Peribulbar Anaesthesia “Sans Bulb”  
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Introduction
My Wednesday morning theatre list is very predictable. Seven phako cataracts under local Anaesthesia, usually sub-tenon’s blocks with the occasional peribulbar, a coffee break and a civilised finish time. But Wed 5th June 2002 was different. The surgeon presented me with not one, but two emergency additions to the list – this was unheard of. The cases were both re-suturing of conjunctiva following enucleation and insertion of orbital implant two weeks previously. It was thought that topical anaesthesia and some subconjunctival infiltration would be all that was required.

Case 1
The first patient was a fifty year old man with hypertension, who had suffered a painful blind right eye due to rubiotic glaucoma. He had received a general anaesthesia for enucleation and insertion of orbital implant two weeks previously, but the conjunctiva had failed to heal in the centre of the socket leaving a deficit of several millimetres. The patient was very anxious in the anaesthetic room and despite reassurance and explanation it became obvious that he was not going to be able to tolerate surgery with topical anaesthesia and Subconjunctival infiltration alone. A 22G cannula was inserted in the dorsum of his right hand, and a pulse oximeter attached. He was given two milligrams of Midazolam intravenously, and then topical Proxymetacaine 0.5% and Amethocaine 1% were applied to the conjunctiva. A peribulbar block was performed with 2% Lignocaine containing 1:200,000 Adrenaline and 30 iu/ml of Hyalase. Despite the absence of the globe it was relatively easy to use the same landmarks for the two injections. The first was in the inferolateral conjunctival fornix, directing a 25G, 25mm needle first inferiorly, below the implant, and then upwards, backwards and medially to follow the floor of the orbit. After careful aspiration 4mL of the solution was injected in this position. The medial injection was performed immediately lateral to the medial canthus and the needle directed straight backwards parallel with the nasal septum, where a further 4mL of solution was injected after aspiration. The eyelids were closed and gentle digital massage applied for five minutes, after which the block was checked in the usual way. When the patient was asked to open his eyes the eyelids were flaccid, and on testing eye movements the orbital implant did not move, proving that a motor block of the extraocular muscles had been achieved. There was an obvious circum-ocular pallor present and paralysis of orbicularis oculi. The conjunctival suturing was performed under the microscope and took approximately 15 minutes to complete, during which time the patient received further topical Amethocaine but tolerated the procedure well.

Case 2
The second patient was a 70 year old man with a past medical history of ischaemic heart disease who had suffered a painful blind right eye due to glaucoma. He had received a general anaesthesia for enucleation and insertion of orbital implant two weeks previously, but the conjunctiva had failed to heal in the centre of the socket leaving a deficit of several millimetres. The patient was very anxious in the anaesthetic room and despite reassurance and explanation it became obvious that he was not going to be able to tolerate surgery with topical anaesthesia and Subconjunctival infiltration alone. A 22G cannula was inserted in the dorsum of his right hand, and a pulse oximeter attached. He was given two milligrams of Midazolam intravenously, and then topical Proxymetacaine 0.5% and Amethocaine 1% were applied to the conjunctiva. A peribulbar block was performed with 2% Lignocaine containing 1,200,000 Adrenaline and 30 iu/ml of Hyalase. Despite the absence of the globe it was relatively easy to use the same landmarks for the two injections. The first was in the inferolateral conjunctival fornix, directing a 25G, 25mm needle first inferiorly, below the implant, and then upwards, backwards and medially to follow the floor of the orbit. After careful aspiration 4mL of the solution was injected in this position. The medial injection was performed immediately lateral to the medial canthus and the needle directed straight backwards parallel with the nasal septum, where a further 4mL of solution was injected after aspiration. The eyelids were closed and gentle digital massage applied for five minutes, after which the block was checked in the usual way. When the patient was asked to open his eyes the eyelids were flaccid, and on testing eye movements the orbital implant did not move, proving that a motor block of the extraocular muscles had been achieved. There was an obvious circum-ocular pallor present and paralysis of orbicularis oculi. The conjunctival suturing was performed under the microscope and took approximately 15 minutes to complete, during which time the patient received further topical Amethocaine but tolerated the procedure well.
Discussion

These two cases illustrate that it is possible to provide anaesthesia to the contents of the orbit, the conjunctiva, eyelids and orbicularis oculi with a peribulbar technique despite the absence of the globe. It is also possible to test the motor components of the block in exactly the same way as if the globe had been present.

The Ophthalmic unit in Worcester comprises an outpatients department and operating theatre with facilities for local anaesthesia only. Any general anaesthetic cases are arranged in a general operating theatre on a different site. Therefore any patients presenting to the outpatients department with urgent surgical problems can be dealt with immediately, providing that local anaesthesia is appropriate. Without the use of peribulbar anaesthesia it is probable that both these patients would have needed transfer to the main hospital, preparation for general anaesthesia and to wait for a slot in the emergency operating theatre schedule.

There are a number of papers in the literature describing the use of peribulbar anaesthesia for enucleation and post operative pain relief1,2,3,4. I was unable to find any reports of the use of peribulbar anaesthesia for procedures on an enucleated socket. I believe therefore that the above report may be the first in the literature on this particular use of peribulbar anaesthesia.

References

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Prospective audit of sub-Tenon’s cannulae

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Summary
In a prospective audit, 150 patients undergoing routine phacoemulsification cataract surgery received sub-Tenon’s block through three different sub-Tenon’s cannulae of increasing length (anterior, mid and posterior sub-Tenon’s cannulae). Five ml of 2% lidocaine with 150 units of hyaluronidase was administered. 30 to 56% of patients experienced some degree of discomfort during the administration of block but patients in the anterior sub-Tenon’s group experienced least discomfort. Chemosis and conjunctival haemorrhage occurred in large number of patients irrespective of cannula length. The aggregate akinesia score of <4 occurred within 6 minutes in 92%, 100% and 92% with anterior, mid and posterior sub-Tenon’s cannulae respectively. Two patients in each (posterior and anterior sub-Tenon’s groups) had akinesia score >4 that required supplementary injections. Retained activity of the superior oblique muscle and lid muscles were more frequent in the anterior sub-Tenon’s group.

Anaesthesia and near complete akinesia can be achieved with 5 ml of 2% lidocaine (and 150 units of hyaluronidase) through various sub-Tenon’s cannula but discomfort during the administration of block, chemosis, conjunctival haemorrhage and persistent superior oblique muscle may be anticipated and patients should be warned appropriately.

Keywords: Anaesthesia, local, ophthalmic, eye, block, regional, sub-Tenon’s, sub-Tenon’s cannulae

Introduction
The sub-Tenon’s approach for local anaesthetic regional blockade of the globe and orbit is becoming increasingly popular in the UK 1,2,3. It provides profound anaesthesia and has the advantage of being a very safe technique with the large safety margin. The technique is safer than needle blocks such as retrobulbar and peribulbar blocks because a sub-Tenon’s block is achieved by delivery of the local anaesthetic agent into the sub-Tenon’s space through a blunt cannula. The cannula is placed in sub-Tenon’s space under direct vision unlike the blind insertion of a sharp needle into the orbit in retrobulbar and peribulbar areas 4,5,6. The injection of the local anaesthetic agent into various parts of the potential sub-Tenon’s space (posterior, mid or anterior sub-Tenon’s space) has been described using various cannulae 7,8,9. The three most commonly used cannulae in the North Riding Infirmary, Middlesbrough, are a metal curved posterior sub-Tenon’s cannula described by Stevens 7, a plastic cannula for mid sub-Tenon’s injection by Kumar and Dodds 8 and a short plastic anterior sub-Tenon’s cannula described by Greenbaum 9. Although major complications are rare 10,11,12,13, minor complications or problems such pain on injection, chemosis, conjunctival haemorrhage and residual rectus muscle activities are frequently reported with these cannulae published as a personal series 5,6,14. We are not aware any study which has compared the incidence of these minor complications using different cannulae.

