



Good **Airway** Practice

Event Report

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The Event on Chronic Mucus Hypersecretion (CMH), held on 6th September 2025 at the Grand Madurai by GRT Hotels, Chinthamani, Tamil Nadu, brought together leading pulmonologists and respiratory care experts from across India to explore diagnostic and management strategies for CMH, a distinct and clinically significant phenotype of chronic respiratory diseases.

Dr. Unni R Baby opened the scientific program with a session focused on the pharmacological management of CMH, highlighting the therapeutic value of Erdosteine. He presented mechanistic insights and robust clinical evidence supporting its role in reducing exacerbation rates, improving symptom control, and enhancing antibiotic efficacy in biofilm-associated infections.

A multi-speaker panel discussion followed, addressing non-pharmacological approaches to CMH with a focus on Oscillating Positive Expiratory Pressure (OPEP) devices. All panelists shared practical experiences and clinical perspectives on integrating airway clearance techniques, such as ACBT, PEP, and OPEP, into routine care. Comparative data, device-specific features, and supporting trial evidence were discussed to guide optimal therapy selection.

The third session, led by Dr. Anand Vijay, provided a hands-on demonstration of OPEP device functionality, usage technique, and maintenance. The session emphasized patient-specific customization, correct usage protocols, and hygiene practices to maximize therapeutic outcomes and device longevity.

In the fourth session, Dr. Neethu Thambi addressed mucus hypersecretion as a distinct yet under-recognized entity in chronic respiratory diseases. She discussed the physiological role of mucus and its cellular origins, including the roles of Goblet, Clara, and Serous cells, and highlighted how mucin overproduction contributes to airway obstruction, impaired gas exchange, and increased exacerbation risk. She stressed that Chronic Mucus Hypersecretion (CMH) should be viewed as a treatable trait, advocating for early identification, diagnostic vigilance, and integration of pharmacological and non-pharmacological strategies in routine care.

The event concluded with a strong consensus that CMH demands proactive and personalized intervention. Integration of evidence-based therapies, such as Erdosteine and OPEP devices, into standard care can significantly improve lung function, reduce exacerbation burden, and enhance overall quality of life in patients with chronic respiratory diseases.

Date: 6th September 2025

Venue: Grand Madurai by GRT Hotels, Chinthamani, Tamil Nadu

Total Participants: 13

Agenda



6th September 2025



6:00 p.m. to 9:00 p.m.



Grand Madurai by GRT Hotels, Chinthamani, Tamil Nadu

Topics	Speakers	Timings
Welcome and Introduction		6:00 p.m. to 6:05 p.m.
Exploring the Role of Mucus in Conditions Leading to Alveolar Mucus Hypersecretion	Dr. Palaniappan	6:05 p.m. to 7:00 p.m.
Discussing the Impact of CMH on Patient Outcomes	Dr. Srikanth Krishnamurthy	7:00 p.m. to 7:45 p.m.
Pharmacological and Non-Pharmacological Management of CMH	Dr. Anand Vijay	7:45 p.m. to 8:30 p.m.
Key Takeaways and Way Forward		8:30 p.m. to 8:50 p.m.
Vote of Thanks		8:50 p.m. to 9:00 p.m.

Summary of the Event

Session 1: Exploring the Role of Mucus in Conditions Leading to Alveolar Mucus Hypersecretion- Dr. Palaniappan

Dr. Palaniappan opened the scientific session by delving into the physiological and pathological aspects of mucus production in the respiratory tract, with a focus on alveolar mucus hypersecretion, a concept often overlooked in chronic respiratory diseases. He began by explaining the protective role of mucus as a humidifying agent and as a physical and immunological barrier against inhaled irritants, allergens, and pathogens.

He emphasized the anatomical and functional relevance of epithelial cell types involved in mucus production, including Clara, Goblet, and Serous cells. The session elaborated on the pathological transition from protective mucus secretion to hypersecretion, triggered by chronic airway inflammation, infections, smoking, and environmental pollutants. These changes can disrupt mucociliary clearance, leading to mucus plugging and airway remodeling.

Dr. Palaniappan also discussed how chronic mucus hypersecretion (CMH) contributes to disease progression in COPD, asthma, and bronchiectasis. The role of cytokines, particularly IL-13 and TNF- α , in driving mucin overexpression was briefly covered, underscoring the need for early identification and intervention. His insights set the foundation for understanding mucus not just as a symptom, but as a disease modifier in chronic airway disorders.

