



GS. VIHAAN

JULY 2023 I VOLUME 4

MOTTO: REDEFINING WOMEN HEALTH

THEME: CATCH THEM YOUNG

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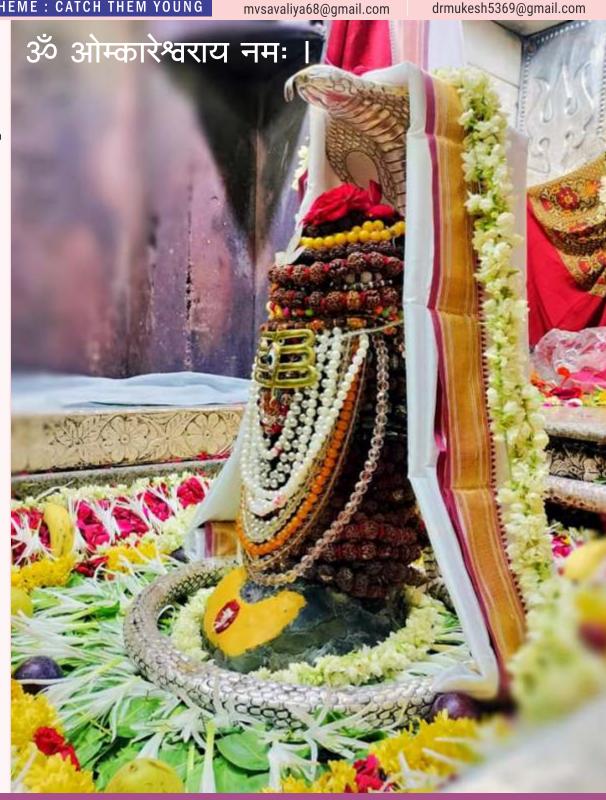
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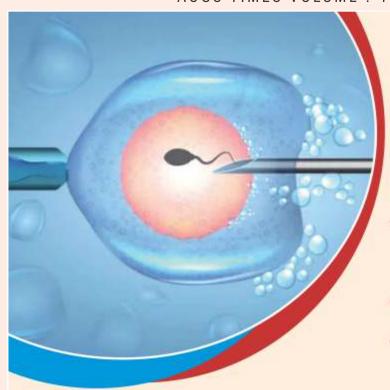
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Dr. Mukesh Patel Hon. Secretary

Dear Members,

We hope that all are enjoying beautiful monsoon these days with a little relief from scorching heat. We have FOGSI conference lined up in first week of August, it is a conference of our own FOGSI Vice President Dr. Geetendra Sharma. We hope majority of our members attend and take benefit of this unique conference encompassing not only obstetrics, but also gynaecology and medicolegal aspects.

We will have regular CMEs as well, We request all of you to actively participate and make all the programmes successful with your whole hearted support!

Wishing all of you great times ahead!

AOGS TIMES VOLUME: 4 | JULY 2023

EDUCATIONAL CME - DATE: 09.07.2023































































MENOPAUSE SOCIETY AHMEDABAD

in association with

Ahmedabad Obstetrics and Gynaecological Society (AOGS)

cordially invites you to a



On 29th July, 2023

Venue: Welcomhotel by ITC Hotels, Ashram Road, Ahmedabad

Time: 8:00 pm onwards

Programme Details

Chairpersons: Dr. Kiran Desai, Dr. Phagun Shah

Topic	Speaker
Uncomplicated Urinary Tract Infection	Dr. Aarti Vazirani
Managing Chronic Constipation- Current Evidences	Dr. Hardik Parikh

Followed by Dinner

MOC : Dr. Tejal Patel

Vote of Thanks: Dr. Janaki Desai

With warm Regards



Dr. Vijay Shah President, MSA



Dr. Janaki Desai Hon. Secretary, MSA



Dr. Mukesh Savaliya President, AOGS



Dr. Mukesh Patel Hon. Secretary, AOGS

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Fluids and Electrolytes in post-operative period



Dr. Pooja PatelMS (Ob-Gy), FIUOG
Director – Diva Women's Hospital, Ahmedabad

INTRODUCTION

Approximately half of the body weight of a woman is constituted by water. Water is distributed between the cells and the extracellular compartment in a ratio of about 3:1. About 25% of ECF is within the intravascular compartment and the rest is in the interstitial space (Fig. 1). The osmolarity of the extracellular fluid is mainly dependent on the concentration of sodium and chloride; whereas the electrolytes within the cells are potassium, magnesium, and phosphate.

