



ANAESTHESIOLOGISTS SOCIETY OF NAMIBIA

# 1<sup>st</sup> IASN Annual Congress

## PATIENT SAFETY & CARE OF THE CARE GIVER

12<sup>TH</sup> AUGUST **PRE-CONGRESS WORKSHOPS**

13<sup>TH</sup> AUGUST **SCIENTIFIC SESSION & AGM**

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## Presidents Keynote

Dear Delegates,

It is my honour to welcome you to this historical 1st ever Anaesthetic Congress in Namibia. The Anaesthesiologists Society of Namibia was born in September 2018 and the official launch took place on the 15th of November 2018. Since then, the interim executive under the leadership of Dr Theresia Shivera embarked on a massive campaign to recruit members. At the same time, the ASN began to connect with sister societies within the region and globally, culminating in attaining full membership with the World Federation Society of Anaesthesiologists. At the end of 2021 citing conflict of interests, Dr Shivera left the seat of the presidency and I have been acting since.

Forward to today, the Society has grown to be a body that has kept its core business at heart; the promotion of safe anaesthesia for all Namibian patients and looking after the interest of anaesthetists and affiliated staff. We are proud to announce that we have made several representations at various levels of government contributing to policy making. Furthermore, we have been called upon by various professional bodies such as the Health Professions Council of Namibia (HPCNA) and the Namibian Association of Medical Aid Funds (NAMAF) to make recommendations on matters related to anaesthesia and its practice. I am happy to announce that the ASN is not exclusively Executive Committee lead. Although we have the executive representing the members, the society has also taken advantage of the wealth of experience and depth of knowledge that our members have such that no decision is made without consulting with those that represented everything anaesthesia before the society came into being.

I hope that this is just the beginning of such congresses and I implore every member to embrace the ASN as their own, knowing full well that we are stronger together. There are many lessons we are expecting along the way, but together we will move the Society from a state of non-recognition to being a force to reckon with. We will continue to champion the safety of our patients while at the same time not forgetting to look after ourselves as caregivers. I wish you all a memorable time at the historical event and look forward to both positive and negative feedback as this will set us on a path of never-ending improvement.

**Dr Jesse M. Mumba**  
Acting President ASN

## Biography



Dr Jesse M. Mumba is a consultant specialist anaesthetist interested in cardiothoracic, neuro and geriatric anaesthesia. He is also an honorary lecturer at the University of Namibia, fulfilling his passion for knowledge transfer to registrars and medical students alike. Having trained in different jurisdictions, Dr Mumba is a product of diverse education systems, from his undergraduate studies in Russia, student electives in the UK, an internship in Zambia at the University Teaching Hospital, to his postgraduate studies at the University of Cape Town.

Dr Jesse Mumba enjoys spending time with his family and friends from different cultures and backgrounds outside the professional sphere. Hobbies include playing stringed musical instruments, his favourite being the acoustic guitar.

# Keynote Speaker



**Professor Judith Hall**

*Executive Dean of Health Sciences and Veterinary Medicine*

I am Executive Dean of Health Sciences and Veterinary Medicine, a big job with lots to do. I can only keep saying, "I'm going to do my best".

**Who am I?**

I am a mixed bag of tricks, and my early degrees were Classics and Classical Greek. I am also a pretty handy pianist when I get the practice in and ~~pay for~~ my way through Medical School by teaching the piano. Post-Medical qualification and after intensive clinical training (8 years including my Thoracic Fellowship and early Lecturer posts), I was accepted onto the

British General Medical Council Register as a dually qualified Anaesthetist/Intensivist. My clinical background is as a Consultant Trauma Anaesthetist within the NHS in Wales, but my leading employer has always been Cardiff University.

Shortly after accreditation, in 2000, I took my first post as a Senior Lecturer, becoming a Reader in 2006 and securing the Head of Department substantive Chair in 2008; my title is unnecessarily long: Professor of Anaesthetics, Intensive Care and Pain Medicine.

As a Research Professor, I ran several groups. Particular interests include post-operative cognitive dysfunction, understanding mechanisms of sleep and anaesthesia and the effect of drugs using FMRI and MEG, the coagulation cascade in obstetrics and major haemorrhage and lots of work on sepsis, novel anaesthetic and analgesic drugs and clinical equipment. I am interested in technology-driven education and have built 5 Simulation Suites. This is an exciting way for students to learn, 'hot feedback' is unforgettable.

