

3RD ANAESTHESIOLOGISTS SOCIETY OF NAMIBIA ANNUAL CONGRESS

8, 9, & 10
AUGUST 2024

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ANAESTHESIA ON THE EDGE: DEALING WITH THE EXTREMES



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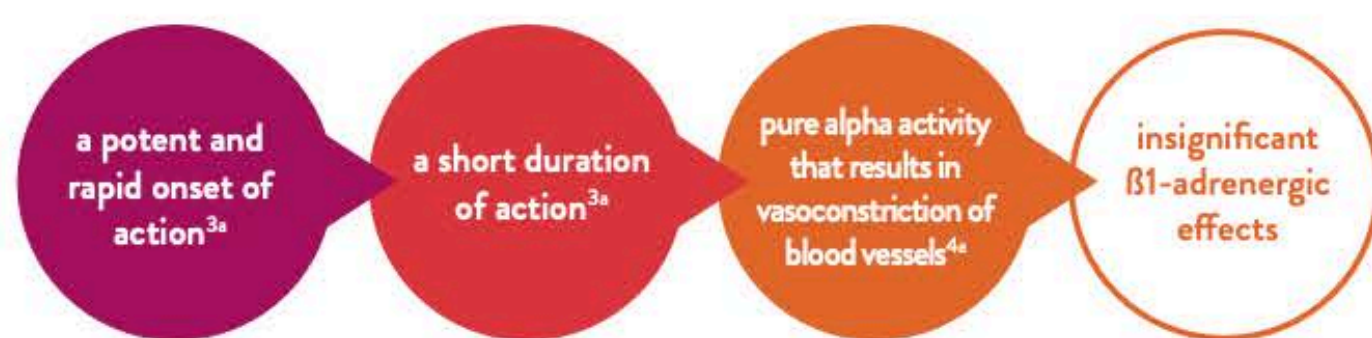
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PRESSURE AT THE RIGHT MOMENT MAKES THE DIFFERENCE^{1a,b,2a}

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PHENYLEPHRINE - EFFECTIVE UNDER PRESSURE

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- ✓ Emergency medical treatment^{4a,b}
- ✓ Obstetric spinal hypotension in C-sections^{3b,c}
- ✓ Orthopaedic surgery^{5a,b}
- ✓ Septic shock
- ✓ Ischaemic cardiac disease^{6a,b}

PHENYLEPHRINE HYDROCHLORIDE INJECTION is indicated for increasing the blood pressure in adults with clinically significant hypotension resulting primarily from vasodilation, in such settings as septic shock or anaesthesia.

Footnote: β – beta (receptor); C-section – caesarean section; *PHENYLEPHRINE HYDROCHLORIDE INJECTION must be diluted before administration as bolus intravenous infusion or continuous intravenous infusion

References: 1. Morelli A, Ertmer C, Rehberg S, et al. Phenylephrine versus norepinephrine for initial hemodynamic support of patients with septic shock: a randomized, controlled trial. *Crit Care* 2008;12(6):R143. 2. Levy MM, Evans LE, Rhodes A. The Surviving Sepsis Campaign Bundle: 2018 Update. *Crit Care Med* 2018;46(6):997-1000. 3. Ngan Kee WD, Khaw KS. Vasopressors in obstetrics: what should we be using? *Curr Opin Anaesthesiology* 2006;19:238-243. 4. Ellender TJ, Skinner JC. The use of vasopressors and inotropes in the emergency medical treatment of shock. *Emerg Med Clin N Am* 2008;26:759-786. 5. Ferré F, Marty P, Bruneteau L, et al. Prophylactic phenylephrine infusion for the prevention of hypotension after spinal anaesthesia in the elderly: a randomized controlled clinical trial. *J Clin Anesth* 2016;35:99-106. 6. Kinsella SM, Carvalho B, Dyer RA, et al. International consensus statement on the management of hypotension with vasopressors during caesarean section under spinal anaesthesia. *Anaesthesia* 2018;73:71-92. PHENYLEPHRINE HYDROCHLORIDE INJECTION Approved Package Insert, December 2018.

[S4] Phenylephrine Hydrochloride Injection (Solution for Injection). Each 1 ml ampoule contains 10 mg of Phenylephrine Hydrochloride. Reg. No.: H630 (Act 101 of 1965). [S2] Botswana: B9301910. [NS1] Namibia: 14/5.1/0569.

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PRESIDENT'S KEYNOTE

3RD ANAESTHESIOLOGISTS SOCIETY OF NAMIBIA ANNUAL CONGRESS

Dear distinguished guests, colleagues, and friends,

It is with great pleasure that I write you today as the President of the Anaesthesiologists Society of Namibia (ASN), to welcome you all to the 3rd Annual Congress. This event marks another significant milestone in our journey, and it is a testament to the collective dedication and hard work of every member of our society.

Over the past few years, ASN has seen remarkable achievements. We have successfully hosted two previous congresses that not only set the foundation for our society, but also elevated our standing within the medical community. These congresses provided platforms for knowledge exchange, professional development, and the fostering of collaborations that have had a lasting impact on the practice of anaesthesiology in Namibia.

Our membership has grown steadily over the years, thanks in large part to events like this congress. These gatherings have showcased the value of ASN, attracting new members who see the benefits of being part of a vibrant, supportive professional community. This growth is not just in numbers, but also in the quality and diversity of our members. Each new member brings unique perspectives and expertise, enriching our discussions and broadening our collective impact. We have effectively contributed to policymaking, advocated for the needs of our profession, and supported our members in myriad ways. Our advocacy efforts have not only enhanced the practice environment for anaesthesiologists but also improved patient care standards across the country.