Fluid and electrolyte management in the post operative period can be quite challenging. The fluids transfused to the postoperative patient can be either for replacement of lost fluids in the perioperative period or for maintenance of the physiological functions of the body.

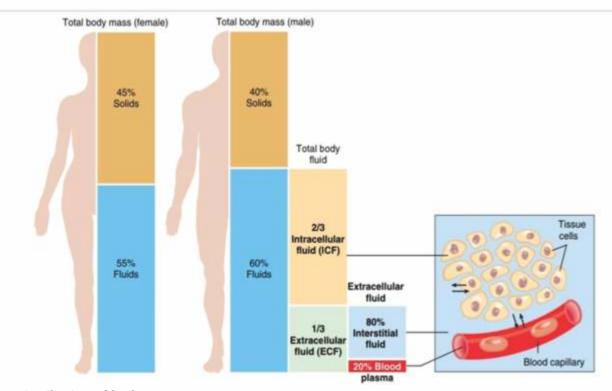


Figure 1: Distribution of body water

Replacement therapy is indicated in many postoperative patients to compensate for deficits related to residual preoperative or intraoperative deficits, third-space losses related to the stress response of surgery and to replace ongoing gastrointestinal or other bodily fluid losses. It is calculated by the deficit between the perioperative loss and amount of fluid /blood products transfused. The goal of fluid resuscitation is normal organ perfusion; blood volume must be restored to within 15–20% of normal. Physiologic markers of adequate perfusion include normalization of heart rate and blood pressure in healthy patients but may be unreliable in critically-ill patients. Serum marker of adequate resuscitation is a normal lactate level. The crystalloids—normal saline and lactated Ringer are the fluids of choice for resuscitation. The hypotonic fluids and dextrose solutions are never used for resuscitative purpose. Infusion of Ringer's lactate (RL) should be avoided in the same line as blood, as RL contains calcium which can chelate with blood.

TABLE1: Composition of commonly used in travenous fluids

Fluid	рН	Na ⁺ mEq/L	CI ⁻ Eq/L	K+mEq/L	Ca ²⁺ mEq/L	Other	mOsm/L
Plasma	7.4	140	100	4	24	Glucose-0.85	290
0.9%NaCl (normalsaline)	5.5	154	154	0	0	0	308
LactatedRinger	6.5	130	109	4	3	Lactate28mEq/ L	275
Dextrose 5% (D5%)	4.5	0	0	0	0	Dextrose50g/L	285
Dextrose 5%lactatedRinger	5	130	109	4	3	Dextrose50g/L	275
Dextrose 5%normalsaline	4	154	154	0	0	Dextrose50g/L	308

The composition and uses of the fluids are shown in table 1.

Resuscitative fluids are commonly administered as successive intravenous boluses (3.5–14 mL/kg) over 30–60 minutes until the desired response is observed (e.g., improved urine output, improved mentation, normalizing base deficit). It is recommended that fluid be warmed to body temperature if large quantities are transfused rapidly so as to prevent hypothermia.

Maintenance fluids

Maintenance fluids maintain hydration, electrolyte, and acid- base status and avoid catabolism in postoperative patients who cannot tolerate oral or enteral intake. For maintenance, the fluids used are mainly isotonic or hypotonic with added dextrose and potassium (Table 1). Five percent dextrose water can also be used as maintenance fluid to stimulates

basal insulin secretion and prevent muscle breakdown. For postoperative patients with normal organ function, a volume of maintenance fluid between 1 and 1.5 mL/kg/h will meet requirements. However, if patient is not fit for enteral nutrition even after 5–7 days, muscle breakdown may take place without adequate nutritional support and hence parenteral nutrition is indicated.

The daily requirement of sodium is 1-2 mEq/kg body weight, whereas the daily potassium requirement is 1 mEq/kg body weight. The daily requirement of dextrose is 50-100 g/day. This is the minimum requirement to prevent starvation ketoacidosis.

Keeping the above facts in mind, it can be appreciated that most of the commonly used fluids such as normal saline, lactated ringer and dextrose normal saline have more than required quantity of sodium (Table 1). However, most of the fluids are deficient in potassium (K). The only fluid which contains potassium is RL (4 mEq/L), however even if 2 L of Ringer is given, it will give only 8 mequivalents of potassium, which is grossly inadequate. Thus, in a postoperative patient who needs intravenous fluids for >1-2 days, replacement of certain electrolytes like potassium becomes crucial to avoid complications like paralytic ileus.

