



## GWSSA Past Events – 2022-2023

### **GWSSA Spring Meeting 2023**

Date: February 24th, 2023

Venue: The Studio, Glasgow.

GWSSA's first in-person meeting since the pandemic brought over 60 delegates together to hear talks on a variety of subjects from both local and national speakers.

#### Morning Session:

After a welcome from current GWSSA president Craig Urquart, Professor Brendan McGrath discussed why we need tracheostomies and the problems which they can cause, including how this lead to the development of the National Tracheostomy Safety Programme and Global Tracheostomy Collaborative.

Dr Kerry Litchfield then spoke about the issue of iron-deficiency anaemia in pregnancy. This has a substantial cost implication in terms of the patient – increased length of stay and morbidity, as well as to the wider NHS (£1.8 Million per year in GG&C). It is easy and cheap to treat. The Pregnancy Anaemia Management in Scotland (PRAMS) project will have 95% of woman at onset of labour / planned CS delivery with a normal Hb.

#### Mid-Morning Session:

Mr Simon Messer discussed DCD heart donation which could increase heart transplant activity by over 50% and has similar early outcomes to DBD heart donation.

Dr Kathryn Puxty discussed the changing picture of organ donation over the years with an overall increase in both DCD and DBD donors, the use of extended criteria to accept more marginal donors, and the new opt-out legislation in Scotland.

Finally Dr Kat Dick spoke about the transitional pain service in Ayrshire & Arran which aims to identify patients at risk of poorly controlled post-operative pain and the complications of high opiate use pre-operatively and prehabilitate the patient whilst in the pre-op stage.

### Afternoon Session:

We had a standout presentation from Professor Christine Goodall (Medics Against Violence) and Mr Callum Hutchison on the Navigator Program. This initiative is run by Medics against Violence to navigate individuals attending Emergency Departments away from chaotic lifestyles. Callum told us first hand about the chaos surrounding his life and that with the aid of Navigators he was able to make positive changes in his life and help him move forward. For more information go to: <https://www.mav.scot/navigator/>

Dr Ewan Jack discussed the National Green Theatre Project, backed by the Scottish Government, to reduce the CO2 production, energy costs, and waste in healthcare. Several bundles have been produced from over 50 targets e.g. desflurane removal, nitrous removal, waste segregation, use of regional anaesthesia.

See <https://nhssustainabilityaction.co.uk/areas-of-focus/>

Finally Dr Michael Murray ended the meeting with insightful commentary into brain injury – both the old (alcohol, drugs, trauma) and new (the problems with smartphones and social media addiction, CTE). As well as new developments in stroke care.



# GWSSA Spring Meeting 2023 Programme

## 0845 – 0915 Registration

**Session 1** Chair: Dr Craig Urquart (QEUH, GWSSA President)

0915 – 0920 Welcome Dr Craig Urquart

0920 – 0955 Tracheostomy safety and NTSP Prof Brendan McGrath

0955 – 1030 IDA in Pregnancy: Socioeconomic Implications and National Solutions Dr Kerry Litchfield

1030 – 1040 *Q&A session*

1040 – 1100 Tea & Coffee

**Session 2** Chair: Dr David Reid (GJNH)

1100 – 1130 DCD donation *Mr Simon Messer*

1130 – 1200 What's new in organ donation. *Dr Kathryn Puxty*

1200 – 1230 Transitional pain and opiate reduction. Dr Kat Dick

1230 – 1245 *Q&A session*

1245 – 1345 Lunch

**Session 3** Chair: Dr Kerry Litchfield (GRI, PRM)

1345 – 1430 Navigating Chaos *Prof Christine Goodall,  
Mr Callum Hutchison*

1430 – 1500 National green theatre project *Dr Ewan Jack*

1500 – 1530 Sex, drugs and rock and roll *Dr Michael Murray*

1530 – 1545 *Q&A session*

1545 – 1600 *Vote of Thanks* *Dr Ken McKinlay*

## **GWSSA Annual Trainee Meeting 2023**

Date: March 17th, 2023

Venue: Healthcare and Simulation Collaborative, Blythwood Square, Glasgow.