ASN has also been instrumental in securing scholarships for our members to attend international congresses and workshops. These opportunities have allowed them to gain global insights, share their experiences, and bring back cutting-edge knowledge and techniques to Namibia. These experiences have been invaluable in fostering professional growth and enhancing the overall quality of anaesthesia care. Additionally, ASN has provided guidance and recommendations for members applying for various courses and fellowships worldwide. Our commitment to continuous education and professional development ensures that our members are well-equipped to meet the challenges of modern anaesthesia practice. We have seen numerous success stories where our members have excelled in their chosen courses, bringing honor and recognition to ASN and Namibia.

I would also like to highlight the significance of the upcoming elections at our virtual Annual General Meeting (AGM) which will be held in October (Date TBD) as it presents a great opportunity for fresh blood and new ideas to take the ASN to even greater heights. Thank you to every member, partner, and supporter of ASN. Your dedication, hard work, and belief in our vision have made us what we are today. Let us continue to strive for excellence, support one another, and elevate the practice of anaesthesiology in Namibia to greater heights.

As we look forward to the future, we are deeply grateful to all our cooperating partners who have supported us from the very beginning. Your unwavering support has been crucial in our journey, and it is our sincere hope that these partnerships will continue to grow stronger. Together, we have achieved much, and together, we will achieve even more.

Here's to a successful 3rd Annual Congress and many more to come!

*Thank you,
Dr. Jesse M. Mumba,
-ASN President*



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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.

ULTANE[®] Sevoflurane 29/2.1/0748. For full prescribing information refer to the package insert approved by the Medicines Regulatory Authority, accessible by e-mailing medicalinfo.za@abbvie.com. Date of Publication of this Promotional Material, March 2022. AbbVie (Pty) Limited, Abbott Place, 219 Golf Club Terrace, Constantia Kloof, 1709. Tel No.: 011 831 3200. Promo No: ZA-ULTA-210067.

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Thursday, 8 August 2024

7:30

REGISTRATION AND COFFEE

FATE FOCUS ASSESSED TRANSTHORACIC ECHOCARDIOGRAPHY	TIVA TOTAL INTRAVENOUS ANAESTHESIA	MEPA MANAGING EMERGENCIES IN PEADIATRIC ANAESTHESIA
DR. KAVARI	DR. ALGENE MOUTON	DR. CHRISTIAN KAMPIK
DR. STEPHEN VENTER		DR. CHRIS TERBLANCHE
DR. BEN MUGABE	DR. DANIEL SHMUKLER	DR. LINEA NANYALO

16:30

PROF. ZACHAROWSKI

THE NEW ESC GUIDELINE (WITH ESAIC) REGARDING NON-CARDIAC SURGERY

NURSE WORKSHOPS GUIDED BY

DR. JESSE MUMBA

DR. MANDI MURAKWANI

DR. EFFRAIM MUNSAKA

Friday, 9 August 2024

7:30

REGISTRATION AND COFFEE

NURSES WORKSHOPS

DR. JESSE MUMBA

DR. MANDI MURAKWANI

DR. EFFRAIM MUNSAKA

**US GUIDED REGIONAL
ANAESTHESIA**

**ADVANCED AIRWAY
WORKSHOP**

PROF. RUKWE

DR. TALA PEA

DR. BEATRICE RETZLAFF

DR. ADESIYAN

DR. CHRIS TERBLANCHE

DR. BEN MUGABE

CONGRESS DINNER – PROF. HOFMEYR

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Thursday, 8 August Keynote Speaker



PROF. KAI ZACHAROWSKI

KEYNOTE SPEAKER

Professor Kai Zacharowski, MD PhD ML FRCA FESAIC holds the position of the Ordinarius and is the Director of the Department of Anaesthesiology, Intensive Care Medicine and Pain Therapy at the University Hospital Frankfurt since 2009. From 2006 until 2008 he was holding the position of Chair of Anaesthesia and Intensive Care Medicine at the University Hospital Bristol. His research, teaching, and consulting interests are in both clinical and basic aspects of patient safety, Patient Blood Management and clotting, big data in anaesthesia and intensive care medicine, innate immunity, cardiovascular and critical care medicine. Professor Zacharowski received his MD from the German University of Mainz and his PhD from Queen Mary, University of London (where he was working with the Nobel laureate Prof. Sir John Vane discovered how aspirin works). Since 2016 he is one of the few members of the oldest academy of science in the world (Leopoldina).

His scientific contributions are published in peer-reviewed journals such as Nature Medicine, Lancet, NEJM and Proceedings of the National Academy of Science (in PubMed are currently over 570 contributions listed (<http://www.ncbi.nlm.nih.gov/pubmed?term=zacharowski>)) and were awarded with numerous awards for Innovative Clinical Research (e.g. in 2021 the Exzellenz-Award, in 2020 the Future Medicine Science Award, in 2018 the MSD Gesundheitspreis (3rd), in 2016 the German Prize for Patient Safety, in 2015 the Humanitarian Award together with the US-Presidents Barack Obama and Joe Biden, in 2014 the Lohfert Award for Patient Safety and in 2012 the United States Air Forces - Medal of Distinction...).

