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REVIEWER'S REPORT

Manuscript No.: IJAR-56404

Title: Integrated Anaesthesia and Physiotherapy Strategies to Reduce Post-Thoracotomy Pulmonary Complications

Recommendation:

Accept as it is

Accept after minor revision.....

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality	Excellent			
Clarity	Excellent			
Significance	Excellent			

Detailed Reviewer's Report

- 1. Atelectasis prevention focuses on keeping airways open and lungs expanded, especially after surgery or during immobility. Key strategies include deep breathing exercises, early mobilization (walking), using an incentive spirometer (5–10 times hourly), frequent repositioning in bed, and effective coughing.**
- 2. Early mobilization (EM) is the, rapid, often daily, application of physical activity—ranging from passive range-of-motion exercises to assisted walking—within 2–5 days of critical illness or surgery to restore strength and function. It reduces ICU-acquired weakness, delirium, and hospital stays.**
- 3. Multidisciplinary perioperative care is an integrated, patient-centered approach spanning from the decision to operate through to full recovery, involving surgeons, anesthesiologists, nurses, and specialists. It optimizes patient health beforehand, reduces complications, and uses standardized protocols to improve outcomes.**
- 4. Multimodal analgesia (MMA) is a synergistic, evidence-based strategy for managing acute pain—especially postoperatively—by**

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combining multiple classes of medication and techniques that target different neurochemical pain pathways. It optimizes relief, reduces reliance on opioids, and minimizes opioid-related side effects.

Common components include acetaminophen, NSAIDs, gabapentinoids, regional nerve blocks, and local anesthetics.

5. **Regional anesthesia numbs a large, specific area of the body—such as an arm, leg, or everything below the waist—by injecting medication near clusters of nerves. It allows patients to remain awake during surgery, often with sedation, reducing the need for general anesthesia, limiting opioid use, and providing superior, long-lasting pain relief.**
6. **Respiratory physiotherapy (chest physiotherapy or CPT) is a specialized, evidence-based therapy that helps remove mucus, improve lung function, and reduce breathlessness for patients with chronic or acute respiratory conditions like COPD, cystic fibrosis, and pneumonia. Techniques include positioning, chest percussion, vibration, and breathing exercises, often supported by devices like incentive spirometers or flutter valves.**
7. **Thoracic anaesthesia is a specialized, evolving sub-specialty managing patients undergoing chest surgeries, such as lung resections (lobectomy, pneumonectomy) and esophageal procedures. It focuses on preoperative optimization, complex airway management, one-lung ventilation (OLV) using double-lumen tubes or bronchial blockers, and regional anesthesia to ensure precise surgical conditions and postoperative recovery.**
8. **Rehabilitation, or "rehab," is a set of essential interventions designed to optimize functioning and reduce disability, helping individuals regain physical, mental, or cognitive abilities needed for daily life. It is used for recovery from injuries, strokes, major surgeries, or to manage chronic pain and conditions. Key types include physical, occupational, and speech therapy.**
9. **Pulmonary rehabilitation (PR) is a supervised, comprehensive program combining exercise training, education, and behavioral support to help individuals with chronic lung diseases (e.g., COPD, asthma, IPF) reduce symptoms, improve endurance, and boost quality of life. It typically lasts 6–12 weeks, with sessions often featuring supervised walking, cycling, and resistance training.**

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10. Key words are given excellent!
11. Sufficient significant points are given. But one thing should show clearly result and discussion part.
12. For tables graphs can be made.
13. Summary points can be included.
14. References are given more than enough good but it should be in alphabetical order.