



MEDANTA  
DEPARTMENT OF  
RESPIRATORY &  
SLEEP MEDICINE

# MEDANTA SUMMIT - II

RECENT ADVANCES IN RESPIRATORY  
& SLEEP MEDICINE

&

## INAUGURAL CONGRESS OF SEAASM

South East Asian Academy of Sleep Medicine

September 20 - 22, 2013

Epicentre, Gurgaon



# INVITATION

Dear Friends,

On behalf of the organizing committee it's our pleasure to welcome you to the Medanta Respiratory & Sleep Medicine Summit 2013. We are living in the world of information & technology which is making dissemination of knowledge easy and effective. This also means that all of us encounter a vast pool of data and information with a significant potential to impact our day to day practise. We need to critically evaluate this information and update ourselves with the relevant bits and incorporate in our practice for the benefit of our patients. The Medanta summit shall be the absolute opportunity to do so. Our reach within the lungs and thoracic cavity has increased given the evolution in the interventional Pulmonolgy field. The summit shall offer hands on opportunity to learn new interventional skills and refine the existing ones.

We are sure that you shall agree with us that Sleep medicine continues to lag behind its true potential. There is now irrevocable evidence that Sleep disorders are the next looming Asian epidemic fuelled by ongoing epidemics of Diabetes and cardiovascular disorders. Our response to the problem of that magnitude shall have to be on the same footing. We shall some soul searching on this through the summit. The summit shall also have hands on workshops both for technicians and physicians run by international experts in the field; so late all make most out of this academic feast.

We look forward to welcoming you this scientific extravaganza.

## PATRON



DR. NARESH TREHAN  
CMD  
Medanta-The Medicity

## ORGANIZING SECRETARY



DR. Himanshu Garg  
Senior Consultant  
Division of Respiratory &  
Sleep Medicine

## SCIENTIFIC CHAIR



DR. Bornali Datta  
Senior Consultant  
Division of Respiratory &  
Sleep Medicine



# Inaugural Congress of SEAASM

(South East Asian Academy of Sleep Medicine)

September 21, 2013 at 7:30 pm onwards

## IN COLLABORATION WITH

College of Pulmonologist of Srilanka  
Indonesian Society of Sleep Medicine  
Bangladesh Heart and chest society  
Indian Association of Surgeons for Sleep  
Leading Pulmomologist of Nepal  
Leading Sleep Physicians of Pakistan

## INTRODUCTION

Let's get together to be part of new chapter in the arena of sleep medicine i.e. the inception of a new professional body named "South East Asian Academy of Sleep Medicine". The need for this has been felt for some time. We need to cover a long distance and bridge many gaps in order to enlighten the medical fraternity and public at large about the next looming Asian epidemic of Sleep disorders. Professional organizations in the west are doing commendable work in taking the field forward but people in the south east asian region may find it difficult to directly relate to them given the gross differences in our ground realities. Thus, South East Asian Countries join hands in embarking on this journey on this uphill task, learning and exchanging ideas from each other.

- The new organization shall work towards
- New training pathways and credentials for physicians and technicians
- Create easily accessible training resources
- Work towards increasing awareness about the disorders and implications
- Work with relevant authorities towards insuring reimbursement for patients
- Work with legislative authorities to ensure academic focus on Sleep Disorders.



## ORGANIZING COMMITTEE



**Patron:** Dr. Naresh Trehan; **Co patron:** Dr. Yatin Mehta; **Organizing Secretary:** Dr. Himanshu Garg;  
**Scientific Chair:** Dr. Bornali Datta; **Chief Coordinator:** Dr. Pratibha Dogra  
**Financial Coordinator:** Dr. Pinky Goyal; **Logistics Coordination Team:** Dr. Poulomi Chatterjee,  
Dr. Sanchit Wadhwa, Dr. Sulbha Singla, Dr. Naveen Shah

