

Practicing kindness to self and others

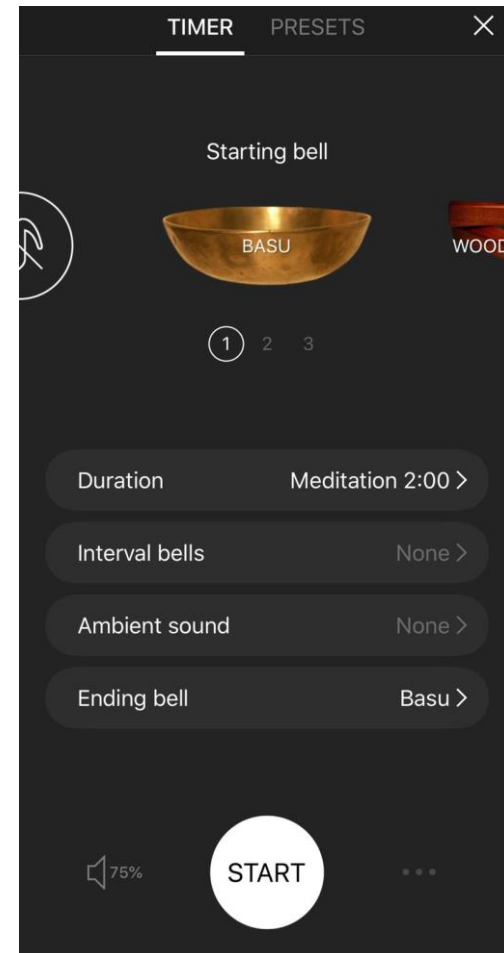
The Power of Presence

Dr Bishan Rajapakse
MBChB, PhD, FACEM

Festival of Dangerous Ideas in Emergency Medicine – #ACEM18, Perth, Nov 2018

Practicing “self-kindness”

- **A Poem**
- **Short exercise
(2 min Sit)**
- **A reflection**



Reflections

- **Dangers?**
 - Stress & burnout epidemic (in society and in EM)
- **Protections?**
 - kindness to self = kindness to all
 - Moments of “presence” = moments of self-kindness

