



CME FOUNDATION OF INDIA

ORTHO Conclave



EVENT REPORT

- **Venue:** The Kabo, Luxury Boutique Hotel, Srinagar
- **Date:** 30th August, 2024

In **Uncontrolled Neuropathic pain** with
Sleep disturbance, Anxiety and Depression

Rx **Meganeuron^{NT}** TM
Pregabalin / Nortriptyline / Methylcobalamin Tablets

The **[Multifaceted]** **Neuro-pain Extinguisher**

When **Progressive Neuropathic pain** impacts Mobility

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Pregabalin 75mg + Methylcobalamin 750mcg + Pyridoxine 1.5mg +
Folic Acid 0.75mg + Benfotiamine 7.5mg Capsules

Recharge Neurons... Regress Pain

In the management of initial signs of **Neuropathy**

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Ortho Conclave

The **"Ortho Conclave"** was held on August 30th, 2024, at The Kabo Luxury Boutique Hotel, Srinagar. Organized by the CME Foundation of India (CMEFI), the conclave featured sessions led by renowned experts Dr. Seeyan Shah, Dr. Adnan Zahoor, and Dr. Mir Mohsin.

The Ortho Conclave focused on advancing the understanding and management of orthopedic conditions, with particular emphasis on neuropathic pain, an interesting case of low back pain in a young boy, and the surgical management of brachial plexus injuries. The agenda included comprehensive lectures on initiating brachial plexus injury services and sharing experiences at SKIMS, as well as discussions on treatment strategies for these complex conditions.

The primary goal of the Ortho Conclave was to provide healthcare professionals with the latest knowledge and practical approaches to improve patient outcomes in orthopedic care. This report summarizes the key discussions and insights shared during the conclave, highlighting advancements and practical strategies in the field.

Date: 30th August, 2024

Venue: The Kabo Luxury Boutique Hotel, Srinagar

Total Participants: 58

Agenda



30th August, 2024



7:00 p.m. to 9:00 p.m.

Timings	Topics	Speakers
7:00 pm – 7:30 pm	Registration	
7:31 pm – 7:40 pm	Welcome Address	Dr. Arshad Bashir
7:41 pm – 7:50 pm	Introduction to CME	Dr. Asif Nazir Baba
7:51 pm – 8:00 pm	Neuropathic pain	Dr. Seeyan Shah
8:01 pm – 8:15 pm	Interesting case of low back ache in a young boy.	Dr. Adnan Zahoor
8:16 pm – 8:45 pm	Surgical Management of brachial plexus injuries: Starting the services and our experience at SKIMS	Dr. Mir Mohsin
8:50 pm – 9:00 pm	Vote of thanks	CMEFI

Summary of the Conclave

- CMEFI welcomed the participants and introduce Dr. Seeyan Shah, Dr. Adnan Zahoor & Dr. Mir Mohsin.

1. Neuropathic Pain: Dr. Seeyan Shah

- **Prevalence and Etiology of Neuropathic Pain**

Dr. Seeyan Shah began the session by discussing the prevalence of neuropathic pain, highlighting that it affects approximately 6.9% to 10% of the global population, with a slightly higher prevalence of 9.8% among Indians. He detailed the etiology of neuropathic pain, emphasizing the complex interplay of contributing factors, individual pathophysiology, and various neuropathic syndromes.

- **Pathogenesis and Treatment Approaches**

Dr. Shah explained the pathogenesis of neuropathic pain, particularly the development of chronic postoperative pain at the spinal cord level. He then outlined the treatment modalities, including Vitamin B6, B12, folic acid, alpha-lipoic acid (ALA), and benfotiamine.

- **Role of Pyridoxine in Diabetic Neuropathy**

Much of Dr. Shah's presentation focused on the role of pyridoxine (Vitamin B6) in diabetic neuropathy. He discussed how pyridoxine reduces hyperhomocysteinemia, inhibits superoxide radical production, reduces lipid peroxidation and glycosylation, and ultimately decreases nerve damage.

- **Mecobalamin and Folate Supplementation**

Dr. Shah also highlighted the benefits of mecobalamin in delaying the onset of diabetic peripheral neuropathy through up-regulation of neural IGF-1 gene expression, particularly when combined with other B vitamins. The advantages of folate supplementation in managing plasma total homocysteine levels and glycemic control in type 2 diabetes were also discussed.

- **Pharmacotherapy and Non-Pharmacological Treatments**

Dr. Shah provided insights into the pharmacotherapy of neuropathic pain, including the Canadian Pain Society's Consensus Statement on the use of pregabalin, which is approved as a second-line drug for managing neuropathic pain. He also discussed the benefits of combining pregabalin with methylcobalamin, noting its efficacy in reducing neuropathic pain symptoms with minimal side effects.