He is serving as Editor-in-Chief for Current Opinion of Anesthesiology and the Journal of Anaesthesia & Intensive Care Medicine as well as an Editorial Board member of numerous journals in Critical Care Medicine, Emergency Medicine and Anaesthesia and is the CEO of the Lohfert Foundation and the Founder & CEO of the PBM Foundation. From 2014 – 2018 Kai was serving as President of the Multiple Joint Committee Intensive Care Medicine (UEMS) (<https://www.uems.eu/>) and 2014 – 2018 as ESAIC Council Member for Germany (<http://www.esahq.org/about-us/the-esa/council>). 2013 – 2018 Kai was serving as a delegate for Germany UEMS Section & European Board of Anaesthesiology and from 2013 – 2020 as Deputy Medical Director of the University Hospital Frankfurt. Kai is serving as the President of the European Society of Anaesthesiology & Intensive Care (ESAIC) for the years 2020-2021, Honorary member of ESAIC, Ambassador for ESAIC for the years 2023-2027, and practicing Anaesthesia and Critical Care Medicine in Frankfurt.

Friday, 9 August Congress Dinner



PROF. ROSS HOFMEYR

DINNER SPEAKER

A proud South African, I was born and educated at the continent's tip in Cape Town. My professional fields of interest have centered upon acute and critical care, trauma, anaesthesia, aeromedical, emergency, wilderness and expedition medicine. I has worked extensively as an expedition doctor, including serving as overwintering Expedition Leader and doctor for the South African National Antarctic Expedition, and am co-founder and medical director of WildMedix, South Africa's first company to offer accredited training in wilderness medicine. After shifting my predominant focus to anaesthesiology and perioperative medicine, I spearheaded the development of the first African Fellowship in Airway and Thoracic Anaesthesia and am now Associate Professor and Airway Lead for the Department of Anaesthesia and Perioperative Medicine at the University of Cape Town. My clinical and research interests include all facets of airway management, aeromedical and prehospital care, remote and expedition medicine, point-of-care investigation, thermoregulation and extreme physiology. I have secured research and educational grant funding from the South African Society of Anaesthesiologists, Wilderness Medical Society, University of Cape Town, and medical industry. I am a keen course director, instructor, dynamic international speaker, and #FOAM (free, open-access medical education) enthusiast, with over 60 publications. When not providing care in the hospital or abroad, I'm usually to be found with my family in the wilds, committing random acts of aviation and/or adventure.

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3RD ANAESTHESIOLOGISTS SOCIETY OF NAMIBIA ANNUAL CONGRESS

Saturday, 10 August 2024

07:30 REGISTRATION AND COFFEE

08:00 MODERATOR DR. JESSE MUMBA

08:10 PREMIUM SPONSOR **ERONGOMED**

08:20 KEYNOTE SPEAKER - PROF. ROSS HOFMEYR (UCT)

09:00 PROF. ZACHAROWSKI - UPDATE PLATELETS - ROLE IN THE PERIOPERATIVE PERIOD

09:45 DR. THERESIA SHIVERA - PROFESSIONAL PRACTICE , DIVERSITY EQUITY AND INCLUSION

10:15 **COFFE BREAK**
MODERATOR DR. KAVARI

11:00 DR. BEN MUGABE - WORKING WITH EXTREME COLLEAGUES (UK)

11:30 PROF. LICHTMAN - MEDICAL PROBLEMS IN EXTREME ENVIRONMENTS

12:15 DR. BRANKA ENGELHARDT - FIGHTING FOR SURVIVAL (GERMANY)

12:40 5 MIN EXTREME CASE PRESENTATION - DR. NURA AFSHANI

12:45 5 MIN EXTREME CASE PRESENTATION - DR. LINDIE PIECHAZEK - PAED
CASE

12:50 ABSTRACT PRESENTATION - DR. NAOMI VAN WYK - WINNER - BEST ABSTRACT AT SOCIETY
OF SPECIALISTS IN AIRWAY MANAGEMENT

13:00 **LUNCH**

DEALING WITH EXTREMES

14:00-14:20 HEMO CLEAR - DR. NIERICH

14:25-14:45 DR. CHRIS TERBLANCHE - PAEDIATRIC ICU EXTREMES

14:50-15:15 DR. ROB REID - EXTREME EQUIPMENT FAILURES - WHAT WOULD YOU /COULD
YOU/SHOULD YOU HAVE DONE?

15:20-15:40 DR. SUDENE VAN ZYL - CASE 1 - MEDIASTINAL MASS
DR BEN MUGABE - MANAGING THE UNPREDICTABLE..

15:45-16:05 DR. ABIGAIL DAVIES - WHEN THE GOING GETS TOF - EXTREME HAEMODYNAMIC
CHALLENGES IN OBSTETRIC ANAESTHESIA

16:10-16:30 DR. BEATRICE RETZLAFF - SCOLINE AND PAEDIATRICS

16:35-16:55 DR. STEPHEN VENTER - EXTREME OBS CARDIAC

17:00-17:20 DR. JESSE MUMBA - ANAESTHETIC DEATH - TIME TO REDEFINE

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Saturday, 10 August

Dr. Jesse M. Mumba

CONGRESS PRESIDENT



Dr. Jesse M. Mumba is consultant specialist anaesthetist with special interest in cardiothoracic, neuro and geriatric anaesthesia. He is also a honorary lecturer at the University of Namibia where he fulfils 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, internship in Zambia at the University Teaching Hospital to his postgraduate studies at the University of Cape Town. Outside of the professional sphere, Dr Jesse Mumba enjoys spending time with his family and friends from different cultures and backgrounds. Hobbies including playing on stringed musical instruments, his favourite being the acoustic guitar.

