

ANAESTHESIOLOGISTS SOCIETY OF NAMIBIA

2nd AASN

Annual Congress

PERI-OPERATIVE MEDICINE:
TRAINING AND HUMAN FACTORS IN
ANESTHETIC PRACTICE IN NAMIBIA



3-5 AUGUST 2023

THE DOME, SWAKOPMUND

Presidents Keynote:

Dear Delegates,

A warm welcome to our second Anesthesiologists Society of Namibia Congress. It is a privilege to address you via this keynote from the desk of the ASN president. I extend my warmest greetings and heartfelt gratitude to each and every one of you in attendance, as we gather to explore the theme of this congress: "Perioperative medicine: Training and human factors in anesthetic practice in Namibia." The theme of this congress underscores the significance of two crucial aspects in our field: training and human factors. This congress is a gathering of minds, a convergence of expertise, and a platform for exchanging ideas. It is an opportunity to learn from one another, share our experiences, and harness the power of human factors in anesthetic practice

Training lies at the core of our profession, enabling us to acquire the knowledge, skills, and expertise necessary to provide optimal care to our patients. When all is said and done, we are all trainers in one way or another. Be it the Anesthetic Nurse Assistant, the Senior Medical Officer in anesthesia training a new colleague on how to prepare the theatre for an anesthetic, or the Specialists giving talks and lectures to various cadres in the field of medicine. It is through rigorous training programs and continuous professional development that we refine our abilities and stay abreast of the latest advancements in anesthetic practice. This congress serves as a platform to share best practices and inspire one another to reach new levels of proficiency.

However, training alone is not sufficient. The human factors that come into play during anesthetic practice are equally vital. We must recognize that behind every clinical decision, there is a human being—an anesthesiologist—who brings their knowledge, experience, and judgment to the forefront. Understanding the intricacies of human factors, such as effective communication, teamwork, situational awareness, and managing stress, is essential to delivering safe, patient-centered care.

I would like to express my deep appreciation to the organizing committee for their dedication and hard work in putting together this exceptional congress. I also extend my gratitude to our sponsors and all those who have contributed to making this event possible. Without your support, this gathering of minds and exploration of perioperative medicine in Namibia would not have been possible. Thank you all for being a part of this momentous occasion. I wish you a truly enlightening and transformative congress experience, filled with insights, camaraderie, and a renewed commitment to excellence in anesthetic care.



Dr. Jesse M. Mumba *President ASN*

Biography:

Dr. Jesse M. Mumba is consultant specialist anesthetist with special interest in cardiothoracic, neuro and geriatric anaesthesia. He is also a honorary lecturer at the University of Namibia where he fulfills 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 favorite being the acoustic guitar.



SATURDAY, AUGUST 5TH

PLENARY PROGRAM

08:00	MORNING - MODERATOR DR JESSE MUMBA
08:10	ERONGOMED
08:20	ABBOTT - BREAKFAST HOST ADDRESS
08:30	KEYNOTE - PROF DEAN GOPALAN - ENSURING FITNESS FOR PURPOSE IN LMIC'S
09:15	DR BEN MUGABE - CONFLICT IN THE WORKPLACE
09:45	PROF AIDAN BYRNE - HUMAN FACTORS
10:15-11:00	COFFEE BREAK
11:00	DR ALGENE MOUTON - LOW FLOW ANAESTHESIA: HOW LOW CAN YOU FLOW?
11:25	DR SHMUKLER - TIVA AS AN ALTERNATIVE
11:50	PROF LICHTMAN - END OF LIFE DECISIONS
12:15	DR TALA PEA - THE NAMIBIAN ANAESTHETIC WORKFORCE
12:30	LUNCH
14:40-15:00	COFFEE BREAK
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



