

# RAMCOSA and RMCANA Seminar January 4, 2019

Program Directors: Dr Vishnu Kalidindi  
Dr Prasad Kilaru

Moderator: Dr Vijaya Raghava Rao

Coordinator: Dr Ram Swaroop Jawahar

**7.30 AM** Registration and complimentary breakfast

**8.00 AM** Welcome and overview of the program

**8.15 AM** Seminar inaugural address by Vice Chancellor Dr NTR  
University of Health Sciences, Vijayawada.

## The schedule, topics, and Objectives

### **8.30 AM 1. Congestive Heart Failure:**

#### **Objectives:**

- Different types of the Heart Failure: Heart Failure with Reduced EF as well as HF with preserved EF
- The New Staging System for Heart Failure Stages A to D
- Review of the 2017 ACC/AHA Guidelines on the Management of Heart Failure
- Review the Guideline Directed Medical Therapies for the appropriate diagnosis

#### **At the end of the presentation, participants will be able to:**

Diagnose and classify accurately, the type of congestive heart failure a patient is in.  
Able to choose the appropriate Guideline directed therapy for an individual patient.

Speaker: **Mohan K. Kesani, M.D., F.A.C.C. (Indiana, USA)**

### **9.15 AM 2. Diagnosis & Management of Head Injuries:**

#### **Objectives:**

- Brief review of the current state of management of Head Injuries
- Review of the types of Head Injuries, including their pathophysiology.
- Review the different imaging modalities available and how to choose from them.
- How to stabilize the patient and when to refer to Neurosurgery.

**At the end of the presentation, participants will be able to:**

- Rapidly assess the neurologic status of a patient with Head Injury.
- Provide emergency support to stabilize a Head Injury patient.

Choose the appropriate imaging modality.

Speaker: **Srinivas Reddy. P, M.S. M.Ch (Andhra Pradesh, India)**

## **10.00 AM      3. Hepatitis Update:**

**Objectives:**

- Review the different etiological agents for hepatitis as well as risk factors for hepatitis development.
- Diagnostic criteria for hepatitis.
- Current management of hepatitis, including the immunomodulatory and antiviral therapies.

**At the end of the presentation, participants will be able to:**

Understand different types of hepatitis and their causal agents.

Diagnose and appropriately treat hepatitis.

Identify preventive measures available.

Apply Guideline directed therapies.

Speaker: **Sudhakar Jonnalagadda, M.D., M.D., M.D., F.A.C.G. (Georgia, USA)**

## **10.30 AM      Coffee break**

## **10.45 AM      4. Update on Hypertension: Current Guidelines:**

**Objectives:**

- Brief review of the previous studies and guidelines
- Understand the current hypertension guideline recommendations
- JNC 8 (2014) vs ACC/AHA (2017)
- Critically review SPRINT
- Determine the benefits of targeting lower blood pressures

**At the end of the presentation, participants will be able to:**

- Identify the blood pressure thresholds between normal, elevated blood pressure and stage 1 and stage 2 hypertension.
- Diagnose white coat hypertension and masked hypertension.
- Prescribe non-pharmacological, as well as pharmacological therapies at appropriate stages of hypertension.

- Identify special classes of hypertensive patient and tailor the therapy for an individual's comorbidities.

Speaker: **Prasad Kilaru, M.D., F.A.C.C. (Illinois, USA)**

## **11.15 AM      5. Atrial Fibrillation:**

### **Objectives:**

- Describe the etiology and the the mechanism of atrial fibrillation.
- Review different types of Atrial Fibrillation.
- Discuss the stroke risk scoring system (CHA2DS2-Vasc score) as well as the bleeding risk score (HASBLED).
- Review the management of Atrial Fibrillation including rate control vs rhythm control.
- Review stroke prevention strategies utilizing vitamin K antagonists, as well as the newer factor Xa inhibitors including their limitations.

### **At the end of the presentation, participants will be able to:**

Recognize and correctly classify the atrial Fibrillation.

Accurately assess the stroke risk and bleeding risk of a given patient.

Choose the appropriate Guideline directed therapies after assessing these risks.