Dr. Theresia Shivera



Dr. Benius Benson Mugabe



Doctor Benius Benson Mugabe was born in Harare, a decade before Zimbabwe became an independent country. He trained at the Godfrey Huggins School of Medicine at the University of Zimbabwe. He graduated MBChB (Hons) in 1995. After completing his internship he attained the MMed in Anaesthesia and Critical Care in 2002 from the University of Zimbabwe. After moving to the UK in the mid 2000s, Ben trained in the Welsh Deanery School of Anesthesia, becoming an FRC a diplomate in 2010 and attaining the FFICM in 2013. In the same year, he completed a fellowship in cardiothoracic anaesthesia and cardiac intensive care at Papworth Hospital in Cambridge, UK. Ben was appointed as a consultant in cardiothoracic anaesthesia also in 2013. He is currently the clinical lead for anaesthesia in Swansea, based at the Morriston Hospital cardiothoracic unit. His Interests include blood conservation, transfusion management, and echocardiography. He is married and blessed with four adult children, and enjoys travel, reading and outdoor pursuits.

Dr. Abigail Davies

Dr. Sudene Van Zyl

CONTROL THE ASCENT

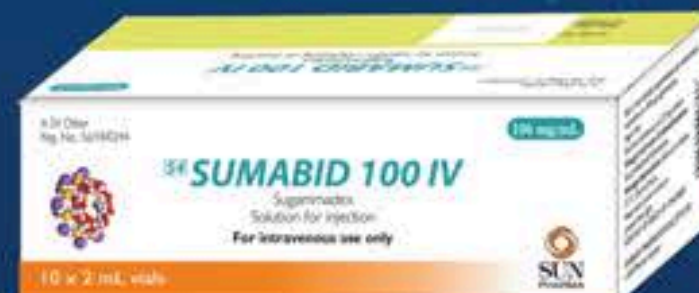
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References: 1. Lee HY, Jung KT. Advantages and pitfalls of clinical application of sugammadex. *Anesth Pain Med* 2020;15:259-268. 2. Mitchell C, Lobaz S. An overview of sugammadex. June 7, 2016. Accessed July 22, 2022. Available from <https://resources.nfa.org/astor/ian-overview-of-sugammadex/>. 3. Sumabid IV 100 Professional Information. August 2022.

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Saturday, 10 August

Prof. Rod Lichtman



Dr. Rodney Lichtman was born in Outjo and was educated in Namibia. He completed his undergraduate studies at University of Cape Town with an internship at Oshakati State Hospital. After working as a medical officer in the UK, he then 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 to date. His hobbies include mountain climbing, diving, rock art and photography.

Dr. Branka Engelhardt



Dr. Branka Engelhardt was born and raised in Slovenia, and moved to the northern part of Germany during her childhood. Having completed her studies at the University of Giessen in 2007, she commenced working as a registrar at Kerkhoff Klinik, Bad Nauheim. She then became a specialist cardiac surgeon in 2015, and in 2022 was promoted to consultant status at Schön Klinik, Vogtareuth. During this time she also gave birth to and raised two children. In her down time, she has an active social life, enjoys spending time with her family hiking, skiing, and yoga.

Dr. Nura Afshani

Dr. Lindie Piechazek

Dr. Naomi van Wyk

Dr. Nierich

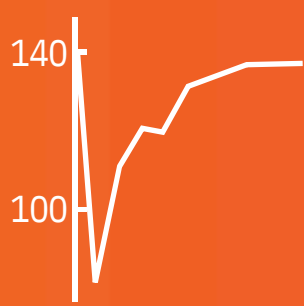


PRESSURE AT THE RIGHT MOMENT MAKES THE DIFFERENCE^{1,2}

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[†]Consult PI for full dosage details

*elective caesarean section in healthy patients and ideal clinical conditions; ²IONV – intraoperative nausea and vomiting; BP – blood pressure

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References: 1. Phenylephrine Hydrochloride Injection Approved Package Insert, December 2018. 2. Bishop DG, Rodseth RN, Dyer RA. Recipes for obstetric spinal hypotension: The clinical context counts. *S Afr Med J* 2016;106(9): 861-864. 3. Ngan Kee WD, Khaw KS. Vasopressors in obstetrics: what should we be using? *Curr Opin Anaesthesiology* 2006;19:238-243. 4. Kinsella SM, Carvalho B, Dyer RA, et al. International consensus statement on the management of hypotension with vasopressors during caesarean section under spinal anaesthesia. *Anaesthesia* 2018;73:71-92.

⁶⁴Phenylephrine Hydrochloride Injection (Solution for Injection). Each 1 ml ampoule contains 10 mg of Phenylephrine Hydrochloride. Reg. No.: H630 (Act 101 of 1965).

⁶²Botswana: B9301910, ^{NS2}Namibia: 14/5.1/0569.

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Saturday, 10 August

Dr. Chris Terblanche



Dr. Chris Terblanche is an anaesthetist and intensivist working at Intermediate hospital Oshakati. Originally from South Africa, he did his postgraduate training in the UK and worked as a consultant there for over 13 years before returning to Southern Africa. He is a part time Senior Lecturer with the University of Namibia and Honorary Senior lecturer with Cardiff University with a passion for teaching. He breeds poultry, bakes sourdough pizza and has been spotted riding to Windhoek on a F700GS.

Dr. Rob Reid



Dr. Rob Reid was born in Johannesburg and also schooled there. After starting medicine at Wits, he switched courses and after completing a BSc he went on to do an honours degree in Wildlife Management at the University of Pretoria. He worked in Etosha for several years before returning to complete his medical degree at Wits University. His career in Anaesthesia began as an MO head of the department of anaesthesia at Natalspruit Hospital, and he has been at it ever since. After completing his DA and FCA on the Johannesburg teaching circuit he went into private practice with a special interest in neuro anaesthesia. In 2000, Dr Reid and his wife left SA to work in the Middle East, spending six years in Saudi Arabia at both private and large tertiary government hospitals. This was followed by eight years in the UAE in Al Ain and Dubai working at large hospitals. In 2014 the Reids relocated to Swakopmund where Dr Reid has enjoyed worked in private practice again since then. He is passionate about providing the best possible anaesthetic experience under the safest conditions for his patients. He is even more passionate about ecology and conservation and has a keen interest in the fascinating flora of Namibia. More recently he has started painting the Namibian landscape in oils.

