krishnani, Dr. Vishakha Kalikar, Dr. S.K. Mathur, Dr. Roy Patankar INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH : Volume-13 | Issue-7 | July-2024
- ***EVOLUTION OF MANAGEMENT OF MUCOCELE OF APPENDIX OVER TIME- CASE SERIES AND REVIEW OF LITERATURE***, Dr. Priya Gupta, Dr. Vishakha Kalikar, Dr. Prasad Bhukebag, Dr. Roy Patankar INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH : Volume-13 | Issue-5 | May-2024
- ***LAPAROSCOPIC CHOLECYSTECTOMY AFTER PERCUTANEOUS CHOLECYSTOSTOMY : ASSESSING FEASIBILITY AND SAFETY.***, Dr. Priya Gupta, Dr. Vishakha Kalikar, Dr. Avinash Supe, Dr. Roy Patankar INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH : Volume-13 | Issue-5 | May-2024
- Bhandarkar, Sanatan; Kalikar, Vishakha; Supe, Avinash; Patankar, Suneel Roy. ***Comparison of Surgical Outcomes of Laparoscopic Ventral Mesh Rectopexy and Stapled Transanal Rectal Resection for Managing Obstructed Defecation Syndrome***. World Journal of Colorectal Surgery 13(3):p 77-82, Jul-Sep 2024. | DOI: 10.4103/wjcs.wjcs_4_24
- Bhandarkar, Sanatan; Kalikar, Vishakha; Ingle, Meghraj1; Patankar, Roy. ***A Novel Technique for Intraoperative Localization of Colonic Tumors during Laparoscopic Colectomy: A Case Report and Review of the Literature***. World Journal of Colorectal Surgery 13(1):p 23-26, Jan-Mar 2024. | DOI: 10.4103/wjcs.wjcs_35_23
- V Kalikar, R Patankar, ***ACUTE TRANSHIATAL WRAP MIGRATION FOLLOWING LAPAROSCOPIC FUNDOPLICATION: OUR EXPERIENCE AT A TERTIARY CARE CENTER***, British Journal of Surgery, Volume 111, Issue Supplement_5, May 2024, znae122.048.