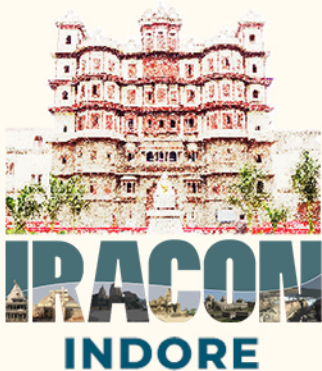


Indian Rheumatology... FUTURE IS NOW



**Workshop
Announcement
Brochure**



**37th Annual Conference of
Indian Rheumatology
Association (IRACON 2022)**

23rd - 27th November, 2022

Brilliant Convention Centre, Indore

Dear Colleagues

Greetings from IRACON 2022!

With great pleasure, we bring to you 17 uniquely designed workshops, catering to a variety of interest areas and audiences. Through these workshops, **IRACON 2022** aims to provide a comprehensive professional experience to participants and equip them with tools and support required to give the highest standard of practice and care. The target audience could be rheumatologists, rheumatology trainees and general physicians.

The convenors have crafted these workshops with well-defined learning outcomes, utilising experiential learning with current trends in medical education and aligning them well with interactive teaching principles. The workshops aim to provide a platform to interact with the experts in the field and have hands-on training on state-of-the-art techniques. The faculty of each workshop are renowned national and international experts in their field.

The workshops are planned over two days i.e., **23rd and 24th November 2022** giving you an opportunity to be a part of multiple sessions too.

For details on the workshop, please refer to the conference website <https://indianrheumatology.org/iracon2022>

We assure you that these workshops would be an enriching experience. Look forward to seeing you at **IRACON 2022**, Indore!

Warm Regards



Dr. Ashish Badika
Organising Secretary
IRACON 2022



WORKSHOP 1

23 & 24 November 2022

08:30 AM – 03:00 PM (IST)

Intensive Musculoskeletal USG workshop (2 days)

Organised in association with Dept. of Radiology, Choithram Hospital & Research Centre, Indore.

CONVENORS : Dr. R.N. Misra, Dr. (Lt General) Ved Chaturvedi

LOCAL COORDINATORS : Dr. Praveen Agrawal , Dr. Saurabh Duggad

Number of Participants : 45

Venue : Auditorium, Choithram Hospital & Research Centre, Indore

COURSE FEE

Consultants	: Rs. 15,000 + Convenience fee (as per norms)
Residents	: Rs. 8,000 + Convenience fee (as per norms)
Overseas participant	: USD 400 + Convenience fee (as per norms)

TARGET AUDIENCE

- DM/DNB (Clinical Immunology and Rheumatology) residents
- Post-doctoral Fellows in Rheumatology
- Practicing Rheumatologists

GOALS OF THE WORKSHOP

- To introduce rheumatologists to the use of ultrasound in Musculoskeletal examination and intervention
- Familiarize probe handling
- Familiarize basic physiological and pathological USG anatomy of major joints

EXPECTED OUTCOMES

By attending the workshop, participants will be able to order an appropriate scan and use an USG machine to conduct a basic screening scan of major joints.

They will also be able to identify common pathologies of major joints.

SPECIFIC LEARNING OBJECTIVES

- When to order an MSK USG in clinical practice
- Decide the probes to be used based on the site to be scanned
- Decide the machine settings based on the site to be scanned
- Identify the normal structures and identify common pathologies

TEACHING AND LEARNING METHODS

- Lectures to introduce each topic
- Live demonstration by experts
- Hands-on scanning of healthy volunteers



WORKSHOP 2

23 November 2022

09:00 AM - 05:00 PM (IST)

Critical appraisal of a Rheumatology publication

CONVENOR : Dr. Thambu David

LOCAL COORDINATOR : Dr. Rahul Sahu

Number of Participants : 60

Venue : Dr. M R Shivakumar Hall, Brilliant Convention Centre

COURSE FEE

Consultants : Rs. 2,000 + Convenience fee (as per norms)

Residents : Rs. 1,000 + Convenience fee (as per norms)

Overseas participant : USD 50 + Convenience fee (as per norms)

AIMS

1. To learn the principles of critical appraisal
2. To learn the basics of study design
3. To learn the appropriate biostatistics associated with each study design

WORKSHOP

1. A hands-on interactive workshop
2. In the form of lecture-demonstrations
3. Material (soft copies) will be provided
4. A course certificate (soft copy) from Clinical Epidemiology Unit CMC Vellore & IRACON will be mailed after the workshop to all who attend the entire course

ABOUT THE WORKSHOP

Critical Appraisal has been taught as a skill for many years and there are many guidelines and books on the subject; most are updated versions of the "users guide for medical literature" published by the JAMA and is available as a major book or an abridged version.