The ideal maintenance fluid which provides the daily requirement of sodium, potassium and glucose would be D5 half (4.5%) normal saline with 20 mEq of added potassium per liter of fluid infused (Table 1).

The maintenance regimen given above can be continued

- If the serum sodium starts to fall, a more concentrated solution should be given (e.g., isotonic saline)
- If the serum sodium starts to rise, a more dilute solution should be given (e.g., one-quarter isotonic saline)
- If the serum potassium starts to fall, more potassium should be added, and, if it rises above normal, potassium should be corrected.

Importance of electrolyte balance in the postoperative period

Postoperative patients are at a risk of developing electrolyte imbalance because of the trauma of surgery, release of stress hormones, intravenous fluids, blood transfusion, acid base disorders and also due to the underlying medical and surgical conditions of the patient. Electrolyte imbalance can be a life-threatening condition and can lead to sudden cardiac arrest. It is also responsible for postoperative ileus, seizures, and arrhythmias. Hence, it is very important for all clinicians to be familiar with the management of this condition.

All postoperative with the following conditions should have daily electrolyte testing:

- Continuous intravenous fluid administration
- Blood transfusion
- Fluid resuscitation (e.g., fluid boluses for hypovolemia)
- Major organ dysfunction (cardiac, renal, hepatic)
- Head injury (e.g., traumatic brain injury, neurosurgery)
- Continuous bladder irrigation
- Abnormal bodily fluid losses (e.g., high-output ostomy)
- Ileus
- Parenteral nutrition.

Replacement of electrolytes

Deficiencies of potassium, calcium, magnesium, and phos-phates should be detected and treated before it leads to the above mentioned problems.

Potassium

As discussed above, hypokalemia is a common problem encountered during the postoperative period. This can be managed by adding injection of potassium chloride to the maintenance fluids, e.g., dextrose in normal saline or dextrose half normal saline. Typically about 20 mEq are added per liter. The rate of infusion should not be >10 mEq/h. In severe hypokalemia, if faster correction is desired then the infusion rate can be increased to 20 mEq/h but this requires continuous electrocardiographic monitoring.

Sodium

Hyponatremia in postoperative period is to be treated by infusion of normal (0.9%) saline. No hypotonic fluid like D5W or half saline should be used in these patients. It is important to note that patients with any brain conditions (e.g., hepatic encephalopathy, posterior reversible encephalopathy syndrome) tolerate hyponatremia poorly as the brain edema can be worsened. For the same reason, these hypotonic fluids should be avoided in preeclampsia/eclampsia patients.

Magnesium

Magnesium levels need to be corrected to facilitate treatment of hypokalemia and hypocalcemia. For each 0.4 mg/dL below the target serum magnesium level, the authors' give 2 g (8 mmol) magnesium sulfate intravenously.

Calcium

lonized (unbound to albumin) calcium is a better indicator of calcium function as compared to total calcium levels. For each 0.15 mg/dL below the targeted ionized calcium level, 1 g of calcium gluconate is administered intravenously. For severe (level <75% of normal) or symptomatic hypocalcaemia, calcium chloride, which provides three times the amount of elemental calcium per gram (compared with calcium gluconate) is preferred.

Electrolyte Excess

Potassium

Potassium excess is normally seen in renal disorders or in women on drugs which inhibit the renin-angiotensin-aldosterone system. Emergency treatment is required when there are electrocardiographic changes (tall peaked T waves, widened QRS, bundle branch blocks, ventricular fibrillation, asystole) in the presence of potassium levels >5.5–6 mmol/L. As hyperkalemia with ECG changes can lead to cardiac arrest, the immediate drug which can inhibit the depolarization effect of potassium is calcium. It is given as 10 mL of 10% calcium gluconate over 2–3 minutes with cardiac monitoring. The effect starts immediately and lasts for only 60 minutes. Hence, it is always combined with more long lasting therapies such as infusion of 10 units insulin in 500 cc 10% dextrose over 60 minutes or 10 units insulin in 50 mL of 50% dextrose. The effect of these lasts for 4–6 hours. Nebulization with albuterol is also used adjunctively. Cation exchange resins such as sodium polystyrene sulfonate are used in chronic renal disease. The other emergent treatment for hyperkalemia is hemodialysis.

Sodium

This situation may arise if there is loss of fluid or excessive transfusion of normal/hypertonic saline. Treatment is administration of either free water by mouth/Ryles tube or infusion of hypotonic solution like D5W.

