



PRE-CONFERENCE

NAPCON
Skill Development Course

PULMONARY REHABILITATION WORKSHOP



November 30

8:00 am - 5:00 pm

2023

Venue:

Apollo Hospitals,
Jubilee Hills, Hyderabad

[Click Here to Register](#)

National Coordinator



Prof. Raj Kumar
Director, VPCI Delhi

Organising Coordinators



Dr. Chandrakant Tarke



Dr. Srikar Darisetty

International Faculty



Dr. Sally Singh

Prof and Head of Pulmonary and Cardiac Rehabilitation, Centre for Exercise and Rehabilitation Science, University Hospitals of Leicester NHS Trust (UK)

Regional Coordinators



Dr. Kripesh Ranjan Sarmah



Dr. Nirupam Sharan



Dr. Anil Maske

Faculties



Dr. Balakrishnan Menon



Dr. Vishal Bansal



Dr. Prabhuram J



Dr. Brijesh Prajapat



Dr. Supreet Batra



Dr. Parul Mrigpuri



Dr. Sidharth Raj Yadav



Dr. VVV Kalyani



Dr. Vinay Aindala (PT)

PROGRAM SCHEDULE (November 30 | 8:00 am - 5:00 pm)

TIME	TOPIC	SPEAKER
08:00 am - 09:00 am	Welcome and Registration	
09:00 am - 09:15 am	Introduction to Pulmonary Rehabilitation	Dr. Raj Kumar
09:15 am - 09:30 am	Understanding Dyspnea and Leg fatigue in Chronic Respiratory Diseases	Dr. Balakrishnan Menon
09:30 am - 10:00 am	Components and Assessment of Outcome Parameters in Pulmonary Rehabilitation	Dr. Vishal Bansal
10:00 am - 10:15 am	Nutritional considerations in Chronic Lung Diseases	Dr. Parul Mrigpuri
10:15 am - 10:30 am	Psychological aspects of Chronic Lung Diseases	Dr. Sidharth Raj Yadav
10:30 am - 10:45 am	TEA BREAK	
10:45 am - 11:00 am	Pulmonary Rehabilitation in COPD Patients	Dr. Sally Singh
11:00 am - 11:15 am	Oxygen Therapy in Chronic Respiratory Diseases	Dr. Supreet Batra
11:15 am - 11:30 am	NIV in Chronic Respiratory Diseases	Dr. Brijesh Prajapat
11:30 am - 11:45 am	Yoga Therapy: A holistic approach to Respiratory diseases	Dr. Raj Kumar
11:45 am - 12:00 pm	Home Based and Tele-Rehabilitation	Dr. Prabhuram J
12:00 pm - 12:15 pm	Setting up a Pulmonary Rehabilitation Clinic and Challenges	Dr. Vishal Bansal
12:15 pm - 12:30 pm	How to assess Smoking Status	Dr. VVW Kalyani
12:30 pm - 12:45 pm	Tobacco Cessation: Non-pharmacological	Dr. Chandrakant Tarke
12:45 pm - 01:00 pm	Tobacco Cessation: Pharmacotherapy, Newer modalities	Dr. Srikar Darisetty
01:00 pm - 02:00 pm	LUNCH BREAK	
	WORK STATIONS	
02:00 pm - 02:45 pm	Assessment of Functional capacity: Oximetry, Six minute walk test Assessment of Nutritional status: Skin fold thickness, Body composition, Muscle mass	All Faculties
02:45 pm - 03:45 pm	Exercise Training	All Faculties
03:45 pm - 04:15 pm	Postural Drainage, Percussion Techniques, Chest Vibrator use demonstration	Apollo Rehab Team
04:15 pm - 04:30 pm	Setting up Tobacco cessation Clinic	Dr. Raj Kumar
04:30 pm - 05:00 pm	CO Analyser, Tobacco products, Pharmacotherapy forms, Live call to National Tobacco Quit line Service	Dr. Raj Kumar Team

OBJECTIVES:

After the completion of workshop, the participants will be able to

- Know regarding the role, efficacy and benefits of Pulmonary Rehabilitation and Smoking Cessation for the management of chronic respiratory diseases and sequelae
- Select and Counsel patients appropriately for a Pulmonary Rehabilitation programme and Smoking Cessation
- Confidently prescribe a comprehensive Pulmonary Rehabilitation programme for appropriate patients and advise smoking cessation measures
- Assess, monitor and follow-up patients enrolled for Pulmonary Rehabilitation
- Integrate Pulmonary Rehabilitation and Smoking Cessation as the essential components into clinical respiratory practice

PULMONARY REHABILITATION

“A Path to Breathe Better”

Local/Venue Coordinators:

Dr. Hitesh Billa, Dr. Aditya Chindam, Dr. Vinay,
Dr. Frentzen, Dr. Greeshma J