

“COVID-19 PANDEMIC LESSONS LEARNT AND NEW NORMAL AS I SEE IT “

1.  Stay far (social distancing)
2.  wear mask
3.  stay home

This are the new three monkeys to be fallow for covid free life , after the three monkeys by the great Mahatma Gandhiji for peaceful and happy life !!!

Well who would have ever imagined that a virus could stop unstoppable city like Mumbai, Delhi, LA, London,..., everything just came to still...all places shutting Down...all news channels every where crises was talked about...Malls shut, holy places shut, no festival, no work,no workers, food scarcity, medicine scarcity, hospital scarcity, ventilator scarcity ,business shut , economi collapses..

AND JUST LIKE SUPER HERO MOVIES..TO SAVE PEOPLE FROM CRISES A SUPERHERO CAME ...HE IS NONE OTHER THAN “ the Anesthesiologist “

As the tag line of Anesthesiologist says

“ Smart enough to stop your breath, and skilled enough to give it back “

From No Corona to Go Corona and now learn to stay With Corona, COVID pandemic has affected everyone’s life .

Like the dialogue from movie DON :

CORONA ka illage 11 mulkoke scientist dhund rahe hai,

Lakin jaldi illage milna mushkil hi nahi namumkin hai !!

So we have to keep our focus on preventive measures of this disease,

Write from cleaning of OT at the start of the day till fumigating it at end.

Cleaning should be thorough .

All members be given proper PPE KITS , proper training of donning ,doffing be given.

Minimal touch technique be used and self priority and prevention be first goal.

If in such pandemic any healthcare worker suffers it affects the whole system.

So be Protected is must.

Only necessary instruments be kept in O T ,unnecessary should be avoided and

Precautions to keep them covered and out of exposure be the priority .

Patient to be shifted to OT when all preparations are done to avoid exposure time.

Minimum number of doctors, nurses and staff should be considered.

Good coordination between Anesthesiologist and Surgeon necessary.

Elective procedure to be delayed as much as possible. No excess cases to be posted in a day.

Regional Anesthesia to be preferred . Unnecessary intubation and aerosol exposure be

avoided as priority. Laparoscopic surgery and Robotic surgery to be avoided .

only emergency surgery should be goal , Only necessary monitors applied. As much as possible disposable material and instruments be used.

If intubation is done then it should be done by expert in first attempt with in 20 sec.

Prefer intubation when in deep plane of Anesthesia .

All necessary precautions be taken from full PPE,N95 Mask to intubation box and video laryngoscope. Machine flows be low .Machine exhaust be checked and be out .

Extubation be strictly under intubation cover box. Higher possibility of cough and aerosol at extubation .

Patient to be safely shifted to recovery area and monitored with no relatives allowed.

All disposable material be disposed carefully in respective bags. Reusable be sterilized by

Suitable method. Post every case sufficient time for cleaning and fumigation be given.

Doffing be done properly.

Mutual respect, understanding and positive attitude and proper execution of plan plays key role.

“ Be Less. Be Protected. Be Negative.

In new normal post covid-19 pandemic

Mask is as important as wearing shirts. Health is priority.. Immunity and disease free life is primary Aim...

But covid made us realize that humans are so strong..and we all can pass from all difficult time by helping each other ...

The New normal as I see it is definitely a strong, wise, evolved, health oriented ,and smarter humans..

After all the bad days we still manage to SMILE 😁,
Healthy Human & better healthcare is new STYLE 😎.

The great Chaeles Darwin in 1809 has correctly said

“ Nor the most strONgest survives,
Nor the most iNtelIigeNt oNe,
The one who survives is who is responsive To
change . ”

So we must be responsive and quickly adapt to the new change in life style that Covid-19 PANDEMIC has introduced.

Yes, hand hygiene and mask may be very important but so what it dosent harm too...

Avoid crowded places whenever u can ...still it dosent make u less popular..

Staying home for most of the time definitely dosent make your life sedentary iit's your thoughts...u can workout at home..play indoor games...and can connect with friends via social networking..

Covid PANDEMIC has definitely taught us that nothing can stop you If u have correct motives and truly want and love something.

Online shopping has got a great boost...u dont even need to go for shopping malls all at your finger touch and lesser cost too..so shopping lovers are still happy .

From jumbo ka vadapav to 5 star Taj ka butter chicken all you can enjoy at home with family ...that dosent stop any foodie either.

From home online schooling to distant education MBA all available dosent stop your dream education too..

Work from home to work with all Protected kits on site dosent affects carriers too...

Yes definitely there is change

but "CHANGE IS LAW OF LIFE."

Covid has definitely taught us the importance of

- 1. Good healthcare**
- 2. Fast media**
- 3. Better leadership**
- 4. Education to all.**

Healthy worker are not less than army ..and we all health workers should keep our fitness and hygiene reyali good..

" A LOST WAR WITH COUNTRIES CAN LEAD TO LOSS OF LAND AND MONEY BUT LOST WAR WITH PANDEMIC WILL LEAD TO LOSS OF PRECIOUS LIFES "

Also due to faster urbanization and moderation our mother nature is badly affected our ecosystem gets disturbed so we should use things accordingly.. ofcourse we cant go back to stoneage era but using things thoughtfully, recycling and nature friendly things should be supported at individual and personal level ..its an investment for our own better future !!!

Finally COVID LESSONS CAN BE SIMPLE REMEMBERED as

C : CARE for yourself and others.

O :OK.... it's ok . all will get ok.. believe .

V : VISUALIZE possibility its just a change not the end.

I : INVEST in your health and for better healthcare.

D : DON'T break rules of government and nature.

xx

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