

Delight Attendees Through an Exceptional Conclave Experience



Branding Opportunity



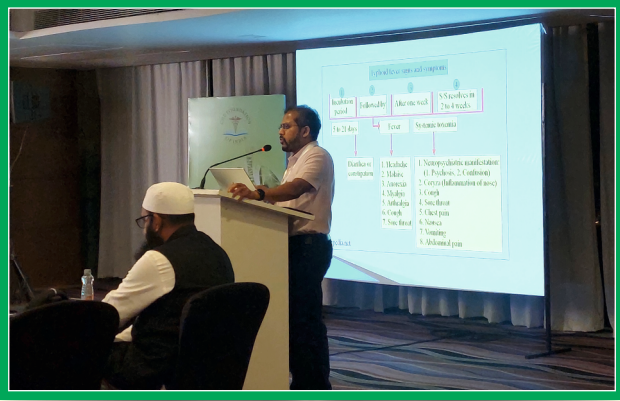
CME FOUNDATION OF INDIA

EVENT REPORT

CHEST CONNECT



# Lecture on Management of Fever in children



## Discussion on Current approach in the management of pediatric patients with Allergic Rhinitis



## Q & A Session





# Snapshots of Chest Connect

## Welcome to the Chest Connect



## Registration Counter



## Lecture on Allergic Rhinitis Management in Children



# Chest Connect

"Chest Connect" was held on 27<sup>th</sup> July, 2024 at Hotel Deltin, Daman. It was organized by the CME Foundation of India (CMEFI).

The sole objective of the was to bring leading KOLs amongst General Physician and Cardiologists on one platform and discuss their clinical experiences and expertise in the screening, treatment of Cardiological conditions.

The Introductory speech was given by CMEFI.

CMEFI emphasized the main role played by the CME Foundation of India and we all know how important it is to spread the knowledge known only to a select few to the practising doctors at large.

Date: 27<sup>th</sup> July, 2024

Venue: Hotel Deltin, Daman

Total Participants: 34

# Agenda

Date : 27<sup>th</sup> July, 2024

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

Topic	Speaker	Timing
<b>Lecture:</b> Allergic Rhinitis Management in children Q & A	<b>Speaker:</b> Dr. Zaheer Abbas Shah	6:00 p.m. to 7:00 p.m.
<b>Lecture:</b> Management of Fever in children Q & A	<b>Speaker:</b> Dr. Ashish S. Gamit	7:00 p.m. to 8:00 p.m.
<b>Real World Survey:</b> Current approach in the management of pediatric patients with Allergic Rhinitis	<b>Moderator:</b> Dr. Zaheer Abbas Shah	8:00 p.m. to 9:00 p.m.

