



# The NJSSA Pulse

January 16, 2026

Much is happening on the State and national stage that has a direct effect on your careers and our society. It is important that this information is accurately communicated to you. There is also new information of clinical importance that concerns patient safety or new technologies and protocols that can be incorporated into your practices. The NJSSA leadership hopes to deliver this information to you in a concise and timely manner.

This is the first edition of the newly formatted newsletter of the New Jersey State Society of Anesthesiologists. This is our attempt to bring to your attention important information on the clinical, political and advocacy fronts related to anesthesiology and the practice of medicine as a whole. I hope you find this information informative and helpful for your practice and career. We appreciate any feedback on how we can do this better.

Thank you for reading and staying informed. I look forward to seeing everyone at the NJSSA Annual Meeting in March.

## NJSSA NEWS

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### **Secure Your Spot Today at the NJSSA Annual Meeting!**

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Registration is now open for NJSSA's 66th Annual Meeting on Saturday, March 21 at the Hyatt Regency New Brunswick.

The overall purpose of this activity is to educate our attendees about equity and diversity in healthcare delivery, and the leadership role anesthesiologists can play to ensure the delivery of equitable care in their communities and health care setting.

Take this opportunity to connect with fellow members, expand your knowledge, and stay at the forefront of the anesthesiology field.

Learn more about the conference [here](#) and register for the conference [here](#).

View sponsor and exhibitor opportunities [here](#).

### **Calling All New Jersey Anesthesia Residents!**

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Showcase your research at the 66th NJSSA Annual Meeting!

Present your research or a medically challenging case for a chance to win \$250 and gain recognition among industry leaders.

Winners of the e-poster competition will be announced at the conclusion of the Annual Meeting.

**Submit your abstract by March 6!**

Learn more about the poster competition and submit your abstracts [here](#).

## INDUSTRY NEWS

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### **Cardiac Ultrasound-Guided Crystalloid Preloading Before Spinal Anesthesia vs. Standard Coloadng For Cesarean Delivery**

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International Journal of Obstetric Anesthesia

Maternal hypotension occurs frequently after spinal anesthesia for cesarean delivery, posing risks for both mother and fetus. While crystalloid coloadng is standard, individualized preloading strategies based on preload dependence remain untested. This prospective randomized controlled trial evaluates titrated crystalloid preloading guided by cardiac ultrasound vs. standard coloadng in 96 women with American Society of Anesthesiologists Physical Status Classification II undergoing elective cesarean delivery. [Read More](#)

### **Effect of S-Ketamine on Postoperative Delirium in Elderly Patients Undergoing Arthroplasty**

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Anesthesiology

General anesthesia may diminish the neuroprotective effects of S-ketamine, potentially leading prior studies to underestimate its role in reducing postoperative delirium (POD). In this randomized, controlled trial, researchers test whether S-ketamine administered under neuraxial anesthesia lowers POD risk in elderly patients. The study enrolls 372 elderly patients undergoing total hip or knee arthroplasty from November 2023 to October 2024 at a high-volume center with standardized perioperative protocols. [Read More](#)

### **Comparison of Pericapsular Nerve Group Block And Supra-Inguinal Fascia Iliaca Compartment Block**

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Journal of Clinical Anesthesia

Nerve blocks are widely used for preoperative analgesia in elderly patients with hip fractures, yet current strategies have limitations. This single-center, observer-

blinded, prospective, randomized controlled study introduces pericapsular nerve block as a novel approach to improve preoperative pain management in 64 elderly patients who were 65 years or older with hip fractures. Researchers aim to inform development of more effective analgesia protocols for clinical practice and future research. [Read More](#)

## **Intrathecal Hydromorphone vs. Intrathecal Morphine for Postcesarean Delivery Analgesia**

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Anesthesia & Analgesia

Spinal anesthesia with intrathecal morphine is the standard for elective cesarean delivery, but concerns about side effects and drug shortages drive interest in hydromorphone as an alternative. In this randomized noninferiority trial, researchers compare morphine 150 µg and hydromorphone 75 µg, both at ED90 doses, in 126 patients undergoing cesarean delivery under spinal anesthesia. [Read More](#)

## **The Pregnant and Postpartum Stomach**

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European Journal of Anaesthesiology