For the workshop, an abridged version of the critical appraisal tool called CASP will be used. This is from the UK and is user-friendly and self-explanatory. It has versions for each kind of study design.

A major aspect of research involves asking the right question, which in turn leads to the right study design. How do we know the right question and the right design? This workshop hopes to teach you a bit about this.

All research (descriptive as well as analytical) involves statistical analysis (In Medicine called biostatistics). This workshop will teach you focused basics of biostatistics pertinent to each study design.

The common designs one will encounter in medicine will be covered and hope this will be a small building block in your career as physicians, teachers, and researchers.

WORKSHOP 3

23 November 2022

09:15 AM - 12:15 PM (IST)

NFC & Thermography workshop

CONVENOR : Dr. Vivek Vasdev

LOCAL COORDINATORS : Dr. Nupoor Acharya, Dr. Sanjay Dubey, Dr. Akshat Pandey

Number of Participants : 40

Venue : Dr. S Sachdeva Hall, Brilliant Convention Centre

COURSE FEE

Consultants	: Rs. 2,000 + Convenience fee (as per norms)
Residents	: Rs. 1,000 + Convenience fee (as per norms)
Overseas participant	: USD 50 + Convenience fee (as per norms)

NAILFOLD CAPILLAROSCOPY

TARGET AUDIENCE

Rheumatologists and internists dealing with scleroderma spectrum disorders

OBJECTIVES

- Understanding the usefulness of nailfold capillaroscopy
- Nailfold video capillaroscopy (NVC) technique in the field of Rheumatic diseases
- Importance in early diagnosis of scleroderma spectrum disorders and other CTDs associated with Raynaud's phenomenon
- Understanding the prognostic value of NVC for therapeutic follow up in systemic sclerosis

EXPECTED OUTCOMES

- Increasing awareness and knowledge of NFC
- Highlight the utility of NFC in diagnosis and prognostication of scleroderma spectrum disorders
- Encouraging Rheumatologists to use NFC in routine clinical practice

TEACHING & LEARNING

METHODS

- Explanatory lectures
- Live demonstration
- Hands on training on nailfold capillaroscopies

TARGET AUDIENCE

Rheumatologists and internists handling cases of inflammatory arthritis and Raynaud's phenomenon

OBJECTIVES

- a. Sensitisation to medical thermal imaging
- b. Potential utility of thermal imaging in rheumatological conditions
- c. Outline the advantages of medical thermal imaging over other well established imaging modalities

TOPICS

- a. Overview of medical thermal imaging
- b. Thermal imaging in the field of Rheumatology
- c. Thermal imaging methodology (image acquisition)
- d. Interpretation of thermal images

TEACHING & LEARNING METHODS

- a. Introductory lectures
- b. Live demonstration of thermography
- c. Hands-on training of capturing and analysing thermal images

EXPECTED OUTCOMES

Highlighting the utility of thermography in the field of Rheumatology

Exhibiting the feasibility of using thermography as a tool in the objective assessment of joint inflammation and Raynaud's phenomenon



WORKSHOP 4

23 November 2022

12:45 PM - 04:15 PM (IST)

Basic Genetics & Molecular Techniques for Rheumatologists

CONVENOR : Dr. Vinod Scaria

LOCAL COORDINATORS : Dr. Parul Baldi, Dr. Vaibhav Ingle

Number of Participants : 60

Venue : Dr. S Sachdeva Hall, Brilliant Convention Centre

COURSE FEE

Consultants : Rs. 2,000 + Convenience fee (as per norms)

Residents : Rs. 1,000 + Convenience fee (as per norms)

Overseas participant : USD 50 + Convenience fee (as per norms)

TARGET AUDIENCE

Practicing clinicians in any specialty, trainee specialists and residents, medical and life science students with a deep interest in genomics and genetic counsellors.

GOALS OF THE WORKSHOP

Genomics and genomic applications are increasingly being utilised to understand the genetic underpinnings of diseases as well as offer a new opportunity to diagnose many genetic diseases in clinical settings. With the rapid advancements in genomics and its diverse applications now available for clinicians, the workshop aims to provide a broad overview of genomics and its applications in clinical medicine.