In 2013, my Vice Chancellor gave me a 'supra-university' role: the challenge of setting up an international project to which the whole university could contribute. I think I was chosen, as in 2004, I had set the UK Registered Charity Mothers of Africa, and I have great experience in this work. Thus, with a basic budget, and a blank sheet of paper, I wrote the business plan for the Phoenix Project. Afterwards, I carried out an Africa-wide matching exercise seeking the best fit for Cardiff University. The University of Namibia rose to the top of the list: Professor Kenneth Matengu. The Director of External Affairs snapped up the project, and we've never looked back. We've attracted a great deal of funding, and there have been extensive opportunities for both staff and students in Namibia and Wales.

**And plans for Faculty?**

I'm not new to UNAM and Namibia, but don't hold me to anything just now, as I'm listening and observing. Current ambitions include:

1. An internationally recognised Clinical Trials Unit.
2. An innovation and entrepreneurship centre.
3. One Health: with Veterinary in the Faculty, who can ignore One Health?
4. A professional development centre for Namibia and the sub-region.
5. A Research-Led faculty. Essential.
6. Yes, **research Led** faculty, but one where every student is valued and at the heart of our practice and duty. Where mentorship and academic tutoring are available, **all students know that their progress and future matters to Faculty and UNAM.**

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References: 1. Ultane® Package Insert, AbbVie, South Africa 30 April 2018. 2. De Hert S, Moerman A. Sevoflurane [version 1; referees: 2 approved] F1000Research 2015, 4(F1000 Faculty Rev):626 (doi: 10.12688/f1000research.6288.1). 3. Das S, Forrest K, Howell S. General Anaesthesia in Elderly Patients with Cardiovascular Disorders. Choice of Anaesthetic Agent. Drugs Aging 2010;27(4):265-282. 4. Shelton CL, Sutton R, White SM. Desflurane in Modern Anaesthetic Practice. Walking On Thin Ice. Br J Anaesth 2020;125(6):852-856.

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# Programme

Friday 12 August 2022  
Droombos Lodge, Windhoek Namibia

07:30 – 15:00 Workshops / Courses (Refer to specific workshops/courses at the back of book for details)

Opening Ceremony Dinner	
Time	Agenda
18:30	Arrival and Photoshoot
19:00 - 19:10	Welcoming remarks by Dr Jesse M. Mumba (Acting President ASN)
19:15 – 19:30	Prof R. Lichtman – Brief History of Anaesthesia in Namibia
19:30 – 20:00	Guest of Honor, Prof Judith Hall, opening ceremony speech
20:00 – 21:00	Dinner and Social

# Biography



### Dr Rodney Lichtman

Dr Rodney Lichtman was born in Outjo and ~~was~~-educated in Namibia. He completed his undergraduate studies at the University of Cape Town with an internship at Oshakati State Hospital. After working as a medical officer in the UK, he did his post-graduate studies at Groote Schuur Hospital, graduating top of his class.

Dr Lichtman worked at Windhoek Central Hospital from 1987 – 2021 and has also worked in part-time private practice since 1987. His hobbies include mountain climbing, diving, rock art and photography.

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**Janine Camm**  
Consultant



**Jessica van Zyl**  
Consultant

see money differently

# Programme

Saturday 13 August 2022  
07:30 - 10:50

Time	Agenda
07:30 - 08:00	Delegates Registration, Breakfast and word from Abbvie Breakfast Sponsor
08:05 - 08:15	Word from main Sponsors- Erongomed
08:20 - 09:00	Keynote address – Prof Judith Hall (UK Cardiff/UNAM) – How to build a Rocket Ship
09:05 - 09:45	Dr Mike Alison – Workup for a cardiac patient for non-cardiac surgery
09:50 - 10:35	Dr Aneet Kessow (SA) – Patient safety during regional anaesthesia

Tea Break 10:35 - 10:50 – Delegates to visit stands of sponsors.

Prize to be given to a delegate who visits the most Stands.  
Make sure you sign up at each stand you visit.

# Biography



### Dr Mike Alison

Dr Mike Alison is a Wits-trained cardiologist who relocated to Namibia 4 years ago to start a new cardiac unit at LPPH and provide cover to state cardiology patients. He is an enthusiastic teacher who is passionate about lifestyle change and primary prevention.

A general cardiologist with expertise in electrophysiology, multisite pacing and structural heart management.

Dr Mike Alison is a keen naturalist, scuba diver and endurance runner.



