



CME Update on 'COVID-19: Etiology, Diagnosis, Prevention and Treatment' : March 25 and 26, 2021

Index Medical College, Indore

- The CME Update on 'COVID-19: Etiology, Diagnosis, Prevention and Treatment' on March 25 and 26, 2021, at Index Medical College, Indore, under the aegis of NAMS (National Academy of Medical Sciences), under Ministry of Health & Family welfare, Govt, of India has provided a lot of sweet memories.
- This was one of the unique and first of its kind in Madhya Pradesh, which was organized in a hybrid mode (live as well as virtual) on the topic of interest for the entire medical disciplines.
- It was provided 3 credit hours by M.P. Medical Council, Bhopal.
- The aim of this CME update was to provide a holistic approach to understand the pandemic of COVID -19 by the entire health workers working as Corona warriors.
- Doctors practicing different specialities of medical science also need to understand other aspects in concern with this pandemic.
- This is also essential since being the doctor we owe an extra responsibility to resolve the curiosity of our patient, relatives and society.

- Hence we gather the specialist of different medical discipline from the country to have a face to face interaction for the better understanding of such pandemics.
- It had advisory board, facilitators & delegates from Kolkata, Benglaru, New Delhi, Raipur, Akola, Udaipur, Deoghar, Jharjhand, Jhalawad, Dahod, Balsad, Vadodra, Loni, Ahmadnagar, Shimla, Bhopal, Jabalpur, Gwalior, Ujjain, Ratlam, Khandwa, Dewas. Shivpuri, Sagar and Indore.
- The President of NAMS, Dr Saroj Chooramani inaugurated the function on a virtual mode from New Delhi.
- Dr. D.K.Taneja was an off line observer to represent NAMC .
- Dr. Bharat Chaparwal, Former Vice-chancellor DAVV, Indore was the special guest
- Dr N.K.Tripathi , VC of Malwanchal University was with us on the virtual mode
- The CME started with a brief description of the beginning of COVID and the status of its transmission in our state and the country by Dr. G.S.Patel, Dean of Index Medical College. He also highlighted the efforts of Index Medical College, and entire medical faculty in serving the corona sufferer.
- Dr. V. K. Arora, Professor & Head of Community Medicine, Index Medical College emphasizes on the safety measures for Corona Warriors with a live demonstration of the correct way to use a PPE kit by a corona worrier. The Sequence of events and administrative steps taken by our government and globally were thoroughly explained by him. He emphasized on the preventive measures such as Social distancing, Hand hygiene, respiratory hygiene, environmental cleaning and limitation on movement around or from house.

- Dr. Hemant Gautam, Chief Scientist, from CSIR-IGIB, New Delhi, unfolded the genomic sequencing of the virus SARS-CoV-2. Identification of virus, their study, evaluation, understanding the change in behavior, everything was properly explored to plan future policies to deal with such a deadly virus. He nicely explained the mutation, variant, strain and clade.
- Dr. Nikhil Moorchung, Professor and Head, Pathology, CDSIMSR, Bangalore, delivered a brief, compact and highly useful aspect of diagnostic Problems (Pre and Post analytical issues) in COVID-19. He explained the molecular targets and Genes encoding structural proteins, Importance of repeated samples, when do we need them, and alternative sampling to detect the virus
- Dr. Ravi Doshi, Prof and Head Respiratory Medicine, SAIMS Medical College, Indore nicely presented triaging of COVID symptoms, comfort and counselling of patients, Importance of Lab parameters and the timing to decide the need and when to repeat. He also explored the grade to mild, moderate, severe and management as per the grade of severity. He also shared his experience of using oxygen therapy, endotracheal intubation, ventilation and various drugs including remdesivir, tocilizumab and plasma therapy.
- Dr. S.P. Dhaneria, Dean Academics, Prof. & Head, Pharmacology AIIMS, Raipur provided the detailed information of the clinical trials highlighting the pros and cons of various drugs used throughout the pandemic of COVID-19 with a concluding remark that No finally verified antiviral drug specific to COVID-19 is available at present. Preventive measures are of supreme importance. Treatment strategies are symptomatic and supportive to maintain vitals, oxygen saturation, blood pressure and treatment of complications like secondary infection or organ failure. He also emphasized on the need

of assessing the benefits vs. risks while prescribing a drug with off-label indication.

- On second day, Dr.Prem Nyati, Vice-dean and organizing secretary of this CME summarizes the previous day session by providing glimpses of all the sessions.
- Dr.Sharad Thora, Former Dean of MGM Medical College, Indore and Director Professor of pediatrics at Amaltas Institute Medical Sciences, Dewas presented an excellent presentation on ‘COVID-19 infections in children, How it differs?’
- Dr Rajesh Pandey, Principal Scientist, CSIR-IGIB, New Delhi explore the technology development to analyze and understand SARS-CoV2 genomes, an essential component to assess the diversity of clinical symptoms and functional role of Co-infecting bacteria and viruses in modulating COVID-19 patients’ clinical outcome.
- Dr. Salil Bhargav, Prof and Head Respiratory Medicine, MGM Medical College, Indore threw a light on persistent symptoms and Post COVID Sequelae and their Management. He also emphasized on the need of tailored management as per the need of particular patient including the psychological assurance and yoga.
- Dr Sanjay Dixit, Dean and Professor of Community Medicine, MGM Medical College, Indore, updated the knowledge of Vaccines with a detailed view on the development, efficacy, frequency of administration, adverse effects, precautions, contraindications and a comparative statement of different types of vaccines. He also answered the frequently asked questions in concern with COVID vaccine.
- The CME started with a pre-test and ended with a post test and feedback.



