

Evelyn Baker Medal

Dr Ian R Appadurai



Dr Ian Appadurai has been a Consultant Anaesthetist in Cardiff since 1997. It is almost as if the GMC guide to Good Medical Practice was written around Ian's attributes. All his efforts, time, extraordinary skill and resources go into providing the highest standards of care. He puts the best interests of patients first and foremost. His attention to detail is phenomenal. He is often found in the hospital late at night, performing detailed preoperative assessments. His bedside manner ensures that he takes the time to prepare patients and alleviate their concerns. He never cancels operations because of lack of time.

As well as his love and passion for his job, Ian is also a fantastic colleague who you can trust for advice in professional or private matters. You can be assured you will be given a carefully considered, well thought out and honest answer. He engages with everybody he works with and looks out for those in need. He has enormous respect from all hospital staff.

He was the original perioperative physician. A long time ago, he appreciated that to get patients through major surgery safely, required the utmost attention to detail that was often lacking after patients had passed through their anaesthetic care in theatres. He realised that by reviewing patients daily postoperatively, he could optimise their analgesia, fluid requirements and identify postoperative complications early. He performs these reviews daily until patients are discharged from hospital. It is no surprise that his patients have fantastic results. For many years he single-handedly anaesthetised all upper GI cases in Cardiff achieving an almost zero percent postoperative mortality.

He is always seeking to improve outcomes for his patients and wanted to find better ways of assessing patients preoperatively. He discovered cardiopulmonary exercise testing (CPET) and introduced it into Cardiff. He was an early adopter at a time when only a handful of units in the UK were using CPET and its use has revolutionised the preoperative assessment of patients undergoing major surgery in our hospital.

Since his appointment, he has led and delivered the anaesthetic services for radiotherapy/brachytherapy at our local oncology unit. He has run this remote service every week almost single-handedly for over 20 years with almost nil complications. He often anaesthetises patients who have been deemed too unfit for anaesthesia and major surgery in our main hospital. He set up a preoperative assessment clinic to assess and optimise these cancer patients a long time before such clinics were routine practice in the UK. His dedication is such that he plans his holidays around the cancer treatment of his patients to ensure continuity of care. Due to his commitment and dedication, the department is almost unaware that the service exists.

For many years he has anaesthetised patients for ENT and major airway surgery. His technical proficiency with difficult airways is unsurpassed. He is considered the airway expert in our department. He introduced jet ventilation into our department for appropriate cases.

His medical knowledge is phenomenal and he is the 'goto' medic in our hospital for advice. His thirst for knowledge is unrivalled and is always attempting to better himself and his performance. His knowledge of the medical literature is encyclopaedic yet he is so humble about it all.

He has been a great mentor to many colleagues and a fantastic teacher to trainees in the department. As a teacher he is inspiring, encouraging and very approachable. He takes his teaching duties during a list very seriously. He demonstrates that exemplary performance can achieve excellent results in medicine with attention to detail and hard work.

He has achieved all this without accolade or personal award. He has never sought any merit awards, private work or higher positions in the anaesthetic community. He dedicates his life solely to provide the best possible care for his patients and considers it a privilege to care for them. He is an inspirational and incredibly wise doctor and colleague - a role model for us all. It is an honour to work with him.

Anette Scholz
Richard Davies
Mark Stacey

Consultant Anaesthetists, University Hospital of Wales, Cardiff



**Association
of Anaesthetists**