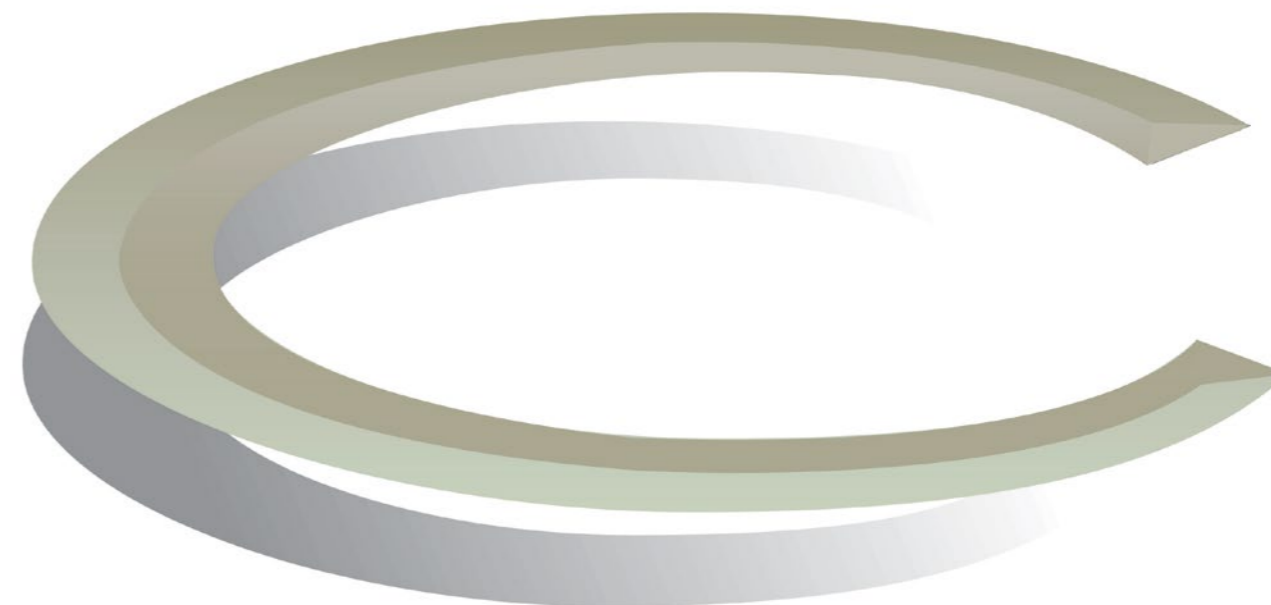
### Dr Aneet Kessow

Dr Aneet Kessow is a specialist anaesthesiologist, having completed his undergraduate and post-graduate training at the University of Cape Town. He also completed specialist training in intensive care and regional ultrasound. From 2007 – 2010 he worked as a consultant in the NHS.

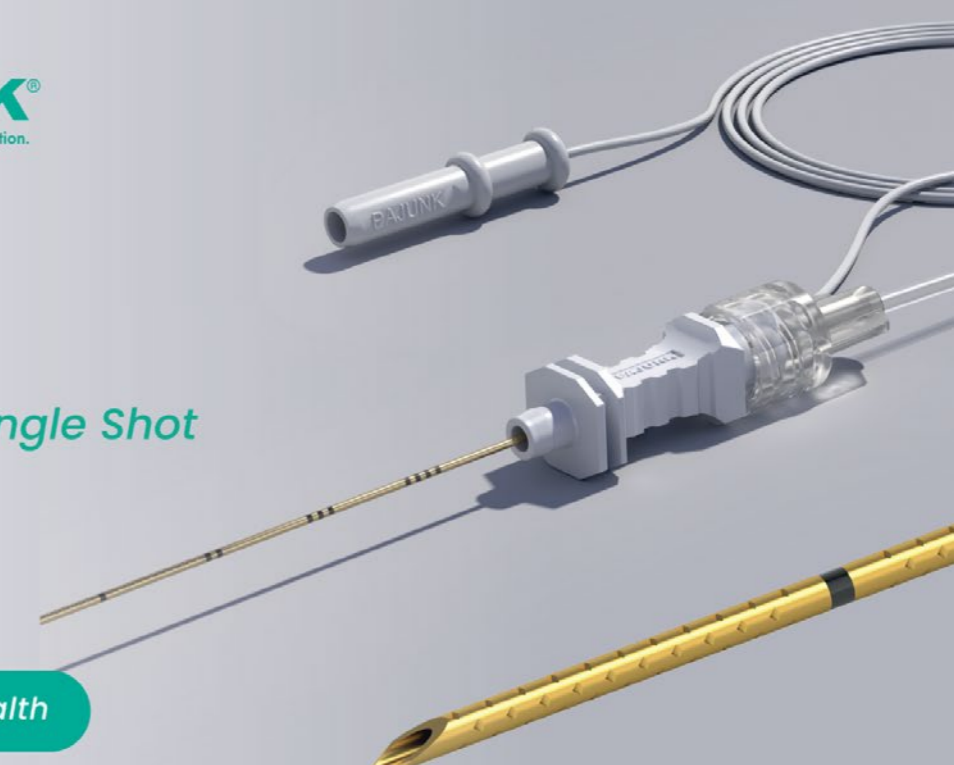
His special interests are: Major orthopaedic and hip surgery, geriatric anaesthesia, thoracic and Spinal anaesthesia, as well as ultrasound-guided regional anaesthesia and acute pain management.