# Summary of CME

- The CME conducted Chest Connect in Hotel Deltin, Daman. It was aimed to bring together well-known General Physician and Cardiologists on one platform and discuss their clinical experiences and expertise in the screening and treatment of Cardiological conditions.
- **CMEFI** welcomed the forum and shared a few thoughts on the topics that were on the agenda.
- **Allergic Rhinitis Management in Children - Dr. Zaheer Abbas Shah**  
Dr. Zaheer Abbas Shah provided comprehensive insights into the management of allergic rhinitis (AR) in children during the Chest Connect Conclave. He emphasized the prevalence of AR in the pediatric population and its significant impact on quality of life. Dr. Shah explained that AR is primarily caused by an IgE-mediated response to environmental allergens, such as pollen, dust mites, pet dander, and mold. He detailed the clinical presentation, including symptoms like nasal congestion, runny nose, sneezing, and itching, which can be seasonal or perennial.  
Dr. Shah highlighted the importance of a thorough clinical diagnosis based on history and physical examination, with the aid of skin prick tests and serum IgE tests for identifying specific allergens. He discussed management strategies focusing on allergen avoidance, pharmacotherapy (antihistamines, intranasal corticosteroids, and leukotriene receptor antagonists), and immunotherapy for severe cases.
- **Management of Fever Children - Dr. Ashish S. Gamit**  
Dr. Ashish S. Gamit delivered a highly informative session on the management of fever in children. He began by addressing common causes of fever, such as viral and bacterial infections, immunizations, and inflammatory conditions. Dr. Gamit stressed the importance of precise temperature measurement and a thorough history and physical examination to accurately identify the source of the fever. He also highlighted the necessity of recognizing red flags that could indicate more serious underlying conditions.  
Dr. Gamit detailed management strategies for fever, emphasizing symptomatic treatment with antipyretics like acetaminophen and ibuprofen, and ensuring that the child receives adequate hydration and rest. He discussed the judicious use of antibiotics for bacterial infections, guided by clinical and laboratory findings. Additionally, Dr. Gamit underlined the importance of educating parents on the proper administration of antipyretics and dispelling common misconceptions about fever management.  
The session concluded with an engaging Q&A segment, during which Dr. Gamit answered audience questions regarding the use of antipyretics, alternative therapies, and strategies for managing fever while maintaining the child's comfort and safety.
- Different cases were explained to the audience, and the entire case discussion focused on the complications and management of Cardiological conditions. The audience actively participated, engaging in a dynamic and interactive session. The delegates thoroughly enjoyed the opportunity to contribute to the discussion and share their insights on various aspects of Cardiological complications and their management.
- **Real World Survey: Current approach in the management of pediatric patients with Allergic Rhinitis - Dr. Zaheer Abbas Shah**  
A real-world survey on **Current Approach in the Management of Pediatric Patients with Allergic Rhinitis** was conducted using questionnaire to understand the real world Approach of doctors in the Management of Pediatric Patients with Allergic Rhinitis. Doctors attending the conclave participated in the survey. The analysis report of the survey was presented on screen to the participating doctors by Dr. Zaheer Abbas Shah. The subsequent discussion and key findings on the topic "Current Approach in the Management of Pediatric Patients with Allergic Rhinitis" are summarized below:

## Key Findings and Discussion:

Dr. Zaheer Abbas Shah facilitated a comprehensive discussion on the responses to the survey. The findings highlighted several critical aspects of managing allergic rhinitis in pediatric patients.

### 1. Categorization and Diagnosis:

A significant number of doctors categorize pediatric patients based on their symptom phenotype (sneeze runners and blockers), aiding in targeted treatment approaches.

The majority also evaluate for comorbid conditions such as asthma and sleep-disordered breathing, indicating a holistic approach to diagnosis and management.

### 2. Diagnostic Testing:

Specific IgE testing is predominantly performed when patients do not respond to empiric treatment, the diagnosis is uncertain, or specific allergen identification is necessary. This highlights the importance of precise diagnosis for effective management.

### 3. Treatment Preferences:

Intranasal corticosteroids (INCS) are the preferred initial, demonstrating their effectiveness in managing AR symptoms.

There is a consensus that intranasal antihistamines may be more effective than oral antihistamines.

### 4. Combination Therapy:

Combination pharmacologic therapy is recommended for patients who do not respond adequately to monotherapy or have moderate to severe persistent symptoms. This approach ensures comprehensive symptom control.

Preferred combinations include INCS with antihistamine spray or INCS with oral antihistamine reflecting varied treatment preferences based on patient needs.

### 5. Additional Management Strategies:

The use of intranasal isotonic saline and INCS combined with intranasal decongestants is endorsed for certain patients supporting their role in symptom relief.

The duration of INCS and oxymetazoline use without risking rhinitis medicamentosa is generally limited to 1-2 weeks ensuring safe practice.

### 6. Sensory Attributes and Quality of Life:

Sensory attributes such as scent, aftertaste, and mist gentleness are important for patient preference indicating the need for patient-centered treatment choices.

Poor quality of life and impacts on routine activities like concentration, sleep, and leisure activities are significant concerns underscoring the importance of effective AR management.

The discussion facilitated by Dr. Shah emphasized the need for personalized treatment strategies, thorough diagnostic evaluations, and patient education to improve outcomes for pediatric patients with allergic rhinitis. The conclave provided valuable insights into real-world approaches, fostering collaboration and knowledge exchange among medical professionals.

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