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Editorial

Aspiring for excellence in anaesthesia

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Anaesthesiology is a dynamic and ever-changing medical speciality. Clinically and scientifically, it has advanced throughout time, and it now has a unique place among surgical and medical specialities. An anaesthesiologist is the first person to respond to a trauma patient, the leader of a resuscitation team, a reassuring hand in the operating room, a clinician who holds the thread of life in intensive care, and a physician who makes the final days of life bearable through pain relief and palliative care. With each passing year, the specialty of anaesthesiology is growing stronger and expanding its frontiers.

While a remarkable practitioner must possess excellent knowledge and talents in addition to good clinical acumen, this alone does not qualify them as exceptional. An anaesthesiologist, one must strike a balance between academics, clinical acumen, skill development, and research emphasis, with the goal of patient care in mind, as is the case with balanced anaesthetic management.¹ Not only, one should strive to be the best at everything they do but should also strive to be a person of good moral integrity. Rather than attempting to divert attention away from problems, a proactive approach to problem solutions is required.

Individual qualities and interpersonal characteristics are two of the few essential core qualities. Clinical abilities, enthusiasm for teaching, conscientiousness, leadership, innovation/originality, communication abilities, and a great

rapport with patients are all highly regarded characteristics. Two key characteristics are the ability to blend information and abilities and the capacity for critical thinking. One should be able to apply prior knowledge to the task, as well as pertinent background information. Have the capacity to keep-up with the current knowledge and current practise, current drugs and procedures, as well as current literature, in addition to the capacity to conform to regulatory requirements. It is vital to deliver exceptional patient care and to always act in the patient's best interest. Instilling patient confidence enables the establishment and maintenance of patient relationships. It is critical that patients and their families get compassionate treatment. An anaesthesiologist should try to develop ability to collaborate effectively with co-workers and members of the theatre production team.

Leadership is defined as the capacity to interact with and lead a group of individuals. When confronted with a challenging situation, a team member capable of assuming the role of team leader is required. To succeed, it is necessary to develop strong professional relationships with the many teams with whom one interacts. Communication abilities include the ability to engage openly, amicably, and promptly with patients and other members of the healthcare team. Patients, families, and co-workers may all benefit from a collaborative attitude, defined as the capacity to communicate effectively and involve others in decision-making processes.²

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'Approachable' refers to someone who is pleasant to meet. Affable, keeping one's calm in the face of misfortune is an admirable characteristic. Others deserve civility and respect. A trustworthy employee who is eager to assist is always appreciated. To ensure that everything works well, effective organisation skills include the ability to create an operational timeline in advance of the event. Individuals who are highly well-organized and efficient, who can take leadership of a situation, and who maintain their composure under duress are always respected. The capacity to retain emotional stability in an emergency situation, to think clearly and quickly, to remain calm and non-aggressive while still conveying urgency when necessary is critically desired. Punctuality may be displayed in a variety of ways, including the completion of tasks on time, the development of good work habits, and the completion of projects on time.³

Experiential learning, sometimes known as "outside the programme" learning, is a style of education that occurs outside of a traditional classroom environment. Extremely extensive understanding over a broad range of academic subjects helps in demanding situations. Having a firm grasp of anaesthetic practice, access to a wide variety of procedures, and exposure to a wide variety of surgical specialities are essential prerequisites. The capacity for rapid learning and adaptation to new environments, as well as the ability to defuse potentially explosive situations is coveted. Attentiveness, in general, refers to a state of awareness of one's surroundings and operational processes on a global scale. When it comes to seeing the "big picture," being watchful, sensitive to others' sentiments and situationally aware are all crucial.

Individuals with a "can-do" attitude exhibit a pleasant and cooperative demeanour in their dealings with others. Maintain your optimism and desire to engage with others when confronted with a clinical stumbling block. Acknowledgement of shortcomings followed by immediate assistance (and offers it). Maintain thorough records — all documentation must be error-free in every way. Due to the

high-pressure environment that one will experience when working in an operating room, it is critical to preserve one's mental, physical, and emotional equilibrium. The capacity to respond swiftly while retaining mental stability and emotional control is important for an anaesthesiologist to be successful under the most stressful circumstances. To be effective, it is necessary to be stable while being quick, calm while remaining stern, and grounded while remaining engaged, among other characteristics. Team leadership abilities, such as the capacity to bring together a varied collection of medical and paramedical staff, as well as the ability to communicate effectively with patients and their attendants who are unfamiliar with medical terminology, are essential.

To summarise, it is vital to aim towards anaesthetic excellence, which is contingent upon an individual's personal attributes interacting well with the environment of the organisation. It is prudent to cultivate one's abilities and strive for greatness as our career continues to expand.

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