Conclusion

Fluids and electrolyte balance is one of the cornerstones of postoperative patient management. The implications of electrolyte imbalance can be critical and life-threatening and hence it is imperative for all clinicians to manage this aspect of post op care diligently and with due care.

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AUGUST 2023

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REGISTRATION FEES

ICOG Credit Points and Gujarat Medical Council Credit Hours Awaited....

Registration Type	Early Bird upto 30th June 2023	Regular upto 15th July 2023	Late upto 30th July 2023	
FOGSI Member	7080	7670	8260	
Non FOGSI Member	7670	8260	8850	
Accompanying Person	7080	7670	8260	
PG Student	3540	4720	5900	

*Inclusive of 18% GST

Name of Account : LOGYCON-2023
Bank Name : Bank of India

Branch : Ashram Road, Ahmedabad.

IFSC Code : BKID0002002

WORKSHOPS

1. Endoscopy

2. Fetal Medicine

3. Cosmetic Gynecology

4. Sonography

5. Mid Life Management

6. Gynec Infertility, IVF and Andrology

7. PPH

8. PIH

TOPICS TO BE COVERED

OB. - GYN.

High Risk Obstetrics Rare Vaginal Surgeries

Midlife Crisis Management

Pearls of Clinical Practice

Gynecological Malignancies Medical Disorders of Pregnancy

PPH

Debates

TOPICS TO BE COVERED

MEDICOLEGAL

Consumer Liability

Criminal Liability + On Table death + Mob Violence

Documentation and Consent

ART Act

PC-PNDT Act

MTP and POCSO Act

Mixed Bag - NMC, CEA, RTH

Debates

Send Hard copy by Courier to Conference Secretariat:

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Cervical Amputation with Sturmdorf Suture



Dr. Dipti ShahDean, Professor,

Obstetrics and Gynaecology,

Narendra Modi Medical College,

Ahmedabad

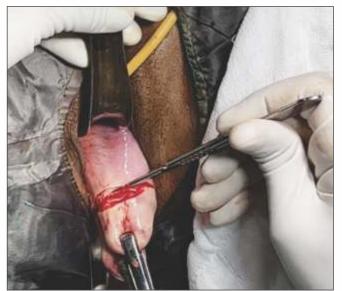


Dr. Munjal PandyaAssociate Professor,
Obstetrics and Gynaecology,
Narendra Modi Medical College,
Ahmedabad



Dr. Ashish VarmaAssistant Professor,
Obstetrics and Gynaecology,
Narendra Modi Medical College,
Ahmedabad

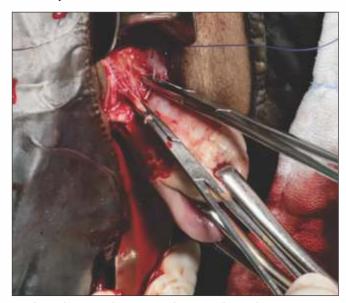
We performed the procedure in a patient aged 32 years, 4th para, with infra vaginal elongation of cervix...



1.After Dilation and Curettage, incision over elongated cervix after Hydrodissection



2. Cervix separated from pubocervical fascia and vaginal wall



3. Bilateral Descending Cervical arteries ligated

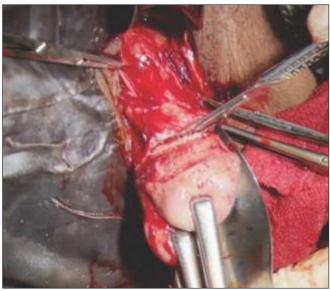


4. Vaginal wall separated

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5. Amputation of elongated cervix



6.Dilator placed again to confirm dilated cervix



7. After plication of Mackenrodt's ligament in front, Sturmdorf suture is taken: Suture passed through anterior vaginal wall



Sturmdorf suture: suture passed inside out from cervical canal

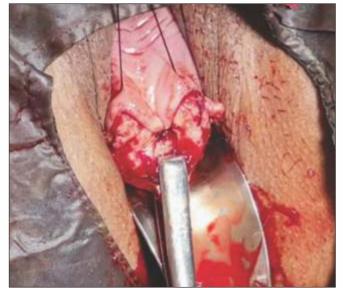


The same needle passed through anterior vaginal wall

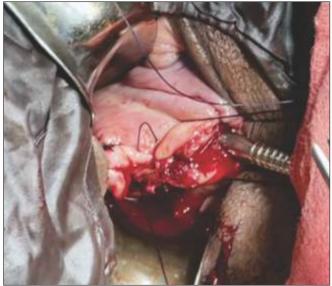


The other end of the suture is then connected with free needle and inside out stitch taken and passed through anterior vaginal wall, slightly to the left

