

## EDITORIAL

It is the nature of medicine as a science and art to improve itself. Medical journals are often the spearhead of this evolution. It is in their pages that many of us have started and continue to learn, to apply a new treatment, or to discuss the effectiveness and validity of a drug and procedure. With the use of publishing tools, editing and peer review, journals realize the desire of clinicians to improve and provide better service for the care of patients.

To achieve their true value and be recognized, journals must present in their pages the latest advances and most up to date research in their specific sector to ensure that they are as widely read as possible in the medical world. However, we have the impression that the results of medical research and clinical practice which are produced with great enthusiasm and value, for various reasons, remain hidden to many potential users.

In the light of a number of editorial events SIARED and AAROI-EMAC consider that the time is right to renew and refresh our scientific journal. The new journal, AMC SIARED, Italian Journal of Anesthesia and Critical Care Medicine presents a challenge in this period of social, economic and professional change.

In the global context, science and knowledge in medicine accumulate too quickly to be absorbed, understood and implemented, and often contain contradictions and disputes. Our goal is to create an informative review, with an interdisciplinary approach attentive to the problems emerging within a broad conception of medicine, which acts as a stimulus to formulate reasoned interpretations, facilitating the updating of medical professionals through the diffusion of innovations and best practices.

The papers are published in both Italian and

English, to allow easy reading for local colleagues who are not comfortable with the understanding of texts in English, as well as greater international reach.

Our journal is aimed at specialist doctors, health professionals, researchers and all those involved in medicine and health.

Further developments and new projects are in the making, and with the cooperation of all and focusing our efforts we aim to bring them to fruition, thanks also to digital technology.

This new issue presents as “topic of the day” a work on infectious diseases that can be contracted while traveling in countries where these diseases are endemic. Presented here are various ways of diagnosis, treatment and prophylaxis for Influenza, Dengue, Leptospirosis and Malaria, diseases that, if tackled properly, can be treated effectively.

The special article by Di Filippo et al. has set itself the objective of updating the use of general anesthesia in “day surgery”, a mode of admission that has become increasingly preferred because it allows staff to improve the comfort of both the patient and the family and because it helps to reduce costs related to prolonged hospitalization. The study was conducted by the authors using online search engines in an appropriate manner, and examined the recent and significant literature, providing a clear, timely and appropriate analysis.

The original article by Chiarello et al. describes the results obtained by using a special breathing apparatus for administration of inhaled anesthetics. The system favors the humidification, heating and sterilization of the gas in the breathing loop; interesting features that allow maintenance of the normal internal homeostasis of the respiratory tract.

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The original article by Baiocchi et al. focuses on the continuous search for better maintenance of the organs used for transplant. The retrospective study carried out on a large number of patients admitted to neurosurgical intensive care, in particular, analyzes the choice of fluid for preventing the appearance of side effects in various organs and mainly on coagulation, renal function and the need to use vasoactive drugs, which are always a concern in terms of their side effects related to vasoconstriction, and the use of hydroxyethyl starch in maintaining brain-dead patients.

Metry et al.'s original article presents the results of a prospective, controlled study on the treatment of postspinal shivering. The shivering has a multifactorial origin, it causes significant discomfort in the patient, can facilitate the appearance of serious complications, including hypoxemia, an increase in oxygen consumption, the occurrence of lactic acidosis and an increase in the production of carbon dioxide that can be at high risk for patients with a history of cardio-respiratory disease. The study examines the current treatment options and, in particular, compares Nefopam and Clonidine in the treatment and prevention of shivering after regional anesthesia.

The original article by Kamal et al. compares the use of tramadol and clonidine to en-

hance the effect of local anesthetic, in this case Ropivacaine, to effect interscalene brachial plexus block for shoulder surgery. Local anesthesia is gaining interest and validity with the progressive development of the "day surgery". The advantages and disadvantages resulting from the use of the two drugs added are analyzed. It is not possible at present to define which method is preferable, and further studies, which take the simultaneous use of two drugs into consideration, are needed.

The "current topic" faces an issue that in general is rarely covered, and perhaps underestimated, such as reducing stress during anesthesia. Papers have recently been published on the possibility that music can alleviate pain and anxiety peri-operatively. Stimuli deriving from music have biological effects on human behavior by activating specific brain functions involved in memory, learning, and in many emotional states. This selection from the literature presents some work on the subject with interesting conclusions.

We invite everyone to send in feedback, comments and contributions; the journal is always willing to consider the possible publication of studies, research and clinical observations.

We wish you a pleasant read.