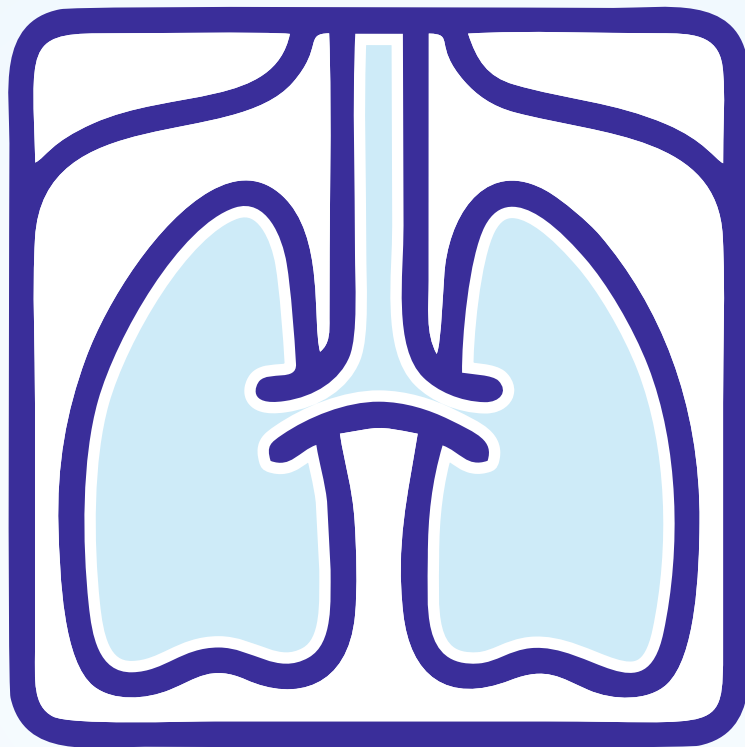




**CME FOUNDATION OF INDIA**



## **CONCLAVE ON CHRONIC AIRWAY MANAGEMENT**

### **EVENT REPORT**

**Venue:** Hyatt Regency, Lucknow

**Date:** 26<sup>th</sup> October, 2024



# Conclave on Chronic Airway Management

The "**Conclave on Chronic Airway Management**" was held on October 26<sup>th</sup> 2024, at Hyatt Regency, Lucknow. Organized by the CME Foundation of India (CMEFI), the conclave featured sessions led by renowned experts Dr. B. P. Singh, Dr. Kanishka K Singh, Dr. Humaira Hanif, & Dr. Rajneesh Kumar Srivastava.

The **Conclave on Chronic Airway Management** focused on advancing the understanding and management of chronic mucus secretion in respiratory diseases, specifically in conditions like COPD, asthma, and bronchiectasis, with particular attention to the challenges faced by patients in India. The agenda included comprehensive lectures on identifying patients and symptoms, focusing on clinical signs, patient history, and diagnosis. It also covered the management of patients with chronic mucus hypersecretion (CMH), including both pharmacological and non-pharmacological treatments. Non-pharmacological management strategies highlighted the use of Aerobika as a clear choice for airway clearance and pulmonary physiotherapy techniques.

The primary goal of the Conclave on Chronic Airway Management was to provide healthcare professionals with the latest knowledge and practical approaches to improve patient outcomes in respiratory care. This report summarizes the key discussions and insights shared during the conclave, highlighting advancements and practical strategies for managing chronic mucus secretion and improving respiratory function in patients with chronic respiratory diseases.

**Date: 26<sup>th</sup> October, 2024**

**Venue: Hyatt Regency, Lucknow**

**Total Participants: 48**

# Agenda

Date : 26<sup>th</sup> October, 2024

Time: 07:00 pm to 09:00 pm

Topics	Speakers	Duration
Welcome and Introduction		07:00 pm - 07:05 pm
Chronic mucus hypersecretion: Causes & consequences	Dr. Rajneesh Shrivastav	07:05 pm - 07:20 pm
Identifying and assessing patients with CMH in practice	Dr. Kanishka Kumar Dr. Khushbhoo Pilia	07:20 pm - 07:40 pm
Managing patients with CMH-Pharmacological Management & Non-pharmacological management	Dr. B.P. Singh	07:40 pm - 08:10 pm
Pulmonary physiotherapy Techniques	Dr. Humaira Hanif	08:10 pm - 08:30 pm
Q & A	All Speakers	08:30 pm - 08:50 pm
Closing Remarks	Dr. Rajneesh Shrivastav	08:50 pm - 08:55 pm
<b>Vote of Thanks</b>		08:55 pm - 09:00 pm

## Summary of Conclave

- **CMEFI** welcomed the participants and introduced Dr. B. P. Singh, Dr. Kanishka K Singh, Dr. Humaira Hanif, & Dr. Rajneesh Kumar Srivastava.

