

6th Global Gastroenterologists Meeting

August 11-12, 2016 Birmingham, UK



Irfan Ahmed Nadeem

Al Noor Surgery, Pakistan

How to achieve an immediate recovery to routine life from Operation Theater?

This concept is absolutely new but is practicable and time tested. These techniques are different and may lead to many queries. These can be addressed through explanations and detailed discussions to eliminate the confusion so that the uprising surgeons can well appreciate them and bring them into their practice. This concept has to be addressed at many sites, among many are: 1) Maximum accuracy of operation under direct vision without any doubt. (Camera vision is not a direct vision); 2) Performing procedures under loco regional anesthesia and SSS (Short Sound Sleep) instead of general anesthesia; 3) The operation must be free from nausea, vomiting and pain without postoperative discomfort as well; 4) Understanding these concepts and practicing them will lead to patient's comfort, saving time, opportunity cost, stress on hospital resources and reshaping health budget; and 5) This is the need of today's busy committed life, especially of developed countries, and resource constraint countries as well.

One hole cholecystectomy (OHC); immediate recovery to routine life from operation theatre

The only treatment for cholelithiasis is cholecystectomy. There are many ways to accomplish it; but with One Hole Cholecystectomy (OHC), we have achieved the above mentioned claims. After performing thousands of cholecystectomies we have come to the conclusion that major breakthrough lies in understanding the concept of ligation of cystic duct under cover of local anesthesia to reduce the post-operative pain maximally. Furthermore, OHC technique has an advantage of being minimally invasive, least traumatic, most economical, very well localized and a safe procedure done under locoregional anesthesia with SSS (short sound sleep) within 10 to 15 minutes. Most importantly, it is under direct vision, giving us the advantage of seeing the actual size and pathology. We can even palpate cystic duct for stones through it. The beauty of OHC is the speedy return of patient to normal life without any delay or need of medications. This is the prime requirement of today's hectic life. This saves millions of medical budget and opportunity cost spent on hospital stay.

Biography

Irfan Ahmed Nadeem is a renowned General Surgeon of Pakistan with a vast experience in Government and Private sectors. In 2008 Kashmir's earthquake, he faced the challenges to deal with the patients without the aid of modern investigations and operation theatre facilities. He came up to the challenge and the experience gained at that time proved to be valuable in life later on. In March 2016, he presented 'One Hole Cholecystectomy' at the 18th International Congress of the Egyptian Hepatic Pancreatic-Biliary Society. He always worked towards the goal to make the operations simple, comfortable and safe in fields of general surgery, orthopaedic, ENT, gynaecology and obstetrics and many others.

irfanahmednadeem@gmail.com