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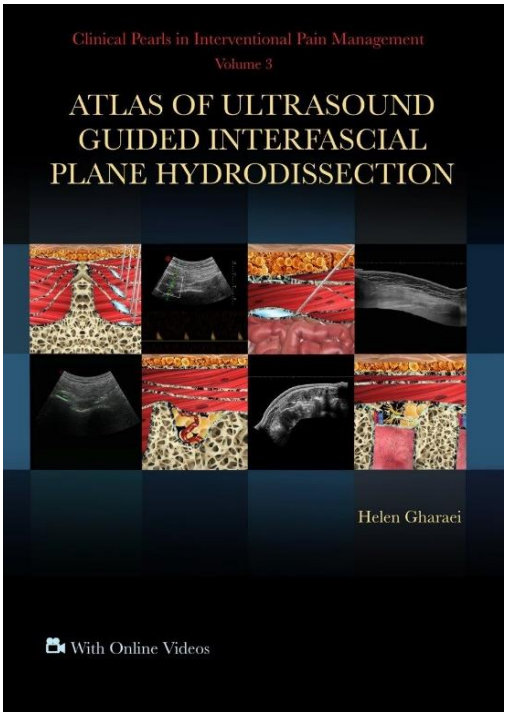
BOOK REVIEW PAIN MANAGEMENT

'Atlas of Ultrasound-Guided Interfascial Plane Hydrodissection'

Editorial team



'Ultrasound-Guided Interfascial Plane Hydrodissection' is the latest masterly addition by Dr. Helen Gharaei into a series of masterpieces by him on the subject of interventional pain management. Dr. Helen Gharaei, MD, FIPM, FIPP is consultant interventional pain specialist. She is the founder of International Sonoguide Pain School. Following her initial work highlighting the hazards associated with steroid injections, Dr. Helen embarked on a relentless quest to discover safer alternatives for pain intervention.

Her dedication led her to write the first volumes of 'Clinical Pearls in Interventional Pain Management'; aimed at enhancing students; understanding of pain injections through comprehensive learning and algorithmic approaches. Throughout her journey, Dr. Helen remained steadfast in her pursuit of introducing a new, effective drug for pain management and emphasized on dextrose injections instead of steroid. Finally, in 'Atlas of Ultrasound-Guided Interfascial Plane Hydrodissection', she unveils the culmination of her efforts, presenting safe approaches and techniques centered around interfascial plane hydrodissection instead of epidural injection.

Through this groundbreaking work, Dr. Helen not only advances the field of pain management but also empowers the next Atlas of generation of practitioners with invaluable knowledge and skills.

'Atlas of Ultrasound-Guided Interfascial Plane Hydrodissection' is a comprehensive guide for medical practitioners seeking to elevate their skills in ultrasound-guided pain injections, particularly those involving deep dextrose injections. Through intricately woven clinical anatomy insights, cadaver studies, and surgical anatomy, the author offers a comprehensive exploration of fasciae and their role in chronic pain. The atlas takes a unique approach, making interfascial plane injection accessible through a single ultrasound view for multiple injections. By leveraging dye injection images from cadaver studies, Dr. Helen enhances readers' understanding of injection volume, adding a layer of practicality to the process.

The atlas includes 6 chapters in 184 pages with high quality paper and digital color illustrations for each injection, which offers invaluable insights into different anatomical regions with detailed discussions on diagnostic ultrasound techniques and targeted solutions for chronic pain management. Live video demonstrations of real-case injections further enrich the learning experience, providing a hands-on perspective.

Chapter 1 serves as a foundation for exploring the intricate world of fasciae, supplemented by diagnostic ultrasound techniques, emphasize role of the fasciae and muscles as a source of chronic low back pain.

In **Chapter 2**, readers are introduced to innovative methodologies for addressing chronic low back pain through interfascial plane hydrodissection with dextrose, offering a simple yet effective alternative to costly procedures.

Chapter 3 sheds light on often-overlooked pelvic region treatments, providing insights into dextrose injections targeting nerves, muscles, and fasciae to alleviate chronic hip, buttocks, and sacral pain.

Chapter 4 has been dedicated to managing chronic abdominogenital pain, demonstrating how interfascial

dextrose injections offer targeted relief for abdominal wall and genital pain, often neglected in traditional approaches.

Chapter 5 delves into the rarely discussed realm of thoracic pain syndromes, presenting interfascial dextrose injections as a viable solution for chronic chest wall pain.

Lastly, **Chapter 6** addresses the prevalent issue of chronic cervical pain and headaches, offering a straightforward approach to providing relief for patients suffering from these debilitating conditions. Through each chapter, Dr. Helen not only provides practical solutions but also empowers practitioners to rethink their approach to pain management, emphasizing simplicity, effectiveness, and patient-centric care.

What sets this book apart is its commitment to empowering practitioners with safe, simple, and cost-effective pain relief techniques, without the need for expensive commercial devices. Dr. Helen's vision of revolutionizing pain intervention shines through, making traditional methods more accessible and ultimately contributing to enhanced patient outcomes. Furthermore, the incorporation of practical tips and clinical pearls ensures that the information gained from the atlas can be seamlessly applied in daily practice, fostering a smooth and more confident approach to patient care.

Through her dedication to addressing the challenges faced by pain specialists, Dr. Helen has created a truly indispensable resource that has the potential to revolutionize the field of pain intervention. As the medical community continues to seek innovative solutions for chronic pain management, this atlas serves as a beacon of hope, offering practical guidance and empowering practitioners to make a meaningful difference in the lives of their patients.

In conclusion, the 'Atlas of Ultrasound-Guided Interfascial Plane Hydrodissection' is a valuable resource for the experienced as well as novice pain management practitioners.

Arrear:

The impact of simulation-based training on the knowledge and skills of postgraduate medical students in the management of cardiac arrest

Archita Patil [1], Sandeep Kadam [2], Pradhan Monnaiah [3], Sanket patil [4], Srishti Sethiya [5], Srashti Singh [6]

Anaesth. pain intensive care 2023;27(4):496–501. **DOI:** 10.35975/apic.v27i4.2258

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