Dr. Beatrice Retzlaff

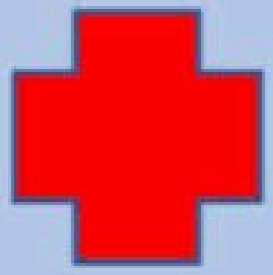


The youngest of three children, Dr Beatrice Retzlaff was born and raised in the southwestern part of Germany close to the border with France. Before completing medical studies at the Technical University of Munich, Germany Beatrice started working as a surgical assistant in the German Heart Center and commenced a sponsored research project in baroreflex sensitivity and heart rate variability as well as on left ventricular augmentation by alginate injections to treat dilatative cardiomyopathy. After graduating, she worked as a registrar in heart surgery and orthopaedics before deciding on anaesthesiology as a specialty. From the start of her anaesthesia training, she was exposed to regional anaesthesia, which she really enjoys. Six months after qualifying as a specialist, Beatrice relocated to Namibia where she currently works in private practice in Walvis Bay. In her down time, Beatrice enjoys playing her guitar, surfing and skateboarding.

Dr. Stephen Venter



Stephen Venter completed his MBChB at the University of Cape Town and then went on to specialise in anaesthesiology through Walter Sisulu University in the Eastern Cape, South Africa. He was awarded a Discovery Foundation grant for rural obstetric anaesthesia training and this enabled him to teach safe obstetric anaesthesia at multiple locations in the rural Eastern Cape. He moved to Tygerberg Hospital in Cape Town in 2017 and holds a teaching post affiliated with the University of Stellenbosch. He is the clinical lead for Cardiothoracic Anaesthesia at Tygerberg Hospital and has a special interest in peri-operative echocardiograph



COMPANY PROFILE

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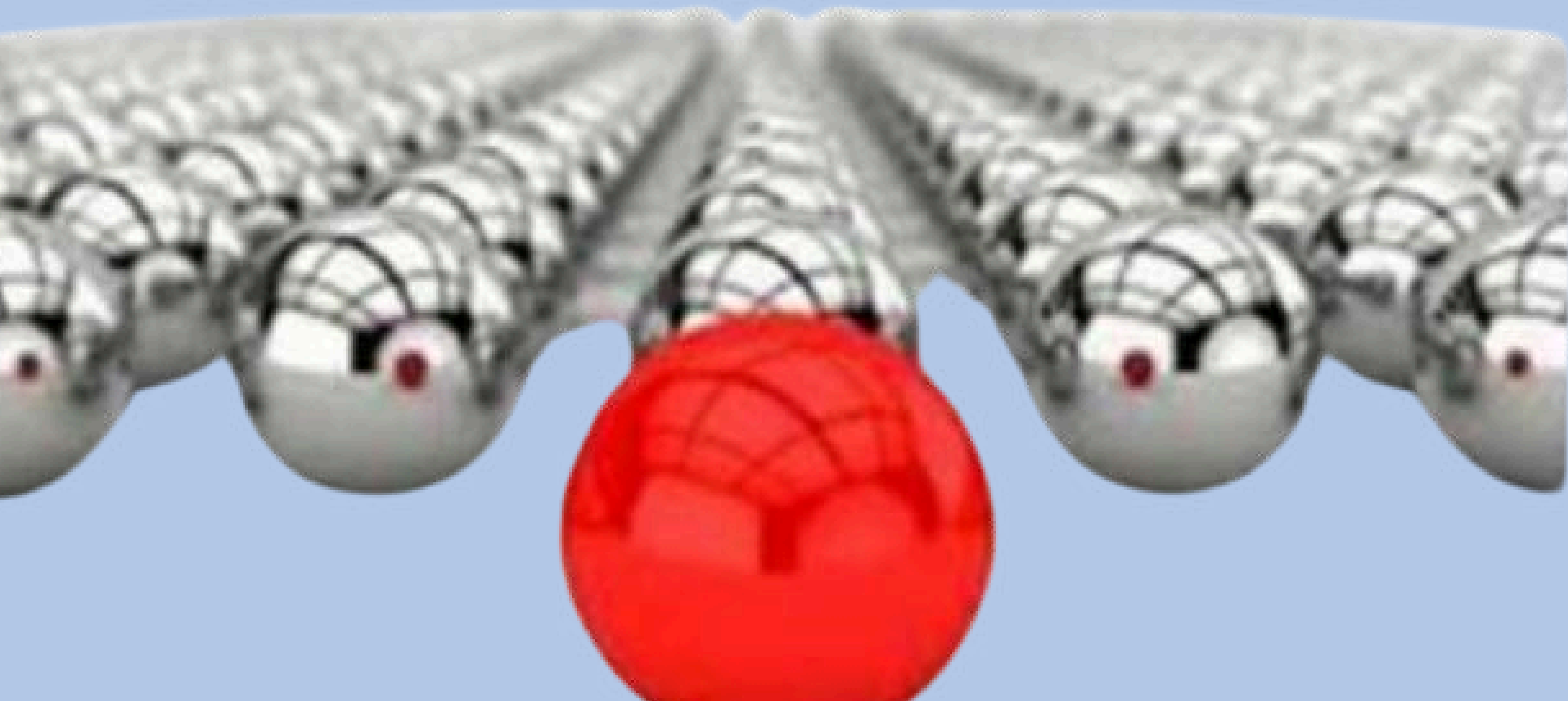


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– Mr. Arno Viljoen, Operations Director.