In this prospective audit, we compared the onset of block, adequacy of anaesthesia and akinesia, incidence of minor complications using 3 different lengths of cannulae. The access to the sub-Tenon’s space, local anaesthetic agent, volume and adjunct were standardised.

Materials and Methods
After obtaining Local Hospital Ethic Committee approval, 150 patients scheduled for routine phacoemulsification cataract surgery under sub-Tenon’s block were included in this prospective audit. Informed consent was obtained by the investigating anaesthetists. Patients were excluded if they were unwilling to participate, if there were communication or language problems, patients on anticoagulant and non steroidal anti-inflammatory drugs or if there was any history of allergy to amide local anaesthetic agents. Selection of sub-Tenon’s cannula was random.

Patients were not starved and no sedative or premedication was given. After the patient’s arrival in the anaesthetic room baseline globe and eyelid movements were assessed. Topical anaesthesia of conjunctiva and cornea was achieved by administering 2-3 drops of 0.5% proparacaine. Baseline blood pressure and haemoglobin saturation were noted. An intravenous line was secured. A small incision was made in the conjunctiva and Tenon’s capsule 5 mm away from the limbus in the inferonasal quadrant using a forceps and scissors without using a diathermy. 5 mls of 2% lidocaine containing 30 units/ml of hyaluronidase was slowly injected through a sub-Tenon’s cannula. Pain on injection (Verbal Rating Score, 0=representing no pain to 10=worst imaginable pain), chemosis (minor, severe and the quadrant), conjunctival haemorrhage (minor, severe and the quadrant), residual ocular muscle movements (scored for each direction of gaze in superior, inferior, medial and lateral directions 0=no movement, 1=minor movement, 2=moderate movement, 3=maximum movement a maximum total of 12) and forced lid movements (closure and opening) were noted at 2, 4 and 6 minutes by nursing staff who were not involved in the administration of block. If akinesia score was <4, the patient was then transferred to theatre for surgery. If the akinesia was more >4 at the end of 6
minutes, a supplementary injection was given. Any intra-operative pain or discomfort was noted.

Results

There were 50 patients in each group. No patients met the exclusion criteria for the study. There was no significant difference in patients’ characteristics between the three groups. The patients’ demographic details and results are shown in Table 1.

Table 1 Patients demographic and results

<table>
<thead>
<tr>
<th>Sub-Tenon’s Cannulae (number of patients)</th>
<th>Posterior (50)</th>
<th>Mid (50)</th>
<th>Anterior (50)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age in years (range)</td>
<td>72 (40-89)</td>
<td>78 (46-96)</td>
<td>76 (42-94)</td>
</tr>
<tr>
<td>Sex (M/F)</td>
<td>26/24</td>
<td>18/32</td>
<td>20/30</td>
</tr>
<tr>
<td>Axial length in mm (Mean and range)</td>
<td>23.34 (22.99-28.22)</td>
<td>23.25 (21.08-27.65)</td>
<td>23.30 (20.88-26.61)</td>
</tr>
<tr>
<td>Pain during injection</td>
<td>50% (28)</td>
<td>46% (23)</td>
<td>30% (15)</td>
</tr>
<tr>
<td>Chemosis</td>
<td>32% (16)</td>
<td>20% (10)</td>
<td>76% (38)</td>
</tr>
<tr>
<td>Conjunctival haemorrhage</td>
<td>20% (10)</td>
<td>20% (10)</td>
<td>56% (28)</td>
</tr>
<tr>
<td>Akinesia score &lt;4</td>
<td>92% (46)</td>
<td>100% (50)</td>
<td>92% (46)</td>
</tr>
<tr>
<td>Retained superior oblique movements</td>
<td>16% (8)</td>
<td>10% (5)</td>
<td>32% (16)</td>
</tr>
<tr>
<td>Presence of lid opening</td>
<td>42% (21)</td>
<td>30% (15)</td>
<td>90% (45)</td>
</tr>
<tr>
<td>Presence of lid closure</td>
<td>20% (10)</td>
<td>30% (15)</td>
<td>80% (40)</td>
</tr>
</tbody>
</table>

Discomfort during the administration of block was reported in 30%-56% of patients and the patients in the anterior sub-Tenon’s group experienced least pain. The Verbal Analogue Rating Score did not exceed >3 except in one patient who rated the score to a maximum of 9 on both during the administration of block as well as during the insertion of intravenous cannula. Chemosis occurred in 32%, 20% and 76% of patients in posterior, mid and anterior sub-Tenon’s cannula groups respectively. Conjunctival haemorrhage was common in the anterior sub-Tenon’s group (56%). The majority of patient had an aggregate akinesia score of <4 within 6 minutes but two patients in each posterior and anterior sub-Tenon’s groups required supplementary injections. Retained activity of superior oblique muscle and lid movements were noted in a large number of patients.

Discussion

Access to sub-Tenon’s space can be achieved from all four quadrants \(^5\,15\,16\,17\), however, access to the space by inferonasal quadrant dissection is the commonest approach used because placement of the cannula in the inferonasal quadrant allows good fluid distribution superiorly, avoids the area of the surgery and reduces the risk of damage to the vortex veins.

Many cannulae, both commercially marketed or modified “in-house”, are available for this block. The cannulae can be either metal or plastic. Most metal cannulae are about 1 inch long (posterior sub-Tenon’ cannula popularly known as the Stevens’ cannula)\(^7\), curved with a blunt end, and come in various sizes ranging from 19 to 23 gauges. The cannulae have either an end or a side hole. The Kumar-Dodds cannula is made of plastic \(^8\), blunt 21G with end hole, approximately 18mm long and has been described for mid sub-Tenon’s injection. Greenbaum’s anterior sub-Tenon’s cannula \(^9\) is made of plastic and is blunt 15G, ‘D’ shaped, flat bottomed, approximately 12mm long and 2mm in diameter. The opening on the flat bottom is designed in such a way that it faces the sclera after insertion. Alternatives to these cannulae include: Southampton cannula (metal), \(^3\) the ophthalmic irrigation cannula \(^18\) (metal), and intravenous cannula sheath (plastic) \(^19\,20\). The selection of a cannula depends on the availability and the preference of the anaesthetist. The majority of published studies have been based on the use of metal cannulae. In our unit, three sub-Tenon’s cannulae (posterior, mid and anterior cannulae) are in use hence patients who received sub-Tenon’s block by these cannulae were included in this prospective audit.

The ideal agent for ophthalmic block should be safe, painless to inject and produce a rapid onset of dense motor and sensory block, the duration of which must be sufficient for surgery yet not excessively prolonged. The speed of onset is partially determined by the properties of the anaesthetic, but more directly by the proximity to the nerves. All the commonly used agents have a place, the choice depending on the technique used and the duration of action required to cater for a variety of surgical procedures and surgical skills. 2% lidocaine (with or without epinephrine and / or hyaluronidase) is the most commonly used agent \(^21\).

There is a wide variation in the volume of local anaesthetic used in sub-Tenon’s block, and this has been a subject of debate. The volumes injected vary from 1 to 1ml \(^22\) but the range of 3 to 5ml is most commonly used \(^23\). We have previously shown that smaller volumes usually provide globe anaesthesia but larger volumes are required if akinesia is important and 5ml of 2% lidocaine usually suffices \(^14\). Most ophthalmic anaesthetists in our unit use this volume.

The incidence of pain during sub-Tenon’s injection is reported to occur in up to 44% of patients, although it is rarely more than minimal \(^7\). Usually this is scored by a visual analogue scale and there is no universal way to avoid this pain or to predict who will suffer. We used a verbal analogue score scale because most of the cataract patients suffer from poor vision. Sub-Tenon’s block by posterior cannula in this audit was associated with relatively more discomfort during injection and the incidence was similar to other previously reported studies \(^7\). Patients who received the block through an anterior sub-Tenon’s cannula suffered least. We believe that the introduction of longer cannula and injection deep into the sub-Tenon’s space may be the reasons for this discomfort. Our unpublished observation has shown that premedication or sedation of patients during sub-Tenon’s injection has not added any benefit and neither premedication nor sedation is used in our unit.

