

Contents

<i>Contributors</i>	<i>vii</i>
<i>Foreword by Prakash P Kotwal</i>	<i>xiii</i>
<i>Foreword by DD Tanna</i>	<i>xv</i>
<i>Foreword by Ramesh K Sen</i>	<i>xvii</i>
<i>Preface</i>	<i>xix</i>
1. Patient Clerking and Initial Work-up	1
<i>Aamir Yaqoob Hakak</i>	
2. How to Read Musculoskeletal X-rays?	7
<i>Rashid Anjum</i>	
3. Blood Tests in Trauma and Orthopedics: A Clinical Guide	11
<i>Simran Preet Singh</i>	
4. Preoperative Management and Optimization of the Patients for Anesthesia	15
<i>Khalid Muzzafar</i>	
5. Informed Consent for Surgery: Guidelines and Best Practices	25
<i>Nasir Wani</i>	
6. Prevention of Infection in Orthopedics	30
<i>Omeshwar Singh</i>	
7. Role of Radiology in Orthopedics	37
<i>Anchal Gupta, Mohd Ilyas</i>	
8. Magnetic Resonance Imaging with Implants: Myths and Facts	48
<i>Rahul Mahajan</i>	
9. Role of Nuclear Scan in Orthopedics	52
<i>Shamim Ahmed Shamim, Archi Gupta</i>	
10. Dual-energy X-ray Absorptiometry Scan	58
<i>Mohd Ilyas</i>	
11. Proper Collection, Transportation and Handling of Culture Samples	64
<i>Sumeet Singh Charak</i>	
12. Appropriate Handling of Histopathology Samples: Do's and Don'ts	69
<i>RR Sagar, Sanjay Wadhwa</i>	
13. Blood Transfusion: Indications, Procedure and Complications	72
<i>Ayaz Ali Mir</i>	
14. Arterial and Venous Blood Gas Analysis	75
<i>Shruti Gupta</i>	

15. Negative Pressure Wound Therapy	79
<i>Pankaj Spolia</i>	
16. Intra-articular Injections and Joint Aspiration Technique	82
<i>Siddarth Sharma</i>	
17. Local Anesthesia	88
<i>Arti Mahajan</i>	
18. Perioperative Analgesia in Orthopedics	91
<i>Rajesh Mahajan, Ajay Gupta</i>	
19. Guidelines for Safe Use of Nonsteroidal Anti-inflammatory Drugs	98
<i>Farid Hussain, Nusrat Kareem Bhat</i>	
20. Choice of Antibiotics in Orthopedics	102
<i>Azhar ud Din</i>	
21. Role of Supplements in Orthopedics	108
<i>Jibran Bashir</i>	
22. Vitamin D and Calcium: Myths and Facts	114
<i>Sanjeev Gupta</i>	
23. Role of Steroids in Orthopedics	118
<i>Zubair Ahmad Lone</i>	
24. Deep Vein Thrombosis Prophylaxis and Anticoagulants	122
<i>Sumit Pal Singh</i>	
25. Operation Theater Techniques and Etiquette	130
<i>John Mohd, Ajaz Nabi Koul, Tufail Muzaffar</i>	
26. Theater Decorum and Maintenance	139
<i>Abdul Ghani</i>	
27. Surgical Safety Checklist	144
<i>Suhail Malhotra</i>	
28. Standard Sutures and their Application in Orthopedics	147
<i>Pankaj Vir Singh</i>	
29. Electrocautery in Orthopedic Surgery: Applications, Contraindications and Precautions	151
<i>Nitin Choudhary</i>	
30. Tourniquets in Orthopedics: Do's and Don'ts	159
<i>Amarjeet Singh</i>	
31. Appropriate Use of Image Intensifier and Minimizing Radiation Exposure	163
<i>John Mohd, Waseem Ahmad Sheikh</i>	
32. Minimizing the Risk and Post-exposure (Needle/Sharp Injury) Protocol	172
<i>Tejpal Singh</i>	
33. Postoperative Management of Orthopedic Patients	176
<i>Saheel Majid</i>	

34. Managing Postoperative Infection	181
<i>Khurshid Ahmad Bhat</i>	
35. Medical Emergencies in Orthopedics	188
<i>Tanveer Ahmed Bhat</i>	
36. Electrolyte Imbalance and its Management	194
<i>Abdul Ghani</i>	
37. Management of Anaphylaxis	201
<i>Renu Wakhloo</i>	
38. Management of Shock	206
<i>Renu Wakhloo</i>	
39. Basic Life Support	214
<i>Anita Vig Kohli</i>	
40. Intensive Care Unit Admission Criteria for Orthopedic and Trauma Patients	219
<i>Sunana Gupta</i>	
41. Tetanus Prophylaxis and Treatment	224
<i>Abdul Ghani</i>	
42. Orthopedic Management of Pregnant and Lactating Patients, including Radiation Exposure	227
<i>Imran Yousouf Bhat, Pallav Gupta</i>	
43. Orthopedic Perspective in Snakebite Care	234
<i>Abdul Ghani</i>	
44. Approach to a Pediatric Orthopedic Patient	238
<i>Parmanand Gupta</i>	
45. Use of Surgical Drains in Orthopedics Procedures	243
<i>Pallav Gupta</i>	
46. Management of Foreign Bodies in Orthopedics	246
<i>Pardeep Singh</i>	
47. Implant Removal in Orthopedics—Indications, Contraindications, Timing and Special Precautions	251
<i>John Mohd</i>	
48. Role of Electromyography and Nerve Conduction Studies in Orthopedics and Trauma: Clinical Implications, Interpretation and Timing of Assessment	255
<i>Abdul Ghani</i>	
49. Overview of Musculoskeletal Physiotherapy and Occupational Therapy	259
<i>Sonia Gupta, Mohammad Aadil Malik</i>	
50. Comprehensive Approach to Orthopedic Treatment	267
<i>Abdul Ghani</i>	
51. Standardized Template for Operative Notes	270
<i>Abdul Ghani</i>	

52. Orthopedic Discharge Summary Template	273
<i>Abdul Ghani</i>	
53. Thesis Writing Skill	276
<i>Rajiv Kumar Gupta, Richa Mahajan</i>	
54. Approach to Writing a Research Paper	280
<i>Sakib Arfee</i>	
55. Mastering the Art of Medical Literature Search	286
<i>Nusrat Jabeen</i>	
56. Orthopedic Postgraduate Examination: An Overview	291
<i>Abdul Ghani</i>	
57. Post-residency Professional Upgradation Mechanism	300
<i>Abdul Ghani</i>	
58. Medicolegal Aspects in Orthopedics	303
<i>Abdul Ghani</i>	
59. Medical and Surgical Ethics	306
<i>Abdul Ghani</i>	
60. Role of Artificial Intelligence in Modern Healthcare	313
<i>Rifaaqat Ghani</i>	
61. Role of 3D Printing in Orthopedics and Trauma	318
<i>Nusrat Jabeen</i>	
62. Choosing and Advancing a Sub-specialty in Orthopedics	322
<i>Abdul Ghani</i>	
63. Essential Communication Skills for Medical Professionals	327
<i>Rakesh Bahl</i>	
64. Time Management Skills	331
<i>Abdul Ghani</i>	
65. Work-life Balance	334
<i>Abdul Ghani</i>	
66. Staying Motivated as a Medico	337
<i>Abdul Ghani</i>	
<i>Index</i>	343