



**KUWAITI BOARD
OF ANESTHESIA**

2023-2024 Annual Report

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LETTER FROM OUR PROGRAM DIRECTOR



Dear Anesthesia Program Family,

As we reflect on another year filled with growth, learning, and collaboration in our anesthesia program, I am filled with gratitude for each of you. It is with great pleasure that I present our annual report, a snapshot of our collective achievements and the vibrant community we have fostered together.

This past year has been a remarkable journey as we have launched “Competence By Design” educational curriculum. We have faced challenges that have tested our resilience and adaptability, yet these experiences have only deepened our commitment to excellence in patient care and education. I am continually inspired by the dedication and passion you bring to our program, and I am proud of how we have supported one another through every twist and turn.

Our residents have flourished, embracing new opportunities for clinical experiences and research. Their enthusiasm and curiosity remind us of the joy of learning and the importance of our mission. I also want to extend a heartfelt thank you to our faculty and staff, whose unwavering support and mentorship have been instrumental in shaping the next generation of anesthesia providers.

As you read through this report, I hope you take pride in the accomplishments we have achieved together. From innovative educational initiatives to community outreach efforts, each highlight reflects our shared commitment to excellence and compassion in anesthesia care.

Looking ahead, I am excited about the possibilities that the coming year holds. Let us continue to foster an environment that encourages growth, collaboration, and innovation. Together, we can pave the way for even greater achievements and make a lasting impact in the field of anesthesia.

Thank you for being an integral part of our journey. Your hard work, enthusiasm, and dedication make our program a truly special place. Here's to another year of learning, growth, and shared success!

Warm regards,

Dr. Fatemah Qasem BMSc MBBCh MMed
Program Director
Kuwait Board of Anesthesia
Kuwait Institute for Medical Specialization
Kuwait

LEADERSHIP DYNAMICS

Dr. Shaikha Almatooq

**ASSISTANT PROGRAM DIRECTOR FOR
RESIDENT ACADEMIC AFFAIRS**



As the Head of the Anesthesia and ICU Department at Alrazi Hospital, I am responsible for leading a dedicated team of professionals committed to providing the highest standard of patient care, both in surgical and critical care settings. My role involves overseeing the management of complex anesthesia cases, ensuring the safety and well-being of our patients during perioperative periods, and facilitating multidisciplinary collaboration to deliver comprehensive treatment to critically ill patients in the ICU.

In addition to my clinical duties, I also serve as the Assistant Director of the Kuwait Board of Anesthesia, where my focus is on advancing anesthesia education and setting high practice standards for both residents and practicing anesthesiologists. I work closely with academic institutions and healthcare organizations to ensure that our trainees are well-equipped with the latest knowledge, techniques, and skills, preparing them for leadership roles within the field.

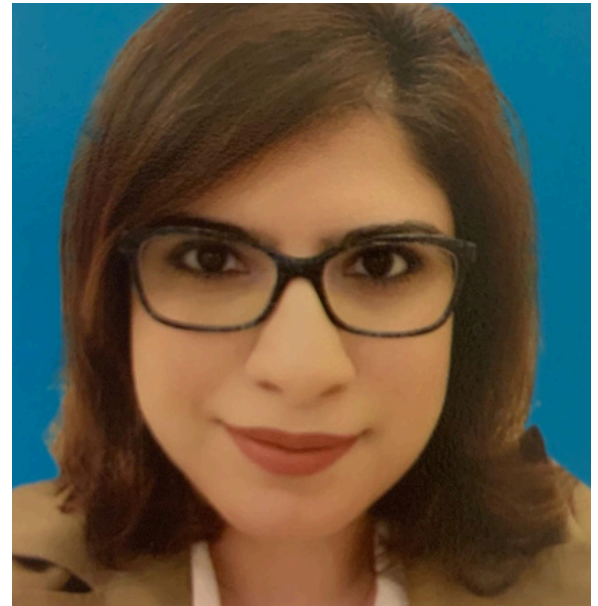
Furthermore, as the Head of the Wellness Committee, I prioritize the mental, emotional, and physical well-being of our anesthesia residents. I have implemented various wellness initiatives to create a supportive environment that promotes work-life balance, stress management, and mental health support, with the goal of fostering resilience among the next generation of anesthesia professionals.

Through these roles, I am deeply committed to advancing the quality of patient care, shaping the future of anesthesia education, and promoting the overall well-being of healthcare professionals.

LEADERSHIP DYNAMICS

Dr. Hend S. S. Esmaeili

**ASSISTANT PROGRAM DIRECTOR FOR FACULTY
AND CURRICULUM DEVELOPMENT**



My journey with the Kuwaiti Board of Anesthesia (KBA) started around a decade ago; first, as a resident, then, as a clinical tutor, and currently, as the assistant program director. In every stage, I've been both blessed and humbled by the experiences, challenges, and achievements.

To my previous tutors, I would like to express my appreciation for all your efforts throughout the years, and I thank you for it.

To my fellow tutors and colleagues, the torch has been handed to you, and you all have been an inspiration for your dedication and hard work in taking the program to the next level and assuring the delivery of high standard education and professionalism.

To my dear residents, I've been in your shoes. It's a challenging journey, you will have good days and bad ones, you will doubt your life choices, you will face some struggles; but you will also have rewarding moments, earned accomplishments, and an exceptional learning experience that would probably change your DNA. Trust me when I tell you, it's worth it.

LEADERSHIP DYNAMICS

Dr. Ali Alfadhli

Competence By Design Chair and Lead



CBD was first implemented in the kuwaiti board of anesthesia in the year 2023,. This form of assessment challenges the traditional time based assessments and gives higher priority to task based assessment and progression. This allows the CANMeds roles to be more applicable and specifically targeted. With continuous and recurrent feedback and performance assessment it enhances the relationship between the assessors and the residents.