EXPECTED OUTCOMES

The workshop is expected to provide a broad overview and practical knowledge required to work up genetic diseases and offer optimal and best-suited genetic tests. The workshop would also enlighten the participant on the uses of model systems for assessing the pathogenicity of variants and emerging applications including genome editing for understanding diseases and therapy.

SPECIFIC LEARNING OBJECTIVES

The workshop will provide a broad overview of the various aspects of genomics and applications in clinical medicine, the various types of genomic tests, advantages and caveats. The workshop would also provide an opportunity to closely understand the genomics research in India and the futuristic applications of genome editing for understanding and treating genetic diseases.

TEACHING AND LEARNING METHODS

Didactic learning encompassing 120 mins
Discussions and Q&A encompassing 60 mins
Online reading material with descriptions of techniques and additional technical material

WORKSHOP 5

23 November 2022

09:15 AM - 12:15 PM (IST)

Artificial Intelligence (AI) - A primer for Rheumatologists

CONVENOR : Dr. Shankar Subramaniam

LOCAL COORDINATORS : Dr. Prakash Joshi, Dr. Mayank Gupta

Number of Participants : 35

Venue : Dr. G S Sainani Hall, Brilliant Convention Centre

COURSE FEE

Consultants : Rs. 2,000 + Convenience fee (as per norms)

Residents : Rs. 1,000 + Convenience fee (as per norms)

Overseas participant : USD 50 + Convenience fee (as per norms)

TARGET AUDIENCE

Any delegate attending IRACON 2022 is welcome to register for this workshop. You may be a senior rheumatologist or a young resident, if you are curious and want to experience a slice of the pie of the future; please do register.

GOALS OF THE WORKSHOP

The workshop will be interactive in nature and the faculty will help in highlighting the principles using real life examples from their own research work.

EXPECTED OUTCOMES

The aim of this course is to familiarise the participants with various aspects of applied machine learning and Artificial Intelligence in Medicine, focussing on rheumatology.

SPECIFIC LEARNING OBJECTIVES

While 4 hours is not adequate to make you an expert, it will be enough to provide you with a flavour and feel of the exotic world of AI and ML. (Fig) You will become familiar with the common usage of AI/ML in Medicine, understand how to use AI in your research and get access to resources for developing the specific skill sets you desire to develop.

TEACHING AND LEARNING METHODS

1. Overview of the workshop
2. Brief introduction to AI (highlighting the thinking processes, biases in human thinking which AI can overcome)
3. Technical aspects of AI (in brief and highlighting the use of AI presently)
 - a. Understanding Big data
 - b. AI in real world, including Medicine, Rheumatology and Scientific research
4. Integration of best of both worlds: AI and humans
5. Future directions



WORKSHOP 6

23 November 2022

12:45 PM - 03:45 PM (IST)

Digital & Tele Rheumatology

CONVENOR : Dr. Sakir Ahmed

LOCAL COORDINATORS : Dr. Vivek Vasdev, Dr. Mayank Gupta

Number of Participants : 30

Venue : Dr. G S Sainani Hall, Brilliant Convention Centre

COURSE FEE

Consultants : Rs. 2,000 + Convenience fee (as per norms)

Residents : Rs. 1,000 + Convenience fee (as per norms)

Overseas participant : USD 50 + Convenience fee (as per norms)

TARGET AUDIENCE

Rheumatologists and internists interested in telemedicine, precision medicine, and remote patient monitoring.

GOALS OF THE WORKSHOP

- To orient the attendees on the scope and potential of digital health in Rheumatology
- To update attendees on technical aspects of telemedicine (such as predictive analytics) as well as legal, ethical, etiquette, tele-triage aspects
- To set up a platform for future collaborative work related to digital health

EXPECTED OUTCOMES

- Involve practicing and upcoming rheumatologists in different aspects of digital medicine
- Increase awareness and knowledge
- Lay the foundation for collaborative work

SPECIFIC LEARNING OBJECTIVES

- Understand the concepts of precision medicine
- Understand the role of remote patient monitoring, chatbots and point-of-care devices
- To be able to set up a mechanism of tele-triage
- To update participants on Relevant Court Cases and latest NMC draft guidelines, Personal Data Privacy Bill 2019
- Practical experience on paper cases (on laptops)
- Plan studies related to the above topics

TEACHING AND LEARNING

METHODS

- Didactic lectures
- Live demonstration of remote patient monitoring and predictive diagnosis
- Online work on paper cases: dealing with tele-triage, legal and ethical problems of telemedicine

Participants are requested to carry their own laptops for this workshop.