NURSE ASSISTANT TO THE ANAESTHETIST WORKSHOP

Thursday, 8 August

08:00-09:15	INTRODUCTION BASIC PHARMACOLOGY	DR. MUMBA
09:20-10:15	INVASIVE MONITORING: CVP/A-LINE	DR. MEANRA JORDAAN
BREAK		
11:00-11:45	THEATRE/TROLLEY/TRAY SETUP	SR. HILENI SHIVUTE/SR. REJOICE
11:55-12:50	EQUIPMENT CHECK IN THEATRE	SR. RIVOLIE BEUKES
LUNCH		
13:10-14:05	PATIENT POSITIONING AND COMMON INJURIES	DR. T. SHIVOLO
14:10-15:20	OBSTETRIC ANAESTHESIA/ REGIONAL ANAESTHESIA	DR. MURAKWANI
15:25-16:00	STERILITY	SR. UUIPINDI

Friday, 9 August

08:00-08:45	BLOOD TRANSFUSION INTRAVENOUS FLUIDS	DR. MUMBA
08:50-09:30	PAEDIATRIC ANAESTHESIA	DR. MURAKWANI
09:40-10:15	BASIC LIFE SUPPORT (BLS) AIRY MANAGEMENT	DR. MUNSAKA/RIVOLIE
BREAK		
11:00-12:50	BLS CONTINUES	DR. MUNSAKA/RIVOLIE
LUNCH		
14:05-14:45	TEMPERATURE MANAGEMENT UNDER GA	DR. CHARLES MAPANDA
14:50-15:30	RECOVERY ROOM/ PACU	SR. UUIPINDI
15:40-16:20	RECAP & FEEDBACK	

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NURSE ASSISTANT TO THE ANAESTHETIST WORKSHOP

Dr. Mandi Murakwani



Dr. Mandiudza Maria Murakwani is an anaesthesiologist in Windhoek, Namibia - private sector. I have a special interest in Neuroanaesthesia and Paediatrics anaesthesia. I worked in the government sector previously where I gained a lot of experience that has moulded who I am as an anaesthesiologist. In my free time I enjoy playing basketball with my family and mixing different genres of music.

Dr. Munsaka



Dr. Effraim Munsaka is a Specialist Anaesthetist with special interest in Neuroanaesthesia and airway management. He is an advocate for patient-appropriate safe surgery and the integration of information technology systems in anaesthesia and medicine. He is an active member of the Anaesthesiologists Society of Namibia. Over the weekend, he enjoys cycling and hiking the most beautiful landscapes of Namibia.

Sr. Ndapandula


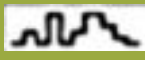



Sr. Ndapandula Uupindi has been a registered nurse since 2002, and has completed several courses, diplomas and an MBA in Healthcare administration. She is currently a theatre manager for Roman Catholic Private Hospital in Windhoek.

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| * Schneider | * Paedfusor (coming soon) | |

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FATE WORKSHOP

Thursday, 8 August

08:00-08:15	INTRODUCTION, COFFEE
08:15-08:30	HIGHLIGHTS TO HOT 1 , COFFEE
08:30-09:45	HOT 1 - KNOBOLOGY, FATE VIEWS, FATE CARD PAGE 1 AND IVC (IF TIME ALLOWS)
09:45-10:00	HIGHLIGHTS TO HOT 2
10:00-11:00	HOT 2 - KNOBOLOGY, REPETITION OF HOT 1, M-MODE IN POS 2, MAPSE/TAPSE
11:00-11:15	TEA (INCLUDED)
11:15-11:30	HIGHLIGHTS TO HOT 3
11:30-12:30	HOT 3 - KNOBOLOGY, REPT. HOT 1-2, M-MODE IN POS 3, PARASTERNAL LONG AXIS VIEW
12:30-12:45	HIGHLIGHTS TO HOT 4
12:45-13:15	LUNCH
13:15-15:00	HOT 4 - CERTIFICATION AND SCENARIO TRAINING, DISCUSSION, EVALUATION)

HOT = HANDS-ON-TRAINING

STARTING TIME AND LENGTH OF BREAKS ARE SUBJECT TO CHANGE

Dr. Uariomundu Kavezembua Kavari



Dr Uariomundu Kavezembua Kavari is a Namibian, raised in Aminuis in Omaheke Region. He completed his undergraduate medical training at the University of Stellenbosch. Following internship training at the Windhoek State Hospital Complex, he worked as a medical officer in Obstetrics and obtained his Diplomate status in 2013. Dr Kavari has extensive experience in the state health sector having done relief work at several hospitals in the country. He has a special interest in health management and leadership, having completed the middle management development training program from the University Of Stellenbosch Business School while he served as a principal medical officer at Outjo District Hospital for four years. His love for human physiology, education, and training led him back to school and he recently qualified as a Specialist Anaesthesiologist at the end of 2021. He is currently employed as a specialist Anaesthetist at Windhoek Central Hospital. His heart beats for improvement and loves anything that grows and has potential from plants, to animals, to people. He is a passionate cattle farmer and aspiring horticulturalist. He spends most of his spare time gardening and enjoys working with and motivating young people.

