Ambulatory Anesthesiology

Jeffrey L. Apfelbaum, Thomas W. Cutter (Editors); Consulting Editor: Lee A. Fleisher.
June 2014 – Elsevier; ISBN: 978-0-323-29916-9

Naguib Farag, MD · Jean Wong, MD

Received: 20 November 2014 / Accepted: 28 November 2014 / Published online: 9 December 2014
© Canadian Anesthesiologists' Society 2014

Ambulatory Anesthesiology, volume 32, number 2 by *Anesthesiology Clinics* provides in-depth reviews on a wide range of important topics relating to ambulatory anesthesia. This book is intended for anesthesiologists practicing in all ambulatory surgical settings, and the topics are relevant to physicians practicing ambulatory anesthesia anywhere in the world. The editors and authors are recognized experts in their specialty, and many of them have helped create consensus guidelines for ambulatory anesthesia practice. The book covers various important and practical routine issues that anesthesiologists face daily in the ambulatory surgical setting.

The book is well organized, and its uniform format makes it an easy book to read. The chapters are consistently organized with introductory outlines and key points at the beginning of the chapter which allow the reader a glimpse of the content. Each chapter has practical illustrations, informative boxes, clinically oriented tables, and key references. Furthermore, the references are current, and the information is highly relevant to everyday clinical practice.

In the first three chapters, the authors address the issue of perioperative management of co-morbidities and focus on two populations that are increasingly presenting for ambulatory surgery – patients with significant cardiac co-morbidities and those with obstructive sleep apnea (OSA). Fittingly, they present the 2009 American College of Cardiology/American Heart Association (ACC/AHA) guidelines regarding perioperative cardiovascular evaluation and care for the

non-cardiac surgery patient, and they also include useful tables with recommendations regarding cardiovascular implantable electronic devices, echocardiographic evaluation of murmurs, and cardiac conditions requiring endocarditis prophylaxis. The new 2014 ACC/AHA guidelines that were recently published are not mentioned, but this is likely due to the timing of preparation for this book. These opening chapters also outline the 2012 Society for Ambulatory Anesthesia recommendations regarding using the STOPBang Questionnaire for OSA and present an algorithm showing decision-making in the preoperative selection of OSA patients for ambulatory anesthesia.

The book also includes a section about peripheral nerve blocks with tables listing the advantages and disadvantages of single peripheral nerve blocks, continuous peripheral nerve block techniques, and the use of ultrasound guidance for ambulatory surgery. A variety of labelled coloured pictures of both upper- and lower-extremity ultrasound-guided peripheral nerve blocks are presented; however, some of the labels are difficult to read.

There is a section on ambulatory anesthesia settings remote from the operating room, such as the radiology suite, cardiac catheterization lab, gastrointestinal endoscopy suite, and off-site locations for chronic pain patients. The authors highlight the increase in complexity of these ambulatory procedures while simultaneously balancing patient safety and comfort during anesthesia.

Pediatric patients comprise a large proportion of ambulatory anesthesia practice, and appropriate patient selection with special areas of concern are discussed, including upper respiratory tract infection, risk of sleep apnea, cardiac issues, undiagnosed myopathies, tracheal intubation without neuromuscular blockade using remifentanyl, anxiolytic premedication, and several non-pharmacological techniques to reduce preoperative anxiety.

N. Farag, MD · J. Wong, MD (✉)
Toronto Western Hospital, University of Toronto,
Toronto, ON, Canada
e-mail: jean.wong@uhn.ca

Office-based anesthesia (OBA) is also mentioned, with the authors presenting tables of various criteria, such as anesthesia type, outcomes, common procedures, age, and sex, which have been studied and compared with non-OBA anesthesia.

Special attention is given to airway management, particularly with the increased prevalence of obesity and OSA, with emphasis on the Fourth National Audit Project and the updated 2013 American Society of Anesthesiologists difficult airway algorithms.

The latest evidence and consensus with regard to discharging an ambulatory surgical patient to home, the use of patient recovery scoring systems for protocol-based decision-making, the concept of fast-track recovery, and requirements for patient escort are summarized.

Despite this book's strengths, the overview of the preoperative assessment of certain groups of patients is less thorough than other books on this subject. For example, the authors do not address the topic of patients taking the new anticoagulants and how to manage these patients presenting for ambulatory surgery. As well, they do not cover the specific anesthetic considerations for minimally invasive surgeries or advanced ambulatory procedures. The book also does not provide specific chapters on sedation, equipment, and monitoring. Nevertheless, the book covers

many topics in ambulatory anesthesia that may lead to suboptimal clinical outcomes and provides management strategies to deal with these scenarios.

Overall, we recommend this book for the full range of junior and senior anesthesiologists practicing in the field of ambulatory anesthesia. The book provides many updated algorithms and guidelines, covers a wide scope of topics, and may also be valuable for those starting an ambulatory anesthesia program. Although this book is targeted towards clinicians, it also provides ideas for future research.

This book would clearly be a worthwhile resource for any anesthesiologist who may be establishing a new ambulatory surgical centre, negotiating financial terms to provide private OBA, or administering the recovery and discharge process for their local hospital or ambulatory surgical centre. The book conveys valuable information regarding the regulation, accreditation, administration, and quality control of ambulatory surgical centres, though arguably some of this information may be particularly relevant only to those practicing in the United States – where most of the authors featured in this book are from.

Conflicts of interest None declared.