What is Competence by design (CBD)? CBD is a curriculum is organized around the outcomes expected of a resident and that resident's advancement is dependent on having achieved those expected outcomes. It organizes residency training into four developmental stages and clearly lays out markers for teaching and learning at each stage. Each stage of training, and each learning experience, focuses on the identified outcomes for that stage

In CBD, the first stage in residency is known as Transition to Discipline. It emphasizes the orientation and assessment of new trainees. Foundations of Discipline, the second stage, covers broad-based competencies that every trainee must acquire before moving on to the third stage. The third stage is known as Core of Discipline, and covers more advanced, discipline- specific competencies. As part of CBD, the Royal College is exploring moving the Royal College exam to the end of this stage. The fourth and final stage of residency education is known as Transition to Practice.

OUR SITES

Our residents rotate through 13 diverse training sites, including both general hospitals and specialized centers. This broad exposure ensures they develop expertise across various anesthesia disciplines.

1. General Hospitals:
2. Sabah Al-Ahmad Hospital: A modern facility with advanced surgeries, offering exposure to both routine and complex cases.
3. Mubarak Al-Kabeer Hospital: A major referral center where residents gain experience managing high-risk patients.
4. Al-Amiri Hospital: Located in central Kuwait, offering a wide range of general and trauma surgeries.
5. New Jahra Hospital: A state-of-the-art hospital with a high volume of complex surgeries and perioperative care.
6. Jaber Al-Ahmad Hospital: One of Kuwait's largest hospitals, providing diverse specialties such as neurosurgery and trauma.
7. Farwaniya Hospital: Offers experience in routine and emergency surgical cases.
8. Al-Adan Hospital: Specializes in emergency and ambulatory anesthesia, including the one-day surgeries center.
9. Specialized Centers:
10. New Maternity Hospital: Focused on obstetric anesthesia and high-risk pregnancy care.
11. Al-Razi Orthopedic Hospital: Specializes in orthopedic surgeries and regional anesthesia.
12. Zain Hospital: Offers challenging airway management and anesthesia for ENT surgeries.
13. Ib Sina Hospital: Focuses on neuroanesthesia for brain and spine surgeries.
14. The Chest Hospital: Specializes in cardiac and thoracic surgeries.
15. Jaber Al-Ahmad Armed Forces Hospital: Provides trauma and military anesthesia training.
16. This issue highlights three general hospitals: Al-Adan, known for high-risk obstetric cases; New Jahra, with a focus on elective and emergency surgeries; and Jaber Al-Ahmad, with its cutting-edge technology and diverse specialties. These rotations ensure our residents are well-prepared for modern anesthesia practice, mastering both clinical and technical skills across various patient population

A SNEAK PEAK INTO SOME OF OUR SITES



ADAN HOSPITAL



Jahra hospital



Jaber hospital

OUR SITES

Adan hospital

Welcome to the Anesthesia and ICU Department at Al Adan Hospital, Kuwait.

As a tertiary care hospital, we offer a dynamic and comprehensive training environment where residents will be exposed to a variety of cases, experiencing a wide range of anesthetic techniques and closed ICU critical care practices. Our department provides unique opportunities to work with advanced technology and experienced professionals dedicated to patient safety and high-quality care. Residents will gain experience in obstetric, trauma, orthopedic, pediatric, and remote anesthesia. Additionally, there are opportunities to be involved in audit and quality improvement projects.

Our department utilizes up-to-date technology in anesthetic practice, including the use of ultrasound, video laryngoscope, and fiber optic intubation, as well as regional blocks under ultrasound guidance. You will also be exposed to chronic pain management, mechanical heart and lung support like ECLS, and ventricular assist devices.

Our faculty has a special interest in resuscitation and simulation medicine, offering residents a unique opportunity to refine their technical and non-technical skills. In last 18 months, Adan Sim team has organized more than 10 Sim sessions for the residents. We look forward to supporting your growth and development in the field of Anesthesia and Critical Care

OUR SITES

Jahra hospital

Welcome to the Anesthesia and ICU Department at New Jahra Hospital, Kuwait. Our department collaborates closely with numerous specialties, including Surgery, Urology, Pediatric Surgery, Vascular Surgery, Oral Maxillofacial Surgery, Ophthalmology, ENT, Gynecology & Obstetrics, Thoracic Surgery, and Radiology. This provides residents with broad exposure to complex cases across multiple disciplines. Additionally, the department oversees Non-Operating Room Anesthesia (NORA) procedures, such as those in Radiology and Interventional Radiology, ensuring residents gain comprehensive experience in various anesthesia settings.

Our department is equipped with cutting-edge technology, including ultrasound-guided regional anesthesia, video laryngoscopy, and advanced monitoring systems. Residents are involved in managing high-risk cases, such as trauma, pediatric procedures, and obstetric anesthesia for complicated pregnancies. With a high surgical volume, New Jahra Hospital offers ample opportunities to develop expertise in a wide range of anesthetic techniques.

We emphasize patient safety, quality improvement, and continuous learning. Residents participate in audit projects, engage in research, and benefit from simulation-based training programs that enhance both technical and non-technical skills. With mentorship from experienced faculty, New Jahra Hospital provides a dynamic environment that prepares residents for success in modern anesthesia and critical care.

OUR SITES

Jaber hospital

Welcome to the Anesthesia and ICU Department at Jaber Al-Ahmad Hospital, Kuwait.

As one of the largest and most technologically advanced hospitals in the country, Jaber Al-Ahmad provides a comprehensive training environment where residents will be exposed to a wide variety of complex cases. This includes opportunities to work with the latest advancements in anesthesia, perioperative care, and critical care medicine. Residents will gain experience in neurosurgery, trauma, orthopedic, cardiac, and remote anesthesia, ensuring a well-rounded education in multiple specialties.

Our department is equipped with state-of-the-art technology, including ultrasound-guided regional anesthesia, video laryngoscopy, fiber optic intubation, and advanced monitoring systems. Residents will also have hands-on experience with critical care technologies, such as extracorporeal life support (ECLS) and ventricular assist devices, providing an in-depth understanding of mechanical heart and lung support.