The GWSSA Annual Trainee Meeting was held on 17th March 2023 at Blythwood Square in Glasgow. The meeting was fully booked with trainees attending from all hospitals within the region, and some trainees from out with the west too. There were six speakers covering a wide variety of topics during the morning session.

### Morning Session:

Dr Lia Paton spoke about critical care for major burns, discussing the challenges of fluid balance in this patient group, and about optimising their nutrition. She highlighted several of the major organ effects of severe burns, including renal, cardiovascular and respiratory failure. She also spoke of the ongoing challenges of morbidity for these patients and the frequent need for extensive plastic surgery input.

Dr Suzie Farrell spoke on anaesthesia for abdominal aortic aneurysm surgery and discussed the outcomes for EVAR vs open AAA in the longer term. Her talk was interactive and engaging, and she involved the audience in some shared decision-making with some complex patient examples.

Dr Tammar Al-Ani then closed the first session by discussing regional anaesthesia for rib fractures. The focus of his talk was on the erector spinae plane (ESP) block and the relevant anatomy. He did a live ultrasound demonstration, and also did some sessions during the lunch break for one to one teaching and demonstration of chest wall techniques.

After a short morning break, Dr Kerry Litchfield spoke about iron deficiency anaemia in pregnancy and the Pregnancy Anaemia Management in Scotland (PRAMS) project which aims to have 95% of women with a normal Hb at delivery. Oral iron is cheap and cost effective intervention which has already been implemented in the West of Scotland across most maternity units.

Dr Stuart Edwardson then discussed the perioperative and critical care management of transgender patients. His talk was very well received and stimulated a number of questions and discussion from attendees. He highlighted some of the anaesthetic considerations, including airway surgeries as part of gender transition, and the physiological effects of hormone replacement therapy. He also spoke of the mental health disparity in transgender patients, and the importance of sensitivity around the use of language and communication, and consent and confidentiality.

The meeting was closed by two very personal talks from Dr Ker Wei Tan and Dr Ian Anderson on “anaesthetists as patients”. Dr Tan spoke of her experience of her child

becoming critically unwell following complications from a routine operation. She advised us to be kind to one another and encouraged us all to support our colleagues through good times and bad. Dr Anderson spoke of his experience as a patient requiring treatment and several surgeries. He also spoke of returning to work after an absence and encouraged us to have a good work-life balance. Both speakers were outstanding, and it was a privilege to hear their experiences.

The GWSSA meeting was followed by a short lunch and then the Glasgow Anaesthetic Research Club (GARC) led by Dr Bob Docking. There were seven oral presentations by trainees in the region for their research and QI work. Dr Prashant Kumar won the research prize for his work entitled “An Integrative Review of Debriefing in Simulation”, and Dr Pippa Thornton won the QI prize for her work on “The Period Project”. Well done to all trainees who presented work at the meeting – the standard of work was excellent and several other projects were highly commended by the judges!



Glasgow & West of Scotland Society of Anaesthetists

**ANNUAL TRAINEE MEETING**

- **Free for Trainees**, Fellows, Staff Grades, Specialty Doctors and Allied colleagues. Consultants: £75.
- **March 17th 2023**
- RCPSG, Blythswood Square, Glasgow,
- Speakers from across the west of Scotland and all fields of Anaesthesia. Programme TBA
- **Refreshments and Lunch included**
- **Followed by Glasgow Anaesthesia Research Club;** Abstract submissions: [gwssagarc@gmail.com](mailto:gwssagarc@gmail.com)  
One side A4, Deadline: 17/2/23

**BOOK NOW!**



See [gwssa.org.uk](http://gwssa.org.uk) for more details

## GWSSA Annual Golf Outing

Date: May 12th, 2023

Venue: Erskine Golf Club



## GWSSA Annual Golf Outing

Friday 12<sup>nd</sup> May 2023

### *Itinerary*

**08:30** Breakfast Coffee and morning rolls  
**09:00** 18 holes golf – Stableford format  
**13:00** Lunch – Soup and sandwiches  
**14:00** 18 holes golf – Texas scramble  
**19:00** Two course evening meal & prize giving

### **£80 per person**

Last entry Friday 28<sup>th</sup> October  
All abilities welcome  
Only 28 places available – Email to book!

### *Location*

Erskine Golf Club  
Erskine,  
PA7 5PH

### *Contacts*

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