



# CME FOUNDATION OF INDIA

Building "A", Sahney Business Centre, 27 Kirod Road, Vidyavihar (West),  
Mumbai - 400086 T: +91-22-62869292

## EXIOMM WEST 2022 - DEHRADUN

"EXIOMM WEST-2022" was held at Dehradun, India. It was organized by of CME Foundation of India (CMEFI).



The sole objective of the “EXIOMM WEST- 2022” was to bring leading KOLs of Cardiology and General Physician on one platform and discuss their clinical experiences and expertise in the screening, management of Hypertension and its complication.

The Introductory speech was given by CMEFI. CMEFI emphasized the main role played by CME Foundation of India and how important it is to spread the knowledge known to select few to the practicing Doctors at large.

**Date** : 14<sup>th</sup> & 15<sup>th</sup> May 2022  
**Venue** : Dehradun, India  
**Total Participants** : 26





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## AGENDA

<b>Day 1</b>			
<b>Date:</b> 14th May 2022	<b>Chairperson:</b> Dr. J. S. Hiremath		<b>Time:</b> 6 pm – 8 pm
<b>Topic</b>	<b>Speaker</b>	<b>Moderator</b>	<b>Time</b>
Welcome address and Introduction of Faculty	CMEFI		6.00 pm – 6.15 pm
<b>RECORD Registry: 1 year interim analysis of Indian Hypertension Registry</b>	Dr. Abhijeet Pathak	Dr. J. S. Hiremath	6.15 pm – 7.00 pm
<b>Managing Albuminuria in Hypertension with DM: Effect of Telmisartan on UACR</b>	Dr. P. G. Talwalkar	Dr. Deodatta Chafekar	7.00 pm – 7.45 pm
Question & Answer Session	Dr. J. S. Hiremath	Dr. Abhijeet Pathak Dr. Deodatta Chafekar	7.45 pm – 8.00 pm

<b>Day 2</b>			
<b>Date:</b> 15th May 2022	<b>Chairperson:</b> Dr. J. S. Hiremath		<b>Time:</b> 10 am – 12 pm
<b>Topic</b>	<b>Speaker</b>	<b>Moderator</b>	<b>Time</b>
<b>Choice of Beta Blockers in Management of HTN: practical considerations</b>	Dr. C. K. Ponde	Dr. J. S. Hiremath	10.00 am – 10.45 am
<u>Panel Discussion</u> <b>Optimal usage of NOACs: Addressing Common Clinical Challenges</b> - Q & A	Dr. J. S. Hiremath	Dr. Abhijeet Pathak Dr. Deodatta Chafekar Dr. C. K. Ponde Dr. Abhijeet Joshi	10.45 am – 11.45 am
<b>Multitasking</b>	Dr. J. S. Hiremath		11.45 am – 11.55 am
Vote of thanks	CMEFI		11.55 am – 12.00 pm





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## Summary of CME:

- The CME was conducted EXIOMM WEST 2022 WEST at DEHRADUN, India. It was aimed to bring together the well-known Cardiology, Nephrology and General Physician on one platform and discuss their clinical experiences and expertise in the screening, management of Hypertension and its complication.
- In this CME, different topic such as RECORD Registry: 1 – Year interim analysis of Indian Hypertension Registry, Managing Albuminuria in Hypertension with DM: Effect of Telmisartan on UACR, Choice of Beta Blocker in Management of HTN: Practical consideration and Last Panel Discussion on usage of NOACs
- **Dr. J. S. Hiremath** chairperson for Exchange of Information on Modern Medicine (EXIOMM) WEST 2022. The inaugurate Forum to discuss and share few point on given agenda topic.
- **Dr. Abhijeet Pathak** overview on goes **RECORD Registry: 1 – Year interim analysis of Indian Hypertension Registry**, The prevalence of controlled hypertension is only in around 10% and 20% of rural and urban patients with hypertension respectively. Apart from undiagnosed, uncontrolled hypertension, there is also the challenge of misdiagnosis of hypertension in India. This is because of poorly standardized techniques of BP measurement, poorly calibrated measurement devices, reliance on single readings taken on a single visit for diagnosis rather than multiple readings confirmed by elevated readings on follow up
- **Monitoring and Adherence:** Enable a hypertension registry accessible to all healthcare providers in the local public health system, promote adherence to therapy by simplified regimens, and monitoring by allied health staff. On as per discussion Moderator **Dr. J. S. Hiremath** was been same.
- **Dr. P. G. Talwalkar** spoken about **Effect of Telmisartan on UACR**. The performed mainly in diabetic patients concluded that telmisartan therapy is likely effective in the improvement of proteinuria or in the prevention of its progression. Telmisartan caused a statistically significant reduction in percent changes of urinary albumin/protein excretion and urinary albumin/protein to creatinine ratio with telmisartan relative to other ARBs, ACEIs and other therapy by 20, 14 and 40 %, respectively. On as per discussion Moderator **Dr. Deodatta Chafekar** was been same.
- For Question & Answer Session Speaker • **Dr. J. S. Hiremath** with Moderator **Dr. Abhijeet Pathak, Dr. Deodatta Chafekar**.





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## DAY 2

- **Dr. J. S. Hiremath** chairperson for Exchange of Information on Modern Medicine Day 2 (EXIOMM) EAST 2022. Forum to discuss and share few point on given agenda topic.
- **Dr. C. K. Ponde** give view point on **Choice of Beta Blockers in Management of HTN: practical considerations** Are beta-blockers as good as other medicines when used for treatment of adults with high blood pressure. Beta-blockers were not as good at preventing the number of deaths, strokes, and heart attacks as other classes of medicines such as diuretics, calcium-channel blockers, and renin-angiotensin system inhibitors. Most of these findings come from one type of beta-blocker called atenolol. However, beta-blockers are a diverse group of medicines with different properties, and we need more well-conducted research in this area. On as per discussion Moderator **Dr. J. S. Hiremath** was been same.
- **Dr. J. S. Hiremath** have talk on topic **optimal usage of NOACs**. Non-vitamin K antagonist oral anticoagulants (NOACs) are a new class of anticoagulant drugs used in the prevention and treatment of venous thromboembolism (VTE) and atrial fibrillation (AF). Anticoagulation requires the integration of the correct type and dose of oral anticoagulants based on patient characteristic, and therefore therapy needs to be individualized for each patient. Growing scientific evidence from studies on NOACs has led to a better understanding of their benefits and safety. A large amount of available data creates a necessity for an adaptable practical document for the usage of NOACs in India. On as per discussion.
- **Dr. J. S. Hiremath** have panel Discussion on Addressing common Clinical Challenges on optimal usage of NOACs question and answer with **Dr. Abhijeet Pathak, Dr. Deodatta Chafekar, Dr. C.K. Ponde and Sr. Abhijeet Jhoshi**.
- Different cases were explained to the audience and the whole case was open for discussion. Audience actively participated in the discussion regarding complication of Hypertension, Diabetes mellitus and its management. It was a very interactive session and the delegates thoroughly enjoyed it.
- Participants were keen to share their experience and knowledge and they also provided their critiques and recommendations on the event.





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## PHOTOS



[Welcome to EXIOMM WEST-2022](#)





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Group Discussion on Addressing common Clinical Challenges on NOACs

