Less invasive surfactant administration (LISA)

- A recent medical technique, known as **less invasive surfactant administration (LISA)**, has been started at J.K. Lon Government Children’s Hospital here for treatment of lung disease or respiratory distress syndrome among premature babies.
- The procedure, started initially for newborn children with the birth weight of less than 1,500 grams, has yielded encouraging results.
- Most of the premature babies admitted to the hospital’s neonatal intensive care unit had the problem of **less mature lungs**, resulting in **difficulty in breathing** at the time of birth. They needed **ventilatory support with surfactant administration** via **endotracheal tube placed in air pipe for treatment**.
- The surfactant is administered via a thin feeding tube, instead of endotracheal tube, which is immediately removed after the procedure, while the baby is on the CPAP machine.
- LISA technique had been found to be very helpful in **minimising the side effects**.
- LISA has been developed as a **lung protective strategy** for respiratory management and ventilation in view of the **mechanical ventilation** causing damage to the preterm lungs of newborns.
- Infants considered suitable for LISA are those being managed with primary CPAP or high flow with the evidence of increasing respiratory distress and with a rising oxygen requirement.