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Hypertension: Opening the pandoras box for the Anaesthesiologist

Hypertension, global health crisis, affecting 1 in 4 men and 1 in 5 women effectively 1 billion people, expected to reach 1.6 billion by 2025. WHO estimates 1 in 5 are well controlled. Research published in European Heart Journal shows two fold increase in death risk for hypertensive people with COVID-19. Prolonged uncontrolled HTN shows increased risk of heart attack, stroke, heart and kidney failure, premature mortality. 1,4,5 while controlled blood pressure translates risk reduction 6,7 of 13% with 10 mmhg pressure control.

Biography

Rupinder Kaur Kaiche is a cardiac anaesthesiologist and intensivist based in Nashik, India. She has anaesthetized more than 5000 cardiac surgery patients, many of them high risk with ejection fraction of less than 20%. She has also managed chronic renal failure patients for CABG followed by renal transplant, apart from CABGs on and off-pump, valve surgeries, valve + CABG, congenital defects, unstable ventilated patients for angioplasty and high risk cardiac patients for non-cardiac surgery. Having graduated from Medical School from Mumbai, she pursued Anaesthesiology and Critical Care for her post-graduation. She was in UK for a few years for international experience. She has many national and international research publications to her credit. She is currently working on a concise anaesthesia booklet for quick view. Apart from medical research, she has also published 3 books of poetry which has got International recognition. She has also released a poetical music audiobook.

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