

# SAS Review Day Report

SAS Review Day, the joint annual meeting of SAS Committees of the Association of Anaesthetists of Great Britain and Ireland and the Royal College of Anaesthetists was held on 10th May. It was the Association's turn to hold the meeting. The programme was designed to reflect topics relevant to the work of SAS doctors.

The meeting opened with a short welcome address from Dr William Harrop Griffiths, Honorary Secretary of the Association. Ramana Alladi, the organiser of the meeting, followed with a short introduction reviewing the activities of the SAS Committee of the AAGBI.

Professor Chris Dodds spoke about anaesthetic considerations in the elderly and highlighted several areas where change has occurred, or is about to, in the management of elderly patients. These include the continuing increase in day case surgery, the new Mental Incapacity Act, and basic science research into ageing as well as the inclusion of pain assessment in hospital discharge policies in the NHS.

He pointed out the implications for anaesthetists particularly with regard to informed consent, and also described how the effects on the microglial system within the nervous system following injury may start to throw some light into the causes of post-operative Cognitive Dysfunction (POCD).

Dr Richard Griffiths spoke about anaesthesia for joint replacement surgery and dealt with preoperative assessment and the role of NSAIDs and when these should be used in elective joint surgery. He had a brief look at tourniquets and how we may be able to reduce the haemodynamic and painful consequences and finally had a look at the role of ketamine.

Dr Angus Crossley explained the current understanding of temperature regulation. He outlined this complex subject in a very clear and concise manner. He explained how it falls to the anaesthetist to attempt to maintain body temperature within the normal range throughout the operative process and how greater attention to thermoregulation should reduce complications and hospital stay.

Dr Rafa Blanco, in his lecture, gave some invaluable practical tips for successful use of ultrasound for effective regional blocks. He stressed the importance of regular practice, accurate documentation and learning from mistakes. He explained how one can avoid complications of regional anaesthetics using ultrasound, for example precise placement may allow reduction of the dose of local anaesthetic agent required for success.

Dr Wim Blancke explained the myths that exist in the management of the airway. He made a convincing argument for the place of LMAs in management of the airway especially in obese patients. He outlined the arsenal of equipment and techniques that are available now and assessed them against current practice, knowledge and evidence. The lecture, I felt, left many delegates thinking hard about their views on LMAs and airway management.

Dr Anthea Mowat explained the details of the proposed new SAS Contract and gave an update on what was happening to the negotiations. I am sure the information will help the members decide what to do when it comes to the ballot.

More importantly it helped SAS doctors to network with their colleagues. All in all the SAS Review Day has been a very useful, educational and interesting meeting. Due to the success of this meeting, which was over-subscribed, it has been decided that an SAS seminar be run in February 2008 – keep your eye on *Anaesthesia News* for further details.

**Ramana Alladi,**

Chairman SAS Committee, AAGBI.