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Dr Sunil's SURGERY MADE EASY FOR DENTAL STUDENTS

K Sunil Ravinder Paul

Co-author

Anuradha Sunil

Forewords

Varghese Mani

Aravindan Nair

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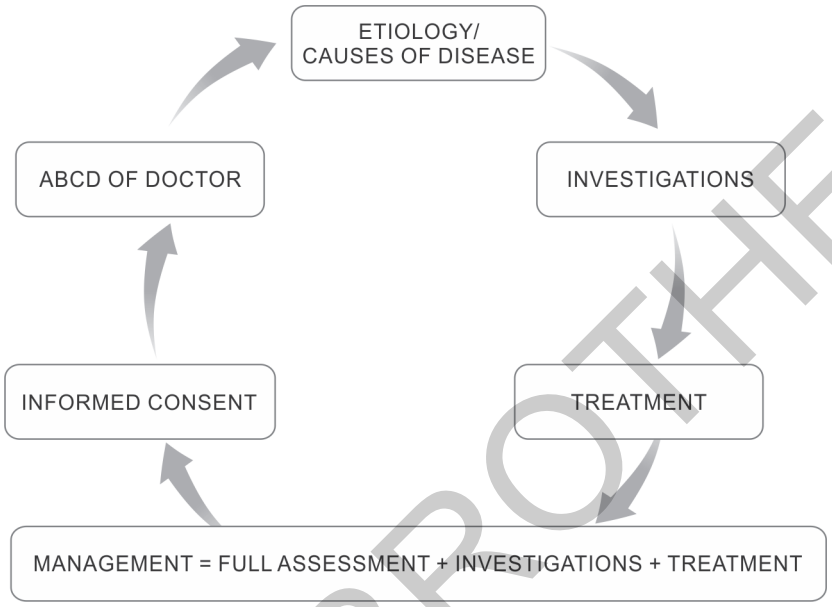
2 Etiology, Investigations and Treatment

LESSON PLAN



SPACE FOR ADDITIONAL NOTES

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APPLICATION/SKILLS

<table>
<tr><td>1.</td><td>ABCD of doctor</td><td>Availability
Behaviour
Care and Competency (from knowledge and skills) Concern, Consideration Communication, Consent (Informed)
Documentation which should be clear and precise</td></tr>
<tr><td>2.</td><td>Mnemonic for causes of disease is</td><td>MIND VIN
(Metabolic, Inflammatory, Neoplastic, Developmental. Vascular, Idiopathic, Non-communicable Diseases)</td></tr>
<tr><td>3.</td><td>Investigation (Choices include) (Mnemonic = BUS with MIB)</td><td>
<table>
<tr><td>1.</td><td>Blood, Urine and Stool</td><td>CBC, FBS, HBA1C, Creatinine, LFT
Blood borne virus screen HIV, HBsAg, HCV
Urine routine
Stool microscopy, ova cysts, stool occult blood</td></tr>
<tr><td>2.</td><td>Microbiology</td><td>Gram Stain + Tissue/pus C/S for bacteria
AFB stain + Gene Xpert TB + RIF for Tuberculosis
KOH stain for fungus +/- C/S for fungus</td></tr>
<tr><td>3.</td><td>Imaging</td><td>Imaging is very important to get a diagnosis
1. X-ray
2. US
3. Color Doppler US/Color Duplex scan
4. CT
5. MRI
6. Nuclear studies
7. PET-CT</td></tr>
<tr><td>4.</td><td>Biopsy</td><td>To confirm diagnosis Biopsy is necessary
1. FNAC
(Commonest type of biopsy done all over the world, can be done directly, US or CT-guided)
2. Core biopsy (Trucut)
(Can be done directly, US or CT-guided)
3. Incisional biopsy
(Best type of biopsy for lesions >3 cm, but is an invasive procedure)
4. Excisional biopsy
5. Punch biopsy
(Usually done for chronic skin disorders, inflammatory lesions, pigmented lesions)
Immunohistochemistry is done on biopsy specimens only in select cases like lymphoma, breast cancer, soft tissue cancer, metastatic lymph node, etc.
Immunochemistry can show tumour differentiation and upstage grading to helps doctors to select appropriate treatment and sometimes gives an idea about prognosis.</td></tr>
</table>
</td></tr>
<tr><td>4.</td><td>Management</td><td>Means complete assessment, investigations and treatment</td></tr>
<tr><td>5.</td><td>Recall treatment choices</td><td>1. Lifestyle modification/Patient education
2. Medical
3. Surgery
4. Radiation
5. Chemotherapy
6. Targeted therapy
i. Targeted chemotherapy
ii. Immunotherapy</td></tr>
</table>