Additionally, Jaber Al-Ahmad Hospital fosters a collaborative environment with a strong focus on research, audit, and quality improvement projects. Our faculty is dedicated to resident education, offering guidance in both clinical practice and academic growth. There is a special emphasis on multidisciplinary teamwork and simulation-based learning, where residents can refine both their technical and non-technical skills.

We are committed to helping our residents grow into confident, skilled anesthesiologists, equipped to meet the challenges of modern anesthesia and critical care practice.

SIMULATION TRAINING



Simulation Coordinator: Dr Abulmalak Sanfy

Adan simulation Lead: Dr. Beena Yousuf

Simualtion KBA Tutors: Dr Fatima Qasem, Dr Hind, Dr Sheikah, Dr Thawarat, Dr Abrar, Dr Ahmed Mossad, Dr Micheal, Dr Tareq, and Dr Imran

Non KBA Faculty: Dr Mohammad sobhi Desoki, Dr Vladislav mansour, Dr Hosni, Tech. Russell and Nurse Anlet.

SIMULATION TRAINING

Introduction to Simulation Learning

Simulation learning is an essential educational approach that replicates real-world scenarios in a controlled environment.

In the fields of anesthesia, it provides healthcare professionals with hands-on experience, enhancing both technical and non-technical skills like critical thinking, decision-making, teamwork, and communication.

By bridging the gap between theory and practice, simulation improves patient outcomes and overall care quality.



SIMULATION TRAINING

In KBA, We have 4 simulation training centers: Adan, Maternity, Jaber, and Amiri hospitals

During their rotation in each of these hospital, the residents get the chance to train in the simulation lab and work on their skill and critical thinking abilities

Our senior residents participate in CanNASC as a part of their evaluation and training, while R2 and R3 residents have simulation exam as a part of their In Training exam. Junior residents undergo introductory simulation education in anesthesia.



AIRWAY WORKSHOP

As part of the CANMED framework, our senior residents (R4) successfully led and organized the "Airway Management Workshop" for our junior residents (R1) for the second consecutive year. This event provided senior residents the opportunity to enhance both their clinical teaching skills and leadership abilities. The workshop also fostered a welcoming environment, allowing juniors to engage with senior residents outside the typical work setting, further strengthening peer relationships.

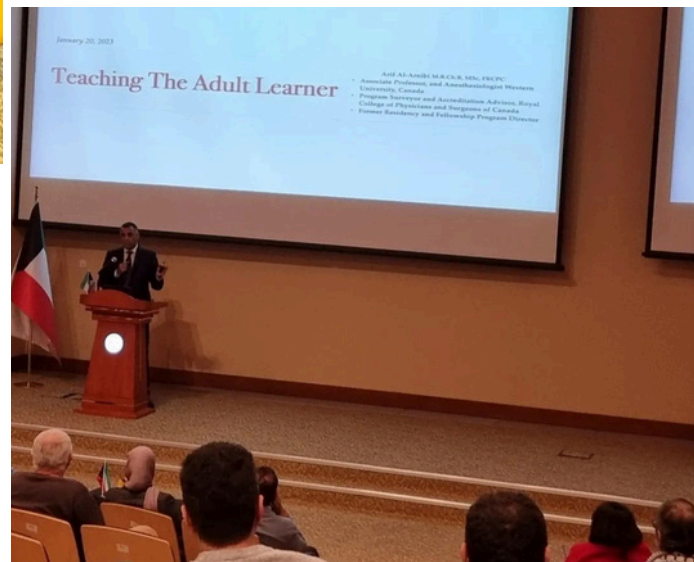


AIRWAY WORKSHOP



FACULTY DEVELOPMENT

As part of its commitment to ongoing education and professional development, the Kuwait Board of Anesthesia (KBA) organized a comprehensive faculty development workshop aimed at standardizing the quality of training for residents across the program. This initiative was designed to ensure that residents, regardless of their location, have access to the same high-quality educational opportunities and resources.



FACULTY DEVELOPMENT

To enhance the depth and breadth of the workshop, local and international speakers were invited to share their knowledge, expertise, and insights on anesthesia education and training. These distinguished speakers included renowned professionals such as Dr. Ibrahim Hadi, Dr. Arif Al-Areibi, Dr. Andaleeb Arshad, and Dr. Dalia Al-Hennawi. Their presentations covered a wide range of topics, drawing from their extensive experience in the field of anesthesia and medical education, contributing to the enrichment of the faculty's teaching methods and strategies. This initiative not only reinforced the global collaboration in anesthesia education but also helped equip faculty members with the tools needed to provide KBA residents with top-tier training.



RESEARCH



Research

The Research Committee of the Kuwait Anesthesia Board plays a pivotal role in fostering a culture of scientific inquiry and innovation among our residents. Dedicated to the advancement of anesthesia practice through rigorous research, the committee is committed to organizing and facilitating research projects that enhance both clinical and academic excellence. One of the core functions of the Research Committee is to support residents in developing and executing their research projects. This support begins with the conceptualization of research ideas, where the committee provides guidance on identifying pertinent and impactful research questions. Residents are mentored through the process of proposal preparation, data collection, and analysis, ensuring that their projects meet the highest standards of scientific rigor.

In addition to supporting resident-led research, the committee actively encourages collaboration between residents and anesthesia doctors. This collaborative effort has resulted in the publication of four research papers and the presentation of ten posters at various international conferences, including SWAAK ELSO 2024 and the World Anesthesia Congress 2024. Notably, a delegation from the board presented five posters at the OAA 2024 conference in Birmingham, UK, where two posters were selected as the best presentations and one was chosen for oral presentation in the Felicity Reynolds Prize session. Additionally, five posters were presented in Birmingham, UK.

The commitment to research excellence extends beyond conferences, with two residents participating in critical appraisals of research articles during the board's journal club sessions every two months. This emphasis on continual learning and engagement with the latest research findings ensures that residents are well-equipped to contribute meaningfully to the field of anesthesia. The achievements of the Research Committee this year mark a significant milestone in the board's history, representing the most successful year in research development since its inception. With nine research projects currently undergoing preparation, data collection, and publication, the committee continues to spearhead efforts to advance anesthesia research and practice in Kuwait.

