

## Editorial

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Dear Readers

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**Prof. Dr. Muhammad Anwar Chaudary (LGH/PINS, Lahore)**

### **Is ENLS (Emergency Neuro Life Support) a need for brain emergencies in recent times?**

Statistics reveal that stroke is the second most common cause of mortality and morbidity in the world and put reasonable pressure on both personal and state levels<sup>1</sup>. The incidence of stroke-related death after a month varied from 10% in France to 41% in India<sup>2</sup>. This signifies the disproportion in the utilization of accessible resources and the lack of disease-focused training to lessen the stroke burden and hence its consequences. In Pakistan, a true depiction of the burden of stroke has many constraints including variability in techniques of reporting the incidence of stroke in various parts of the country as well as a lack of information for many.

Despite substantial efforts to improve the treatment strategies for neurological emergencies including but not limited to traumatic brain injury (TBI), stroke and acute spinal cord compression (ASCC), etc., the reported outcome figures remain poor for low-income countries<sup>2</sup>. The major contributing aspect continues to be the inadequacy of resuscitation skills of the medical and paramedical staff during life-threatening neurological events. To improve neurological outcomes, Emergency Neuro Life Support (ENLS) guideline has been published by the Neurocritical care society (NCS). These guidelines have become a standard in the care of neurological patients not only in developed countries but also ENLS training centers have been established in Bangladesh and India. The key aim of these specific guidelines is to augment both cognitive and psychomotor skills of treating physicians which leads to delivering systematic care.

**What is ENLS?** ENLS is conceived to facilitate the healthcare physicians during the critical initial hours of a neurological emergency to improve patient care and outcome. It also provides collective and multidisciplinary directions; and demonstrates a uniform bundle of protocols, checklists, proposed means of communication, and final decision points to use while treating a patient.

**Why the need?** Since emergency healthcare physicians and nursing crew encounter a neurological emergency before anyone else in the first hours, they require to develop updated knowledge and practical skills to contribute more efficiently. With professional training in ENLS, there may have been more chances of improved neurological outcomes.

**ENLS format?** The ENLS course comprises 14 modules and each includes learning objectives, a protocol summary, manuscript, lecture slides, videos, and at last a certification quiz. These modules start with how to manage a comatose patient and end with pharmacotherapy. It elaborates on how to approach a patient with a particular neurological emergency. These guidelines explain the management of intracranial pressure, resuscitation after cardiac arrest, subarachnoid hemorrhage, status epilepticus, meningitis, traumatic brain injury, spinal cord injury, spinal cord compression, acute ischemic stroke, intracerebral hemorrhage, and acute none traumatic weakness.

**Impact of ENLS?** With the help of such a course, NCS strives to assist treating healthcare professionals acquire their critical skills and lessen the time between theoretical knowledge and demonstration of competence in a practical environment.

**Where can you get the training?**

ENLS can either be taken online or in a live course format. At present and in near future, ENLS certification, like Advanced cardiac life support, Basic life support, and advanced trauma life support, would become a basic constituent of medical training for neurosurgeons, neuro physicians, and for those who are involved in basic emergency services. After completing this certification course, they would be more comfortable and confident in dealing with neurological emergencies.

**References:**

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**Dr. Muhammad Khurram Ijaz**

Consultant Anesthetist

Shaukat Khanum Cancer Hospital & Research Center, Lahore Pakistan  
FCPS, FCAI, Fellowship Neuroanaesthesia & Neurocritical care (Dublin)

Email: [khurramijaz@skm.org.pk](mailto:khurramijaz@skm.org.pk)