

*Ukiah Valley
Medical Center*



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**INNOVATIVE ANESTHESIA TECHNOLOGY AT UKIAH VALLEY MEDICAL CENTER
IMPROVES QUALITY OF PATIENT CARE**

*Anesthesia Can Now Be Customized to Each Patient's Needs
During Surgery*

Ukiah Valley Medical Center (UVMC) recently installed monitors that provides valuable information in its operating rooms which improves the quality of patient care during and after surgery. The BISTM (pronounced "biz") monitor enables anesthesiologists to make sure that their patients continually receive a tailored dose of anesthesia throughout surgery. This enables clinicians to reduce the risk of patient awareness with recall during surgery, and allows patients to wake up sooner and recover more quickly from anesthesia. UVMC is the first healthcare facility in the region to adopt this innovative technology.

Individual anesthetic needs can vary widely based on such factors as age, weight, and medical history. With the monitor, anesthesia providers can continuously assess a patient's level of consciousness throughout surgery and make fine-tuned adjustments to the types and quantities of anesthetic drugs administered.

According to UVMC Anesthesiologist David DeBooy, MD, many patients are concerned that they may not get the optimal dose of anesthesia.

“No patient wants to receive too little anesthesia and wake up during surgery or, on the other hand, get more anesthetic than they need. With the BIS monitor, we can effectively decrease the chances of underdosing or overdosing by monitoring each patient’s level of consciousness throughout surgery,” said DeBooy.

“These monitors are an additional tool to help us deliver safe and improved quality of medical care to our patients,” said DeBooy.

More than 12.2 million patients have been monitored with BIS technology. Clinical studies and routine use have demonstrated that the BIS monitor improves quality of care by:

- **Reducing the average amount of anesthetic drug administered.** Customizing the quantity of drug administered to meet each patient’s needs enables patients to wake-up faster and experience higher-quality recoveries with less grogginess, nausea and vomiting. Because patients feel comfortable sooner, they are often discharged sooner and can continue recovery in the comfort of their own home.
- **Reducing the risk of intraoperative awareness with recall.** If patients receive too little anesthetic, they may be awake during surgery, aware of what is happening, and retain memory of this experience after the surgery is over. Though a rare phenomenon, an estimated one to two in every 1,000 general anesthesia surgical patients report awareness. BIS monitoring has been shown to help clinicians reduce the risk of awareness with recall by approximately 80 percent.

The BIS monitor works with a non-invasive sensor that is placed on the patient’s forehead to continuously monitor brain waves. The brain waves are computed into a number (ranging from 100 to zero) that correlates with the patient’s level of consciousness: at 100 the patient is wide-awake and under 60 the patient is likely to be unconscious, according to clinical studies.

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(MEDIA NOTE: See following Q & A piece “What You Should Know About Anesthesia Before Going in for Surgery”).

Ukiah Valley Medical Center is part of Adventist Health, a not-for-profit, faith-based health system operating in California, Hawaii, Oregon and Washington. Founded on the Seventh-day Adventist heritage of Christian health care, Adventist Health is comprised of 20 hospitals with more than 3,100 beds, 18,800 employees, numerous clinics and outpatient facilities, 16 home care agencies and three joint-venture retirement centers. For more information, visit www.uvmc.org or www.adventisthealth.org.

The Bispectral Index monitor is manufactured by Aspect Medical Systems of Newton, Mass. More information about Aspect and the BIS monitor can be found on the Internet at <http://www.aspectmedical.com>