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8.Sturmdorf suture completed on posterior side



9.Stitches taken on 3 and 9 o'clock positions to close the remaining defects



10. After completion of stitches on both sides



11.Sturmdorf stitch tied on anterior wall, and then posterior wall



12.Final Picture



13.Final Picture

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DR. PAYAL PATELMS Obstetrician, Gynecologis

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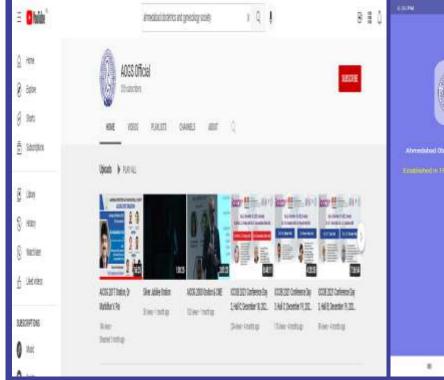
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SOCIAL SECURITY SCHEME

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Unique Security Scheme આપણાં મેમ્બર્સ માટે ઉપલબ્ધ છે.
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વધારામાં આ સ્કીમમાં Spouse Membershipની સુવિધા પણ ઉપલબ્ધ છે. જે AOGS મેમ્બર હજું સુધી આ સ્કીમનાં મેમ્બર ન થયા હોય તેમને સત્વરે મેમ્બર થવાં અનુરોધ. ફોર્મ અને વિગતો AOGS ઓફિસમાંથી ઉપલબ્ધ છે ઓનલાઈન મેમ્બરશીપનો વિકલ્પ પણ ઉપલબ્ધ છે

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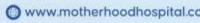




















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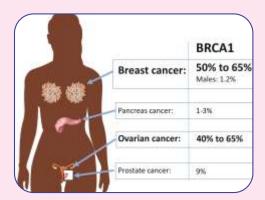
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- → The best male infertility specialist & IVF center of india awarded by india healthcare award
- → The best women's hospital & IVF center in gujarat by the Golden star healthcare awards

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PRESENTING THE FIRST EVER STUDY FROM INDIA ON CARCINOMA ENDOMETRIUM



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SURGICOPATHOLOGICAL OUTCOMES AND SURVIVAL IN CARCINOMA BODY UTERUS: A RETROSPECTIVE ANALYSIS OF CASES MANAGED BY LAPAROSCOPIC STAGING SURGERY IN INDIAN WOMEN

Objectives: The context of this article is based on two main titles those being Gynecologic Oncology and Minimal invasive surgery. **The aim of this study was to report the laparoscopic management of a series of cases of endometrial carcinoma managed by laparoscopic surgical staging in Indian women.**

Materials and Methods: This study was conducted in a private hospital (referral minimally invasive gynecological center). This was a retrospective study (Canadian Task Force Classification II-3). Eighty-eight cases of clinically early-stage endometrial carcinoma staged by laparoscopic surgery and treated as per final surgicopathological staging. All patients underwent laparoscopic surgical staging of endometrial carcinoma, followed by adjuvant therapy when needed. Data were retrieved regarding surgical and pathological outcomes. Recurrence-free and overall survival durations were measured at follow-up. Survival analysis was calculated using Kaplan-Meier survival analysis.

Results: The median age of presentation was 56 years, whereas the median body mass index was 28.3 kg/m2. Endometroid variety was the most commonly diagnosed histopathology. There were no intraoperative complications reported. The median blood loss was 100 cc, and the median intraoperative time was 174 min. There were a total of 5 recurrences (5.6%). The outcome of this study was comparable to studies conducted in Caucasian population. The predicted 5-year survival rate according to Kaplan-Meier survival analysis is 95.45%, which is comparable to Caucasian studies.

Conclusion: Laparoscopic management of early-stage endometrial carcinoma is a standard practice worldwide. However, there is still a paucity of data from the Indian subcontinent regarding the outcomes of laparoscopic surgery in endometrial carcinoma. The Asian perspective has been highlighted by a number of studies from China and Japan. To our knowledge, this study is the first from India to analyze the surgicopathological outcomes following laparoscopic surgery in endometrial carcinoma. The outcome of this study was comparable to studies conducted in Caucasian population.

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