WORKSHOP 7

23 November 2022

09:15 AM - 12:15 PM (IST)

Legal & Ethics workshop

CONVENORS : Dr Surjit Singh (Ethics), Advocate Maimoona Badsha

LOCAL COORDINATORS : Dr. Sourabh Malviya, Dr. Rutuja Puraswani

Number of Participants : 40

Venue : Dr. M M Desai Hall, Brilliant Convention Centre

COURSE FEE

Consultants : Rs. 2,000 + Convenience fee (as per norms)

Residents : Rs. 1,000 + Convenience fee (as per norms)

Overseas participant : USD 50 + Convenience fee (as per norms)

TARGET AUDIENCE

DM/DNB (Clinical Immunology and Rheumatology) residents MD (Medicine/ Paediatrics) MD/ MS/ DNB (Any speciality) Practicing Rheumatologists/Physicians/ Paediatricians

EXPECTED OUTCOMES

By the end of the workshop the participant will,

1. Have a clear idea on ethical issues while conducting research.
2. Know how to behave ethically while practicing especially with regard to physician-pharmaceutical industry relations
3. Know how not to fall into legal trap

SPECIFIC LEARNING OBJECTIVES

1. To know the basics of ethics in research
2. To know the types of ethical dilemma one faces in practice and how to trouble shoot and how to prevent them
3. To have basic legal knowledge required for a doctor (with special reference to rheumatology practice)

TEACHING AND LEARNING METHODS

1. Short Lectures
2. Case discussion on ethics issues led by senior rheumatologists who are in government set up, private institute set up, and corporate set up
3. Case discussions by legal experts
4. Q & A sessions



WORKSHOP 8

23 November 2022

09:15 AM - 12:15 PM (IST)

Practical Interventions in everyday Rheumatology practice

CONVENOR : Dr. Vineeta Shobha

LOCAL COORDINATORS : Dr. Preksha Dwivedi, Dr. Vaibhav Ingle

Number of Participants : 40

Venue. : Dr. Prakash Pispati Hall, Brilliant Convention Centre

COURSE FEE

Consultants : Rs. 2,000 + Convenience fee (as per norms)

Residents : Rs. 1,000 + Convenience fee (as per norms)

Overseas participant : USD 50 + Convenience fee (as per norms)

TARGET AUDIENCE

Students pursuing clinical Immunology and Rheumatology training and consultants who are required to perform procedures in their clinical practice

GOALS OF THE WORKSHOP

1. To learn about common procedures done in patients suffering from various rheumatic diseases. Procedures that can be performed on outpatient basis as well as those which require hospitalisation/ observation are discussed.
2. This will decrease reliance on other specialties for the procedures.

TEACHING AND LEARNING METHODS

This will be Q and A based workshop. The procedures will be explained step to step accompanied by videos of the procedures. The participants will be provided access to procedure videos used during the sessions on request.

SPECIFIC LEARNING OBJECTIVES

1. After attending the session, the participant will acquire knowledge regarding following procedures
 - A) Salivary pool estimation
 - B) Minor salivary gland biopsy
 - C) Muscle biopsy
 - D) Nerve biopsy
 - E) Skin biopsy
 - F) Renal biopsy
- 2) Participant will learn about relevant anatomy, when to perform ie indications, contra indications, details of the procedures and troubleshoot any complications.
- 3) A brief will be provided regarding the adequacy of biopsy specimen and interpretation of reports.
- 4) Finally recent advances if any, shall also be highlighted.

EXPECTED OUTCOMES

The knowledge acquired will help the clinician to perform the procedures discussed during the workshop, troubleshoot and interpret reports correctly which aids them in taking therapeutic decisions and manage complications competently.

WORKSHOP 9

23 November 2022

12:45 PM - 03:45 PM (IST)

Joint injection procedures in Rheumatology

CONVENOR : Dr. S.J. Gupta

LOCAL COORDINATORS : Dr. Preksha Dwivedi, Dr. Prakash Joshi

Number of Participants : 30

Venue : Dr. Prakash Pispati Hall, Brilliant Convention Centre

COURSE FEE

Consultants : Rs. 2,000 + Convenience fee (as per norms)

Residents : Rs. 1,000 + Convenience fee (as per norms)

Overseas participant : USD 50 + Convenience fee (as per norms)

TARGET AUDIENCE

The target audience would be anyone wishing to learn the nuances of local injection therapy- physicians with an interest in rheumatology; rheumatologists in training; young rheumatologists wishing to learn the techniques; and even established rheumatologists who wish to brush up their skills.