Dr Fahad AlRashed

Specialist Anesthesiologist Jaber AlAhmad Armed Forces Hospital site coordinator
Research coordinator

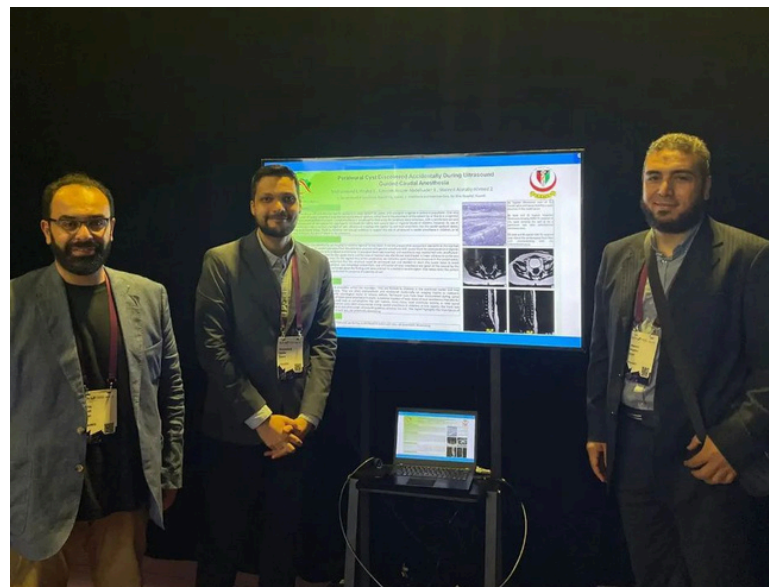
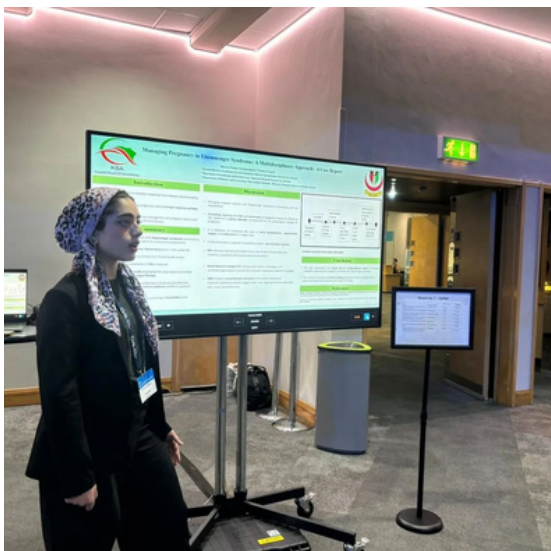
Research

Our residents throughout their training are encouraged to participate in research projects and here we included a few of the projects our residents are a part of



**OBSTETRIC ANESTHESIA ASSOCIATION BIRMINGHAM
UK - MAY 2024**

**ANESTHESIA FEDERATION CONGRESS MEETING
SINGAPORE - MARCH 2024**



Papers

No	Research	Researchers	Status
1	Improving patient PACU stay time in Obstetric surgery, a quality improvement project. Maternity hospital.	Drs Fatma Qasem, Mohammed Heyba, Hesham Akl, Tharwart Habib, Abdulradhi Shehata	Accepted in Journal of Peri Anesthesia and Nursing
2	Persistent left superior vena cava discovered during central line insertion in a patient with Joubert syndrome: A case report.	Drs Mohammed Heyba, Waleed Al Araby, Mahmoud Gadelrab	Submitted to the Journal of Medical Case Reports
3	Covid-19 Pandemic and its Effect on Residents' Mental Well-Being	Drs Anwar Yazdani, Hend Esmaeili, Abdulla K AlSaleh, Ahmed Sultan, Esam Alamad, Ali Bandar, Hanouf Rawdhan	Published on medRxiv
4	Undesired effect of Carbetocin compared to Oxytocin administered as single Intravenous dose or infusion during delivery: A prospective randomised controlled study	Drs Fatmah Qasem, Marina Botras, Ali Alwadaani and Gyn Team	Finalizing data collection and registration
5	Video-assisted devices use in rapid sequence intubation- a meta analysis comparison (Meta-analysis)	Drs Marina Botras, Islam Elsaka, Mohammed Zalazal, Fatma Qasem	Study registered
6	Detection and improvement of the compliance of pediatric patients to the pre-operative fasting guidelines in Adan hospital (quality study)	Drs Ali Alwadaani, Huda Alfodery	Research completed, presented in Adan hospital, waiting for publishing
7	Mistreatment of residents during teaching	Drs Hanouf Al Rawdhan, Mohammed Heyba, Manal Bouhaimed	Pilot testing completed, preparing for data collection
8	Use of prophylactic IV Ondansetron prior spinal anaesthesia in caesarean section on bradycardia and hypotension (Observational Study)	Drs Mohammed Iraqy, Hala Tarakma, Salman Hasan, Mohammed Heyba	Ethical approval done
9	Factors affecting anesthesiologists' performance and attentiveness during working hours; A study conducted among anesthetists in Kuwait.	Drs Abdulmalik Alsnafy, Hawra Mallalah, Maytham Abdullah	Ethical approval done
10	Spontaneous CSF leak post epidural analgesia	Drs Salman Hassan, Fatma Qasem	Started
11	Observation study on the effect of new weight loss medications on gastric emptying for patients undergoing elective surgery	Dr Ahmad Alfaqi, Moadh, Fatma Qassem, Abdulradhi	Ethical approval applied
12	Observational study for estimating a formula between Sagittal Abdominal Diameter and accurate epidural space depth from the skin in obese patients.	Dr Ahmad Fuad, Thamer Alkharji	Preparing proposal
13	Anesthetic Management of a Pregnant Patient with Congenital Long QT Syndrome Type 2 Undergoing Ovarian Dermoid Cyst Excision: A Case Report	Drs Ali Alwadani, Abdelrady Ibrahim, Fatemah Qasem	Poster accepted at OAA Birmingham 2024, also accepted in the International Journal of Obstetric Anesthesia
14	A Randomized Controlled Trial Comparing Awake Intubation Using Fiberoptic Bronchoscopy Alone versus Fiberoptic Bronchoscopy Assisted by Laryngeal Mask Airway in Patients Undergoing Cervical Spine Fixation	Drs Islam Alsaqqa, Shaikha Almatouq, Mohammed Ibrahim, Mostafa Hilal	Ethical approval applied