He is a member of the South African Society of Anaesthetists and an honorary lecturer UCT department of anaesthesia. Regional Anaesthesia and Pain Society South Africa.

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# Programme

Saturday 13 August 2022  
10:55 - 13:05

Time	Agenda
10:55 - 11:35	Dr Georg Judmann – The Ten golden rules of anaesthesia revisited
11:40 - 12:20	Dr Linea Nanyalo – Perioperative fasting, Are we on the same page?
12:25 - 13:05	Dr Smukler (Germany) – Brain monitoring during anaesthesia, where are we?

**Lunch Break 13:05 - 13:55 – Delegates to visit stands of sponsors.**

**Prize to be given to a delegate who visits the most Stands. Make sure you sign up at each stand you visit.**

# Biography



## Dr G A Judmann

Dr. Judmann is a 60-year-old medical doctor with more than 30 years of experience in clinical medicine and management of health services. His clinical knowledge, skills and experience comprise Anaesthesiology, for which he is a German-trained specialist and registered as such with the HPCNA, as well as Obstetric care, Emergency medicine, General Medicine, Surgery, Tuberculosis and HIV/AIDS; he is a provider for medical, trauma and cardiac advanced life support.

Moreover, he has widespread work experience as a leader of a large health district, manager of special programmes and superintendent of hospitals. As a healthcare manager, he believes in profound technical

competence, doing the things right, and doing them right first time. Continuous, incremental changes allow for the 'systems' and the 'bodies', who make the system work, to grow steadily in order to achieve appropriate and sustainable health and social services satisfying the needs the Namibian communities.

Consequently, his interests combine clinical work with health care management and systems development including the improvement of quality health care delivery through teaching and training with a strong focus on clinical application.

Currently, he is working as Anaesthesiologist in private practice in Windhoek as well as anaesthesiologist for the Cleft Lip and Palate Program of NAMPHARM and the Ministry of Health and Social Services of Namibia. Hobbies: ... out to the Namib desert.



## Dr Linea Nanyalo

Dr Nanyalo-Nashima is a paediatric anaesthesiologist working at a tertiary Hospital in Windhoek, Namibia. She obtained her MD Tver , Russia 2010 , MMed -University of Zimbabwe 2019 and did a Fellowship in paediatric anaesthesia with the University of Nairobi through WFSA sponsorship. 2021. She is currently working as head of Anaesthetic Department at Katutura intermediate Hospital and adjunct Lecturer at the University of Namibia , School of Medicine.



## Dr Shmukler

I have been in Private Practice since 2008 and currently make major orthopaedic, gynae, ophthalmological, endoscopy & plastic surgery lists.

My primary interest is the benefit of EEG monitoring during anaesthesia. Other areas of interest include Total Intravenous Anaesthesia, and I am occasionally involved in running TIVA/TCI workshops. Regional anaesthesia, IT applications in anaesthesia and state-of-the-art labour analgesia round out my list.

I am involved with the South African Society of Anaesthesiologists as the current Associate Representative on the council and a current member of the Private Practice Business Unit.



## Dr Tiku O Arrey

Dr Tiku O. Arrey is Consultant Anesthetist currently working at MediPark Ongwediva. He is also an Honorary Lecturer at the University of Namibia, where he helps train Medical Students. Dr Arrey did his undergraduate studies in Italy and practised as a GP for several years before proceeding to Postgraduate studies in Tanzania at MUHAS.

Dr Arrey enjoys spending time with his family and friends of diverse cultures. He enjoys playing Golf, Travelling and Watching Formula 1.



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## Programme

Saturday 13 August 2022  
14:00 - 17:10

Time	Agenda
14:00 - 14:40	Dr Basie Steyn – New concepts in PONV
14:45 - 15:25	Dr Algene Mouton - Patient Safety, a global perspective.
15:30 - 16:10	Dr Charin – Stress Handling and coping mechanisms (Vertice Sponsored talk)
<b>End of Congress and Vote of Thanks</b>	
16:35 - 17:10	AGM

## Biography



### Dr Steyn

Dr Steyn was born in Okahandja and grew up on the west coast in Luderitz. He completed his undergraduate and post graduate studies in Stellenbosch with extra stint in cardiology and Intensive care.