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		Act on specific molecular targets (cancer specific genes or proteins) that are associated with cancer. Monoclonal antibodies, immune checkpoint inhibitors, immune system modulators, cancer vaccines, oncolytic viral therapy help immune system to fight cancer or infection. 7. Hormone therapy 8. Stem cell therapy 9. CRISPR Gene editing In developmental stage. Precisely edits and cuts the DNA to alter DNA. 10. Vaccines In developmental stage for some cancers, e.g., Malignant melanoma
6.	**Informed consent**	Is mandatory for: 1. Procedures like Surgery, Anaesthesia, Radiotherapy and Chemotherapy, Blood Borne Viral Screening, Blood Transfusion and Vaccination 2. Genetic testing 3. Clinical trials

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ETIOLOGY (CAUSES OF DISEASE)
(Mnemonic is MIND VIN)

M	**Metabolic**	Systemic, e.g., Anaemia, malnutrition Endocrine, e.g., Diabetes, hypothyroidism
I	**Inflammatory**	Trauma (Physical, chemical, radiation) Infection (Bacteria, virus, fungi) Autoimmune, e.g., Systemic lupus erythematosis
N	**Neoplastic**	Benign: Diet, stress, toxins, infection, inflammation Malignant: Infections (like HBS, HCV, HPV), hormones, food, genetic, bad luck
D	**Developmental**	Congenital Acquired, e.g., Osteoarthritis (Degenerative)
V	**Vascular**	Peripheral vascular disease (PVD), peripheral arterial disease (PAD), varicose veins
I	**Idiopathic**	Aphthous ulcers
N	**Non-communicable diseases**	DM, HT, Hypercholesterolemia, MI, Stroke, PAD, Cancer

INVESTIGATIONS (Choices include)
(BUS with Men In Black) (is Mnemonic)

1.	**Blood**	CBC, ESR, FBS, PPBS, HbA1C, Creatinine, Urea, LFT (Blood-borne infection screen HIV, HBsAg, HCV)
2.	**Urine**	Urine routine, microscopy, microalbumin, 24-hour urine collection for various diseases
3.	**Stool**	Stool routine, ova and cysts, occult blood
4.	**Microbiology**	Gram Stain + Tissue/pus C/S for bacteria AFB stain + Gene Xpert TB + RIF for Tuberculosis KOH stain for fungus +/- C/S for fungus
5.	**Imaging**	X-ray, US, Color Doppler/Duplex US (CDU), CT, MRI, Nuclear studies (Radionuclide scan) PET-CT scan, Angiography, Venography
6.	**Biopsy**	FNAC (Fine Needle Aspiration Cytology) Open or Guided (Ultrasound/CT guided) Core biopsy (Trucut). Open or Guided (Ultrasound/CT guided) Incisional biopsy (best for diagnosis but invasive procedure) Excisional biopsy Punch biopsy (for chronic skin disorders, inflammatory lesions, pigmented skin lesions)

TREATMENT (Choices include)

	Choice	Other Names/Types	Examples
1.	**Lifestyle Modification (LSM)**	Patient education	Stop smoking for PAD, COPD Wear stockings for varicose veins
2.	**Medical**	Non-surgical treatment	Analgesics, opiate drugs, antibiotics
3.	**Surgical**	Excision Wide excision Debridement Incision and drainage Amputation Open operation (Laparotomy) Laparoscopic (Key hole surgery)	Lipoma Squamous cell cancer Diabetic foot Abscess Gangrene Peritonitis Appendicectomy
4.	**Radiation**	Teletherapy/brachytherapy	Brachytherapy for cancer tongue
5.	**Chemotherapy**	Cytotoxic chemotherapy	Cancer