Posters

No	Poster	Researchers	Status
1	Need assessment study regarding simulation in residency programs of KIMS	Drs Ahmad Abdulrahman, Fatmah Qasem	Finished and accepted as a poster in a conference in KSA
2	Anesthetic management of a child with very long-chain acyl-Coenzyme A dehydrogenase deficiency (VLCADD)	Drs Mohammed Heyba, Waleed Al Araby	Poster accepted in the World Anesthesia Congress 2024
3	Preemptive use of VV ECMO with bicaval dual lumen cannula for anticipated difficult airway, a lesser invasive novel approach: A Case Report	Dr Abdulrahma Borhama	Poster accepted in SWAAC ELSO 2024
4	Comparative analysis of video-assisted devices and direct laryngoscopy in rapid sequence intubation in the emergency setting: A meta-analysis review	Drs Merina Lutfi, Islam Alsaka, Mohammed Zalzala, Meriam Zayed, Fatmah Qassem	Poster accepted in SWAAC ELSO 2024
5	Perineural cyst discovered accidentally during ultrasound-guided caudal anesthesia	Drs Mohammed Heyba, Kareem Assem, Waleed Alaraby	Poster accepted in the World Anesthesia Congress 2024
6	Use of Bivalirudin in patients with Heparin-Induced Thrombocytopenia (HIT) on veno-venous extracorporeal membrane oxygenation (ECMO): A two-case series report	Drs Farah Alshemmeri, Omar Ba Masoud, Vimal Raj	Poster accepted in SWAAC ELSO 2024
7	Spinal needle fracture during emergency cesarean section: A rare complication requiring prompt intervention	Drs Hala Tarakma, Abdulrady Ibrahim, Fatema Qassem	Poster accepted in OAA in Birmingham 2024 and in the International Journal of Obstetric Anesthesia
8	Interrogating amniotic fluid embolism: Pathophysiological dilemma and management spectrum - Anaphylaxis or obstruction - A two-case series	Drs Islam Elsaka, Fatemah Qasem, Abdel Rady Shehata	Poster accepted in OAA in Birmingham 2024 and in the International Journal of Obstetric Anesthesia
9	Evaluating labor analgesia modalities: A comprehensive audit comparing programmed-intermittent epidural boluses (PIEB) and patient-controlled epidural analgesia (PCEA)	Drs Salman Hasan, Ali Alwadani, Abdelrady Ibrahim, Fatemah Qasem	Poster accepted in OAA in Birmingham 2024 and in the International Journal of Obstetric Anesthesia
10	Pregnancy management in a patient with Eisenmenger syndrome: A case report	Drs Hawra Malallah, Fatma Qassem	Poster accepted in OAA in Birmingham 2024 and in the International Journal of Obstetric Anesthesia

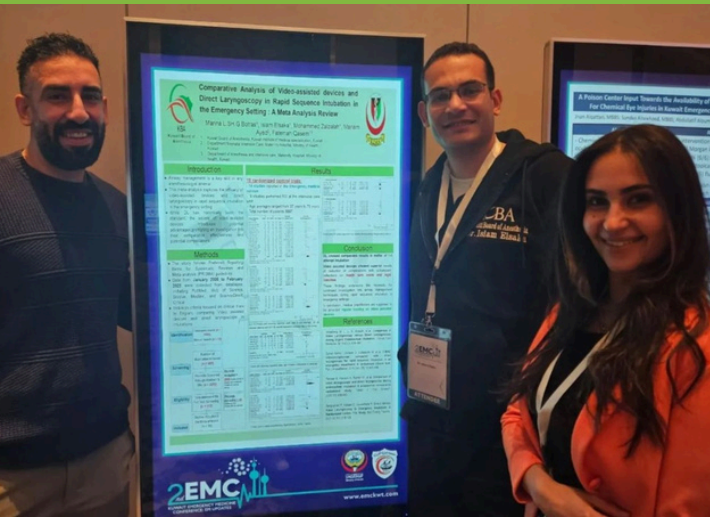
Awards



THE PROGRAM AWARDS GALA DINNER WAS HELD TO CELEBRATE THE ACHIEVEMENTS OF KBA MEMBERS OVER THE PAST YEAR.



DR ALI ALWADANI BEING PRESENTED WITH THE BEST RESIDENT SCHOLAR AWARD FOR THE YEAR 2022-2023 (LEFT) AND DR MOHAMMAD HEYBA BEING PRESENTED WITH THE BEST RESIDENT TEACHER AWARD (RIGHT). BOTH PRESENTED BY KBA DIRECTOR DR. FATEMAH QASEM IN THE PRESENCE OF DR HUDA ALFOUDARI AND DR. SHAIKHA ALMATOUQ.



BEST RESEARCH AWARD WAS PRESENTED TO DR. ISLAM ELSAKA, DR.MAREENA LUTFI AND DR MIHAMMAD ZALZALAH FOR THEIR METANALYSISWHICH WAS PRESENTED AT THE KUWAIT EMERGENCY MEDICINE CONFERENCE (LEFT). IN ADDITION, DR MOSTAFA HEALTH WAS PRESENTED WITH DR.IBRAHIM HADID'S BEST TEACHER AWARD (RIGHT).



FARWANIYA HOSPITAL SITE CO-ORDINATOR DR. HAZEM RECEIVING THE BEST GENERAL HOSPITAL SITE AWARD (LEFT) AND THE CHEST DISEASE HOSPITAL RECEIVING BEST SUB SPECIALITY SITE (RIGHT), WITH BOTH AWARDS BEING PRESENTED BY DR HUDSON ALFOUDARI, HEAD OF THE ANESTHESIA COUNCIL.