GOALS OF THE WORKSHOP

The goals would be: i) Introduction to the technique of bed-side local joint/soft-tissue injection; ii) Outline technique and procedure for soft-tissue injections and joint injections around the knee, shoulder, elbow, wrist, and ankle; iii) 'Hands-on' experience on mannequins of joint injections of knee, shoulder, elbow, wrist and ankle.

SPECIFIC LEARNING OBJECTIVES

One would anticipate that after attending the workshop, a participant would be able to attempt the injections himself/herself.

TEACHING AND LEARNING METHODS

The workshop would comprise 4 brief presentations followed by hands-on instructions on injection techniques on mannequins.

EXPECTED OUTCOMES

The outcome anticipated would be after attending the workshop, a participant would be able to attempt the injections himself/herself.



WORKSHOP 10

23 November 2022

09:15 AM - 3:30 PM (IST)

Scientific evaluation of Soft Tissue Rheumatism/ Myofascial Pain

CONVENOR : Dr. B G Dharmanand

LOCAL COORDINATORS : Dr. Apurva Khare, Dr. Parul Baldi, Dr. Akshat Pandey

Number of Participants : 30

Venue : Dr. Manjushree Mitra Hall, Brilliant Convention Centre

COURSE FEE

Consultants : Rs. 2,000 + Convenience fee (as per norms)

Residents : Rs. 1,000 + Convenience fee (as per norms)

Overseas participant : USD 50 + Convenience fee (as per norms)

TARGET AUDIENCE

Rheumatologists/ Trainees and Physios working with Rheumatologists

GOALS OF THE WORKSHOP

This course is intended for practicing Rheumatologists, Rheumatology/clinical immunology trainees. Non- Inflammatory musculoskeletal disorders form a significant percentage of Rheumatology clinical practice. Training in these disorders is often not the focus during super/subspecialty training in India and Abroad. The course intends to revise relevant applied anatomy, principles of soft tissue diagnosis. It also intends to highlight approach to common disorders like Tendinopathies, Fibromyalgia and Myofascial pain syndrome.

SPECIFIC LEARNING OBJECTIVES

The participants should be able to

1. Identify common soft tissue rheumatic disorders
2. Approach regional pain syndromes methodically
3. Understand the principles of CBT
4. Perform Trigger point evaluation and treatment
5. Understand the need for multimodal therapy in Chronic pain disorders
6. Practical tips on managing Fibromyalgia and MFPS

TEACHING AND LEARNING METHODS

Interactive talks on principles of management
Hands on demonstration of techniques like Trigger point release, Dry needling

EXPECTED OUTCOMES

- Better knowledge
- Better ability to manage multiple soft tissue pathologies
- Distinguish non-inflammatory diseases from inflammatory diseases

WORKSHOP 11

24 November 2022

09:15 AM - 03:30 PM (IST)

Musculoskeletal MRI Workshop

CONVENORS : Prof. Mikkel Østergaard, Dr. Ashish Jacob Mathew

LOCAL COORDINATORS : Dr. Rahul Sahu, Dr. Rutuja Puraswani

Number of Participants : 25

Venue : Dr. Prakash Pispati Hall, Brilliant Convention Centre

COURSE FEE

Consultants : Rs. 10,000 + Convenience fee (as per norms)

Residents : Rs. 5,000 + Convenience fee (as per norms)

Overseas participant : USD 300 + Convenience fee (as per norms)

TARGET AUDIENCE

- DM/DNB (Clinical Immunology and Rheumatology) residents
- Post-doctoral Fellows in Rheumatology
- MD/ DNB radiodiagnosis residents
- Practicing Rheumatologists/
Radiologists with special interest in MSK MRI

GOALS OF THE WORKSHOP

- Understand and be able to identify the most important MRI sequences
- Understand and be able to identify the most important MRI pathologies in peripheral joints, sacroiliac joints and spine in rheumatoid arthritis, psoriatic arthritis and axial Spondyloarthritis
- Appreciate the most important differential diagnoses to axial SpA and pitfalls encountered when interpreting MRI of the sacroiliac joints
- Get an overview of MRI studies on shoulder, hip and knee joints

SPECIFIC LEARNING OBJECTIVES

- When to order an MSK MRI in a case of inflammatory arthritis?
- What are the MRI sequences to be ordered for a particular clinical question?
- Interpreting MRI features of common differentials in cases of inflammatory arthritis

TEACHING AND LEARNING METHODS

Lectures to introduce each topic and the basic concepts of MRI. Case based reporting of real-life cases in DICOM mode. Every participant will be given an individual working-station.

