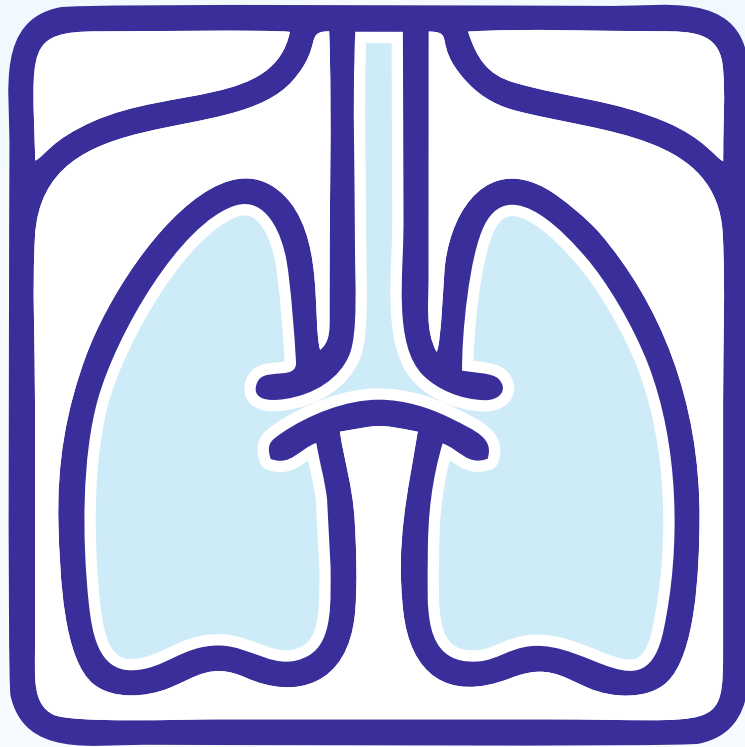




**CME FOUNDATION OF INDIA**



## **CONCLAVE ON CHRONIC AIRWAY MANAGEMENT**

### **EVENT REPORT**

**Venue:** Hotel Mayfair, Bhubaneswar

**Date:** 26<sup>th</sup> October, 2024



# Conclave on Chronic Airway Management

The "**Conclave on Chronic Airway Management**" was held on October 26<sup>th</sup> 2024, at Hotel Mayfair, Bhubaneswar. Organized by the CME Foundation of India (CMEFI), the conclave featured sessions led by renowned experts Dr. Sourin Bhuniya, Dr. Angira Dasgupta, Dr. Debashish Behera, Dr. Sudarshan Pothal, Dr. Manoj K. Panigrahl, & Dr. Sangram Panda.

The **Conclave on Chronic Airway Management** focused on advancing the understanding and management of chronic mucus secretion in respiratory diseases, specifically in conditions like COPD, asthma, and bronchiectasis, with particular attention to the challenges faced by patients in India. The agenda included comprehensive lectures on identifying patients and symptoms, focusing on clinical signs, patient history, and diagnosis. It also covered the management of patients with chronic mucus hypersecretion (CMH), including both pharmacological and non-pharmacological treatments. Non-pharmacological management strategies highlighted the use of Aerobika as a clear choice for airway clearance and pulmonary physiotherapy techniques.

The primary goal of the Conclave on Chronic Airway Management was to provide healthcare professionals with the latest knowledge and practical approaches to improve patient outcomes in respiratory care. This report summarizes the key discussions and insights shared during the conclave, highlighting advancements and practical strategies for managing chronic mucus secretion and improving respiratory function in patients with chronic respiratory diseases.