## FACULTY

### INTERNATIONAL

Dr. David Cunningham,  
Australia

Dr. David White, USA

Dr. Kamran Chima, Pakistan

Prof. AKM Mosharraf Hossain,  
PhD, Bangladesh

Dr. Remavati, Indonesia

Dr Ramesh Chokhani

Dr. M L Gupta, Jaipur

Dr. Samhita Pande, Delhi

Dr. Mohankumar Thekkinkattil,  
Coimbatore

Dr. Sanjay Manchanda, Delhi

Dr. Pervez Kaul, Srinagar

Dr. Samir Parikh, Gurgaon

Dr. Puneet Tyagi, Dehradun

Dr. Vivek Nangia, Delhi

Dr. Preeti Devnani, Bombay

Dr. Vivek Singh, Delhi

Dr. Raja Dhar, Calcutta

Dr. Vinod Singh, Delhi

Dr. Ravinder Mehta, Bangalore

Dr. H J Singh, Jalandhar

Dr. Ritesh Agarwal,  
Chandigarh

Dr. Janmeja, Chandigarh

Dr. Seemab Shaikh, Pune

Dr. N K Jain, Jaipur

Dr. Virender Singh, Jaipur

Dr. Bishnu Panigarhi, Gurgaon

Dr. Viral Shah, Ahmedabad

Dr. Bobby Balhotra, Delhi

Dr. Anand Jaiswal, Delhi

Dr. G S Chabhra, Faridabad

Dr. Ali Zamir Khan, Delhi

Dr. Mehendiratta, Delhi

Dr. Amit Dhamija, Delhi

Dr. Mrinal Sircar, Noida

Dr. Animesh Arya, Delhi

Dr. Navin Kishore, Delhi

Dr. Col Ashok Rajput, Delhi

Dr. Neeraj Gupta, Gurgaon

Dr. Deepak Choudhary, Delhi

Dr. P N Kakkar, Gurgaon

Dr. Garima Shukla, Delhi

Dr. Rakesh Chawla, Delhi

Dr. Hemant Tiwari, Delhi

Dr. Sandeep Nayyar, Delhi

Dr. Khilnani, Delhi

Dr. Yatin Mehta, Gurgaon

Dr. Kulbir Ahlawat, Gurgaon

### NATIONAL

Dr. Amita Nene, Bombay

Dr. Manoj Goel, Delhi

Dr. Amit Mandal, Mohali

Dr. Manjari Tripathi, Delhi

Dr. B P Singh, Lucknow

Dr. Neeraj Jain, Delhi

Dr. Dharmesh Patel, Baroda

Dr. Randeep Guleria, Delhi

Dr. Hindol Das Gupta, Calcutta

Dr. Rajiv Goyal, Delhi

Dr. Koolwal, Jaipur

Dr. Sandeep Deewan, Gurgaon

# WORKSHOP AGENDA

**SEPTEMBER 20, 2013**

**DAY 1**

## HALL A - WORKSHOP ON SLEEP TECHNOLOGY

09:30 am - 10:15 am	How to get good signals & trouble shooting	Ms. Danielle
10:15 am - 10:45 am	How to score & stage sleep	Dr Himanshu Garg
10:45 am - 11.15 am	Respiratory event scoring	Dr Pratibha Dogra
11.15 am - 11.30 am	<b>Coffee</b>	
11.30 am - 12.00 pm	Non respiratory event scoring	Dr Rimawati Tedjasukmana
12.00 pm - 12.45 pm	How to titrate patients on PAP therapy	Dr David Cunningham
12.45 pm - 13.30 pm	Practice sessions	Dr Miles Jung Sijapati
13:30 pm - 14:15 pm	<b>Lunch</b>	
14.15 pm - 16.00 pm	<b>Hands on sessions</b>	
13.30 pm - 17.15 pm	<b>Stations</b>	
	A. Hands on lead placement	
	B. Science and the art of mask fitting	
	C. PAP machines	
	D. Non CPAP appliances	
	E. Sleep monitoring - sleep diaries/Actigraphs etc	

## HALL B - WORKSHOP LECTURES

09:30 am - 09:40 am	Bronchoscopy	Dr Sanchit Wadhwa
09:40 am - 9:50 am	Interventions in bronchoscopy	Dr Rajiv Goyal
09:50 am - 10:00 am	EBUS	Dr Amit Dhamija
10:00 am - 10:20 am	Endobronchial stenting	Dr A Z Khan
10:20 am - 10:30 am	Ultrasound of thorax - physics & SOP	Dr Kulbir Ahlawat
10:30 am - 10:40 am	Indications, limitations and pitfalls	
10:40 am - 11:10 am	<b>Coffee</b>	
11:10 am - 11:20 am	ICD + Pleurodesis	Dr Poulomi Chatterjee
11:20 am - 11:30 pm	Pleurex drains	Dr Naveen Prakash Shah
11:30 am - 11:40 am	Running a medical thoracoscopy service	Dr Bornali Datta
11:40 am - 11:50 pm	When do you refer a pleural effusion for VATS?	Dr A Z Khan
11:50 pm - 12:00 pm	The role of FeNO in asthma	Dr Pinky Goyal
12:00 pm - 12:10 pm	Spirometry & COPD	Dr Sulbha Singla
12:10 pm - 01:00 pm	<b>Lunch</b>	