EXPECTED OUTCOMES

Be confident with interpreting MRIs of sacroiliac joints and spine in case of inflammatory arthritis. To identify close differential diagnosis of rheumatic conditions.

WORKSHOP 12

24 November 2022

12:45 PM - 03:45 PM (IST)

GRAPPA WORKSHOP

CONVENOR : Dr. Ashish Jacob Mathew

LOCAL COORDINATORS : Dr. Apurva Khare, Dr. Parul Baldi

Number of Participants : 40

Venue : Dr. G S Sainani Hall, Brilliant Convention Centre

COURSE FEE

Consultants : Rs. 2,000 + Convenience fee (as per norms)

Residents : Rs. 1,000 + Convenience fee (as per norms)

Overseas participant : USD 50 + Convenience fee (as per norms)

TARGET AUDIENCE

- DM/DNB (Clinical Immunology and Rheumatology) residents
- MD (Medicine/ Dermatology) interested in psoriasis research
- Practicing Rheumatologists/ Physicians/ Paediatricians

GOALS OF THE WORKSHOP

- To sensitize clinicians to optimize clinical examination in Psoriatic arthritis
- To familiarise the participants in objective assessment of disease severity and damage in psoriasis and psoriatic arthritis

EXPECTED OUTCOMES

By attending the workshop, the participants will be equipped to assess disease severity and damage in patients with psoriasis and psoriatic arthritis. They will also be comfortable in using the outcome measures for research purposes.

SPECIFIC LEARNING OBJECTIVES

- To learn correct methods of musculoskeletal examination in suspected / confirmed cases of Psoriatic arthritis
- To learn the right method to assess skin and nail involvement in Psoriasis
- To learn the basics of radiographic changes in psoriasis
- To learn about various outcome measures in Psoriasis and psoriatic arthritis

TEACHING AND LEARNING

METHODS

- Learning across 5- 6 pre-specified stations in small groups
- Live demonstration on patients/ healthy volunteers
- Use of tools to simulate skin and nail changes
- Use of specimen radiographic images to illustrate the changes in PsA

WORKSHOP 13

24 November 2022

09:15 AM - 12:15 PM (IST)

Evidence based YOGA complementing modern OT & PT

CONVENOR : Dr. Uma Kumar

LOCAL COORDINATORS : Dr. Sourabh Malviya, Dr. Vaibhav Ingle, Dr. Parul Baldi

Number of Participants : 40

Venue : Dr. Manjushree Mitra Hall, Brilliant Convention Centre

COURSE FEE

Consultants : Rs. 2,000 + Convenience fee (as per norms)

Residents : Rs. 1,000 + Convenience fee (as per norms)

Overseas participant : USD 50 + Convenience fee (as per norms)

TARGET AUDIENCE

Physicians, Rheumatologists

GOALS OF THE WORKSHOP

Highlighting importance of supportive therapies in managing inflammatory Rheumatic diseases

EXPECTED OUTCOMES

1. Better understanding of the techniques and breathing pattern in Yoga practices
2. Enhanced knowledge and skills in teaching the patients.
3. Pain management
4. Enhanced physical function
5. Improvement in musculoskeletal function, immunity against oxidative stress.
6. Reduction in expression of inflammation
7. Alleviation of stress and anxiety

SPECIFIC LEARNING OBJECTIVES

1. Understanding the principles of Yoga therapy (Pancha kosha level i.e. mind-body-intellect unit).
2. Teaching Sukshma Vyayama (Small joint warm up practices) for improving joint flexibility and mind body coordination.
3. Emphasis on certain techniques of Pranayama for achieving deeper (sukshma) corrections for better joint mobility.
4. Highlighting the scientific research data and success rate in Yoga for treating RA from the research findings.