Chemosis signifies anterior sub-conjunctival injection of the anaesthetic agent. This usually occurs if a large volume of local anaesthetic is injected and if the Tenon’s
The incidence of haemorrhage varies from 20-100% of vessels being severed on making the conjunctival cut. Conjunctival haemorrhage is often caused by fine vessels presumably due to anterior injection. Tenon's cannulae and we believe this may be spread of the local anaesthetic into the subconjunctival area contributing to both chemosis and haemorrhage. The patients should be warned of this minor complication during the preoperative consultation.

Conjunctival haemorrhage is often caused by fine vessels being severed on making the conjunctival cut. The incidence of haemorrhage varies from 20-100% of vessels being severed on making the conjunctival cut. Conjunctival haemorrhage occurred with all the cannulae and it was not related to the length of the cannulae. We also noted that a few patients had conjunctival bleeding in other quadrants presumably due to tearing of fine blood vessel during injection following spread of the local anaesthetic into the subconjunctival area contributing to both chemosis and haemorrhage. The patients should be warned of this minor complication during the preoperative consultation.

Anaesthesia accompanying sub-Tenon’s block is usually very good but akinesia is variable and may not be complete. Akinesia is volume dependent and if 4-5mls of local anaesthetic is injected, the majority of patients will develop akinesia. In this audit we used 5 ml of local anaesthetic agent to minimise any effect of volume changes. A large proportion of patients developed significant reduction in ocular movements within 6 minutes irrespective of the cannula used; however, many patients exhibited persistent residual superior oblique muscle activity and lid movements. None of the surgeons reported any dissatisfaction because of the presence of these movements.

**Conclusion**
Adequate reduction in ocular movements and anaesthesia can be achieved by both short and long cannulae. Discomfort on injection, chemosis and conjunctival haemorrhage can be associated with sub-Tenon’s block. Retained activity of superior oblique and lid movement may be present. The patient should receive adequate preoperative explanation.

**Acknowledgments**
The abstract of this study was presented in the 3rd National Conference of the British Ophthalmic Anaesthesia Society (BOAS) August 2001, Middlesbrough, UK.

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No Anaesthesia Cataract Surgery with the Karate Chop Technique

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Introduction
On June 13th 1998 at Ahmedabad, India the first No anaesthesia cataract surgery was done by the authors (Amar Agarwal) at the Phako & Refractive Surgery conference. This was performed as a live surgery in front of 250 delegates. This has opened up various new concepts in cataract surgery. In this surgery the technique of karate chop was used.

For high refractive errors, clear lens extraction with phacoemulsification is a very good alternative. In such cases, if necessary one can implant an Intra Ocular Lens (IOL). This technique is very useful in hypermetropes, as Lasik does not give excellent results in such cases. The most commonly done refractive surgery in the world is not PRK or LASIK it is cataract surgery. This is why this article will discuss phacoemulsification techniques for removal of cataract as well as clear lens extraction.

Nucleus removal techniques
Since the introduction of Phacoemulsification as an alternative to standard cataract extraction technique, surgeons throughout the world have been attempting to make this new procedure safer and easier to perform while assuring good visual outcome and patient recovery. The fundamental goal of Phaco is to remove the cataract with minimal disturbance to the eye using least number of surgical manipulations. Each manoeuvre should be performed with minimal force and maximal efficiency should be obtained.

The latest generation Phaco procedures began with Dr. Howard Gimbel's "divide and conquer" nuclear fracture technique in which he simply split apart the nuclear rim. Since then we have evolved through the various techniques namely four quadrant cracking, chip and flip, spring surgery, stop and chop and phaco chop. Clear lens removal by phacoemulsification is a very good alternative to manage refractive errors. In these cases, as the nucleus is soft one can use only Phacoaspiration to remove the nuclei, rather than use ultrasound power.

Karate chop
Unlike the peripheral chopping of Nagahara or other stop and chop techniques we have developed a safer technique called "Central Anterior Chopping" or "Karate Chop". In this method the phaco tip is embedded by a single burst of power in the central safe zone and after lifting the nucleus a little bit (to lessen the pressure on the posterior capsule) the chopper is used to chop the nucleus. In soft nuclei, it is very difficult to chop the nucleus. In most cases, one can take it out in toto. But if the patient is about 40 years of age then one might have to chop the nucleus. In such cases we embed the phaco probe in the nucleus and then with the left hand cut the nucleus as if we are cutting a piece of cake. This movement should be done three times in the same place. This will chop the nucleus.

Soft cataracts
In soft cataracts, the technique is a bit different. We embed the phaco tip and then cut the nucleus as if we are cutting a piece of cake. This should be done 2-3 times in the same area so that the cataract gets cut. It is very tough to chop a soft cataract, so this technique helps in splitting the cataract.

Agarwal chopper
We have devised our own chopper. The other choppers, which cut from the periphery, are blunt choppers. Our chopper is a sharp chopper. It has a sharp cutting edge. It also has a sharp point. The advantage of such a chopper is that you can chop in the centre and need not go to the periphery.

In this method by going directly into the centre of the nucleus without any sculpting ultrasonic energy required is reduced. The chopper always remains within the rhesis margin and never goes underneath the anterior capsule. Hence it is easy to work with even small pupils or glaucomatous eyes. Since we don't have to widen the pupil, there is little likelihood of tearing the sphincter and allowing prostaglandins to leak out and cause inflammation or cystoid macular edema. In this technique we can easily go into even hard nuclei on the first attempt.

Our karate chop technique

Incision
Ours is a modification of the Nagahara chop. The important feature is that we don't chop the periphery. A temporal clear corneal section is made. If the astigmatism is plus at 90 degrees then the incision is made superiorly.

First of all, a needle with viscoelastic is injected inside the eye in the area where the second site is made (Figure 1). This will distend the eye so that when you make a...
clear corneal incision, the eye will be tense and one can create a good valve. Now use a straight rod to stabilize the eye with the left hand. With the right hand make the clear corneal incision (Figure 2).

Figure 1- eye with cataract. Needle with viscoelastic entering the eye to inject the viscoelastic. This is the most important step in no anesthesia cataract /clear lens surgery. This gives an entry into the eye through which a straight rod can be passed to stabilize the eye. Note no forceps holds the eye

Figure 2- clear corneal incision. Note the straight rod inside the eye in the left hand. The right hand is performing the clear corneal incision. This is a temporal incision and the surgeon is sitting temporally.

When we started making the temporal incisions, we positioned ourselves temporally. The problem by this method is that, every time the microscope has to be turned which in turn would affect the cables connected to the video camera. Further the theatre staff would get disturbed between right eye and left eye. To solve this problem, we then decided on a different strategy. We have operating trolleys on wheels. The patient is wheeled inside the operation theatre and for the right eye the trolley is placed slightly obliquely so that the surgeon does not change his or her position. The surgeon stays at the 12’o’clock position. For the left eye the trolley with the patient is rotated horizontally so that the temporal portion of the left eye comes at 12'o'clock. This way the patient is moved and not the surgeon.

Rhexis

Capsulorhexis is then performed through the same incision (Figure 3). While performing the rhexis it is important to note that the rhexis is started from the centre and the needle moved to the right and then downward. This is important because today concepts have changed of temporal and nasal. It is better to remember it as superior, inferior, right or left. If we would start the rhexis from the centre and move it to the left then the weakest point of the rhexis is generally where you finish it. In other words, the point where you tend to lose the rhexis is near its completion. If you have done the rhexis from the centre and moved to the left, then you might have an incomplete rhexis on the left-hand side either inferiorly or superiorly. Now, the phaco probe is always moved down and to the left. So every stroke of your hand can extend the rhexis posteriorly creating a posterior capsular rupture. Now, if we perform the rhexis from the centre and move to the right and then push the flap inferiorly- then if we have an incomplete rhexis near the end of the rhexis it will be superiorly and to the right. Any incomplete rhexis can extend and create a posterior capsular tear. But in this case, the chances of survival are better. This is because we are moving the phaco probe down and to the left, but the rhexis is incomplete up and to the right.