SATURDAY, AUGUST 5TH

PLENARY PROGRAM

	TRENDS IN ANAESTHESIA	TRENDS IN ANAESTHESIA-VULNERABLE GROUPS	TRENDS IN ICU	FINANCIAL PLANNING FOR MEDICAL PROFESSIONALS
14:00	DR MATTHEW GIBBS - BLOOD PRODUCTS	IRENE CHEROP - CHALLENGES AND OPPORTUNITES OF NURSE ANAESTHETISTS	DR CHRIS TERBLANCHE - ICU: SWANSEA BAY VS OSHAKATI BRAAI	NEDBANK
14:20	NKOSANA MASEKO - ALTERNATIVES TO BLOOD PRODUCTS	DR BEN MUGABE	SEDATION IN ICU - UBUNTU	
14:40	DR DANIEL SHMUKLER - ARE GADGETS MAKING A DIFFERENCE	HUMAN FACTORS (GOPALAN/BYRNE)	PROF TOBI - PATTERNS AND OUTCOME OF POSTOPERATIVE ADMISSION TO THE SURGICAL & TRAUMA ICU AT WCH - A 1 YEAR REVIEW	PPS
15:00	DR JUANITA NAOBEB - NM BLOCKADES	HUMAN FACTORS (GOPALAN/BYRNE)	PROF TOBI - PATTERNS AND OUTCOME OF POSTOPERATIVE ADMISSION TO THE SURGICAL & TRAUMA ICU AT WCH - A 1 YEAR REVIEW	CORPORATE GUARANTEE
15:20	DR ETTIENNE COETZEE - ENVIRONMENTAL IMPACT OF TIVA			
15:40	QUESTION TIME MODERATOR DR MOUTON	QUESTION TIME MODERATOR DR KAVARI	QUESTION TIME MODERATOR DR MUNSAKA	QUESTION TIME MODERATOR DR MUMBA



Anaesthesia Nurse Assistants Course

	THURSDAY, AUGUST 3RD	FRIDAY, AUGUST 4TH
08:30-09:15	ORIENTATION	OBESITY
09:30-10:15	OXYGEN PHYSIOLOGY	NAUSEA & VOMITING
	TEA	
11:00-11:45	HYPOXIA	TEMPERATURE CONTROL
11:45-12:30	OXIMETRY	BLS
	LUNCH	
14:00-14:45	MONITORING	RECOVERY ROOM
14:45-15:30	THE TRAINING NEEDS OF ANAESTHETIC NURSE ASSISTANTS	POST ANAESTHETIC COMPLICATIONS
	TEA	
16:00-16:30	DISCUSSION	



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 honors 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 anesthesia 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 anesthesia. 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 working in private practice again since then.

He is passionate about providing the best possible anesthetic 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.



Rejoice Engombe

Rejoice Engombe, currently working at Intermediate Hospital Oshakati, working as an anesthetic nurse. She holds a National Diploma in Enrolled Nursing and Midwifery which she obtained from Oshakati Health Training Centre and a Postgraduate Diploma in Public Health from the University of Wits. Rejoice is adventurous and in her free time she enjoys traveling and exploring places and loves reading books.



THURSDAY, AUGUST 3RD

US GUIDED REGIONAL ANAESTHESIA WORKSHOP

WELCOME AND INTRODUCTION

08:10-09:10

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

9:10-10:00

SESSION 1: KNOBOLOGY AND TISSUE IDENTIFICATION. DIFFERENCES BETWEEN TISSUE TYPES

VASCULAR ACCESS:

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

10:20-11:20

SESSION 2: LOWER LIMB BLOCKS 1

- FASCIA ILIACA
- FEMORAL

11:20-12:20

SESSION 3: LOWER LIMB BLOCKS 2

- POPLITEAL
- ADDUCTOR CANAL

12:30-13:15

LUNCH BREAK

13:15-14:15

SESSION 4: UPPER LIMB

- INTERSCALENE
- SUPRACLAVICULAR

14:15-14:45

SESSION 5: UPPER LIMB 2

- INFRACLAVICULAR
- AXILLARY

SESSION 6: TRUNCAL

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





THURSDAY, AUGUST 3RD

US GUIDED REGIONAL ANAESTHESIA WORKSHOP



DR. ANEET KESSOW

Dr 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 orthopedic and hip surgery, geriatric anesthesia, thoracic and Spinal anesthesia, as well as ultrasound-guided regional anesthesia and acute pain management.

