



E-mail :info@kistmcth.edu.np | www.kistmcth.edu.np

Journal of KIST Medical College

Handbook of Abdominal Sonography in Acute Abdomen (ASIAA)

Abishek Thapa,¹ Rupesh Mukhia,¹ Uttam Laudari²

¹ Department of Surgery, KIST Medical College and Teaching Hospital

²Department of Surgery, Patan Academy of Health Sciences

Human beings are blessed with the five senses, however vision are considered the most reliable and important among all; and this rule isn't the exception in the field of clinical examination. Using sonoscope as extension of the classical clinical examination to assess the underlying pathology of the abdomen adds the advantage to be able to visualize. Hence knowledge of sonoscope gives power for all clinicians in converting imagination into imaging.

We all have come across the case of acute abdomen and despite of our best clinical judgments; it always feels incomplete without the ultrasonoscopy assessment. In order to deal with this challenge, the author of this book, Dr. Deepak raj Singh, has developed a totally new, comprehensive and simplified protocol named ASIAA (Abdominal Sonography In Acute Abdomen), which can be easily learned and practiced by clinicians of all specialties. These days

sonoscopes are available in compact sizes which are portable and easy to handle. This gives the ability for sonoscope examination to be carried out at patient's bedside, making assessment with sonoscope for clinicians more assessable.

Clinical assessment with sonoscope at bedside supplements valuable medical information at tertiary health centers. Where as its uses by all clinicians at remote areas provides basic sonoscopy services and fills the gap of unavailability of radiologist. Thus this

promotes the concept of 'Point of Care' in sonoscopy in our country, a venture first of its kind.

The main author of this book, Associate Professor Dr. Deepak Raj Singh, is FRCS graduate from Edinburgh. He is the former Head of Surgery Department at Kathmandu Medical College Teaching Hospital and is currently serving as Unit Chief. He has also been officially implementing the practice of Day Care Surgery in Nepal at his private centre. Dr. D.R Singh has been involved in clinical and academic activities for over 20 years where more than eight surgery residents have been directly trained under his mentorship. He introduced the concept of Sonoscope for all clinicians and he has been regularly using and teaching the art of sonoscope for more than a decade.

The handbook contents have been logically arranged into two major sections. Section one deals with the principles of sonoscope and ASIAA. This highlights the introduction to sonoscopy and brief understanding of the acute abdomen pathology. Highlight of the chapter one in this first section include the physics of sound energy, selection of different transducers and their proper orientation, information of various modes and their appropriate uses, and interpretation of image formed. Section two focuses on the practical aspect of abdominal assessment using sonoscope. Here the author has clearly divided the abdomen into five regions from which superficial to deep consists of

Correspondenc:

Dr. Abishek Thapa

Lecturer, Department of Surgery

KIST Medical College, Lalitpur, Nepal

Email:thapaabishek.at@gmail.com

1. Anterolateral Abdominal Wall
2. Peritoneum
3. Intra-abdominal systems
4. Retroperitoneum
5. Posterior abdominal wall

Various pathologies encountered in these different regions have been described separately.

Different intra abdominal systems, their associated organs and sono-acute pathology of acute abdomen has been clearly outlined in its subsequent chapters. Two sono-examination techniques, bulldozer technique and butterfly technique, has been well explained. The author of the book has managed to list the common conditions that are encountered and successively mentioned the incidental pathology that could be encountered during sonoscopic assessment.

This book is the first edition, comprises of seven chapters, with total of 83 pages. The book was published by Nirvana Publication in the year 2013 A.D. The basic anatomy of abdomen has been briefly explained in each section and it has been correlated with the sono-anatomy which helps in interpretation of the image.

It's a unique sonoscopy book of this kind which focus on understanding acute abdomen pathology for all clinicians from the different perspective. It is a concise handbook which can be read by all clinicians in a limited period of time to gain adequate practical knowledge about sonoscopy and approach to acute abdomen. It also consists of illustrative photographs and diagrams stressing on anatomy and their sono-anatomy interpretation, which helps in better understanding

and makes the content more enjoyable. Methods of sonoscopic examination has been well correlated with the principles of classical clinical examination, which will help in quicker understanding. It has an affordable price tag of NRP Rs. 185 only.

In my opinion, the only drawback of this book is that it would be easier for the readers if the author and his co authors had mentioned the various organs seen in each sono-window, in proper sequence, while scanning the abdomen in bulldozer technique.

For all clinicians, being able to use sonoscope correctly increases the value, safety and reliability in their clinical assessment. It also gives the added advantage for sonoscope guided interventions which yields higher accuracy and success rate compared to blind procedure. Thus sonoscope is the modern visual stethoscope in clinical practice.

I strongly believe that this book has simplified the understanding of sonoscopy and facilitated in its adaptation as part of extension of clinical examination in order to benefit both, practicing clinicians as well as for the patients.

ABOUT THE BOOK

Dr. Deepak Raj Singh,

Dr. Bimlesh Shah,

Dr. Pranaya Karki

Handbook of Abdominal Sonography in Acute Abdomen (ASIAA)

First Edition 2013.

Nirvana Publication, Putalisadak, Kathmandu.

Price- Nrs.185.