If you are a left handed person start the rhexis from the centre and move to the left and then down.
Hydrodissection
Hydrodissection is then performed (Figure 4). We watch for the fluid wave to see that hydrodissection is complete. We do not perform hydrodilation or test for rotation of the nucleus. Viscoelastic is then introduced before inserting the phaco probe.

We then insert the Phaco probe through the incision slightly superior to the centre of the nucleus (Figure 5). At that point apply ultrasound and see that the phaco tip gets embedded in the nucleus (Figure 6). The direction of the phaco probe should be obliquely downwards toward the vitreous and not horizontally towards the iris. Then only the nucleus will get embedded. The settings at this stage are 70% phaco power, 24 ml/minute flow rate and 101 mm of Hg suction. By the time the phaco tip gets embedded in the nucleus the tip would have reached the middle of the nucleus. We do not turn the bevel of the phaco tip downwards when we do this step, as the embedding is better the other way. We prefer a 15-degree tip but any tip can be used.

Now stop phaco ultrasound and bring your foot to position 2 so that only suction is being used. Now lift the nucleus. When we say lift it does not mean lift a lot but just a little so that when we apply pressure on the nucleus with the chopper the direction of the pressure is downwards. If the capsule is a bit thin like in hypermature cataracts you might rupture the posterior capsule and create a nucleus drop. So when we lift the nucleus, the pressure on the posterior capsule is lessened. Now, with the chopper cut the nucleus with a straight downward motion (Figure 7) and then move the chopper to the left when you reach the centre of the

Figure 4- Hydrodissection

Karate chop- two halves

Figure 5- phaco probe placed at the superior end of the rhexis

Hydrodissection

Figure 6- phaco probe embedded in the nucleus. We started from the superior end of the rhexis and note it has got embedded in the middle of the nucleus. If we had started in the middle then we would have embedded only inferiorly that is at the edge of the rhexis and chopping would be difficult.

Figure 7- left hand chops the nucleus and splits like a laterally reversed I, that is downwards and to the left
nucleus. In other words, your left hand moves the chopper like a laterally reversed L.

Once you have created a crack, split the nucleus till the centre. Then rotate the nucleus 180 degrees and crack again so that you get two halves of the nucleus. In brown cataracts, the nucleus will crack but sometimes in the centre the nucleus will still be attached. You have to split the nucleus totally in two halves and you should see the posterior capsule throughout.

**Karate chop- further chopping**

Figure 8- phaco probe embedded in one half of the nucleus. Go horizontally and not vertically as you have now a shelf of nucleus to embed. Chop and then split the nucleus

Now that you have two halves, you have a shelf to embed the probe. So, now place the probe with ultrasound into one half of the nucleus (Figure 8). You can pass the direction of the probe horizontally as now you have a shelf. Embed the probe, and then pull it a little bit. This step is important so that you get the extra bit of space for chopping. This will prevent you from chopping the rhexis margin. Apply the force of the chopper downwards. Then move the chopper to the left so that the nucleus gets split. Again, you should see posterior capsule throughout so that you know the nucleus is totally split. Then release the probe, as the probe will still be embedded into the nucleus. Like this create three quadrants in one half of the nucleus. Then make another three halves with the second half of the nucleus. Thus, you now have 6 quadrants or pie-shaped fragments. The settings at this stage are 50% phaco power, 24 ml/minute flow rate and 101 mm of Hg suction.

One should always remember 5 Words- Embed, Pull, Chop, Split and Release.

**Pulse phaco**

Once all the pieces have been chopped, take out each piece one by one and in pulse phaco mode aspirate the pieces at the level of the iris. Do not work in the bag unless the cornea is pre-operatively bad or the patient is very elderly. The setting at this stage can be Phaco power 50-30%, flow rate 24 ml and suction 101 mm of Hg.

Figure 9- cortical aspiration completed. Note the straight rod in the left hand which helps control the movements of the eye

Cortical washing and foldable IOL implantation- The next step is to do cortical washing (Figure 9). Always try to remove the subincisional cortex first, as that is the most difficult. In Figure 10 note the cortical aspiration complete. Note also the rhexis margins. Note also that every time the left hand has the straight rod controlling the movements of the eye. If necessary use a bimanual irrigation aspiration technique. Then inject viscoelastic and implant the foldable IOL. We use the plate haptic foldable IOL (Figure 11) with large fenestration’s generally as we find them superior. Take
out the viscoelastic with the irrigation aspiration probe (Figure 12).

Figure 11- plate haptic foldable IOL with large fenestration being implanted

Stromal hydration
At the end of the procedure, inject the BSS inside the lips of the clear corneal incision (Figure 13). This will create a stromal hydration at the wound. This will create a whiteness, which will disappear after 4-5 hours. The advantage of this is that the wound gets sealed better.

Figure 12- foldable iol in capsular bag. Viscoelastic removed with the irrigation aspiration probe

Figure 13- stromal hydration done and the case completed

No anaesthesia clear lens extraction:
In cases of clear lens removals, the same technique is followed. No anaesthesia is used. If one is not good then it is advisable to use a parabulbar anaesthesia (pinpoint anaesthesia) rather than a peribulbar block. The reason is that in such cases one could perforate the globe with the needle. Once the patient is draped, the syringe with viscoelastic is taken and the viscoelastic injected inside the eye using a 26-gauge needle. Then the temporal clear corneal incision is made. If the astigmatism is + at 90 degrees then a superior incision is made.

The rhesis is then done using a needle. This is followed by hydrodissection. The phaco probe is passed into the eye and using phaco aspiration the soft nucleus removed. One does not have to use ultrasound, as the nucleus in such cases is very soft. This is followed by cortical aspiration. Depending on the Biometry a foldable IOL is implanted in the eye. If the patient has high myopia and an IOL is not required then an IOL is not implanted. The authors have realized that chances of retinal detachment do not increase just because the eye is aphakic. The authors prefer to keep one eye emmetropic and the other slightly myopic to about 1 to 1.5 D so that the patient can see without glasses for distance and near with both eyes open.

Compared to Lasik this is a very good alternative, as Lasik does not help much in hyperopes and in high myopes (powers above –15 D).

Phacodynamics of the phaco chop technique
We should take full advantage of the phaco machines capability thereby decreasing physical manipulation of the intraocular tissues. In this phaco chop technique, we use a vacuum of 101 mm of Hg, about 70% phaco power and the flow rate is 24 ml/minute.
In this phaco chop technique, the most important is the vacuum, which needs to be sufficient to stabilize the nucleus while the chopper is splitting it. If the action of the chopper is dislodging the vacuum seal on the phaco tip, it is said that the vacuum can be raised from 120 to 200 mm of Hg. After embedding the phaco needle with mild linear ultrasound power in foot switch position 3, it is important to raise the pedal back to foot switch position 2, while the vacuum builds up. This is because the purpose of ultrasound was to completely embed the aspiration port into the nucleus to obtain good vacuum seal. In foot switch 3, there is risk of adverse heat build up because the occluded tip prohibits any flow of cooling. Also, when manipulating the nucleus by pulling with the embedded tip, the vacuum seal is likely to be compromised by the vibrating needle if it is in foot switch position 3.

**Advantages**
The phacoemulsification procedure has been proved to be reasonably safe to the endothelium. As compared to the “divide and conquer” technique, this phaco karate chop technique eliminates the need for trenching thereby producing significant reduction in phaco time and power consumed which in turn decreases endothelial cell damage. Even with increased density of cataract, there is a less pronounced increase in phaco time. Here we utilize the "Chop" to divide the nucleus by mechanical energy. It is safe and effective in nuclei handling during phacoemulsification.