The CME succeeds in maintaining the quality as well as the norms of safety.

The CME ended with a commitment to continue our fight against SARS Co-2 virus and its consequences and to develop a definite guideline to fight against such pandemic in future.

We acknowledges all the people behind the success of this two days CME updates including National Academy of Medical Sciences, New Delhi, M.P. Medical Council Bhopal, all the advisors, delegates, Chairman, Vice-chancellor, Dean, faculty, staff & post graduates of Index Medical College, Indore, M.P.

The whole event was nicely planned, conducted and organized by Dr. Neha Jaiswal, Dr. Punam Patel and Dr. Kamayni Gupta

We are also thankful to Mr. Lakhan Patel, Ms. Sudha Singh, Ms. Meena Sisodiya, Mr. Pankaj Goyal and Mr. Sunil Chouhan for providing full hearted co-operation in secretarial services and smooth operation of all the activities of this national event.

कोविड- 19 पर इंडेक्स मेडिकल कॉलेज द्वारा आयोजित सी.एम.ई. का समापन

इंदौर। इंडेक्स मेडिकल कॉलेज (मालवा चल विश्वविद्यालय) इंदौर, द्वारा कोविड पर दो दिवसीय चिकित्सा शिक्षा कॉन्फ्रेंस का 26 मार्च 2021, शुकुवार को समापन हुआ।

कॉन्फ्रेंस के पहले दिन पद्मश्री डॉ सरोज चूडामणि गोपाल ने नई दिल्ली से ऑनलाइन माध्यम से समारोह का उद्घाटन किया था। वहीं, कॉन्फ्रेंस के दूसरे दिन मुख्य रूप से डॉ राजेश पांडे (दिल्ली), डॉ संजय दीक्षित (डीन- एमजीएम मेडिकल कॉलेज, इंदौर), डॉ सलिल भार्गव (एमजीएम मेडिकल कॉलेज, इंदौर), डॉ शरद थोरा (अमलतास इंस्टीट्यूट ऑफ मेडिकल साइंसेज, देवास) ने उपस्थित होकर महत्वपूर्ण विचार व्यक्त किए।

डॉ राजेश पांडे ने बताया कि कोविड-19 पर दूसरी बीमारियों का क्या असर होता



है तथा हमें इसके निदान के लिए क्या-क्या उपाय करने चाहिए। डॉ संजय दीक्षित ने टीकाकरण के बारे में विभिन्न जिज्ञासाओं का समाधान किया। डॉ सलिल भार्गव ने कोरोना के बाद होने वाली समस्याओं तथा उन सभी समस्याओं के समाधान के उपाय बताए। डॉ शरद थोरा ने उपस्थित होकर बच्चों पर कोरोना से होने वाले प्रभावों के बारे में विस्तृत रूप से समझाया। इसके पूर्व डॉ प्रेम न्याती ने पहले दिन वाले सभी सत्र की विशेष झलकियों से समूचे सदन को अवगत कराया, जिससे की विषय को समझना काफी आसान हुआ। कोविड- 19 की

विषय वस्तु को ध्यान रखते हुए इस कॉन्फ्रेंस में शहर तथा देश के 250 से अधिक चिकित्सकों ने ऑनलाइन और ऑफलाइन माध्यमों से अपनी उपस्थिति दर्ज करवाई।

इंडेक्स मेडिकल कॉलेज में आयोजित किए जा रहे चिकित्सा शिक्षा कॉन्फ्रेंस के पहले दिन डॉ जी. एस पटेल (डीन, इंडेक्स मेडिकल कॉलेज), डॉ वी.के. अरोड़ा (इंडेक्स, इंदौर), डॉ हेमंत गौतम (नई दिल्ली), डॉ निखिल मूरचुंग (बैंगलोर), डॉ रवि दोषी (अरबिंदो मेडिकल कॉलेज, इंदौर), डॉ एसपी धनेरिया (रायपुर) ने अपनी महत्वपूर्ण बातें रखी थीं। वहीं,

कॉन्फ्रेंस में मुख्य रूप से भूतपूर्व अधिष्ठाता एमजीएम डॉ तनेजा और डॉ भरत छपरवाल, भूतपूर्व कुलपति डीएवीवी विश्वविद्यालय, इंदौर भी उपस्थित थे। कोविड-19 की महामारी के वैश्विक निदान व उपचार तथा भविष्य में ऐसी विषम परिस्थितियों से निपटने की

जागरूकता, समझ तथा क्षमता सभी चिकित्सा से जुड़े लोगों में विकसित हो इसी भाव के साथ इस शैक्षणिक कॉन्फ्रेंस का राष्ट्रीय आयुर्विज्ञान अकादमी, भारत सरकार के तत्वाधान में आयोजन किया गया था। चिकित्सा शिक्षा कॉन्फ्रेंस में कोविड-19 के सुरक्षा मापदंडों का पूर्णतः पालन किया गया तथा सम्पूर्ण अध्ययन सामग्री को पर्यावरण के अनुकूल इलेक्ट्रॉनिक तरीके से प्रदान किया गया। यह जानकारी इंडेक्स मेडिकल कॉलेज के चेयरमैन सुरेश सिंह जी भदौरिया, डीन डॉ जी.एस. पटेल और वाइस डीन व ऑर्गनाइजिंग सेक्रेटरी डॉ प्रेम न्याती ने दी।