- **Chronic Mucus Hypersecretion: Causes & Consequences: Dr. Rajneesh Kumar Srivastava**

Dr. Rajneesh Kumar Srivastava opened the conclave with an insightful session on the causes and consequences of CMH. He explained that CMH often results from chronic exposure to irritants like smoke, air pollution, and allergens or underlying diseases such as Chronic Obstructive Pulmonary Disease (COPD), bronchiectasis, or asthma. Dr. Srivastava highlighted how excessive mucus can obstruct airways, impair gas exchange, and lead to recurrent infections. He also discussed the significant impact of CMH on patients' quality of life, emphasizing the need for timely intervention to prevent complications such as respiratory failure and progressive lung damage.

- **Identifying and Assessing Patients with CMH in Practice: Dr. Kanishka K. Singh and Dr. Khushbhoo Pilania**

Dr. Kanishka K. Singh and Dr. Khushbhoo Pilania shared practical approaches for identifying and assessing patients with CMH in clinical practice. Their session highlighted the importance of obtaining a detailed medical history and evaluating symptoms such as chronic cough with sputum production. They also emphasized using diagnostic tools, including spirometry, sputum analysis, and imaging, to confirm the diagnosis and assess disease severity. Both speakers stressed the importance of a patient-centred approach and integrating clinical, radiological, and laboratory findings for an accurate assessment.

- **Managing Patients with CMH: Pharmacological and Non-Pharmacological Management: Dr. B.P. Singh**

Dr. B.P. Singh provided a comprehensive overview of the management of CMH, covering both pharmacological and non-pharmacological strategies. Pharmacological interventions include mucolytics, bronchodilators, and corticosteroids to reduce mucus production and inflammation. Non-pharmacological approaches were also discussed, such as lifestyle modifications, airway clearance techniques, and patient education. Dr. Singh emphasized the importance of tailoring treatment plans to individual patient needs and comorbid conditions, ensuring a multidisciplinary approach to achieve optimal outcomes.

- **Pulmonary Physiotherapy Techniques: Dr. Humaira Hanif**

Dr. Humaira Hanif conducted a session on the role of pulmonary physiotherapy in managing CMH. She demonstrated postural drainage, breathing exercises, and chest percussion, aiding mucus clearance and improving lung function. Dr. Hanif highlighted the benefits of pulmonary rehabilitation programs, which combine exercise training and education to enhance respiratory health. Her presentation stressed the need for integrating physiotherapy into routine CMH management to improve patient outcomes and quality of life.

- **Moderators: All Speakers**

The interactive Q&A session allowed attendees to engage with the expert panel, posing practical questions about CMH diagnosis and management. The panellists addressed challenges such as treatment adherence, advanced diagnostic methods, and handling complex cases with comorbidities. This session provided attendees with actionable insights and solutions to real-world clinical challenges.

- **Closing Remarks: Dr. Debashis Behera**

Dr. Debashis Behera delivered the closing remarks, summarizing the key takeaways from the conclave. He reiterated the importance of early detection, a multidisciplinary approach, and evidence-based interventions in managing CMH. Dr. Behera also emphasized the need for continued research, collaboration, and patient education to address the growing burden of respiratory diseases.

The conclave successfully brought together experts and clinicians to discuss the multifaceted aspects of CMH. It provided valuable insights into its causes, diagnostic challenges, and management strategies, equipping healthcare professionals with the knowledge and tools to deliver better patient care.

**In the end of this Conclave, the CME Foundation of India extended, its sincere vote of thanks to the attending delegates and acknowledged Lupin Ltd., the academic industry partner, for their valuable support and contribution to the success of this conclave.**



# Snapshots of Conclave on Chronic Airway Management

## Welcoming Dr. B. P. Singh



## Welcoming Dr. Kanishka K Singh



# Snapshots of Conclave on Chronic Airway Management

## Lecture on Managing Patients with CMH: Pharmacological and Non-Pharmacological Management



**Empowering attendees with a scientifically enriching and a joyful conclave experience**







Developed by:

## CME FOUNDATION OF INDIA

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