APPRECIATION AWARDS WERE PRESENTED TO NON KBA TUTOR STAFF THAT HAVE CONTRIBUTED SIGNIFICANTLY TO THE PROGRAM. DR. MOHAMMAD DESOUKY (LEFT) AND DR. VLAD (CENTER) FROM ADAN HOSPITAL IN SIMULATION AND DR. ABDULRADY IBRAHIM IN RESEARCH.

AROUND THE WORLD TO KBA



Over the past academic year, we had the privilege of learning from and connecting with tutors from around the world, each bringing diverse experiences and specialties. Their guidance not only enriched our knowledge but also instilled a strong sense of belonging, reassuring us that we are meeting the high standards required to become exceptional anesthesiologists.

Around the world to KBA

Prof Shalini Dhir

**Professor, Department of
Anesthesia & Perioperative
Medicine at Western University**



During her visit, Prof. Dhir supervised an intensive week of focused regional anesthesia training at Al-Razi Hospital, offering senior residents the unique opportunity to work with her one-on-one. She provided personalized feedback and demonstrated advanced techniques to help improve residents' regional skills, leaving a lasting impact on their clinical practice. In addition to the hands-on training, Prof. Dhir participated in the inaugural Poster Day organized by the Kuwait Board of Anesthesia (KBA), where she delivered an inspiring talk on the importance of research in advancing anesthesiology. She shared practical advice on how to start and conduct research, emphasizing its critical role in medical practice. Prof. Dhir also presented awards for the best presentation and best project, encouraging residents to pursue academic excellence and fostering a spirit of innovation and inquiry within the residency program.

Around the world to KBA

Dr. Osama Sefein

**Assistant Professor,
Department of Anesthesia
& Perioperative Medicine
at Western University**



Dr. Osama delivered an insightful session on the latest practices in managing cardiac patients undergoing surgery, focusing on key considerations for anesthesiologists. He covered topics like perioperative care, hemodynamic monitoring, and managing conditions such as heart failure and ischemic heart disease. To reinforce learning, he incorporated an interactive trivia segment, engaging residents and testing their knowledge. His blend of up-to-date content and dynamic activities made the session both informative and memorable for the residents during their academic day.

Around the world to KBA

Dr. Ahmed Hegazy

Associate Professor,
Department of Anesthesia
& Perioperative Medicine at
Western University



We had the pleasure of hosting Dr. Ahmad Hegazy, an associate professor at the Department of Anesthesia and Perioperative Medicine at the University of Western Ontario, Canada, as our guest speaker during the Resident Academic Day at Jaber Alahmad Hospital. Dr. Hegazy is a renowned expert in Point of Care Ultrasound (POCUS) and has made significant contributions to the field. He played a crucial role in designing the POCUS curriculum for the anesthesia residency program at Western and has authored numerous chapters on topics related to POCUS.

Around the world to KBA

Dr Howard Meng

**Assistant Professor in the
Department of Anesthesiology
and Pain Medicine at the
University of Toronto**



Anesthesiology & Pain Medicine
UNIVERSITY OF TORONTO



Dr. Howard Meng was a special guest for the Resident Academic Day. He is an Assistant Professor of Anesthesiology and Pain Medicine at the University of Toronto and also serves as the Director of Pain at the Department of Anesthesia at Sunnybrook Health Sciences Centre, Toronto, Canada. During his session, Dr. Meng covered a comprehensive overview of regional anesthesia, providing residents with in-depth knowledge and practical insights. Additionally, he conducted a practice oral exam, offering valuable tips and tricks to help improve residents' examination techniques and clinical skills, making his session both educational and highly beneficial.

Around the world to KBA



Dr. Arif Al-Areibi

**Associate Professor,
Department of Anesthesia &
Perioperative Medicine at
Western University**



Dr. Arif Al-Areibi is an esteemed anesthesiologist and Associate Professor at Western University's Schulich School of Medicine & Dentistry. With a strong focus on medical education, Dr. Al-Areibi has been recognized for his contributions to postgraduate education, earning multiple accolades such as the John Bradley Young Educator Award. His involvement with the Kuwaiti Board of Anesthesia (KBA) has been instrumental, particularly in his role as the Royal College advisor for the KBA residency program. Dr. Al-Areibi has actively contributed to the development of competency-based education within the program, offering valuable workshops and talks to both faculty tutors and residents. His leadership and expertise in competency-based design are shaping the future of anesthesiology training in Kuwait.

Around the world to KBA

**Dr. Mohammed
Shamsah**

Anesthesia Faculty Chairman,
Kuwait University

**Dr. Hasan
Behbehani**



**Specialist Anesthesiologist and
Pain Physician, KBA Faculty**



We are immensely proud of our Kuwait Board of Anesthesia staff, Dr. Mohammad Shamsah and Dr. Hasan Behbehani, for their selfless decision to volunteer in the war-torn Gaza region. They returned home safely after a successful mission. Their dedication to helping injured civilians in such a challenging environment is truly admirable. Their bravery and compassion are shining examples of the noble spirit of humanitarianism. The role of anesthesiologists in crisis management, especially in hostile surgical environments like war zones, is paramount. Their expertise in providing anesthesia and critical care is crucial in ensuring successful surgical interventions for the injured. Anesthesiologists play a vital role in stabilizing patients, managing pain, and monitoring vital signs during surgeries, which is essential for the overall success of medical interventions in such challenging settings.

Meet our residents



Meet our residents

Name: Ali Alwadani

PGY: 4

**Education: Cairo university (Alkasr
Alainy)**



CHIEF RESIDENT

Research :

- Quality improvement project (over fasting of pediatric patients undergoing elective surgery)
- Case report (Anesthetic management of an obstetric patient with congenital long QT syndrome type 2 undergoing ovarian dermoid cyst excision

Awards:

Best resident scholar award 2023/2024

Why did you choose to specialize in anesthesia?