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	Choice	Other Names/Types	Examples
6.	**Targeted therapy** **a. Targeted chemotherapy** **b. Immunotherapy**	Act on specific molecular targets specific genes or proteins that are associated with cancer (Smart Bomb) Monoclonal antibodies, immune checkpoint inhibitors, immune system modulators, cancer vaccines, oncolytic viral therapy help immune system to fight cancer or infection	Cancer (Breast, head and neck cancer) Cancer (Lymphoma, head and neck cancer, melanoma, multiple myeloma, breast cancer, colorectal cancer)
7.	**Hormone therapy**	Tamoxifen, Lupron	Breast cancer, prostate cancer
8.	**Stem cell therapy**	Stem cells are immature primitive cells which can multiply and mature into red blood cells, white blood cells and platelets. Stem cells are harvested from CRISPR/blood marrow/peripheral blood.	Non-Hodgkin's lymphoma (NHL) Hodgkin's lymphoma (HL) Acute myeloid leukaemia (AML), etc.
9.	**Gene editing**	CRISER genome editing, where messenger RNA acts as a molecular scissors which precisely edits and cuts the DNA and then lets the natural DNA repair process to take over.	Cancer (Glioblastoma, ovarian cancer) Infections (COVID-19)
10.	**Vaccines**	Are in developmental stage for some cancers.	Malignant melanoma

HOW TO WRITE AN ANSWER FOR A QUESTION

1. Definition/etiology/pathophysiology/classification/types
2. Symptoms and signs
3. Complications
4. Investigations
5. Treatment

MANAGEMENT

Full assessment + Investigations + Treatment

IMPLIED CONSENT

Implied consent is taken for:
1. Permission to examine
2. For investigations
3. Explaining treatment plan

INFORMED CONSENT

Doctor makes patient and his family understand:
1. Diagnosis
2. Treatment choices (Medicines, procedure, or surgery)
3. Benefits and risks of no treatment
4. Complications (Patient specific and procedure specific)
5. Alternative treatment plans

Patient is now able to decide. It creates trust between doctor and patient when there is good understanding.

Informed consent is best in written form and is required for:

Is mandatory for
1. Procedures like Surgery, Anaesthesia, Radiotherapy and Chemotherapy, Blood Borne Viral Screening, Blood Transfusion and Vaccination
2. Genetic testing
3. Clinical trials

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POSTOPERATIVE NOTES

Postoperative notes can be organised in the 'SOAP' format:

Subjective: How the patient feels?

Objective: Findings on physical examination, vital signs and laboratory results.

Assessment: What the practitioner thinks?

Plan: Management plan, which may also include directives written in a specific location as "orders".

CHECKLIST FOR DISCHARGE NOTE/SUMMARY

1.	Date and time	
2.	Elective or emergency procedure	
3.	Names of operating surgeon and assistant	
4.	Name of anaesthetist	
5.	Operative procedure	
6.	Incision/portals used	
7.	Operative diagnosis	
8.	Findings	
9.	Complications	
10.	Additional procedures performed and why	
11.	Any tissue removed or altered	
12.	Any prosthesis used including serial numbers of the prosthesis and the other materials	
13.	Details of closure technique	
14.	Anticipated blood loss	
15.	Antibiotic prophylaxis	
16.	Deep vein thromboprophylaxis	
17.	Detailed postoperative care instructions	
18.	Signature with date and time	

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- Students who read and assimilate the chapters will be able to understand the concepts of general surgery.
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K Sunil Ravinder Paul MBBS MS (CMC, Vellore) FICS, is Professor in Department of General Surgery at Royal Dental College, Chalissery, Palakkad, Kerala, India. An astute diagnostician, surgeon and teacher, he completed his MBBS and MS from CMC, Vellore, Tamil Nadu, India, and has more than 30 years of clinical and teaching experience. He was *Formerly* Associate Professor at Patan Academy of Health Sciences, Lalitpur, Kathmandu, Nepal, and also a Consultant to National Rural Health Mission, Government of India. He also served as Associate Professor in Department of General Surgery at PK Das Institute of Medical Sciences, Palakkad, Kerala and Consultant Surgeon at Seventh-day Adventist Hospital, Ottapalam, Kerala.

He has authored *One Page Solutions for General Practice,* 3rd edition (2023), and *Surgery On Call-Day to Day Surgical Care*, also published by Jaypee Brothers Medical Publishers.

Anuradha Sunil BDS MDS PGDHHM, is Principal, Professor and Head in Department of Oral and Maxillofacial Pathology at Royal Dental College, Chalissery, Palakkad, Kerala. She has more than 25 years of teaching experience. She is co-author of SMED and has contributed to certain chapters of SMED.

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