- **Advances in Management and Recommendations**

The presentation concluded with a discussion on the advances in managing neuropathic pain, such as topical pregabalin, palmitoylethanolamide (PEA), and burst stimulation for chronic pain. Dr. Shah provided recommendations for managing postoperative pain, referencing guidelines from the American Pain Society and related organizations.

2. Case Study by Dr. Adnan Zahoor: Low Back Ache in a Young Boy

Dr. Adnan Zahoor presented an intriguing case of a 21-year-old male with persistent right buttock pain, which initially lacked an apparent trigger. The patient's pain was localized to the groin, and despite management with analgesics, the pain persisted.

- **Diagnostic Imaging and Lab Results**

Dr. Zahoor walked the audience through the diagnostic process, which included X-rays, CT scans, MRIs, and various lab tests. All blood tests were routine, including TLC, LFT, KFT, and calcium levels.

- **Differential Diagnosis and Biopsy Findings**

The differential diagnosis included aneurysmal bone cyst (ABC), fibrous dysplasia (FD), giant cell tumor (GCT), and chondroblastoma. A percutaneous tru-cut biopsy revealed a non-malignant lesion with granulation, cartilaginous tissue, and sclerotic bone. Initially diagnosed as telangiectatic osteosarcoma, the biopsy was later reviewed and confirmed as Grade II GCT.

- **Treatment and Take-Home Message**

Postoperative management included zoledronate. Dr. Zahoor emphasized the importance of including the hips in diagnosing patients with low back pain and ensuring comprehensive imaging.

3. Surgical Management of Brachial Plexus Injuries Overview of Brachial Plexus Injuries: Dr. Mir Mohsin

Dr. Mir Mohsin provided an in-depth overview of brachial plexus injuries and reconstruction. He emphasized the importance of creating awareness about available treatment options and the necessity of timely referrals.

- **Physiology and Timing of Surgery**

He explained the physiology of nerve recovery, highlighting the recovery rate and the optimal timing for primary and secondary surgical procedures. He discussed the classification of brachial plexus injuries, including brachial plexus birth palsy (BPBP) and adult brachial plexus injuries.

- **Management Options and Surgical Techniques**

Dr. Mohsin outlined the historical management approaches, including physiotherapy and amputation, and contrasted them with current management options like nerve repair, nerve grafting, and muscle/tendon transfers. He also detailed the reconstruction goals, such as restoring elbow flexion, shoulder stability, and hand function.

- **Challenges and Experiences at SKIMS**

Dr. Mohsin discussed the challenges of providing brachial plexus surgery services, including the lack of timely referrals, the complexity of procedures, and the need for specialized training. He shared his journey in establishing the service at SKIMS, highlighting the support from other specialties and the training received at centers of excellence.

- **Representative Patient Series**

Dr. Mohsin concluded with case studies of patients managed at SKIMS, demonstrating the outcomes of various surgical interventions for brachial plexus injuries.

The conclave was highly informative, offering valuable insights into the latest advancements and challenges in managing neuropathic pain, low back aches, and brachial plexus injuries. The presentations by Dr. Seeyan Shah, Dr. Adnan Zahoor, and Dr. Mir Mohsin provided attendees with a deeper understanding of these complex conditions and evolving treatment strategies.

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

Snapshots of Ortho Conclave

Welcome to the Ortho Conclave



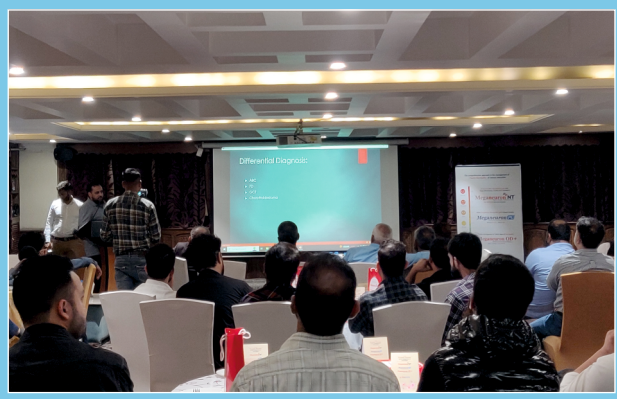
Registration Counter



Lecture on Neuropathic pain



Lecture on Interesting case of low back ache in a young boy



Lecture on Surgical Management of brachial plexus injuries: Starting the services and our experience at SKIMS



Delight Attendees Through an Exceptional Conclave Experience



Branding opportunity



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