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- ✓ Orthopaedic surgery⁵
- ✓ Septic shock
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Footnote: β – beta (receptor); C-section – caesarean section; *PHENYLEPHRINE HYDROCHLORIDE INJECTION must be diluted before administration as bolus intravenous infusion or continuous intravenous infusion

References: 1. Morelli A, Ertmer C, Rehberg S, et al. Phenylephrine versus norepinephrine for initial hemodynamic support of patients with septic shock: a randomized, controlled trial. *Crit*

Care 2008;12(6):R143. 2. Levy MM, Evans LE, Rhodes A. The Surviving Sepsis Campaign Bundle: 2018 Update. *Crit Care Med* 2018;46(6):997-1000. 3. Ngan Kee WD, Khaw KS. in obstetrics: what should we be using? *Curr Opin Anaesthesiology* 2006;19:238-243. 4. Ellender TJ, Skinner JC. The use of vasopressors and inotropes in the emergency medical treatment

of shock. *Emerg Med Clin N Am* 2008;26:759-786. 5. Ferré F, Marty P, Bruneteau L, et al. Prophylactic phenylephrine infusion for the prevention of hypotension after spinal anaesthesia. *Anaesthesia* 2018;73:71-92. 6. Kinsella SM, Carvalho B, Dyer RA, et al. International consensus statement on the management of hypotension during caesarean section under spinal anaesthesia. *Anaesthesia* 2018;73:71-92.

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TIVA WORKSHOP

THE MASTERCLASS WILL FOCUS ON SEVERAL TOPICS:

PRACTICAL EEG INTERPRETATION AND BENEFITS OF EEG MONITORING IN ANAESTHESIA AND CRITICAL CARE

BENEFITS OF TOTAL INTRAVENOUS ANAESTHESIA (TIVA) IN GENERAL AND ADVANTAGES OVER INHALATIONAL ANAESTHESIA

ENVIRONMENTAL IMPACT OF ANAESTHETIC TECHNIQUES AND CHANGING PRACTICE IN LIGHT OF CLIMATE CHANGE/GLOBAL WARMING

Thursday, 8 August

08:00-08:15	WELCOME
08:15-08:30	BRIEF INTRODUCTION TO EEG PHYSIOLOGY
08:30-09:00	EEG INTERPRETATION: NUMBERS, WAVES, BURST SUPPRESSION
09:00-09:30	BENEFITS OF MONITORING REAL TIME EEG IN ANAESTHETIC PRACTICE
09:30-09:40	COFFEE BREAK
10:00-10:30	MORE EEG CONCEPTS: SPECTROGRAMS AND DRUG SIGNATURES, SE
10:30-11:15	INTRODUCTION TO TIVA PART 1
11:15-11:25	COFFEE BREAK
11:25-12:30	INTRODUCTION TO TIVA PART 2
12:30-13:30	LUNCH AND NETWORKING
13:40-14:00	TIPS FOR TIVA
14:00-14:30	TIVA PRACTICE SESSION AND CLINICAL SCENARIOS: GA AND SEDATION
14:30-14:40	COFFEE BREAK
14:40-15:00	ENVIRONMENTAL IMPACT OF ANAESTHESIA
15:00-15:20	HOW TO DO STATE OF THE ART TIVA WITH MINIMAL RESOURCES: PRACTICAL DEMONSTRATION
15:20-15:40	NEW MODELS AND PUMPS: ELEVELD AND BEYOND
15:40-16:00	TIVA FOR THE ELDERLY AND OBESE
16:00-16:30	WRAPPING UP & Q&A

TIVA WORKSHOP

Dr. Algene Mouton



Dr Algene Mouton is a specialist anesthesiologist, currently working in Windhoek, Namibia. She has experience in general anesthesia, regional anesthesia and sedation in the fields of general surgery, pediatric surgery, neurosurgery, obstetrics and gynecology, ENT, orthopedics, ophthalmology and trauma surgery. She holds registration at the Health Professions Council of Namibia (HPCNA) and Dubai Health Authority (DHA). She worked for 2 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 anesthesia 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 has developed a new fondness for TCI and brain state monitoring during anesthesia, and this was cultivated by the TIVA/ TCI workshops that took place at our very own congresses in Namibia in 2022 and 2023. Dr Algene Mouton is born and bred in Namibia and lives in Windhoek with her husband and 2 children, very happy to back on home ground.

Dr. Daniel Schmukler



I have been in Private Practice since 2008, and currently do major orthopedic, gynae, ophthalmological, endoscopy & plastic surgery lists. My major 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 council, and a current member of the Private Practice Business Unit.

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*for more information contact

MEPA WORKSHOP

Dr. Nanyalo-Nashima



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.

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ADVANCED AIRWAY WORKSHOP

Thursday, 8 August

17:00-18:00 SET UP THE VENUE

Friday, 9 August

06:30-08:00 FINALIZE VENUE SETUP

08:00-08:15 WELCOME AND REGISTRATION/SIGN IN

08:15-09:15 RECAP LECTURES, DIFFICULT SCENARIOS AND HOW TO MANAGE, Q & A

09:15-10:00 **PROF. HOFMEYER** - ATI

10:15-11:00

TEA/REFRESHMENTS

11:00-13:00

HANDS ON SESSIONS; (STATIONS 1-8, 4 DELEGATES PER STATION, 30MIN PER STATION)

- A)** BASIC AIRWAY MANAGEMENT; EQUIPMENT AND OXYGEN THERAPY
- B)** VIDEO LARYNGOSCOPY, VIDEO STYLET, FIBRE OPTIC BRONCHOSCOPY
- C)** PAEDIATRIC AIRWAY
- D)** OLV, DLT AND BRONCHIAL BLOCKERS
- E)** FONA
- F)** USS IN AIRWAY MANAGEMENT
- G)** THRIVE
- H)** MIXED METHODS