SEPTEMBER 20, 2013		DAY 1
01:00 pm - 01:10 pm	Assigning tables	
01:10 pm - 05:00 pm	Workshop stations	
05:00 pm - 05:15 pm	Debrief + feedback	
SEPTEMBER 21, 2013		DAY 2
<b>Airway</b>	<b>Chair:</b> Dr RK Mani, Dr Vivek Singh, Dr Neeraj Gupta, Dr Nayyar	
09:00 am - 09:10 am	Azithromycin : from BOOP to Asthma. What is the evidence?	Dr Bornali Datta
09:10 am - 09:20 am	Reflux and Bronchial Asthma	Dr Raja Dhar
09:20 am - 09:30 am	Newer therapies in COPD	Dr Himanshu Garg
09:30 am - 09:40 am	Clinical Relevance of COPD phenotypes	Dr S K Koolwal
09:40 am - 09:50 am	Endobronchial LVRS - bright future?	Dr A Z Khan
09:50 am - 10:00 am	<b>Discussion</b>	
<b>Pulmonary Vascular Diseases</b>	<b>Chair:</b> Dr GS Chhabra, Dr Navin Kishore, Dr Mrinal Sircar, Dr Deepak Chaudhary	
10:00 am - 10:10 am	PAH - Clinical Update	Dr Vivek Nangia
10:10 am - 10:20 am	Pulmonary Embolism - when to thrombolyse?	Dr Manoj Goel
10:20 am - 10:30 am	Management of Hemoptysis	Dr Koolwal
10:30 am - 10:40 am	Secondary PAH: what other than oxygen?	Dr Khilnani
10:40 am - 10:50 am	<b>Discussion</b>	
10:50 am- 11:00 am	<b>Coffee</b>	
11:00 am- 11:20 am	<b>Key Note Address:</b> Latest Advances in Asthma Management	Dr Ian Clifton
<b>ILD</b>	<b>Chairpersons:</b> Dr Janmeja, Dr M. L Gupta, Dr Rakesh Chawla Dr Bobby Balhotra, Dr Amita Nene	
11:20 am - 11:30 am	Prevalence of ILD in India - The national registry	Dr Virender Singh
11:30 am - 11:40 am	IPF: What next now that pirfenidone has fallen?	Dr Ashok Rajput
11:40 am - 11:50 am	When to biopsy in ILD and does it significantly change management?	Dr Jaiswal
11:50 pm - 12:00 pm	Management algorithm for ILD (non IPF)	Dr Rajeev Goyal
12:00 pm - 12:10 pm	<b>Discussion</b>	
<b>Critical Care</b>	<b>Chairpersons:</b> Dr Yatin Mehta, Dr Bishnu Panigarhi, Dr PN Kakkar Dr GC Khilani	
12:10 pm - 12:20 pm	New definition of ARDS	Dr Amit Mandal



SEPTEMBER 21, 2013		DAY 2
12:20 pm - 12:30 pm	Adjuncts to mechanical ventilation	Dr Sandeep Dewan
12:30 pm - 12:40 pm	VAP	Dr Puneet Tyagi
12:40 pm - 12:50 pm	Fungal infections in ICU	Dr Hemant Tewari
12:50 pm - 01:00 pm	What's new in sepsis management?	Dr Vinod Singh
01:00 pm - 01:10 pm	Update on NIV	Dr Viral Shah
01:10 pm - 01:20 pm	Discussion	
01:20 pm - 02:00 pm	Lunch	
Infections	Chairpersons: Dr Vivek Nangia, Dr Vinod Singh, Dr N K Jain, Dr Jaiswal	
02:00 pm - 02:10 pm	H1N1 infection in the lungs - recent experiences	Dr Neeraj Jain
02:10 pm - 02:20 pm	ABPA - does use of steroids lead to invasive aspergillosis	Dr RK Mani
02:20 pm - 02:30 pm	Bronchiectasis - is there a role of long term antibiotics?	Dr BP Singh
02:30 pm - 02:40 pm	Beyond XDR TB - any new medications?	Dr A Khurana
02:40 pm - 02:50 pm	Bilateral Lung Opacities	
02:50 pm - 03:00 pm	Discussion	
03:00 pm - 03:20 pm	Coffee	
03:20 pm - 03:50 pm	Cardiopulmonary Exercise testing	Dr D Cunningham
03:20 pm - 03:30 pm	Indications & SOP	
03: 30 pm - 03:40 pm	Demonstration	
03:40 pm - 03:50 pm	Cases	
03:50 pm - 04:00 pm	Debrief / Thank you note	
SEPTEMBER 22, 2013		DAY 3
08.00 am - 09.00 am	SEAASM Members meeting	
Symposium I		
Chairpersons: Dr Sanjay Manchanda, Col Ashok Rajput, Dr BP Singh, Dr P Kaul		
9:15 am - 9:30 am	Key note Address: Newer approaches in Sleep Measurement	Dr David Cunningham
9.30 am - 9.45 am	Making sense of a sleep study	Dr Mosharraf Hossain
9.45 am - 10.00 am	Sleep apnea: whom to test and how	Dr Himanshu Garg
10.00 am - 10.15 am	Sleep apnea: who to treat and howl	Dr Randeep Guleria