Pulmonary aspiration during obstetric anesthesia requires sufficient gastric content, loss of lower esophageal sphincter protection, and suppression of airway reflexes. This review outlines how gastric emptying varies across pregnancy and labor, with factors such as systemic opioids and epidural analgesia influencing tolerance for fluids and solids. Gastric ultrasound, using qualitative and quantitative assessment, provides critical information for anesthetic planning in cesarean delivery under general anesthesia, guiding induction technique and airway management. [Read More](#)

## **Pain Management Research in Prehospital Settings: The Pain of Exception from Informed Consent**

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The Hastings Center

Effective pain management in prehospital settings remains a significant challenge, particularly for patients with acute trauma. This report examines the complexities of

conducting prehospital pain studies, focusing on two clinical trials as case studies. The first trial implemented a novel two-step informed consent process, which, despite its innovation, faced logistical challenges and introduced biases favoring the enrollment of less severely injured patients. [Read More](#)

## **Efficacy of Neck-Specific Exercises on Psychological Factors in Chronic Whiplash-Associated Disorders**

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Pain Medicine

Chronic whiplash-associated disorders may involve complex interactions between physical symptoms and psychological factors, and long-term effects of exercise programs are of interest. This study aimed to evaluate the effects of a predominantly internet-based neck-specific exercise program compared with the same exercises performed at a physiotherapy clinic on psychological outcomes in chronic whiplash-associated disorders, including cognitive-behavioral factors, emotional distress and cognitive functioning. [Read More](#)

## **Predictors of Opioid Misuse and Abuse Among Pregnant Women in the US**

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Pain Management Nursing

Opioid misuse and abuse during pregnancy can adversely affect maternal and infant outcomes. Factors that drive the burden of opioid misuse and abuse are multifaceted and understudied. This study sought to explore predictors of opioid misuse and abuse among pregnant women in the U.S. [Read More](#)

## **LEGISLATIVE UPDATE**

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The Legislature concluded what is referred to as its "Lame Duck" session on Jan. 12 with a flurry of bills passed in both houses and sent to the Governor's desk for his action. Following this, he has ten days to sign any of them into law. The new legislative session began on Jan. 13 with its reorganization meeting and the swearing

in of new Assemblymembers. This legislative session is two years and will continue through January 2028. We anticipate that the Legislature will meet regularly over the next few months as it approaches its budget season.

Following the elections this past November, the Democrats maintained their majority in all three houses going into the new session. Governor-elect Mikie Sherrill won the election in a landslide and also flipped several Assembly seats from Republican to Democrat, giving the Assembly Democrats their largest majority in decades.

Below is a list of the new, incoming Assemblymembers that were sworn in on Jan. 13, 2026 for their first term:

Legislative District 2: Marueen Rowan

Legislative District 8: Anthony Angelozzi

Legislative District 25: Marisa Sweeney

Legislative District 20: Eduardo Rodriguez

Legislative District 21: Andrew Macurdy and Vincent Kearney

Legislative District 28: Chigozie Onyema

Legislative District 31: Jerry Walker

Legislative District 32: Katie Brennen and Ravi Bhalla

Legislative District 33: Larry Wainstein

Legislative District 35: Kenyatta Stewart

## DUES & RENEWALS

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As the driving force behind safe, quality patient care, you demonstrate extraordinary skill, compassion, and dedication every day. And you're even stronger when backed by your powerful anesthesiology community.

It's your time to shine as a specialty or practice leader, individual mentor, powerful advocate, or whatever you decide. The possible career trajectories are nearly endless, and ASA and NJSSA are ready to support them all.

### **Further your own — and the specialty's — mission**

- Every voice makes a difference — join in as we continue to fight against attacks on the physician-led care model by private insurers
- Protect your financial sustainability by standing up to ongoing payment challenges such as proposed time limits, removing payments for complex patients, and other policies that prioritize insurer profits over safe patient care

### **Step into new opportunities**

- Fine-tune your ability to lead, motivate, and influence through programs created jointly by ASA and recognized leadership experts
- Become a Fellow of the American Society of Anesthesiologists® (FASA®) — adopt one of our highest designations to communicate your commitment to your patients, practice, and the specialty

### **Embrace lifelong learning**

- Stay current with free MOCA® Minute and Anesthesiology® journal CME, as well as deep discounts on every ASA title
- Streamline your practice and promote the value you provide with quality initiatives and practical resources such as guidance for RFP responses

**Renew today and remain engaged and active** in ASA and NJSSA.

→ **Stay connected with ASA right from your phone — sign up for text updates.**

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