

By Correspondent Khadija Amri

NO one wants to know the history behinds surgeons, whether they have failed or retake subjects several times but everyone is interested to see how successful are done.

Speaking to the Guardian in an exclusive interview, the Consultant General Surgeon as well as a Deputy Director General at Kairuki Hospital, Doctor Muganyizi Kairuki said that a woman can go back to the office or her daily activities, one to two weeks after diagnostic laparoscopic.

“Physical appearance is everything for a woman but for married ones like us, how I look like before my husband is what matters. No husband will be happy to see his wife’s stomach with big incisions, so I strongly suggest elective surgery because it retains the appearance, claimed Mama Joseph.”

Technology has changed people’s mindset to the extent that, what sounded scary such as surgery in the past twenty years, is now considered as a fashion or user friendly.

Removing urinary stones with the help of screen! Or Going to the office just a day after a surgery would be inconvenient for a patient to believe but that is what is currently happening in the country.

Laparoscopic surgery (LS)

also known as keyhole surgery is one of the elective surgeries operated worldwide but currently starts to get its popularity in Tanzania.

It is a surgical procedure that allows surgeons to access inside the abdomen without making large incisions.

Panels of surgeon specialists have recently met at a live laparoscopic surgery workshop prepared by Kairuki hospital, ever to happen in the country. A three day- workshop brought together local and foreign specialists, experts from India and South Africa who conducted a live surgery as training for other doctors, and a motivation to science students.

About 5 patients, who are three women and two men with different cases particularly appendix and hernia were examined in the theater, during the workshop where the invited guests witnessed through screen.

The audience experienced this live incident and asked various questions such as why would one opt a laparoscopic surgery to the conventional one – popular known as Cape to Cairo incision!

How it works!

Four to five incisions of 0.5 to 1.5cm are made while a patient is in anesthesia surrounded by about four to five doctors in the theater room. Each of them posses at least one instrument. The



Doctor Kairuki in the theater operating a patient at the Kairuki Hospital during a workshop in Dar es Salaam recently.

instruments are: Forceps, working elements, insufflations' and laparoscope.

The first hole is made, where the carbon dioxide gas will be pumped to inflate the abdomen. This is done to ensure that no organ is injured inside when other incisions are made and give surgeons more room.

next, to enable the panel to see during the operation. A surgeon who holds a camera will move around the instrument to instruct another one or two (surgeons), where to operate. Then, the surgery starts. By moving the laparoscope closer to the pelvic organs, the images can be magnified up to 6 X can be achieved.

Laparoscopy is placed Normally the operation

takes about 2 to 3 hours depending on the patient's case and experts' experience.

The instruments set cost between 100m/- and 125m/- and can be re-used up to three years, and the total costs of the surgery is 200,000/- more the conventional surgery's price.

The Benefits

Explaining to this paper in

an exclusive interview, why people should consider Laparoscopic Surgery, a consultant general surgeon as well as a Deputy Director General at Kairuki Hospital, Doctor Muganyizi Kairuki said it is high time for Tanzanians to take advantage of technology and eliminate the perception of going to India for treatment.

"Despite of the extra fees a

patient pays he or she is able to go back to the office or daily movements one or two days after the surgery. Noted Doctor Kairuki.

However, doctor has emphasized that the process looks expensive in terms of figures but in reality it is cheaper because the patients avoid the ward charges.

Apart from quick recovery, doctor explained that a patient experience less pain because due to the type of incisions made, as well as to reduce decrease surgical stress inflammatory response in the patient which may prove to have a better outcome in oncologic operations.

Normally patients lose some blood during the Cape to Cairo surgery due to the incision's size but this does not happen in Laparoscopic surgery because the surgery is done in tiny holes.

Furthermore, in LS the surgeon get to see the organs more clearly and detect the problem (if any) easily.

On a serious note doctor Kairuki noted that the surgery is inconvenient to pregnant women, the patients with low blood pressure, those who had a normal surgery and the ones with high pressure in the brain.

He further explained the surgery can be used in these areas; treating hernia, removes Appendix, lap chole, to indicate the hidden areas which Ultra sound failed to detect such as stomach cancer

or pancreases and Adhesiolysis.

What are the challenges?

Similar to other surgeries, Laparoscopic Surgeons are also facing complications. In most of Laparoscopic Surgeries, the complications are very rare.

However, the NHS reports that in 1000 laparoscopic surgeries, there is only one or two cases occur. The serious cases might be damage to an organ, such as your bowel or bladder, which could result in the loss of organ function damage to a major artery complications arising from the use of carbon dioxide during the procedure, such as the gas bubbles entering your veins or arteries a serious allergic reaction to the general anesthetic a blood clot developing in a vein, usually in one of the legs (deep vein thrombosis or DVT), which can break off and block the blood flow in one of the blood vessels in the lungs (pulmonary embolism).

Laparoscopic surgery services were offered at Kairuki Hospital 18 years ago, but stopped due to various challenges the hospital encountered such as lack of experts and equipments.

So far about 80 laparoscopic surgeries were performed at Kairuki and it's expected that people will be more aware and respond to the call.