**SEPTEMBER 22, 2013****DAY 3**

10.15 am - 10.30 am	Genetics of Apnea	Dr Vivek Nangia
10.30 am - 10.45 am	PAP therapy principles and options	Dr Anoma
10.45 am - 11.00 am	Role of Surgery	Dr Seemab Sheikh
11.00 am - 11.20 am	<b>Tea</b>	

**Symposium II**

**Chairpersons:** Dr Amit Mandal, Dr HJ Singh, Dr Sk Koolwal, Dr Dharmesh Patel

11.20 am - 11.35 am	UARS: Is it important to recognize and treat	Dr Animesh Arya
11.35 am - 11.50 am	Obesity Hypoventilation	Dr Parvaiz Kaul
11.50 am - 12.05 pm	Hypersomnia - Evaluation and Management	Dr Amita Nene
12.05 pm - 12.25 pm	Central Sleep Apnea - When to suspect and Treat	Dr Sanjay Manchanda
12.25 pm - 12.40 pm	Circadian rhythm disorders - how to diagnose and treat	Dr Remawati Tedjasukmana
12.40 pm - 01.15 pm	<b>Lunch</b>	

**Symposium III**

**Chairpersons:** Dr Narendra Bharta, Dr Chokhani, Dr Vivek Nangia, Dr Puneet Tyagi  
Dr Samhita Pandey

01.15 pm - 01.30 pm	Restless leg syndrome how to diagnose and treat	Dr Preeti Devnani
01.30 pm - 01.45 pm	Narcolepsy-How to diagnose and manage	Dr Garima
01.45 pm - 02.00 pm	Parasomnias how to diagnose and when to treat	Dr Manjari Tripathi
02.00 pm - 02.15 pm	Insomnia - understanding & treatment strategies	Dr Pratibha Dogra
02.15 pm - 03.00 pm	<b>Open House Discussion:</b> Credentialing in Sleep Medicine in Asia	

**Panellists:** Dr David Cunningham, Dr Zarir Udwadia, Dr Randeep Guleria, Dr Rimawati Dr Anoma, Dr Mosharraf hossain

03.00 pm - 03.15 pm	<b>Tea break</b>	
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**Symposium IV**

03.15 pm - 03.30 pm	Sleep in Elderly	Dr Mohankumar Thekkinkattil
03.30 pm - 03.45 pm	Sleep disorder breathing and Heart	Dr Kamran Chima
03.45 pm - 04.00 pm	Sleep Apnea and Metabolic Dysfunction	Dr Ambrish Mithal
04.00 pm - 04.15 pm	Renal Disease and Sleep Disordered breathing	Dr Dharmesh Patel
04.30 pm onwards	Sleep and Pyschiatry	Dr Samir Parikh



# REGISTRATION FORM

## REGISTRATION FEES

Workshop: INR 2000

Conference: INR 2000

Workshop +Conference: INR 4000

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Ms. / Mr/ Dr / Prof \_\_\_\_\_

Please fill in CAPITAL letters

Age \_\_\_\_\_ Nationality \_\_\_\_\_ Female / Male \_\_\_\_\_

Designation \_\_\_\_\_

Organization \_\_\_\_\_

Mailing Address\* \_\_\_\_\_

Postal Code \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Country \_\_\_\_\_

Mobile \_\_\_\_\_ Telephone \_\_\_\_\_

Fax \_\_\_\_\_ E-Mail \_\_\_\_\_

\* Mailing Address will be used for all further communication.

Accommodation Required

☐ Yes

☐ No

☐ Date of Check in

☐ Date of Check out

Workshop to be attended

☐ Workshop A

☐ Workshop B

All Payments to be made in **Indian Currency**

Total Amount Payable \_\_\_\_\_

All Cheques / DDs to be drawn in favour of: **"Global Health Pvt. Ltd."** payable at New Delhi

Bank Name & Branch \_\_\_\_\_

Cheque / DD No. \_\_\_\_\_ Dated \_\_\_\_\_

Total Amount (In figures) \_\_\_\_\_ Total Amount (In words) \_\_\_\_\_

Signature \_\_\_\_\_

### Please Note:

Payment should be made in cash or in the form of demand draft / Banker's cheque drawn in favour of "Global Helth Pvt. Ltd." and payable at New Delhi. Please note that personal cheques will not be accepted. Please add INR 50 as clearing charges for outstation cheques and send them to the below given conference manager address.