Why planes are important in Emergency Medicine



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ON THE EDGE

Awareness of E_{merging} D_{ysfunction}

Werner JVR
FACEM

WA Sustainable Health Review

.. 10 yr period .. Released Jan 2018



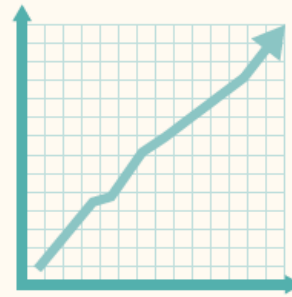
ED attendances
↑ 49%



Hospital
admissions
↑ 39%



Health costs tripled
in 10 years
\$3B ↑ **\$9B**



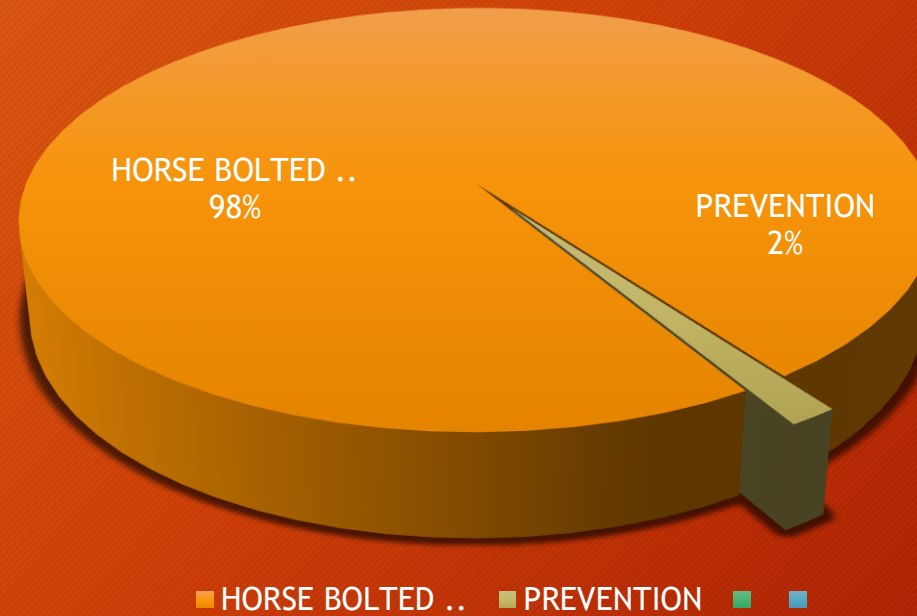
WA State
debt



Ageing population
(50% more people
over 65 in 10 years)



Not Expecting a Wellness Outbreak ..



WA health sector review recommends more prevention spending

By Jacob Kagi

Updated Tue 27 Feb 2018, 4:03pm

Western Australia should tackle its "scary" health spending problems by pouring more money into prevention programs, reining in wage growth and reducing red tape, a review of the sector has found.



When .. $n=1$ & $NNT = 1$.. Matters

CONNECTIONS

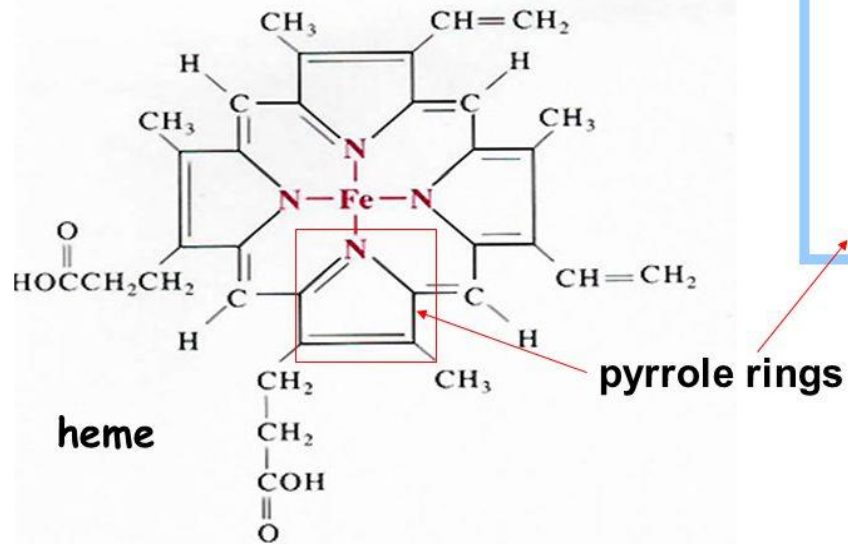
NUTRITION

EXERCISE

SLEEP

BE

A Brief Story About Hope ..



Heme is a derivative of the **porphyrin**. Porphyrins are cyclic compounds formed by fusion of 4 **pyrrole rings** linked by **methenyl bridges**.





THANK YOU !

Dangerous Idea:

*NO FLUIDS FOR
SEPTIC SHOCK*

Dr Anand Senthil

MBBS, MAppFin, GradCertPubHlth, FRACGP, FACEM

PREMISE

- No high quality evidence supports fluid resuscitation in septic shock
- Substantial evidence indicates increased mortality from
 - A modest **bolus** of fluid (20ml/kg)
 - Excess **total** fluid (>2-3L)

Recently → *Less* Fluids

How about **no** fluids?

Haemodynamic Resus

- **No fluid**
- Use Vasopressors
 - Effective and not known to increase mortality
 - Safe to use peripherally with protocol

For Rehydration

- Give Fluids ... Slowly ... and not too much
 - E.g. 2L in total over 8hrs
- *Later* vasopressor requirements may be reduced

Modified Dangerous Idea

- Give a small bolus of fluid 1st (e.g 500mL) and then start Vasopressors for **haemodynamic resuscitation**
- Give the rest of your limited fluids *slowly* for **rehydration**
- *However that's not really that dangerous an idea*