

Laparoscopy- An Overview

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The art of surgery has undergone a massive metamorphosis over the past few decades. From open surgery to minimal access surgery and laparoscopy, surgeons have geared up with numerous techniques that have become gold standards for different operating procedures. Owing to constant research for better techniques, modifications and innovations in the field of laparoscopic surgery, operating on a patient has become a pleasure for both the doctor and the patient. Laparoscopy or band aid surgery is a surgical technique where small incisions are designed in the region of the abdomen and the operation is performed with the aid of monitor. Over the period of time there has been lot of evolution in the access techniques, operating techniques, tissue approximation techniques, specimen retrieval techniques, suturing techniques, surgical armamentarium and newer gadgets; the result of which has been the introduction of robotics to aid surgeons enable better visual magnification, stabilization, precision and simulations to better approach the new innovative surgical practices. One cannot even imagine, what other wonderful new techniques, the future holds for us. All applauds to that handful of academic surgeons and researchers, who kept on working amidst of hardships, paucity of infrastructure, rejections and criticism that we see the present day of comfort for our surgical patients. Laparoscopy is not only a minimal access approach but it also holds advantages in the metabolic response to surgery and immune system. Laparoscopy enables the patients to heal much more quickly in comparison to recovering from open procedures.

Also it is cost effective and causes less disfigurement of the body. Patients have to spend less time in the hospital and can resume their work earlier. The possible delayed complications that used to be seen in conventional open surgery like adhesion obstruction, incision hernias, or infections are seen a lot less with laparoscopy. One of the key things in laparoscopy is the possibility of self learning as surgeons have all their procedures recorded that they use for self learning from their own mistakes. Moreover, recording material can be used for teaching this art to young recruits. Laparoscopy has become standard technique in various surgical procedures like gall bladder stones, appendix, hernias, orchidectomy, varicocele, upper ureteric stones, and CBD stones. It can also be used in the pelvic region to tackle gynecological problems like ovarian cystectomy, serosal fibroids, hysterectomy, and tubal patency tests. Laparoscopy can also solve retroperitoneal problems like pheochromocytoma and nephrectomies for non functional kidneys. Thoracoscopy is a sister concern of laparoscopy which is used for lung resections and hydatid cysts of lungs. The staples, staplers and trisaple technology have eased many surgical procedures like gastrointestinal cancers. Laparoscopy demands a lot of training and has a steep learning curve, so one should get properly trained before one can embark safely on a surgical procedure. It is hoped that with continued work, scientific innovations and modifications and research, newer and newer horizons will be conquered in the art of laparoscopy.

Curriculum Vitae

Academic Positions

Education:

M.B.B.S (1992) Govt. Medical College Srinagar
M.S (1997) Sheri-Kashmir Institute Of Medical Sciences Srinagar
F.Ma.S (2008) Ramachandran Medical College Chennai, India

Place of Work:

Govt. Medical College Srinagar (SMHS) and associated hospitals
Designation: Assistant professor, laparoscopic and minimal access surgeon
Specialty: laparo-endoscopy and minimal access surgery

Achievements:

- Fellow of minimal access surgeons of India
- Fellow of Indian hernia society
- Fellow of society of laparoscopic and endoscopic surgeons of India
- Fellow of Indian association of gastrointestinal and endo surgeons.
- Fellow of associations of surgeons of India
- State awardees' (j&k) for contributing Chalkoo technique to surgical world
- Enrolled in world's who is who, 32nd Edition
- Presented Chalkoo technique in Hongkong, USA

Scientific publications: 50

Articles Written: 60 (www.greaterkashmir.com)

Chapters in Books: 2-

- Laparoscopic Management of Difficult Cholecystectomy (Textbook of Advanced laparoscopic surgery)
- Pictures of lap chole in textbook of surgery read in Switzerland

Innovations and Modifications

- The Chalkoo Technique for Minilap Cholecystectomy
- The Chalkoo Concepts for Total Abdominal Hysterectomy
- The Chalkoo Modification for Tubal Ligation
- The Chalkoo Retractor (Underprocess Of Patency)
- The Chalkoo Modification for Laparoscopic Cholecystectomy
- The Chalkoo ' S Point for Laparoscopic Cholecystectomy

Book Published: My Expressions

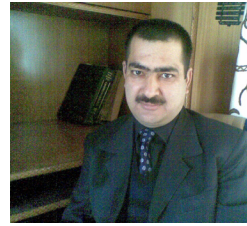
Research Interest: Laparoscopic Colorectal Surgery

Poet-Writer: Columnist to Greater Kashmir Srinagar

Teacher: MBBS, Ms, Bds

Reviewer

- International Journal of Surgery
- International Journal of Surgery Case Reports
- Pakistani Journal of Surgery
- Malaysians Journal of Surgery
- North American Journal of Medicine
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Editor

- Webmed Central
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- Lead Guest Editor for Journal of Surgery, Special Issue

Papers Reviewed: 34

Conferences Attended: 35

Papers Presented: 32 (Both at National and International Level)

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