

Research Assessment #1

Date: September 3, 2020

Subject: Different Types of Anesthesia

MLA:

"General Anesthesia - Sedation - UCLA Anesthesiology & Perioperative Medicine - UCLA Health, Los Angeles, CA". *Uclahealth.Org*, 2020. Accessed 3 Sept 2020.

Assessment:

Although I know the basics about what anesthesiologists do, there is still a lot more about the field that I want to learn. Since I am interested in learning more about anesthesiology, I began my research by looking into the different types of anesthesia. Reading the article "Types of Anesthesia" by UCLA Health helped expand my knowledge on the different types of anesthesia and when each type is used.

The first type of anesthesia is general anesthesia, in which patients are unconscious with no awareness or feeling of their operation. This is the type of anesthesia that I generally associated with anesthesiology. The aspect that I found the most interesting is that anesthesiologists work with each of their patients to determine the best combination of medications for that specific patient. It was also surprising to learn that general anesthesia rarely results in any serious side effects. One question I still have about general anesthesia is what physicians do if a patient has taken any other medications without letting their doctor know or have an allergy they are not currently aware of? Would that drastically impact the combination of medications needed for their surgery?

The second type is regional anesthesia. While general anesthesia stops sensation in all of the patient's body, regional anesthesia numbs only the area of the body that will be operated on. After learning that only a section of the patient's body was numb, I began to wonder if the patient was thus fully conscious during their operation. My question was answered as I read further into the article and learned that patients can choose to be sedated. Furthermore, something that I found surprising was the different kinds of regional anesthesia, such as epidural which is used in childbirth. This

information has thus furthered my research as I am now looking into which procedures recommend regional anesthesia vs general anesthesia.

Another type of anesthesia is “monitored anesthesia care” or sedation. After learning about regional anesthesia and how patients can choose to be sedated, I was curious about sedation and how much patients would remember after their operation. Once again, my questions were answered as I continued reading. I found it interesting that patients can receive different levels of sedation. Lower or mild levels allow patients to answer questions during their operation, while deep sedation is more similar to general anesthesia where the patient is asleep and unaware of their surroundings. This has thus lead to me looking deeper into when doctors recommend deep sedation over general anesthesia and vice versa. Learning more about monitored anesthesia care has also sparked my interest in researching more about how anesthesiologists monitor patient’s vitals during an operation, as well as things anesthesiologists need to watch out for.

The fourth type of anesthesia is local anesthesia, which is the process of injecting medications or applying them as a cream to numb a small area and provide pain relief during procedures like sewing up a deep cut. I found it surprising that anesthesia can be applied as a cream, as I had previously thought it was only given through injection, IV, or through gases. Moreover, it was interesting to find out that local anesthesia is also used after many other operations to act as additional pain relief during the patient’s recovery. Upon learning this, I looked more into local anesthesia and was surprised by how many types there were. This has increased my curiosity and interest in researching more about how anesthesiologists know when to use which medication.

After learning about the four main types of anesthesia used during procedures, I now have more questions about anesthesia. Such as if these different types of anesthesia can be used together? Why do patients sometimes not wake up from anesthesia? As well as how anesthesiologists monitor patients’ vitals while they are under anesthesia? This research has furthered my curiosity about anesthesiology and I

hope to continue researching more and using all the knowledge gained to help me with my original work and with understanding more about anesthesiology for when I find a mentor.