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



DR. 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.



**PROF. AMBROSE
RUKWE**

- **Prof. 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).

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THURSDAY, AUGUST 3RD

FATE WORKSHOP

HOT= HANDS ON TRAINING

10:00-11:00

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)

2nd ASN

Annual Congress



THURSDAY, AUGUST 3RD

FATE WORKSHOP



Dr. Ben 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 Anesthesia 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 anesthesia and cardiac intensive care at Papworth Hospital in Cambridge, UK. Ben was appointed as a consultant in cardiothoracic anesthesia also in 2013. He is currently the clinical lead for anesthesia 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. Lauren
Dougall**

FCA (SA) completed in 2018. I have worked in both state and private practice and currently hold a consultant post at Groote Schuur Hospital, with the UCT circuit. I underwent a Regional Anaesthesia Fellowship in Perth, WA. My interests include Acute Pain and Regional Anaesthesia, POCUS – particularly echocardiography, Education, Patient Safety and Human Factors. When I am not working, I like to be active outdoors or reading poetry.'



**Dr. Matthew
Gibbs**

I am a consultant anaesthesiologist based full time at Groote Schuur Hospital, with previous time spent in rural KwaZulu Natal and the UK. My interests are broad but I am passionate about point-of-care ultrasound, patient blood management, hepatobiliary, vascular and transplant anaesthesia and as well as the teaching and training of future anaesthetists. I am involved in training and research for transthoracic and transoesophageal echocardiography in anaesthesia as well as advanced vascular access skills development.

I am married with three wonderful busy children, and love to go trail running and rock climbing on Table Mountain when I get a chance.

2nd ASN

Annual Congress



THURSDAY, AUGUST 3RD

MEPA WORKSHOP

09:00-09:30	REGISTRATION AND INTRODUCTION (TEA/ COFFEE)
09:30-10:00	THEATRE ORIENTATION
10:00-10:45	SCENARIO 1 AND DEBRIEF
10:45-11:30	SCENARIO 2 AND DEBRIEF
11:30-12:15	SCENARIO 3 AND DEBRIEF
12:15-13:00	SCENARIO 4 AND DEBRIEF
13:00-13:30	LUNCH
13:30-14:15	SCENARIO 5 AND DEBRIEF
14:15-15:00	SCENARIO 6 AND DEBRIEF
15:00-16:00	FEEDBACK AND CLOSE

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Annual Congress



THURSDAY, AUGUST 3RD

MEPA WORKSHOP



**Dr. Chris
Terblanche**

Dr. Chris Terblanche is an anesthetist 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. Linea
Nanyalo**

Dr Nanyalo-Nashima is a pediatric anesthesiologist 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 pediatric anesthesia with the University of Nairobi through WFSA sponsorship. 2021. She is currently working as head of Anesthetic Department at Katutura intermediate Hospital and adjunct Lecturer at the University of Namibia , School of Medicine.



TIVA WORKSHOP

FRIDAY, AUGUST 4TH

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

08:00-08:15	WELCOME
08:15-08:30	BRIEF INTRODUCTION TO EEG PHYSIOLOGY
08:30-09:00	EEG INTERPRETATION: NUMBERS, WAVES, BURST SUPPRESSION
09:00-10:00	BENEFITS OF MONITORING REAL TIME EEG IN ANAESTHETIC PRACTICE
10:00-10:30	COFFEE BREAK
10:30-11:15	MORE EEG CONCEPTS: SPECTROGRAMS AND DRUG SIGNATURES, SEF95
11:15-11:25	INTRODUCTION TO TIVA PART 1
11:25-12:30	COFFEE BREAK
12:30-13:30	INTRODUCTION TO TIVA PART 2
13:40-14:00	LUNCH AND NETWORKING
14:00-14:30	TIPS FOR TIVA
14:30-14:40	TIVA PRACTICE SESSION AND CLINICAL SCENARIOS: GA AND SEDATION
14:40-15:00	COFFEE BREAK
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