Speaker: **Ratnakar Perninkel, M.D., F.A.C.C. (Louisiana, USA)**

## **12.00 Noon      6. Critical Appraisal of Journal Articles:**

### **Objectives:**

- Types of Journal Articles: Original Studies, Reviews, Meta-analyses, Guidelines, etc.
- How to choose, read, and analyze a journal article.
- How to decide which information to apply in your clinical practice.

### **At the end of the presentation, participants will be able to:**

- Identify the different components of a journal article (IMRDC).
- Choose different types of journal articles for their purpose.
- And be able to use basic scientific concepts to choose appropriate knowledge for adapting in their own clinical practices.

Speaker: **Prasad Kilaru, M.D., F.A.C.C. (Illinois, USA)**

## **12.30 PM      Lunch break**

## **1.30 PM          7. Sleep Disorders with emphasis on Obstructive Sleep Apnea:**

### **Objectives:**

- Describe the Pathophysiology of Obstructive Sleep Apnea (OSA).
- Review the risk factors for development of OSA.
- Review the evidence for OSA contributing to other systemic disorders.
- Screening for and diagnosing OSA.
- Review the various types of sleep aids available and their clinical utility.

### **At the end of the presentation, participants will be able to:**

- Recognize and diagnose different types of sleep disorders.
- Appropriately choose among the treatment modalities and sleep aids available.

Speaker: **Anil Gogineni, M.D., F.A.C.P. (Florida, USA)**

## **2.15 PM          8. Physician Burnout:**

### **Objectives:**

- Differentiating Stress from Burnout.
- Recognizing those at risk for, or already suffering from Physician Burnout.
- Methods to prevent or even reverse Physician Burnout.

### **At the end of the presentation, participants will be able to:**

- Recognize and diagnose stress related issues in physicians' life.
- Identify methods to avoid Physician Burnout.

Speaker: **Ravi Kolli, M.D. (Pennsylvania, USA)**

## **3.00 PM    Tea break**

## **3.15 PM          9. Coronary Artery Disease:**

### **Objectives:**

- Outline the etiology, pathogenesis and progression of coronary artery disease.
- Review the diagnosis and management of the coronary artery disease as it evolves from stable CAD to unstable coronary syndromes including NSTEMI and STEMI.
- Review the current ACC/AHA Guidelines for the clinical management of coronary artery disease throughout its various phases.

### **At the end of the presentation, participants will be able to:**

- Recognize and diagnose coronary artery disease
- Able to correctly categorize stable vs. unstable coronary artery disease.

- Choose the appropriate guideline directed therapy for a given patient.

Speaker: **Vishnu Kalidindi, M.D., F.A.C.C. (Texas, USA)**

### **3.45 PM            10. Septic Shock:**

#### **Objectives:**

- Definition of sepsis and septic shock (Sepsis-3)
- Criteria for diagnosing Septic Shock.
- Principles of management of septic shock including fluid resuscitation, antibiotic therapy and vasopressors.

#### **At the end of the presentation, participants will be able to:**

- Differentiate between sepsis and septic shock.
- Recognize the Sequential Organ Failure Assessment (SOFA) Score.
- Initiate immediate resuscitation measures including fluids, antibiotics and vasopressors.

Speaker: **Ram Gopal Kota, M.D. (Tamil Nadu, India)**

### **4.15 PM            11. Palliative Care:**

#### **Objectives:**

- Define Palliative Care, including World Health Organization's.
- The needs of Palliative Care, with emphasis on the current status in India.
- The goals and purpose of Palliative Care.
- Types of Care currently available.
- Education and training of Palliative Care Personnel.
- What is ahead for Palliative Care in India and the world.

#### **At the end of the presentation, participants will be able to:**

- Understand the basic concepts of palliative care for various end-stage medical conditions.

Speaker: **N.S. Raju, M.B., B.S., PGDGM, MHSc (Andhra Pradesh, India)**

### **4.45 PM            12. Hypertension and Diabetes**

Speaker **Dr Ram Swaroop Jawahar, M D, India.**

### **5.45 PM            Panel discussion and open to questions**

### **6.00PM            Closing remarks**