In conventional chop, the disadvantage is that the chopper is placed underneath the anterior capsule and then pulled towards the centre. This can potentially damage the capsule and the zonules. In phaco chop, we don’t go under the rhexis, the vertical element of the chopper remains within the rhexis margin and is visible at all stages. Hence very easy to work with even in small pupils or glaucomatous eyes. The stress is taken by the impacted phaco tip and the chopper rather than transmitting it to the fragile capsule.

By going directly into the centre of the nucleus with the phaco tip and not doing any sculpting, we don’t need as much ultrasound energy as is usually required. It is safe and easy to perform and we don’t have to pass as much balanced salt solution (irrigating fluid) through the eye.

**Disadvantages**
This technique demands continuous use of the left hand and hence requires practise to master it.

**Topical anaesthesia cataract / clear lens surgery**
All cases done by the authors were previously done under topical anaesthesia. 4% xylocaine drops were instilled in the eye about 3 time’s 10-15 minutes before surgery. No intracameral anaesthesia was used. It is not advisable to use xylocaine drops while operating. This can damage the epithelium and create more trouble in visualization. No stitches and no pad are applied. This is called “the-no injection, no stitch, no pad cataract surgery technique”. Now the authors have shifted all their cases 100 % to the No anaesthesia technique. This is done in both their hospitals in India (Chennai & Bangalore) and their hospital in Dubai (UAE).

**No anaesthesia cataract / clear lens surgery**
We had been wondering whether any topical anaesthesia is required or not. So we then operated patients without no anaesthesia. In these patients no xylocaine drops were instilled. The patients did not have any pain. It is paradoxical because we have been taught from the beginning that we should apply xylocaine. This is possible because we do not touch the conjunctiva or sclera. We never use any one-tooth forceps to stabilize the eye. Instead what we use is a straight rod which is passed inside the eye to stabilize it when we are performing rhexis etc. The first step is very important. In this we first enter the eye with a needle having viscoelastic and inject the viscoelastic inside the eye. This is done in the area of the side port. Now, we have an opening in the eye through which a straight rod can be passed to stabilize the eye. The anterior chamber should be well maintained and the amount of ultrasound power used very less. If you tend to use the techniques like trenching then the ultrasound power generated is high, which in turn generates heat. This causes pain to the patient. If you follow these rules one can perform no anaesthesia cataract or clear lens extraction surgery. It is not necessary to do this, as there is no harm in instilling some drops of xylocaine in the eye. The point that there is always a discussion which anaesthetic drop to use. It does not matter. The technique which you perform should not produce pain to the patient.

**Blurhex (Trypan Blue) in mature cataracts**
Various techniques are present which can help one perform rhexis in mature cataracts.
One should use a good operating microscope. If the operating microscope is good one can faintly see the outline of the rhexis.

Use of an endoilluminator. While one is performing the rhexis with the right hand (dominant hand), in the left hand (non-dominant hand) one can hold an endoilluminator. By adjusting the endoilluminator in various positions, one can complete the rhexis as the edge of the rhexis can be seen.

Use of a forceps. A forceps is easier to use than a needle especially in mature cataracts. One can use a good rhexis forceps to complete the rhexis.

Use of paraxial light
But with all these techniques, still one is not very sure of completing a rhexis in all cases. Many times if the rhexis is incomplete, one might have to convert to an extracapsular cataract extraction to prevent a posterior capsular rupture or nucleus drop.

The solution to this problem is to have a dye, which stains the anterior capsule. This dye is trypan blue (Blurhex)

One can inject Blurhex directly or first inject air into the anterior chamber. This prevents water-like dilution of...
Ophthalmic Anaesthesia News, Issue 7, November 2002
Email: secretary@boas.org Website http://www.boas.org

the Trypan blue. Then the Trypan blue is withdrawn from the vial into a syringe. This is then injected by a cannula into the anterior chamber between the air bubble and the lens capsule. It is kept like that for a minute or two for staining of the anterior capsule to occur. Next viscoelastic is injected into the anterior chamber to remove the air bubble and the Trypan blue.

Now, rhexis is started with a needle (Figure 14). One can use a forceps also. We prefer to use a needle as it gives better control on the size of the rhexis. Note the left hand holding a rod stabilizing the eye while the rhexis is being performed. The rhexis is continued with the needle. Note the contrast between the capsule, which has been stained, and the cortex, which is not stained. The rhexis is continued and finally completed (Figure 15). When the rhexis is complete, we can see the stained anterior capsule lying in the anterior chamber.

Air pump to prevent surge
One of the main bugbears of phacoemulsification is Surge. The problem is that as the nuclear piece gets occluded in the phaco tip and we emulsify it, surge occurs. Many people have tried various methods to solve this problem. Some Phaco machines have been devised to solve this problem. Others have tried to use an anterior chamber maintainer to get more fluid into the eye. The problem with the anterior chamber maintainer is that another port has to be made. In other words now, we have three ports and if you are doing the case under topical or no anaesthesia (as we do in our hospital) it becomes quite cumbersome. Another method to solve surge is to use more of phacoaspiration and chop the nuclear pieces with the left hand (non-dominant hand). The problem by this is the surgical time decreases and if the case is of a hard brown cataract, phacoaspiration will not suffice.

Surge occurs when an occluded fragment is held by high vacuum and is then abruptly aspirated with a burst of ultrasound. What happens is that fluid from the anterior chamber rushes into the phaco tip and this leads to a collapse of the anterior chamber.

Sunita Agarwal then thought of a method to solve surge using an air pump. We got this idea as when we were operating cases with Phakonit (a new technique in which cataract is removed through a 0.9 mm opening. We wanted more fluid entering the eye. Now we routinely use the air pump to solve the problem of surge.
TUR set also is in place and so the fluid now flows from the infusion bottle into the TUR set to reach the phaco handpiece. The amount of fluid now coming out of the hand piece is much more than what would normally come out and with more force.

One can use an air filter between the air pump and the infusion bottle so that the air which is being pumped into the bottle is sterile.

This extra amount of fluid coming out compensates for the surge which would occur.

Conclusion
As in any other field, progress is inevitable in ophthalmology more so in refractive surgery. We have started to look on refractive surgery as a craft and should constantly try to improve our craft and become better every day. By this, we will be able to provide good vision to more people than any one dared dream a few decades ago. It also goes without saying that we are and will be forever grateful to all our patients because without their faith, we would never have had the courage to proceed.

Keeping this in mind, we hope and wish that the effectiveness and the advantages of this "No anaesthesia Clear lens extraction Technique" be realized and practiced thereby making the technique of phacoemulsification safer and easier providing good visual outcome and patient recovery.

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Chirocaine has a lower potential for cardiovascular and CNS toxicity than bupivacaine.

- Consists only of the S(1)-enantiomer of bupivacaine (levobupivacaine).
- Proven efficacy in poediatric, obstetric, and post-operative pain management.
- Unlike bupivacaine, Chirocaine is also licensed for post-operative pain management.