My interest in the field of anesthesiology began during my college years when I participated in an anesthesia rotation. I was drawn to the specialty due to its broad scope, involving the management of diverse cases with varying strategies. I appreciated the individualized approach taken for each case, as well as the challenge of managing patients with different comorbidities. What particularly appealed to me about this specialty was the blend of technical skills required, such as intubation, line placements, and ECMO procedures, alongside the strategic use of medications at varying doses.

Special interests:

Obstetric anesthesia / pediatric anesthesia

KBA thoughts:

I appreciate the Kuwaiti Board of Anesthesia for the excellent supervision provided to us as residents. The program's continuous evolution and adaptation to new practices are aspects that I find particularly appealing. Moreover, the friendly and supportive attitude of all senior staff towards us, treating us like friends, along with the accessibility of the program committee, contribute to a positive learning environment.

Meet our residents

Name: Salman Hasan

PGY: 4

**Education: Jordan University of
Science and Technology**



Research:

- Evaluating Labour Epidural Modalities; A Comprehensive Audit Comparing Programmed-Intermittent Epidural Boluses (PIEB) and Patient-Controlled Epidural Analgesia (PCEA) -> *Published*
- Effects of Ondansetron on Spinal Anesthesia-Induced Hypotension and Bradycardia -> *In Process*
- Do Antibiotics have any role in preventing anal fistula following incision and drainage? -> *Published in American Society of Colon and Rectal Surgeons (ASCRS)*
- Triple Treatment vs Double Treatment in Management of Obesity : Tirzepatide (GIP/GLP-1 RA) + Diet + Exercise - Exercise + Diet -> *In Process*
- Patient with ESRD on Dialysis and secondary complications associated with different modalities of dialysis and Mortality rate -> *Published*

Awards:

1st place for best poster presentation in Obstetrics Anesthesia Association (OAA) in 2024

Why did you choose to specialize in Anesthesia?

You are the back-up to all specialities, when everyone else fails you are called upon. No hospital can run without an Anesthesia Department. I did an elective and i just fell in love with it.

Special interests:

Regional Anesthesia - Pain Management - Obs.Anesthesia

KBA thoughts:

KBA is more than just a higher education program, its a family filled with competent tutors and amazing role models. Its always growing, aiming beyond and further to give residents all the tools they need to be great anesthesiologists.

Meet our residents

Name: Islam Elsaka

PGY: 4

**Education: Mansoura University,
faculty of medicine, Egypt.**



Research

- Comparison of video assisted vs direct laryngoscopy in RSI, a meta analysis.
- A randomized controlled trial comparing awake intubation using FOB alone vs. FOB assisted with LMA
- Case series presentation in OAA- Birmingham 2023: Interrogating Amniotic fluid embolism: a case series examining the pathophysiological dilemma and management spectrum -anaphylaxis or obstruction?

Awards:

KBA best research project in 2023

Why did you choose to specialize in anesthesia?

I chose to be an anesthetist because it allows me to play a crucial role in patient care, ensuring their safety and comfort during surgery. The precision and responsibility involved in managing anesthesia aligns with my passion for making a difference in critical moments.

Special interests:

airway management - regional anesthesia- obstetric anaesthesia - organ transplantation

Meet our residents

Name : Marina Lotfy

PGY: 4

Education: Kuwait University



Research :

~Before KBA~

- Immune Cells Profiles In The Peripheral Blood Of Patients With Moderate To Severe COVID-19 And Healthy Subjects With and Without Vaccination With The Pfizer-BioNTech mRNA Vaccine.
- Lutein modulates transcription dysregulation of adhesion molecules and spermatogenesis transcription factors induced by testicular ischemia reperfusion injury: it could be SAFE
- Period prevalence and factors associated with road traffic crashes among young adults in Kuwait.
- A proportional odds model of risk behaviors associated with recurrent road traffic crashes among young adults in Kuwait.

~During KBA~

- Comparison between direct and video assisted intubation in the emergency setting- a meta analysis : in the process of publication

Awards :

Best Research Project in 2023

Why did you choose to specialize in anesthesia?

Combination of brain, skill, and adventure. Patient advocate, researcher, and leader are the characteristics I think of when I hear anesthesiologist, and its what I aspire to become

Special interests

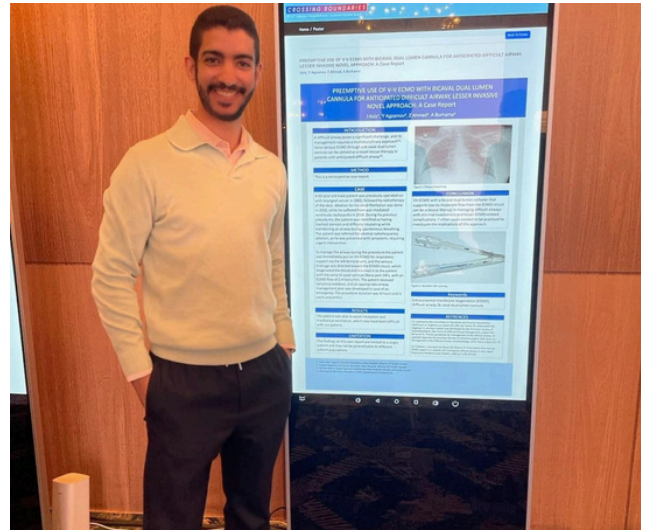
Pain management- Pediatric anesthesia- Artificial intelligence and Anesthesia - Research

Meet our residents

Name: Abdulwahab Borhamah

PGY: 3

Education: Kuwait University



Research:

- Preemptive Use of VV-ECMO With Bicaval Dual Lumen Cannula for Anticipated Difficult airway, A less invasive novel approach: A Case Report Imran Aziz, Yuldash Agzamov, Zahoor Ahmed, and Abdulwahab Borhamah. ASAIO Journal. 70(Supplement 1):1, February 2024
- Ayed M, Borahmah AA, Yazdani A, Sultan A, Mossad A, Rawdhan H. Assessment of Clinical Characteristics and Mortality-Associated Factors in COVID-19 Critical Cases in Kuwait. Med Princ Pract. 2021;30(2):185-192.
- Al Khaldi L, Al Saffar N, Alipour M, Faraj H, Bin Salama S, Borahmah A, Albatineh AN. Quality of life comparison between hemodialysis and peritoneal dialysis among end-stage renal disease patients in Kuwait. Open Access J Trans Med Res. 2017;1(3):61-67.