13:00-14:00

LUNCH

14:00-16:00

HANDS ON SESSIONS; (STATIONS 1-8, 4 DELEGATES PER STATION, 30MIN PER STATION)

- A)** BASIC AIRWAY MANAGEMENT; EQUIPMENT AND OXYGEN THERAPY
- B)** VIDEO LARYNGOSCOPY, VIDEO STYLET, FIBRE OPTIC BRONCHOSCOPY
- C)** PAEDIATRIC AIRWAY
- D)** OLV, DLT AND BRONCHIAL BLOCKERS
- E)** FONA
- F)** USS IN AIRWAY MANAGEMENT
- G)** THRIVE
- H)** MIXED METHODS

16:00-16:15 EVALUATION OF THE WORKSHOP AND FEEDBACK

16:15-17:00 FACULTY TO TIDY VENUE AND PACK UP EQUIPMENT

ADVANCED AIRWAY WORKSHOP

Dr. Aderonke Adesiyan



Dr Aderonke Adesiyan is a physician anaesthetist with over 15 years experience. She qualified as a specialist 10 years ago. She has been involved in teaching at both undergraduate and postgraduate levels for over 8 years. She is a fellow and examiner of the faculty of anaesthesia, West African College of Surgeons (WACS). She also serves as the course coordinator of the same faculty. She has facilitated many webinars, workshops and courses and has designed curricula for courses for a variety of healthcare professionals. She is currently a lecturer at the University of Namibia where she coordinates the Anaesthesia Module for the fourth-year undergraduate medical students. She also teaches and examines post-graduate anaesthesia residents. She recently designed short courses in Airway Management and First Aid for medical and non-medical professionals. She also serves as a member of the decentralised ethics committee(DEC) of the Faculty of Health Sciences and Veterinary Medicine, University of Namibia.

Dr. Tala-Nangula Pea



Dr. Tala-Nangula Pea is a budding anaesthetist with an interest in pain medicine and regional anaesthesia. She completed her undergraduate MBChB degree at the University of Pretoria and did her internship and community service at Welkom in Kimberley. Dr. Pea obtained her Diploma in Anaesthesia with the Colleges of Medicine of South Africa and later joined the Department of Anaesthesia at Tygerberg Hospital, University of Stellenbosch as registrar. She is currently volunteering in the Department of Anaesthesia at Intermediate Hospital Oshakati. She has a quirky personality and loves to laugh a lot. In her spare time, she enjoys painting landscapes with acrylic media and is also an aspiring baker.

US GUIDED REGIONAL ANAESTHESIA WORKSHOP

Friday, 9 August

1. EACH SESSION STARTS WITH A SMALL 15 MINUTE TALK WITH REVIEW OF ANATOMY FOLLOWED BY DEMOS ON MODELS
2. DIVIDE INTO STATIONS - 10 PEOPLE / MODEL STATION TO DEMONSTRATE PARTICULAR BLOCKS ON MODELS
3. SPEAKER HAS 2-3 MINUTES TO DEMO
4. DELEGATES HAVE 4 MINUTES EACH TO DEMO
5. 1ST 4 TO DEMO TO GO TO PHANTOM STATION AFTER THEY HAVE COMPLETED FOR NEEDLING TECHNIQUES

08:10-09:10

SESSION 1

KNOBOLOGY AND TISSUE IDENTIFICATION.
DIFFERENCES BETWEEN TISSUE TYPES

VASCULAR ACCESS

08:10-09:10

- CVP - INTERNAL JUG
- CVP- SUBCLAVIAN
- ARTERIAL ACCESS
- VENOUS ACCESS

SESSION 2

LOWER LIMB BLOCKS 1

09:10-10:00

- FASCIA ILIACA
- FEMORAL

SESSION 3

LOWER LIMB BLOCKS 2

10:20-11:20

- POPLITEAL
- ADDUCTOR CANAL

SESSION 4

UPPER LIMB 1

11:20-12:20

- INTERSCALENE
- SUPRACLAVICULA

SESSION 5

UPPER LIMB 2

13:15-14:15

- POPLITEAL
- ADDUCTOR CANAL

SESSION 6

TRUNCAL

14:15-14:45

- TAP
- QL
- RECTUS SHEATH
- ESP -IF TIME ALLOWS

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REFERENCES: 1. Malan TP, Gordon S, Hubbard R, *et al.* The cyclooxygenase-2-specific inhibitor parecoxib sodium is as effective as 12 mg of morphine administered intramuscularly for treating pain after gynecologic laparotomy surgery. *Anesth Analg.* 2005;100(2):454-460. 2. RAYZON[®] Package Insert prescribing information, approved 15 June 2021. 3. Jin F, Chung F. Multimodal analgesia for postoperative pain control. *Journal of Clinical Anesthesia.* 2001;13(7):524-39. **Namibia:** Scan the QR code below

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US GUIDED REGIONAL ANAESTHESIA WORKSHOP

Friday, 9 August

Prof. Ambrose Rukewe



- **Ambrose Rukewe**, Associate Professor of Anaesthesiology at UNAM Faculty of Health Sciences & Veterinary Medicine.
- Amby, as he is fondly called, pioneered neurostimulation and ultrasound-guided regional anaesthesia training and practice in Nigeria. He is actively transferring his nerve blocks skills to medical officers and MMed trainees in Windhoek, Onandjokwe and Oshakati to the benefit of our patients.
- Prof Rukewe is a full member of the European Society of Regional Anaesthesia (ESRA), International Association for the Study of Pain (IASP) and an International Affiliate of the Royal College of Anaesthetists (RCoA).

3RD ANAESTHESIOLOGISTS SOCIETY OF NAMIBIA ANNUAL CONGRESS