* For lignocaine/*lignocaine*

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Sevoflurane does not significantly alter the heart rate

Sevoflurane Prescribing Information: Presentation: Amber glass bottle containing 250ml sevoflurane. Indications: For induction and maintenance of general anaesthesia in adult and paediatric patients for ophthalmic and ocular surgery. Sevoflurane volatile anesthetic is a colorless, odorless liquid. When inhaled, it is converted into a vapor that can be inhaled. The vapor can be delivered directly to the patient's lungs using a mask or other device. Administration: Sevoflurane can be administered using a variety of methods, including mask ventilation, endotracheal intubation, or a combination of both. The drug is typically administered in a concentration of 1% to 5% for induction and 2% to 4% for maintenance. Sevoflurane is a potent anesthetic agent, and it is important to monitor the patient's oxygen saturation and heart rate closely to prevent hypoxia or hypercarbia. Side Effects: Sevoflurane has a number of potential side effects, including hypotension, bradycardia, and respiratory depression. However, it is generally well tolerated by patients. Conclusion: Sevoflurane is a safe and effective anesthetic agent for ophthalmic surgery. It is important to monitor the patient's oxygen saturation and heart rate closely to prevent complications. Further information is available on request.
A Survey of UK and Ireland based UKISCRS Members Practice

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Abstract
A survey of the practice styles of members of the United Kingdom and Ireland Society of Cataract and Refractive Surgeons (UKISCRS) with a UK or Ireland postcode was performed in early 2001. A 79% response rate represented 199 members. The data was compared with the most recently reported similar surveys from the USA, Denmark and Japan.

Introduction
There have been surveys of the practice styles and preferences of American Society of Cataract and Refractive Surgeons (ASCRS) members since 1984 1-2 and of Norwegian surgeons since 1996 3-4 and in Japan since 1999 5, however as yet there has been no similar survey of UK and Ireland cataract surgeons. UKISCRS is the United Kingdom and Ireland Society of Cataract and Refractive Surgeons. Ear Nose Throat and Eye Research (ENTER) the research foundation at the North Riding Infirmary in Middlesbrough acts as the secretariat for UKISCRS. With ENTER's help, the authors present the first questionnaire survey of UK and Ireland based UKISCRS members. We hope this will make an interesting yearly comparison to other surveys.

Materials and Methods
In the early part of 2001, the authors formulated a series of questions about cataract surgical technique, cataract anaesthesia, intraocular lenses and biometry. The authors piloted an initial questionnaire locally to ophthalmologists at the North Riding Infirmary in Middlesbrough, and then modified it in light of the answers. The modified questionnaire was sent to all UKISCRS members with either a UK or Ireland postcode. We numbered the questionnaires so that a second wave could be sent to those who did not reply, however we maintained confidentiality. Data was entered onto MS Access and then analysed using MS Access and Excel.

Results
There were 252 UKISCRS members with either a UK or Ireland postal code. We received 199 completed questionnaires, a response rate of 79%. Five respondents were excluded; three did not perform cataract surgery, one was an ophthalmic veterinarian and one had retired from surgical practice. The majority of the responses are based on 194 returned questionnaires. Cataract surgery was declared the main special interest of 56% of respondents. Two respondents (1%) performed only extracapsular surgery, 15% performed a mixture of phacoemulsification and extracapsular surgery (the majority of these said that they performed ten extracapsulars per month) and the rest, 84% performed only phacoemulsification cataract surgery.

Table 1 shows the number of cataract procedures performed personally by UKISCRS members in a month. This ranged from 10 to over 80.

<table>
<thead>
<tr>
<th>Number of cataract procedures per month</th>
<th>Respondents</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>10</td>
<td>8</td>
<td>4.12</td>
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<td>0.52</td>
</tr>
<tr>
<td>&gt;80</td>
<td>10</td>
<td>5.15</td>
</tr>
</tbody>
</table>

One hundred and thirty three reported that their hospital has a day cataract unit.

Clear corneal incisions were most common (64%) followed by anterior limbal (18%). The location of the cataract incision was superiorly regardless of astigmatism in 31% and at the steepest keratometry reading in 29%. The most common phacoemulsification technique was the four quadrant divide and conquer (57%), followed by chopping (18%). Most respondents (90%) used a sutureless technique.
Perioperative fluids were used as follows: post-operative injectable antibiotics (72%), post-operative injectable steroids (48%), pre-operative non-steroidal anti-inflammatory agents (23%), pre-operative drops (21%), antibiotics in the irrigating solution (14%) and intraocular miotics (5.7%). Interestingly 14% do not use any antibiotic and 57% use post-operative antibiotics only.

The most commonly used visco-elastic agent was Healon (41.75%). This was used three times more commonly than any other visco-elastic. There were 12.4% HPMC was used by 41.75%. The most commonly used visco-elastic agent was Healon (41.75%). This was used three times more commonly than any other visco-elastic. There were 12.4% HPMC was used by 41.75%. This was used three times more commonly than any other visco-elastic. There were

PERIOPERATIVE FLUIDS

Table 2. Summary of anaesthetic techniques used by responding UKISCRS members. Column 2 shows number of members who use the technique. Column 5 shows responding members’ most commonly used techniques.

Table 2. Summary of anaesthetic techniques used by responding UKISCRS members. Column 2 shows number of members who use the technique. Column 5 shows responding members’ most commonly used techniques.

<table>
<thead>
<tr>
<th>Anaesthetic technique</th>
<th>No</th>
<th>%</th>
<th>Comments</th>
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<th>%</th>
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<tr>
<td>Retrobulbar</td>
<td>7</td>
<td>3.6</td>
<td>used only this technique</td>
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<td>Retrobulbar + VII</td>
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<td>36</td>
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<td>Retro-peribulbar</td>
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<td>Sub-Tenons</td>
<td>113</td>
<td>58.2</td>
<td>used only this technique</td>
<td>54</td>
<td>28</td>
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<tr>
<td>Subconjunctival</td>
<td>23</td>
<td>11.9</td>
<td>used this technique and GA</td>
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<tr>
<td>Topical only</td>
<td>71</td>
<td>36.6</td>
<td>used only this technique</td>
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<td>Topical</td>
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<td>30</td>
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The most commonly used anaesthetic technique was Topical only (36.6%). The most commonly used visco-elastic agent was Healon (41.75%). This was used three times more commonly than any other visco-elastic. There were thirteen other visco-elastics used. Combinations of visco-elastics were used by 12.4%. HPMC was used by 6.7%. A number of respondents stated that they were unable to use the visco-elastic of choice due to budgetary controls.

The most commonly used implant material was hydrophobic acrylic (38%) followed by silicone (32.8%), hydrophilic acrylic (13%) and PMMA (7.8%). The most common lens construction was assembled (58%) followed by one piece non-plate (20.5%) and one piece plate (10%). The most common optic size was 6 mm (44.5%) followed by 5.5 mm (32%), 5 mm (11.5%) and then small numbers of others. The vast majority of lenses used were round (93%). Just 8% of respondents routinely use multifocal lenses.

Biometry was routine for 94% of respondents, however 2 respondents said that they did not use biometry. The SRK-T formula was the most common overall for all ranges of axial length. It was used slightly less for hyperopes (42%) than in the mid-range axial lengths (62.89%) and in myopes (63.4%). For all ranges, 42% still used the SRKII formula and 2.06% still used the SRK formula. There was some evidence of a move to the Hoffer Q formula for hypermetropes (16.49%). Seventy percent of respondents were routinely informed of the postoperative refractive results at the surgery, 50.5% kept a record of the refractive results and 48.5% fed back results to their biometry service.

Ophthalmic local anaesthesia was most commonly given by an anaesthetist (52.5%) followed by an ophthalmologist (28%) and non-medically qualified people (3.1%). The remaining respondents either did not answer or ticked more than one option. Twenty-nine percent stated that they gave routinely local anaesthetic without dedicated anaesthetist cover.

Table 3. Comparison of summary data with other reported surveys

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We asked which techniques were used for cataract anaesthesia in the member’s practice. The results are given in figure 2 with peribulbar, Sub-Tenon’s and general anaesthesia figuring highly. We then asked for the most commonly used anaesthetic technique and the results of this are summarised in figure 3. This shows that the most common anaesthetic technique for cataract surgery in UKISCRS members is peribulbar (36.1%) followed by Sub-Tenon’s (27.8%) topical (21.6%).
General anaesthesia (1.5%) was the most common technique for three respondents.