Building on his extensive experience conducting continuing medical education (CME) programs, Dr. Palaniappan emphasized the need for heightened clinical vigilance in identifying early signs of mucus hypersecretion. He highlighted that despite its frequent presentation, mucus overproduction is often underreported and undertreated, especially in primary care settings. He proposed a diagnostic framework combining clinical symptoms with spirometry and imaging to distinguish between protective versus pathological mucus states. His message underscored that managing alveolar mucus hypersecretion early can prevent structural lung damage and slow disease progression, particularly in populations with high exposure to indoor pollutants and biomass fuels.

Session 2: Discussing the Impact of CMH on Patient Outcomes- Dr. Srikanth Krishnamurthy

In the second session, Dr. Srikanth Krishnamurthy provided a clinically oriented discussion on how chronic mucus hypersecretion adversely affects patient outcomes. Drawing from over two decades of experience in clinical research and pulmonary care, he outlined the direct and indirect consequences of CMH on disease morbidity, patient quality of life, and healthcare utilization.

Dr. Srikanth Krishnamurthy illustrated that persistent mucus production is not merely a symptom but a predictor of frequent exacerbations, hospitalizations, and accelerated lung function decline, particularly in COPD and chronic bronchitis. He stressed that CMH is associated with increased risk of bacterial colonization, which perpetuates a cycle of inflammation and further mucus production.

The session also highlighted the psychosocial burden of CMH, such as sleep disturbances, social withdrawal, and decreased physical activity, contributing to poor disease perception and compliance. By correlating clinical evidence with patient experiences, Dr. Srikanth Krishnamurthy reinforced the importance of routine evaluation and structured symptom monitoring in chronic respiratory disease management.

Dr. Srikanth Krishnamurthy further emphasized that CMH should not be viewed in isolation but as an integral part of chronic airway disease phenotypes. He cited findings from global and Indian cohorts demonstrating that CMH significantly reduces treatment response in COPD and increases the risk of acute exacerbations. Drawing from his research and academic background, he advocated for incorporating CMH assessment into routine clinical scoring tools. Additionally, he stressed the importance of personalized care strategies, especially in the elderly and patients with co-morbidities, to minimize the long-term impact of CMH on lung health, functional status, and survival.

Session 3: Pharmacological and Non-Pharmacological Management of CMH- Dr. Avya Bansal

Dr. Avya Bansal concluded the event with an evidence-based review of both pharmacological and non-pharmacological approaches in the management of chronic mucus hypersecretion. He began by outlining the pharmacological options, including mucolytics such as Erdosteine, N-acetylcysteine, and Ambroxol, which act by modifying mucus viscosity and enhancing clearance. He cited recent studies demonstrating improved symptom control and reduced exacerbations with long-term mucolytic use.

Dr. Avya Bansal also emphasized the emerging role of anti-inflammatory agents and inhaled therapies that target the underlying inflammation driving mucus hypersecretion. He discussed the use of bronchodilators and corticosteroids in specific patient subsets, alongside antibiotics for bacterial colonization.

On the non-pharmacological front, the importance of pulmonary rehabilitation, smoking cessation, chest physiotherapy, and airway clearance techniques was reiterated. Special mention was made of integrating sleep assessments and managing comorbidities like OSA, which often co-exist with chronic respiratory symptoms.

Leveraging his training and international exposure in ILD and pediatric asthma, Dr. Bansal shared practical case scenarios to demonstrate tailored treatment regimens for CMH across different disease contexts. He discussed integrating adult vaccination strategies to reduce infection-triggered mucus exacerbations and highlighted the importance of setting up multidisciplinary sleep and lung care clinics for comprehensive evaluation. He concluded by pointing to future directions in CMH care, such as biomarker-driven therapies and digital monitoring tools to track symptoms and treatment efficacy. His session encouraged clinicians to move beyond symptomatic relief and aim for functional improvement and long-term disease modification.

The sessions collectively underscored the multifaceted impact of chronic mucus hypersecretion (CMH) across a range of respiratory conditions. One of the key take-home messages focused on the utility of airway clearance devices. For appropriately selected patients, these devices offer significant clinical benefits. Studies have shown improvements in sputum clearance and symptom burden in COPD and bronchiectasis. Moreover, patients with stable COPD demonstrated clinically meaningful reductions in exacerbation frequency, by 30% at 30 days and 50% at 6 months. Thus, airway clearance devices represent a valuable addition to the therapeutic arsenal in managing CMH, particularly when integrated into a comprehensive and personalized treatment plan.

At the end of this event, the CME Foundation of India extended its sincere gratitude to the attending delegates and acknowledged Lupin Ltd., the industry partner, for their valuable support and contribution to the success of the event.



SNAPSHOTS OF SUCCESS

Felicitation Ceremony of Speakers



Audience



Branding Opportunity





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