



## Prof. Sheila Nainan Myatra MD, FCCM, FICCM

**Specialty:** Anaesthesiology and Intensive Care  
**Institute:** Tata Memorial Hospital  
**Department:** Anaesthesiology, Critical Care and Pain  
**City:** Mumbai  
**Country:** India  
**Function:** Consultant intensive care specialist



**Key words:** Airway Management, Haemodynamic Monitoring, Sedation, End-of-life care

Professor Sheila Myatra works in Asia's largest cancer hospital since 20 years. She is a consultant intensive care specialist, attending to a 23 bed mixed medical-surgical ICU. She is a teacher for the Intensive Care Medicine programme at the HBNI University.

She is currently secretary elect of the Indian College of Critical Care Medicine of the Indian Society of Critical Care Medicine (ISCCM) and has been past treasurer and executive committee member of the national society. She is the current President of the national airway society "All India Difficult Airway Association" (AIDAA). Active member of the ESICM haemodynamic section. Appointed member of "ESICM Diversity Task Force". Appointed Guest Editor of "Intensive Care Medicine" Journal from 2019

She is the lead author of the first published ICU intubation guideline - "Guidelines for Tracheal Intubation in the ICU", lead author of the guideline on "Unanticipated Difficult Tracheal Intubation in Adults" by AIDAA and was the coordinator for the development of first national difficult airway guidelines (IJA Dec.2016). She is the lead author of the end of life care guidelines for India and has conducted the first national sedation survey (IJCCM Sept. 2014). She has conducted several multicentric studies and been the lead coordinator from India for studies like the ACME study (the Asian Collaboration of Medical Ethics) on Withholding and Withdrawal of Life-Sustaining Treatments (Jama Int. Med Jan 2015/ ICM Jul. 2016) Worldwide Survey of the "ABCDEF" bundle (CCM Nov.2017) and recently the MOSAICS II Study (Management of Sepsis in Asia's Intensive Care units) and the INTUBE Study. She has recently developed a new test in hemodynamic monitoring called the "tidal volume challenge" (CCM Mar. 2017). She is one of the 13 international experts, working on the "Project for Universal Management of the Airways" (PUMA), to develop a universal airway management guideline in 2019.

### Why and how I think I can be an ESICM NEXT mentor

From my personal experience, I strongly believe that having a good mentor can benefit trainees and young specialist in intensive care medicine. Being a Professor, teacher, researcher and mentor for several trainees over the years, I believe I can help as an ESICM NEXT mentor. From my experience and expertise, I can provide mentoring in the form of advice for ICM training, constructive feedback and support in obtaining your career goals. I am happy to give time for listening, interacting, exchanging new research ideas and assist in the designing, conducting and publication of collaborative clinical research projects, both through electronic media or in person.