Table 4. Extrapolation of monthly cataract numbers to numbers on an operating list. Mean is 42.86 cases per month. Assuming that the average UKISCRS member has 2 OR sessions per week (8.66 lists per non-leave month) the extrapolation is that there is an average of 4.8 cases per OR session.

<table>
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<th>Number per month</th>
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<tr>
<td>10</td>
<td>1.16</td>
<td>8</td>
<td>4.12</td>
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<td>0.52</td>
</tr>
<tr>
<td>&gt;80</td>
<td>&gt;9.23</td>
<td>10</td>
<td>5.15</td>
</tr>
</tbody>
</table>

Sedation was rarely used (4.2%). Monitoring during local anaesthesia was most commonly by pulse oximetry (47%), verbal contact (32.5%), ECG (23.6%) and BP (18.3%). Forty-seven percent of respondents used all the above to monitor patients. Pulse only was used by 4.7%.

We asked UKISCRS members “Do you perform non-cataract refractive surgery?” and 36% said that they did. We asked “Should non-ophthalmologists be trained to perform cataract surgery?” and just 3% thought that this was appropriate.

Discussion

There are a number of reported surveys of practice styles from the United States, Denmark and Japan. Direct comparisons between the groups are difficult; however there are some obvious trends. We compared our results with the most recent surveys of Leaming, Hansen and Oshika. The results are summarised in table 2. Most UKISCRS members are using a sutureless phacoemulsification technique and a very high proportion (84%) performs only phacoemulsification for cataract surgery. One percent of respondents in this survey perform only extracapsular surgery compared to Leaming’s (3%) and Oshika’s survey (4%). A higher proportion of UKISCRS members operate on axis than in the other surveys and more use a sutureless corneal section. There is a comparable rate of nucleo fractis technique with Leaming’s survey. UKISCRS members use antibiotics less frequently in the irrigation solution and Danish surgeons use antibiotic drops pre-operatively far less. Approximately twice the percentage of ASCRS use non-steroidal anti-inflammatory agents pre-operatively than their UKISCRS colleagues, however twice the percentage of British cataract surgeons use post-operative injectable steroids than their ASCRS colleagues.

Acrylic lenses are preferred by 60% in Japan, 57% in USA, 51% in UK and Ireland and 28% in Denmark. Of the UKISCRS members who responded, 8% had inserted multifocal implants. A direct comparison with Leaming’s survey, which only talks about interest in multifocals is not possible. UKISCRS and ASCRS members’ preferences for the style of lens are very similar.

In our survey we looked in detail at anaesthetic technique. Our survey shows that Sub-Tenon’s anaesthesia is now the second most commonly used cataract anaesthetic technique. We asked “What anaesthetic techniques are used on your cataract surgery patients?” The answers gave a hierarchy of peribulbar, general anaesthesia, Sub-Tenon’s anaesthesia, topical and topical with intracameral lidocaine. This suggests that general anaesthesia is the second most common technique. It is not. When we asked which was the most commonly used technique, we found a different hierarchy of peribulbar, Sub-Tenon’s, topical, topical plus, and general anaesthesia. Most UKISCRS members do the majority of their work under the local anaesthetic technique of their choice. For a number of difficult cases (perhaps one in 50 or so) most will use general anaesthesia. We have to be asking the right questions.

Our questions on biometry are timely, because within the last twelve months the Royal College of Ophthalmologists’ has issued guidance on recommended formulae in all ranges. It would be interesting to see if in a year biometry practice changes in light of the guidance from the Royal College of Ophthalmologists.

Given that UK ophthalmologists are being pressurised to perform more cataract operations with seven or eight cataracts per 3½ hour operating session being regarded by the activists as being the norm, we made an attempt to extrapolate from our figures the average number of cataracts performed by UKISCRS members. Our questionnaire asked for the number of cataracts performed per month. The results and our extrapolations are shown in table 3. The average number was 42. We made a number of assumptions. We assumed that each UKISCRS member has two operating sessions, which is the norm in a UK consultant contract. We assumed that members reported the number of cataracts performed in a working month (i.e. no leave). Given those assumptions, the average number of cataracts per operating list is 4.8. We estimate that we could be out by up to one fifth with these estimates. This estimation takes no account of private work undertaken outside of the NHS hospital. If members included these, the average could be much lower. It is interesting and revealing to find that in a Society at least in part dedicated to cataract surgery we found that on average UKISCRS members probably perform less than five cataracts per operating session (3½ hours). Only twenty-seven of the UKISCRS
membership suggested that they performed over 7 cataracts per operating session.

Our response rate was good at 79% and gives us confidence that we are representing the majority of UKISCRS in this survey. We are well aware of the problems with this type of survey. The sample population will change from year to year, so we can do no more than report trends. We need to ask the right questions without ambiguity. Extrapolation would then be unnecessary. This survey does highlight some interesting trends and we look forward to making comparisons with future surveys.

References
6 Royal College of Ophthalmologists. Guidelines for cataract surgery
Ophthalmic Anaesthesia Society 16th Annual Scientific Meeting – Chicago, October 2002

Robert Johnson
Past President BOAS, Bristol

The name ‘Windy City’ for Chicago refers to verbose politicians rather than the weather. However, the first day of the meeting was accompanied by gale force winds and torrential rain. Fortunately those that control such things smiled upon us the next day and we had a beautiful evening for a dinner cruise on Lake Michigan. This was a departure for OAS as normally American conferences are not accompanied by this traditional British event. The views of the city from the lake were superb as was the ambience: I think the event was much enjoyed by all.

The meeting was well attended and the programme design and organization were, as ever, good. Christine Moore and I were the only U.K. delegates this year but were made to feel very welcome – neither of us were backward in coming forward with discussion and comment! The cost of the hotel, while perhaps normal for a good hotel in a big city, was very high. Next year I may well use the internet to find a hotel room that is within fifteen minutes walk but less expensive – a retrospective search showed this to be quite possible. I suspect that our difficulties with study leave budgets will persist making such an exercise worthwhile.

Also, Chicago has such a wealth of museums, concert venues, restaurants and galleries, not to mention architecture, that an extra day before or after the meeting is highly desirable. It is an exciting city and one feels remarkably secure using just basic common sense.

David Hunter from Boston gave an erudite discussion of the cause and effects of ocular motility problems following orbital regional anaesthesia. The message is that needles and cannulae (yes, sub-Tenon’s anaesthesia may cause such problems) should be kept away from muscles preventing physical trauma or intramuscular injection. Not all recover spontaneously and careful assessment is essential. Later in the programme, Bruce Carlson described the characteristics and behaviour of extraocular muscle and changes with ageing. Where local anaesthetic myotoxicity is concerned, the human definitely has the advantage over some other animals – I would certainly recommend general anaesthesia for cataract extraction in rats. Little work has been undertaken on ageing of human extraocular muscles but it seems at least likely that regeneration after damage may be impaired in the elderly.

Your BOAS past president discussed a number of cameos relating to ophthalmic anaesthesia in Europe. He was indebted to his own department for an audit of orbital regional anaesthesia record keeping and compliance with College guidelines and to Emile Calenda from Rouen for provision of data regarding anaesthetic practice in his hospital. The pterygopalatine ganglion block (as of Russia) was explored with a detailed study of relevant anatomy. The duration of training of anaesthetists in the U.K. raised some eyebrows and one nurse anaesthetist said that such training was over the top for anaesthesia as most was given by nurses in the USA! It is very clear that differences between our systems are quite considerable but both have strengths (and weaknesses). The talk ended with a discussion of the virtues of open draping preventing both claustrophobia and carbon dioxide retention and, somehow, this all got muddled up with Shakespeare and why we operate in theatres. Christine Moore presented a poster discussing intraocular bleeding following sub-Tenon’s local anaesthetic block. It was well received and should encourage us to prepare more posters for this meeting.