TEACHING AND LEARNING METHODS

1. Patient-specific therapy according to their endurance and pain threshold
2. Use of props and assistance wherever suitable for patient.
3. Sukshma Vyayama, Breathing practices, Pranayama, Yoga nidra & Mantra chant

WORKSHOP 14

24 November 2022

12:45 PM - 03:45 PM (IST)

Basic Physiatry, Rehabilitation & Prosthesis in Rheumatology Practice

CONVENOR : Dr. R N Haldar

LOCAL COORDINATORS : Dr. Sourabh Malviya, Dr. Vaibhav Ingle

Number of Participants : 40

Venue : Dr. Manjushree Mitra Hall, Brilliant Convention Centre

COURSE FEE

Consultants : Rs. 2,000 + Convenience fee (as per norms)

Residents : Rs. 1,000 + Convenience fee (as per norms)

Overseas participant : USD 50 + Convenience fee (as per norms)

TARGET AUDIENCE

PGT, PDT and rheumatologists

GOALS OF THE WORKSHOP

To bridge the gap of inadequate knowledge in rehabilitative aspect in complete management of rheumatic diseases as a part of holistic management

EXPECTED OUTCOMES

Following the workshop, the participants will be better equipped to provide comprehensive rehabilitative care

SPECIFIC LEARNING OBJECTIVES

To develop and expertise on the role of modalities, exercises, orthosis, aids, and equipment's for total management of rheumatic diseases

TEACHING AND LEARNING METHODS

- A. Pre-workshop evaluations
- B. Lectures
- C. Demonstrations and hands-on training in small groups in modalities (UST, IFT, TENS, ES, etc.), orthosis (splint, brace, corset) and equipment's (Gait aids, occupational therapy aids, etc.)
- D. Post-workshop evaluation
- E. Feedback.



WORKSHOP 15

24 November 2022

09:15 AM - 03:30 PM (IST)

How to generate evidence in Rheumatology by Cochrane review

CONVENORS : Dr. Samuel Whittle, Dr. Keerthi Talari

LOCAL COORDINATORS : Dr. Preksha Dwivedi, Dr. Akshat Pandey

Number of Participants : 40

Venue : Dr. S Sachdeva Hall, Brilliant Convention Centre

COURSE FEE

Consultants : Rs. 2,000 + Convenience fee (as per norms)

Residents : Rs. 1,000 + Convenience fee (as per norms)

Overseas participant : USD 50 + Convenience fee (as per norms)

TARGET AUDIENCE

Rheumatologists, internists – trainees, teaching faculty and clinical practitioners

GOALS OF THE WORKSHOP

To introduce participants to systematic reviews and Cochrane methodology and encourage them to conduct systematic reviews

EXPECTED OUTCOMES

The workshop aims to train the participants in

- How to understand and appraise a systematic review
- Generating best quality evidence through a systematic review
- Understanding risk of bias in randomised controlled trials

SPECIFIC LEARNING OBJECTIVES

- Formulating a research question for a systematic review
- Understanding the process of conducting systematic reviews (with special focus on Cochrane reviews)
- Risk of bias assessment in systematic reviews

TEACHING AND LEARNING METHODS

This workshop would be an interactive workshop with faculty sensitising the participants to the topic through audio – visual presentations followed by a hands-on experience workshop on conducting and analysing systematic reviews



WORKSHOP 16

24 November 2022

12:45 PM-03:45 PM (IST)

Evidence based Traditional Indian Medicine in Rheumatology

CONVENOR : Dr. Shrikant Wagh

LOCAL COORDINATOR : Dr. Prakash Joshi

Number of Participants : 50

Venue : Dr. M R Shivakumar Hall, Brilliant Convention Centre

COURSE FEE

Consultants : Rs. 2,000 + Convenience fee (as per norms)

Residents : Rs. 1,000 + Convenience fee (as per norms)

Overseas participant : USD 50 + Convenience fee (as per norms)

TARGET AUDIENCE

All participants interested in the Indian medical system

GOALS OF THE WORKSHOP

Scientific information related to the use of Indian medical systems in Rheumatology practice

SPECIFIC LEARNING OBJECTIVES

The evidence for the use of Indian medical systems in rheumatic diseases

TEACHING AND LEARNING METHODS

5 lectures and a question-answer session.

EXPECTED OUTCOMES

Knowledge about the evidence for fundamental principles and management of rheumatic diseases in the Indian systems of medicine.



