

# **SAFE ANAESTHESIA**

by

**Lucille Bartholomeusz**

1986

Third edition updated and revised

by

**Jean Lees**

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First edition 1986

Second edition 1996

Third edition 2006

## **Preface to the third edition**

In revising this well-respected book I have tried to retain the original structure and, particularly, the ethos of the book in keeping with its origins as described in the preface to the 1<sup>st</sup> edition.

The whole text has been updated and revised in line with current anaesthetic teaching. I have added new chapters on hypothermia and acute pain relief and have amalgamated and re-arranged some other chapters for easier reference.

There have been many people (some unknown to me) involved in the revision and I thank them all. Andrew and Kellie Robinson who put the whole book on disc made an enormous contribution. Others have contributed sections, ideas and illustrations – Ruth Colman, Bill Casey, Ray Towey, Grant Haldane, Alex Bojarska and Roger Eltringham and John Main.

Lois Gibson encouraged me to tackle this enormous task and gave of her experience and invaluable help throughout the revision of the text.

Iain Wilson has been a great support and encouragement and, along with Isabeau Walker, has scrutinised the whole text, given advice and helpful suggestions throughout.

I have added a number of illustrations and diagrams and I gratefully acknowledge permission to reproduce these from:

- World Health Organisation.  
Anaesthesia at the District Hospital 2<sup>nd</sup> ed. Michael Dobson
- WA /WFSA  
Update journals edited by Walters & Wilson.

Thanks also to Lin and Paul for the cover design.

Finally thanks to my husband Norman who has collected and prepared many of the illustrations, assembled the index and encouraged me to continue when difficulties arose. Without his help and support this project would not have reached completion.

I hope this text will continue to assist all anaesthetists in developing countries who, with limited support and training opportunities, are working hard to improve conditions for their patients.

Jean Lees  
MB,ChB. FRCA  
August 2006

## **Preface to the first edition**

### **How this book came to be written**

I am a Christian. I believe that a life surrendered to Christ is used of Him to His glory and the benefit of others. In doing so the Christian is enriched and blessed a hundred fold.

While pursuing my postgraduate training in anaesthetics I was conscious of a very strong desire to do this. To let the knowledge and experience I had gained be available for His use.

One year after I finished my training as an anaesthetist an article appeared in 'Africa Now' (which was then the magazine of the Sudan Interior Mission). This described the need for an anesthesiologist to start a training program for nurse anaesthetists in order to equip them to carry out anaesthetic duties in Mission hospitals. The surgical workload in these hospitals was comparable to a small district hospital in Australia. The only language required for teaching was English. If my desire to serve was sincere, then surely this job must have been meant for me.

Arriving in Nigeria I found three very competent Nigerian nurses ready to commence the training program.

At the conclusion of the year, the course completed, the trainees dispersed to the various hospitals they came from, and I returned home pledged to go back if I was needed again.

Five years later it was suggested I organise another such training course. Awaiting me this time were four students; two males and two females. We had a very good year of work and fellowship.

Before my return home I had many requests that the notes used for the training program be published. This was suggested for the following reasons:

- Textbooks written for those anaesthetists with less than the conventional training were difficult to obtain.
- Library facilities were not available in the smaller hospitals. It is important for every anaesthetist to possess at least one book covering most aspects of anaesthesia. A need was felt for a text which dealt with basic anaesthetics and which would also be useful as a reference book when unusual surgical procedures were performed, unusual medical problems were met with and when complications set in during and after the anaesthetic.
- Techniques used successfully in Developing Countries, embodying safe modern principles of anaesthesia using drugs, equipment and facilities available, should be documented.

- The experience gained in setting up an anaesthetic service and organizing a training program for nurse anaesthetists should be documented for the use of others.

My first reaction to this was a very definite “no”. I did not feel capable of fulfilling this request. I could think of many other anaesthetists who if they applied themselves to the task would do a far better job. It was too big a task and too time consuming anyway. A few months after I returned home a very dear friend from Sri Lanka, my country of birth, wrote to me with the suggestion that I write a book based on my experiences in Nigeria. This made me feel decidedly uneasy. Is this what I should be doing? I then prayed that if this was part of the work God wanted me to do I would be obedient in doing it. I pledged myself that if one more request was made I would consider writing a book.

A few months later, my very dear friend Lois Gibson, who was also one of my trainees, working in Niger, returned home unexpectedly. A phone call conveyed a special request that a Handbook of Anaesthesia be published.

The techniques described in this book are used successfully today in three hospitals in Nigeria, one hospital in Niger and one hospital in the Peoples Republic of Benin.

This book could not have been written without the help and encouragement of Lois Gibson and my many medical and Christian friends, both here and in Nigeria. A special word of thanks to my husband, John for his quiet encouragement and help, especially at those times when my enthusiasm was waning. To our dear friend, Harry Reynolds, without whose wisdom, expertise and hard work this book would not have been possible, my very sincere thanks. Acknowledgement is made to the following, for kind permission to reproduce the diagrams:

- Blackwell Scientific Publications  
Anatomy for Anaesthetists – Ellis and Feldman
- English University Press  
Anaesthesia and the EMO system – John Farnam
- Churchill Livingstone  
Anaesthesia, Resuscitation and Intensive Care – Morris and Campbell
- Oxford University Press  
Medical Care in Developing Countries – Maurice King

My thanks go to my trainees and patients in Nigeria from whom I learned so much. This book goes out to those who labour to give of their best under very difficult circumstances.

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