There were excellent workshops on anatomy (Gary Fanning) and anterior sub-Tenon’s anaesthesia (Scott Greenbaum). Helen Li from Galveston spoke on sub-Tenon’s for posterior segment surgery using 11 ml of injectate. Not surprisingly this provoked discussion. However the size of the series described and the outcomes were impressive – on the whole. Nine and one half percent required ‘significant intravenous medication’. There was an excellent report of a survey of safety of continued anticoagulation therapy in cataract surgery from Don Hirschman and Lesa Morby and Roy Hamilton described the evolution of a safe and effective technique of Regional Orbital Anaesthesia.

We heard other excellent presentations and discussion was lively and productive. It was a delight that Bob Hustead was present and we all enjoyed and benefited from his contributions. On a sad note, he reported the recent death of his great friend and colleague Leo Koornneef who had undertaken such superb work on the anatomy of the orbit and had given of his time so freely to those wishing to better understand the subject. He certainly gave me enormous assistance when I was writing chapters on the subject.

A truly worthwhile meeting with a delightful and enthusiastic atmosphere in a city which, while is expensive, it exciting and has ‘quality’.
News and information

*World Congress of Ophthalmic Anaesthesia*
World Congress of Ophthalmic Anaesthesia will be hosted by BOAS on 15-16th April 2004 in the premises of the Royal College of Physicians, London. Full details will be available on BOAS Website [www.boas.org](http://www.boas.org)

*Progress on the Joint Colleges Working Party Report*
The document Joint Colleges Guidelines of the Royal Colleges of Anaesthetists and Ophthalmology was published in 2001. The full document can be accessed by visiting [www.rcoa.org](http://www.rcoa.org) or [www.boas.org](http://www.boas.org)

*No subscription for retired members*
Retired members do not need to pay the annual subscription fee.

*Income Tax Rebate to Society Members*
BOAS is registered with Her Majesty’s Inland Revenue for the purposes of Corporation Tax. Members can claim income tax allowance against the BOAS subscription.

*Contribution for the 8th issue*
The next Newsletter will be published in April 2003. Please send your articles or any contributions for inclusion in the Newsletter by 15th March 2003 to Dr Chandra Kumar, Secretary BOAS, James Cook University Hospital, Middlesbrough TS4 3BW, UK or email secretary@boas.org

*Subscription to Journal of Cataract and Refractive Surgery*
Anaesthetist members of BOAS can receive the journal at a discounted rate of £65 by writing to Andre Welsh, Director ENTER, North Riding Infirmary, Newport Road, Middlesbrough.

**Acknowledgement**
BOAS office is grateful to Mr Stephen Moore, Information Officer and Mrs Pat McSorley(School of Anaesthesia), James Cook University Hospital, Middlesbrough for valuable help in the production of the Newsletter.

*Reasons for joining BOAS*
BOAS was formed in 1998 to provide a forum for anaesthetists, ophthalmologists and other professionals with an interest in ophthalmic anaesthesia to facilitate co-operation on all matters concerned with the safety, efficacy and efficiency of anaesthesia for ophthalmic surgery. It is concerned with education, achievement of high standards, audit and research. BOAS will organise annual scientific meetings, produce a newsletter and maintain a web page.

*Membership*
Membership of BOAS includes anaesthetists, ophthalmologists and other professionals with an interest in ophthalmic anaesthesia.

*Membership subscription*
Membership runs from January each year. The current subscription is £25.00 payable by banker’s standing order.

*Liaison and specialist professional advice*
With the Association of Anaesthetists of Great Britain and Ireland and the Ophthalmic Anesthesia Society of the USA.
**Benefits of Membership**

- Opportunity to participate in BOAS annual scientific meetings
- Reduced registration fee for BOAS annual scientific meetings
- Reduced registration fee for other ophthalmic anaesthesia meetings and courses in UK
- Free advice from experts on matters related to ophthalmic anaesthesia
- BOAS newsletter and Directory of Members
- Opportunity to contribute towards development and improvement of ophthalmic anaesthesia
- Access to BOAS web page and scientific literature database
- Eligibility for election to Council of BOAS

**Administrative Office and Membership information from**
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Email cmkumar@boas.org
Web address http://www.boas.org

**Change of address**
Members are advised to inform the secretary if there is a change of email or postal address.

**BOAS Executive Committee**

**President**
Prof. Chris Dodds

**President Elect**
Mr. Ken Barber

**Secretary**
Dr. Chandra M Kumar

**Treasurer**
Mr Tim C Dowd

**Council Members**
Dr. Caroline Carr
Mr. Louis Clearkin
Mr Tom Eke
Dr. David Greaves
Dr. Monica Hardwick
Dr Stephen Mather
Dr. Anthony P Rubin
Mr. David Smerdon
Dr Guri Singh Thind
Dr. Sean Tighe
### British Ophthalmic Anaesthesia Society Member Registration Form

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**Signature(s)**

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**Banks may decline to accept instructions to charge Standing Orders to certain types of account other than Current Accounts**

**NOTE:** The Bank will not undertake to

a) make any reference to Value Added Tax or pay a stated sum plus V.A.T., or other indeterminate element.

b) advise remitter’s address to beneficiary.

c) advise beneficiary of inability to pay

d) request beneficiary’s banker to advise beneficiary of receipt.

e) accept instructions to pay as soon after the specified date as there are funds to meet the payment, if funds not available on the specified date.

Payments may take 3 working days or more to reach the beneficiary's account. Your branch can give further details.

**Personal details**

**Last name (Dr, Mr, Mrs, Miss, Ms)…………………………………………………………………………………**

**First Name…………………………………………………………………………………………………………….**

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5TH ANNUAL SCIENTIFIC MEETING

Chester Grossvenor Hotel
28TH AND 29TH JUNE 2003

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Anatomy
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A CME approved meeting for anaesthetists and ophthalmologists on Local Anaesthesia for Ophthalmic Surgery will be held in North Riding Infirmary, Middlesbrough on Friday, 7th February 2003. The meeting will include lectures and live demonstration of orbital blocks. Attendance is limited to 50 participants. Application form and information from Mrs Pat McSorley (Course Administrator 01642-854601 email: pat.mcsorley@stees.nhs.uk). Registration fee is £225 (BOAS Members £200) (inclusive of catering). Cheque payable to Ophthalmic Anaesthesia Education Fund.

**PROGRAMME**

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| 09.00-9.25 | Registration & Coffee (Staff Restaurant)  
*Lectures Ward 56 (Day Centre)* |
| 9.25  | Welcome: Prof Chris Dodds, Middlesbrough  
Chairman: Prof Chris Dodds, Middlesbrough |
| 9.30-10.15 | Anatomical consideration for ophthalmic block  
Dr Gary Fanning, Sycamore, Illinois, USA |
| 10.15-11.00 | The method of action & application of parabulbar block  
Dr Scott Greenbaum, New York, USA |
| 11.15-11.45 | Coffee Break (Staff Restaurant)  
Chairman Dr A P Rubin, London |
| 11.45-12.15 | Pharmacological considerations for ophthalmic block  
Dr Hamish McLure, Leeds, UK |
| 12.20-12.45 | Sedation and ophthalmic block  
Dr Gary Fanning, Sycamore, Illinois, USA |
| 12.50-13.45 | Lunch |
| 13.45-17.00 | Live Demonstration of Orbital Blocks(Ward 56)  
Demonstration Co-ordinators: Drs Anthony Rubin, Robert Johnson, Chandra Kumar, Mr Tim Dowd, Mr Mamdoul El-Naggar and Mr David Smerdon |
| 17.00  | Closing remarks  
Prof Chris Dodds, Middlesbrough |

**LOCAL ANAESTHESIA FOR OPHTHALMIC SURGERY**

11th Video-conference Meeting

Course Director and meeting Organiser: Dr Chandra Kumar, Consultant Anaesthetist, Cleveland School of Anaesthesia, James Cook University Hospital, Middlesbrough TS4 3BW. Tel: 01642-854601, email: cmkumar@boas.org