Awards:

Best Presentation Award - KBA Resident Research Day 2024

Why I chose anesthesiology:

I chose anesthesiology because it offers the perfect blend of roles: expert resuscitator, individualized critical care provider, pain management specialist, and a multifaceted proceduralist. Each of these aspects allows me to make a significant impact on patient care. Moreover, the Operating Theatre (OT) is my favorite place in the hospital, where I thrive in the dynamic and hands-on environment that anesthesiology uniquely offers

Special interests:

Perioperative Management, Regional Anesthesia, POCUS, Simulation

KBA thoughts:

We are entering an era dedicated to enhancing teaching quality and refining the competencies of our residents. The Kuwait Board of Anesthesiology (KBA) has shown unwavering commitment to these goals, with board representatives demonstrating remarkable enthusiasm and dedication. Their efforts not only inspire residents to excel within the program but also to continuously seek knowledge and improvement beyond their residency years. The KBA's approach ensures that our future anesthesiologists are well-equipped to advance healthcare standards, both locally and globally.

Meet our residents

Name: Mohammad Zalzal

PGY: 2

**Education: Royal college of surgeons
of ireland**



Research :

- Meta-analysis comparing rapid sequence intubation using direct vs. Video laryngoscopy

Awards:

KBA best research project 2024

Why I chose anesthesiology:

I became interested in anesthesiology when I first did an elective in it several years ago. I was fascinated by the individualized approach and unique considerations each case required. The knowledge base required coupled with the application of technical skills required to perform the procedures involved peaked my interest and had me convinced that it is an ever changing and dynamic speciality that keeps improving on itself with new techniques and discoveries in the field emerging at a rapid pace. Anesthesiology also appealed to me as a speciality due to its challenging nature. I noticed that the kind of person required to become an anesthesiologist had to evolve very rapidly in order to meet the expectations that the speciality demanded. In trying to meet these expectations I have become a more knowledgeable and efficient doctor.

Special interests:

Trauma/ regional anesthesia

KBA thoughts:

I am very impressed with the KBA programs attention to detail and adherence to the high standards expected from its staff and residents. Excellent supervision and a very encouraging environment is provided in order to help residents improve and succeed. Senior staff and tutors always have time to address any issues the residents may be facing in spite of their busy schedules, and are a great source of support encouragement during this crucial training period.

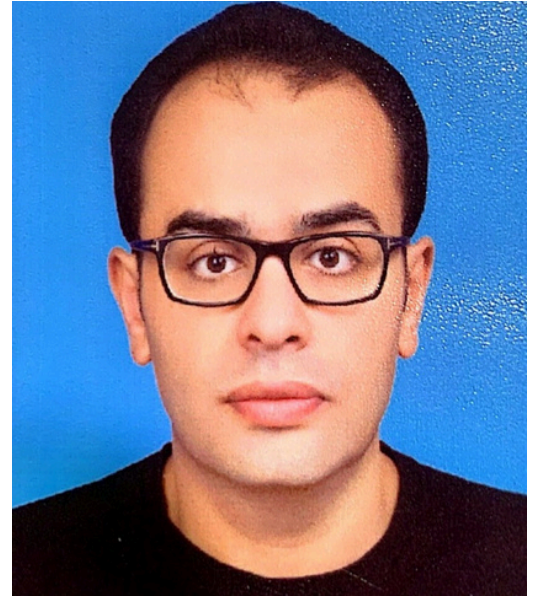
Meet our residents

Name : Karim Saleh

PGY : 5

Education:

- Alexandria university Faculty of medicine ,Egypt**
- Master degree in Anesthesia and intensive care from Alexandria faculty of medicine**
- European diploma in Anesthesia and intensive care from European society of Anesthesia**
- Diploma in ultrasound guided regional Anesthesia from university of Montpellier,France**



Why did you choose anesthesiology?

Joining the anesthesia department can be a rewarding career choice because it allows me to play a crucial role in patient care, ensuring their comfort and safety during medical procedures. It involves a combination of critical thinking, technical skills, and the ability to adapt to various situations, making it a dynamic and challenging field.

Special interests:

I am interested in Regional Anesthesia and Intensive Care Medicine

What are your thoughts on KBA?

I'm happy to share how efficient the Kuwait Board of Anesthesia is and how it has significantly improved my skills and critical thinking. The mentorship and guidance I've received have been instrumental in my development, aiding in my learning, improvement, and evidence-based medicine guidance.

Meet our residents

Name: Mohammed Heyba

PGY: 5

Education: Kuwait university



Research:

- Detection and Management of Intraoperative Pneumothorax during Laparoscopic Cholecystectomy
- Improving Postanesthesia Care Unit (PACU) Delays: A Quality Improvement Project
- Severe Intraoperative Bradycardia during Laparoscopic Cholecystectomy due to Rapid Peritoneal Insufflation
- Viability and Contractility of Rat Brain Pericytes in Conditions That Mimic Stroke; an in vitro Study
- Microbiological contamination of mobile phones of clinicians in intensive care units and neonatal care units in public hospitals in Kuwait
- 2 poster presentations at the world Congress of anesthesia 2024 and one poster presentation at the ASA 2024

Awards:

Best resident researcher award by the Kuwait board of anaesthesia 2023.

Best resident as teacher award by the Kuwait board of anaesthesia 2024

Why I chose anesthesiology:

Well, some people like to know everything about something and some prefer to know something about everything, I am the latter. That's either ER, family or anesthesia, anesthesia is the appealing option among these three. You have a game in every field, and you tend to play it well in every one.

Special interests:

pediatric cardiac anesthesia.



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instagram:
@kba.q8

Reach Out To Our Program

Program Administrator:
alifiyakba@gmail.com