From the Editors Desk:

On behalf of my family and staff of One day Surgery Center - Babulnath Hospital, I wish you all a Very Happy New Year.

Day Care Surgery: Mother of all Surgeries: History in brief.

Introduction:
Day Care surgery is an established norm for dispensing High Quality, affordable surgery to patient population in General. These surgeries do not require overnight hospital stay. However, they do require a complete OT set up and back-up. Few hours of observation, though, the recovery time is cut short due to advancement in technology and better drugs.

Statistics:
- Bed: Patient ratio 1:1462 in Mumbai.
- Recommended 1:250 by WHO.
- Deficient by 42,000 beds.
- Maintenance cost Rs. 1750/- Per day per bed.

Common types of surgeries:

Surgical specialties encompassed:
- Ophthalmic surgeries.
- General Surgery.
- Urology.
- ENT Surgeries.
- Plastic surgery.
- Gynaecological surgeries.
- Gynecology.
- Orthopedic surgery.
- Dental.

Nomenclature:
- Major & Minor Ambulatory Surgery, Day Care, One-Day, Day Case, 23 hrs., Office procedure, OPD procedure.

How is it possible:
- Advancement of technology: Surgical and Anaesthesia.
- Better availability of anesthetic drugs.
- Superior quality of suture material.
- More acceptability due to proven high safety.

What are the Advantages of ODS:
- Avoids hospitalisation.
- Early recovery & Return to work.
- Shorter anaesthesia, less side effects.
- Reduces hospital acquired infection.
- Faster recovery in familiar surroundings.
- Less inconvenience to everyone.
- Reduces loss of Time & Money.

Statistics:
- 60% of patients attending surgical OPD can be operated as Day Case.
- Frees beds for critical and needy cases.
- Reduces congestion of the OT.
- Safe and easy to set-up.
- Low Setting-up cost of a center: lower overheads.
- Well established : UK: 80% cases in 2008
- USA: 46 mill. cases in 2008
Most Privatised Health care system:

Expenditure on healthcare:
- Govt.: 17% catering for 60% population.
- Private: 63% catering for 40% population.
Total of GDP on healthcare: 5.1%
- Govt.: 0.9%
- Private: 4.2%

Insurance:

We shall not indemnify you for any period of hospitalisation of less than 24 hours except for the 126 Day Care procedures the list of which is annexed.

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Mediclaim Policy

Remember:
In the city of Mumbai, only 17% are covered by Medical Insurance. At all India level, just 2%. Rest pay out of pocket or other form of reimbursement, which is limited. One Day Surgery can cater to these large numbers of patient population.

Protocols and Criteria’s for Safe Practice:

**Patient selection:**
- Medically fit and stable patients (ASA I, II, III (well controlled)).
- Well motivated and psychologically / mentally stable.
- Toilet, transport, telephone and responsible relation at home.
- Body Mass Index < 35.

**Exclusions & Exceptions:**
- Medically unfit for discharge on the same day.
- Mental retardation / psychologically unstable.
- Highly infectious disease.
- Upper respiratory tract infection.
- Premature or less than 6 month old babies.
- Requiring extensive post-op. Monitoring.
- Long distance from home.
- Shock / trauma.
- High fever.

**Type of Anaesthesia:**
- Pudendal block.
- Ring block.
- Field block.
- Spinal.
- Caudal block.
- General Anaesthesia.
- Short acting GA & I.V. Sedation:
  - Medazolam, Pentazocin,
  - Phenergan;
  - Ketamine, Propofal.

Local Anaesthesia commonly used:
- 2% Lignocaine HCl, with or without adrenaline.
- 0.5% Bupivacaine.
- Mixed in equal quantity.
- Injected through a 26G or 27G no. Needle.

**Conclusion:**
One Day Surgery is The Mother of all surgeries:
- Involves all surgical specialities & Interventions.
- Minimal Dissection.
- Laparoscopic surgeries.
- Economical in time & money.
- Involves the best of technology.
- Uses best available anaesthetic products.
- Best trained Professionals for its success.

With a population of over 1 billion, every other person will be touched by some form of One Day Surgery in their life time, making it almost half a billion patients!

Now........

-T. Naresh Row,
President, The Indian Association of Day Surgery.

Fully equipped, Multi specialty, Free Standing (Stand Alone), One Day Surgery Center. Simple, Modern, & ISO Certified. Providing High quality, affordable surgeries.

Patient’s convenience and safety is our prime concern.