

## Workshop Sessions

18th Jan 2020

### Schedule

	<i>Morning Session</i> 09.30 am to 12.30 pm	<i>Afternoon Session</i> 01.30 pm to 04.30 pm
Hall A	<b>A</b> 'Talking Therapies'	<b>B</b> Literature Search in Clinical Research
Hall B	<b>C</b> ENT in Primary Care	<b>D</b> Surgical Procedures in General Practice

- A delegate can attend one workshop from the morning session (A or C) and one from the afternoon session (B or D).
- To confirm your slots for sessions of your choice, please submit your choices via the link sent to your registered email ID.
- Slot allotment is strictly subject to availability.

# A

## *'Talking Therapies'*

Dr. Anoop KJ, Dr. Sobha P, Dr. Sangeetha, Mrs.Divya

The cardinal concept in family medicine is patient centered comprehensive care, which means that all aspects including physical, psychological and social are taken care into management plan.

Major share of patients visiting a primary care facility have coexisting psychological issues like depression, anxiety, somatoform disorder, medically unexplained symptoms, functional syndromes, substance abuse which may be related to chronic illness or family and workplace issues or due to mental illness per se. Failure to address these issues leads to patient dissatisfaction and management failure.

Psychological intervention alone or along with psychotropic medication can be effectively imparted by a properly trained general practitioner as he has the advantage of being the most acceptable affordable and accessible health care person to the patient.

This workshop will cover four interactive sessions along with role plays on

- \*Psychological interviewing
- \*Counselling and communications skills
- \*Cognitive behaviour therapy
- \*Motivational interviewing



# B

## *Literature Search in Clinical Research*

Ms Vasumathi Sriganesh - Founder QMed Knowledge

Literature search is the first step for any research, and is the foundation of all research activities. Literature search is also a crucial activity for any physician to stay updated and find the best available evidence, in order to make the right choices for evidence informed practice. There is an information overload on the World Wide Web today. Most people are confident about searching online. Alarming few actually know how to.



This workshop will cover Two Fundamentals and Four Principles of Searching, which will then be applied for scientific searching of PubMed. You will also learn why you need to explore several links offered in PubMed and exploit them for getting relevant results. The end result is - you will save lots of time by doing the right searches, not repeating activities unnecessarily and saving all the work that you do for future use. Take this small quiz - it will help you decide to do this workshop!

<https://tinyurl.com/test-qmed-search>

C

## ***ENT in Primary Care***

Dr. Javed Risvan, Dr. Deepak P., Dr. Mamta Manohar, Dr. Dona CL

This workshop offers hands-on sessions on the following indispensable ENT procedures in primary care:

- \*Nasal packing - anterior and posterior
- \*Vertigo - Manoeuvres for Diagnosis and Treatment
- \*Laryngeal examination - Indirect laryngoscopy
- \*Foreign body removal - Nose
- \*Foreign body removal- Ear, Wax removal, Ear packing



# D

## ***Surgical Procedures in General Practice***

Dr. Serin Kuriakose, Dr Krishnakumar PM, Dr. Kailas P, Dr. Safeer A, Dr. Ameena O.K.

As a family physician we deal with a lot of surgical cases like lumps and bumps, wounds from acute to chronic, healing ulcers to the non healing and a few emergency surgical conditions requiring interventions without wasting time. This workshop session includes 4 well planned sessions:

- \*Anesthetic techniques and excision of lumps and bumps.
- \*Emergency procedures.
- \*Wounds, wound care, suturing and instruments.
- \*Procedures in home visit and palliative care patients.