WORKSHOP 17

24 November 2022

03:00 PM- 05:00 PM (IST)

Medical arthroscopy - A primer

CONVENOR : Dr. Ved Chaturvedi

Number of Participants : 30

Venue : Sri Aurobindo Institute of Medical Sciences

COURSE FEE : NIL

TARGET AUDIENCE

Rheumatologists interested in learning targeted synovial biopsy

GOALS OF THE WORKSHOP

Arthroscopy is a tool which can be used either by orthopaedic surgeons for intra articular surgery of the joint or by Rheumatologists for diagnostic and research purposes. It's a well known fact that many synovial diseases remain undiagnosed due to lack of synovial tissue available for biopsy.

The goal of arthroscopy is primarily for inspection of synovium (Synovial documentation) and its vascularity and to take a biopsy from appropriate affected place

SPECIFIC LEARNING OBJECTIVES

Since most rheumatic diseases involves synovium, synovial tissue obtained by direct visualisation by arthroscopy would remain the primary scientific object

TEACHING AND LEARNING METHODS

Initially a structured power point presentation on medical arthroscopy including a video of the procedure followed by arthroscopy of synovial biopsy on a cadaver/ patient/ or a teaching model

EXPECTED OUTCOMES

Rheumatologist attending the workshop would learn importance of targeted synovial biopsy, in future a needle arthroscopy may become more popular than the traditional arthroscopy used by surgeon

CONVENORS



Dr. RN Misra

Intensive Musculoskeletal
USG workshop



Dr. Thambu David

Critical appraisal of a
Rheumatology publication



Dr. Shankar Subramaniam

Artificial Intelligence (AI) - A
primer for Rheumatologists



Advocate. Maimoona Badsha

Legal & Ethics workshop



Dr. Vineeta Shobha

Practical Interventions in
everyday Rheumatology practice



Dr. B.G. Dharmanand

Scientific evaluation of Soft
Tissue Rheumatism/ Myofascial
Pain



Dr. Ashish Jacob Mathew

Musculoskeletal MRI Workshop &
GRAPPA workshop



Dr. Uma Kumar

Evidence based YOGA
complementing modern OT & PT



Dr. Samuel Whittle

How to generate evidence in
Rheumatology by Cochrane
review



Dr. Vinod Scaria

Basic Genetics & Molecular
Techniques for Rheumatologists



Dr. (Lt General) Ved Chaturvedi

Intensive Musculoskeletal
USG workshop &
Medical arthroscopy-A primer



Dr. Vivek Vasdev

NFC & Thermography workshop



Dr. Sakir Ahmed

Digital & Tele Rheumatology



Dr. Surjit Singh

Legal & Ethics workshop



Dr. S.J. Gupta

Joint injection procedures in
Rheumatology



Prof. Mikkel Østergaard

Musculoskeletal MRI Workshop



Dr. R.N. Haldar

Basic Physiatry, Rehabilitation &
Prosthesis in Rheumatology Practice



Dr. Shrikant Wagh

Evidence based Traditional Indian
Medicine in Rheumatology



Dr. Keerthi Talari

How to generate evidence in
Rheumatology by Cochrane review

HOW TO REGISTER FOR WORKSHOPS & PRE-CONFERENCE COURSES?

Online registrations are open for **IRACON 2022** workshops. Since registrations for the workshops are open only for the registered participants of the conference, the online workshops registration portal will work only if you use the **IRACON 2022** login credentials created at the time of registration. For those who do not wish to register for the conference but would like to join any specific workshop, kindly write to the **conference secretariat** - iracon2022@indianrheumatology.org

Go to <https://indianrheumatology.org/iracon2022/>

- Register by creating your account (username and password).
- Complete the registration process by paying the relevant registration fee.
- Go to Online Registration for Workshops & Pre-Conference Courses under Registration link on the home page.
- Select Workshops from the list provided. You will find the details of the workshops on the conference website too.
- Check your personal details (this will be same as the details entered during registration)
- Select payment option and complete the payment.

If you have chosen to pay off-line, then send us the payment details via email to iracon2022@indianrheumatology.org.

www.indianrheumatology.org/iracon2022

PATRON

Dr. (Lt General) Ved Chaturvedi

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CHAIRMAN SCIENTIFIC COMMITTEE

Dr. Debashish Danda

TREASURER

Dr. Sanjay Dubey



Conference Secretariat:

Dr. Ashish Badika

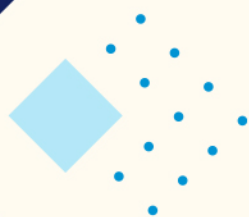
Organizing Secretary IRACON 2022

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