He has worked as specialist in Windhoek from 1991 including six years in the State Hospital training DA candidates and then moved to private practice with specific interest in cardiac anaesthesia and critical care.

Dr Steyn has been on the board of the Cancer Association since 1994. His hobbies include is conservation, photography, astronomy and birding.



### Dr Algene Mouton

Dr Algene Mouton is a specialist anesthesiologist currently working in Windhoek, Namibia.

She has experience in general anaesthesia, regional anaesthesia and sedation in general surgery, pediatric surgery, neurosurgery, obstetrics and gynaecology, ENT, orthopaedics, ophthalmology and trauma surgery.

She holds registration at the Health Professions Council of Namibia (HPCNA) and Dubai Health Authority (DHA)

She worked for two years in UAE and gained experience in the fields of Health and Patient Safety and Infection Control. During this period, she obtained her ATLS, ACLS and PLS again.

Dr Algene Mouton obtained MBChB (University of Stellenbosch), DA, MMed (ANES) (University of Free State).

After 20 years of practice in the field of anaesthesia, Dr Mouton still enjoys her work, and she is extremely grateful to be able to hopefully play a positive role during the peri-operative journey of her patients.

Dr Algene Mouton was born and bred in Namibia and lives in Windhoek with her husband and two children, very happy to be back on home ground.



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**Ms Charine Glen-Spyron**

A clinical psychologist by profession who obtained her master's degree at the University of Johannesburg. Ms Glen-Spyron is the Executive Director of Uni-Health, a management and consulting company for online and face-to-face counselling. Ms Glen-Spyron also serves on the Health Professionals Council in Namibia for Psychology in Psychology Council. Ms Glen-Spyron builds and establishes relevant interpersonal networks. She develops business plans and financial models and drives and manages all aspects of funding, marketing, and HR. Ms Glen-Spyron manages executive directors, senior management, and external stakeholder relationships. She establishes alternative revenue streams to maximise revenue and cash flow. She is the founder of the first psychiatric hospital, "Bel Esprit", in Namibia, whereby she coordinates and manages the implementation of the operations for Bel Esprit Psychiatric Hospital.



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# Workshops

**Anaesthetic Nurse Workshop**  
**Friday 12 August 2022**  
**Droombos Lodge, Windhoek Namibia**

Time	Agenda
07:30 - 08:00	Registration and breakfast snack
08:30 - 09:10	Preparation of theatre for surgery
09:15 - 09:55	Positioning for surgery and theatre safety
10:00 - 10:30	Preparation for Spinal/Epidural Anaesthesia
10:30 - 10:55	Tea/Coffee Break
11:00 - 11:40	Airway management and equipment
11:45 - 12:25	Practical Session on airway management
12:30 - 13:15	Lunch Break
13:20 - 14:00	Patient Monitoring under Anaesthesia - CVP and Aline preparation
14:05 - 14:45	Cardiopulmonary resuscitation & Defibrillator
14:50 - 15:15	Feedback and Closing remarks



## Special Thanks

ASN would like to extend a special vote thanks to the following for going above and beyond the normal sponsorships:

1. Erongomed - Our main sponsors
2. AbbVie - The Anaesthetic Nurse Assistant course
3. Creatori - Ultrasound-guided regional block course
4. Genmed – Difficult Airway workshop
5. Nedbank Namibia – Congress Bags
6. Strategic Marketing – Barista stand
7. Lady Pohamba Private Hospital for providing us with water, sponsoring 5 of their nurses and Dr M. Alison's talk
8. Vertice - Sponsoring Dr Charine's talk
9. Dr. Saurombe's Anaesthetic Practice – 4 Registrars were able to attend at a 50% discount
10. Dr. Robert Reid – Anaesthetic Nurse course attendee from Swakopmund
11. Dr. Chris Terblanche – 3 Nurses and 1 registrar sponsorship
12. Dr. Jesse M. Mumba (Jesmaira Anaesthetic Practice) – Artwork and designs for the ASN Congress posters
13. Moses – Congress photographer (+264 81 307 3177)
14. Walker Waluka Mubita – IT support (+264 81 676 6747)
15. Paulo Coelho (FOXGLOVE Digital +264 81 249 2739) – All ASN graphic design and artwork including our beautiful logo

Last but not least, all our members who sacrificed time to make this congress a great success. The future of anaesthesia in Namibia is bright!!





# ASN

ANAESTHESIOLOGISTS SOCIETY OF NAMIBIA