FRIDAY, AUGUST 4TH



**Dr. Etienne
Coetzee**

My special interests include total intravenous anesthesia (TIVA) and sedation, with emphasis on the pharmacokinetic- and pharmacodynamic models used for target-controlled infusion. This has led me to develop a novel device for use during TIVA or sedation, with associated patents in multiple countries. I also have a vested interest in monitoring of consciousness using electroencephalogram (EEG) and density spectral array (DSA). My favorite utility of TCI is during neonatal- and pediatric airway surgery, where we are working on a novel surgical laryngoscope using 3D printing techniques. I am currently the vice-president of PACSA where we are working on local pediatric anesthesia guidelines.



**Dr. Daniel
Shmukler**

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 anesthesia. Other areas of interest include Total Intravenous Anesthesia, and I am occasionally involved in running TIVA/TCI workshops. Regional anesthesia, IT applications in anesthesia and state of the art labour analgesia round out my list.

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



ADVANCED AIRWAY WORKSHOP

FRIDAY, AUGUST 4TH

07:30-08:00	BREAKFAST AND REGISTRATION	ALL
08:00-08:10	INTRODUCTION AND WELCOME	
LECTURES:		
08:10-08:25	FONA ULTRASOUND	DR. CHRIS
08:25-08:50	DAS GUIDELINES UNANTICIPATED DIFFICULT INTUBATION	DR. PEA
08:50-09:15	ANTICIPATED DIFFICULT INTUBATION	DR. CHRIS
09:15-09:40	VIDEO-LARYNGOSCOPY AND FIBRE-OPTIC INTUBATION	FACULTY
09:40-10:00	ANTS	DR. CHRIS
10:00-10:20	TEA BREAK	ALL
10:20-10:50	CASE DISCUSSIONS	DR. CHRIS
10:50-11:20	SKILL STATIONS 1 - 3	FACULTY
11:20-11:50	SKILL STATIONS 1 - 3	FACULTY
11:50-12:20	SKILL STATIONS 1 - 3	FACULTY
12:20-13:10	LUNCH	ALL
13:10-13:40	SKILL STATIONS 4-6	FACULTY
13:40-14:10	SKILL STATIONS 4-6	FACULTY
14:10-14:40	SKILL STATIONS 4-6	FACULTY
14:40-14:55	Q & A	FACULTY
14:55-15:00	CLOSING REMARKS	DR. CHRIS

SKILL STATIONS:

- 1.VL (FACULTY)
- 2.FOI (CHRIS)
- 3.FON ULTRASOUND (PEA)
- 4.FONA (PEA)
- 5.THRIVE (CHRIS)
- 6.COMBINED TECHNIQUES (FACULTY)



ADVANCED AIRWAY WORKSHOP

FRIDAY, AUGUST 4TH



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Dr. Chris Terblanche

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Dr. Tala-Nangula Pea

Dr. Tala-Nangula Pea is a budding anesthetist with an interest in pain medicine and regional anesthesia. 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 Anesthesia with the Colleges of Medicine of South Africa and later joined the Department of Anesthesia at Tygerberg Hospital, University of Stellenbosch as registrar. She is currently volunteering in the Department of Anesthesia 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.



ADVANCED AIRWAY WORKSHOP

FRIDAY, AUGUST 4TH



**Prof. Aidan
Byrne**

Prof Aidan Byrne trained as an anesthetist in the UK and worked as a consultant for 23 years. He developed the first full-scale anesthetic simulator in the UK and trained staff over a 15 yr period. After witnessing so many unusual behaviors in stressful situations, he developed a new method of measuring the mental workload of anesthetists in theatre and published widely. After retiring from clinical practice he now works part-time as a professor at Swansea Medical School and as Scuba Divemaster, training new divers and recording sea life for a national survey.