Students should send their registration forms along with a letter from the Head of the Department/Institute certifying their student status.

# APPLICATION FORM FOR MEMBERSHIP

South East Asian Academy of Sleep Medicine

www.seaasm.com

## Biographical Data

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Suffix: \_\_\_\_\_

Degree (s): \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender: ☐ Male ☐ Female

Membership Directories will be mailed in June of each year.

Send me a printed copy of future membership directories: ☐ Yes ☐ No

**Professional Address:** (Listed in the online Membership Directory and annual printed Membership Directory: if no professional address is provided, only your name will be listed in the directory)

Business Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

**Home Address:** \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## Specialty

- |   |  |  |                                     |
|---|--|--|-------------------------------------|
| <input type="checkbox"/> Anesthesiology | <input type="checkbox"/> Critical Care     | <input type="checkbox"/> Internal Medicine | <input type="checkbox"/> Neurology  |
| <input type="checkbox"/> E.N.T.         | <input type="checkbox"/> Sleep Medicine    | <input type="checkbox"/> Pediatrics        | <input type="checkbox"/> Psychiatry |
| <input type="checkbox"/> Psychology     | <input type="checkbox"/> Pulmonary Disease | <input type="checkbox"/> Other _____       |                                     |

**Membership Classification** (Please check the membership category for which you are applying). Membership is on a calendar year basis (October 2013 - October 2014)

- |  |  |
|--|--|
| <input type="checkbox"/> Regular Membership Fees: INR 2000 | <input type="checkbox"/> Affiliate Membership: INR 2000          |
| <input type="checkbox"/> Student Membership: INR 1000      | <input type="checkbox"/> Affiliate Industry Membership: INR 3000 |

Individuals residing internationally who seek dues assistance should refer to the SEAASM website for more information about how to apply as a Corresponding Member.

## Method of Payment

(Please check one) Purchase Orders are not accepted as payment of membership dues.

- |  |                               |   |
|--|-------------------------------|---|
| <input type="checkbox"/> Cheques payable to SEAASM | <input type="checkbox"/> Cash | <input type="checkbox"/> Payment by credit card |
|  |                               | <input type="checkbox"/> Visa                   |
|  |                               | <input type="checkbox"/> MasterCard             |
|  |                               | <input type="checkbox"/> American Express       |

Amount (In figures) \_\_\_\_\_ Amount (In words) \_\_\_\_\_

\_\_\_\_\_



# Join SEAASM Now!!

The Benefits of joining are ....

- + Life time Membership
- + Tremendous network of doctors
- + Discount in Early Bird registration in conference and workshop organized under SEAASM
- + Full access to SEAASM publications
- + Gain expert support to help you with
- + your practice and your career.

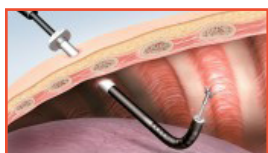
Send your registration form at email: [medantasummit2@medanta.org](mailto:medantasummit2@medanta.org) & post the cheque at

Division of Respiratory & Sleep Medicine

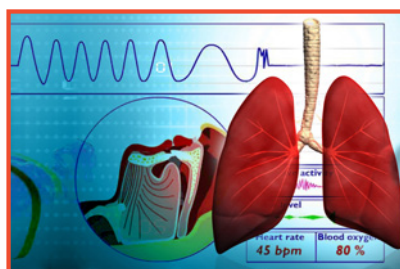
**Medanta-The Medicity**, Room no. 2, 5th Floor, OPD Wing, Sector 38, Gurgaon, Haryana

## Hands on workshop by expert

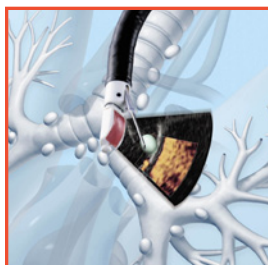
### Medical Thoracoscopy



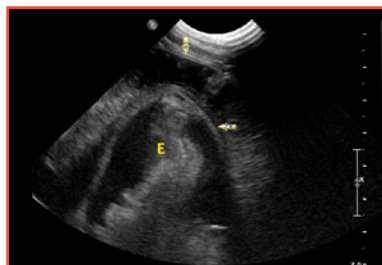
### Sleep Technology



### EBUS



### Thoracic Ultrasound







## **Medanta - The Medicity**

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