**Date: 26<sup>th</sup> October, 2024**

**Venue: Hotel Mayfair, Bhubaneswar**

**Total Participants: 35**

# Agenda

Date : 26<sup>th</sup> October, 2024

Time: 07:00 pm to 09:00 pm

Topics	Speakers	Duration
Welcome and Introduction		07:00 pm - 07:05 pm
Chronic mucus hypersecretion: Causes & consequences	Dr. Debashis Behera	07:05 pm - 07:20 pm
Identifying and assessing patients with CMH in practice	Dr. Angira Dasgupta	07:20 pm - 07:35 pm
Radiological clues for mucous prevalent diseases	Dr. Sangram Panda	07:35 pm - 07:50 pm
Managing patients with CMH - Pharmacological Management & Non-pharmacological management.	Dr. Sourin Bhuniya	07:50 pm - 08:10 pm
Pannel Discussion on chronic mucous hypersecretion (Clinical scenario)	<b>Presenter</b> Dr. Angira Dasgupta Dr. Manoj K Panigrahl Dr. Sudarshan Pothal Dr. Sourin Bhuniya	08:10 pm - 08:40 pm
Closing Remarks	Dr. Debashis Behera	08:40 pm - 08:50 pm
<b>Vote of Thanks</b>		08:50 pm - 09:00 pm

## Summary of Conclave

- **CMEFI** welcomed the participants and introduce Dr. Sourin Bhuniya, Dr. Angira Dasgupta, Dr. Debashish Behera, Dr. Sudarshan Pothal, Dr. Manoj K. Panigrahl, & Dr. Sangram Panda.

- **Chronic Mucus Hypersecretion: Causes & Consequences: Dr. Debashis Behera**

Dr. Debashis Behera discussed the causes and consequences of Chronic Mucus Hypersecretion (CMH), emphasizing its significant impact on respiratory health. CMH often results from environmental irritants such as air pollution and allergens, lifestyle factors like smoking, or underlying conditions such as Chronic Obstructive Pulmonary Disease (COPD), asthma, and bronchiectasis. Persistent mucus production causes discomfort and impairs airway function, increasing susceptibility to recurrent infections and exacerbations. Dr. Behera explained how untreated CMH could lead to complications, including airway obstruction, reduced lung capacity, and a notable decline in quality of life. He highlighted the importance of early identification and management to mitigate these risks.

- **Identifying and Assessing Patients with CMH in Practice: Dr. Angira Dasgupta**

Dr. Angira Dasgupta provided insights into identifying and assessing patients with Chronic Mucus Hypersecretion (CMH) in clinical practice. He stressed the importance of a thorough patient history and symptom evaluation, focusing on chronic cough with sputum production and associated breathing difficulties. Diagnostic tools such as sputum analysis, Pulmonary Function Tests (PFTs), and standardized questionnaires like the COPD Assessment Test (CAT) were recommended for accurate assessment. He also emphasized differentiating CMH from other respiratory conditions to ensure timely and appropriate treatment. Dr. Dasgupta underscored the critical role of early diagnosis in effectively managing CMH and preventing disease progression.

- **Radiological Clues for Mucus-Prevalent Diseases: Dr. Sangram Panda**

Dr. Sangram Panda explained the role of radiology in diagnosing mucus-prevalent diseases and its importance in clinical decision-making. He discussed the utility of chest X-rays in identifying structural abnormalities and infections. At the same time, high-resolution computed tomography (HRCT) scans provide detailed insights into conditions like bronchiectasis, mucus plugs, and airway wall thickening. Dr. Panda emphasized that radiological findings should be interpreted with clinical and laboratory data to understand the disease comprehensively. He highlighted how imaging aids in assessing disease severity, monitoring progression, and tailoring treatment plans. The session stressed the necessity of integrating radiological evidence into holistic patient care.

- **Managing Patients with CMH: Pharmacological and Non-Pharmacological Strategies: Dr. Sourin Bhuniya**

Dr. Sourin Bhuniya presented a detailed approach to managing Chronic Mucus Hypersecretion (CMH) through pharmacological and non-pharmacological interventions. Pharmacological treatments include mucolytics to reduce mucus viscosity, bronchodilators to relieve airway obstruction, and anti-inflammatory agents such as corticosteroids to address underlying inflammation. Non-pharmacological strategies involve airway clearance techniques like postural drainage, breathing exercises, chest physiotherapy, and lifestyle

changes such as smoking cessation and avoiding environmental irritants. He also emphasized maintaining hydration to aid in mucus clearance. Dr. Bhuniya highlighted the need for personalized treatment plans tailored to the patient's condition and comorbidities for optimal outcomes.

- **Panel Discussion: Chronic Mucus Hypersecretion (Clinical Scenario)**

**Moderator:** Dr. Angira Dasgupta

**Panelists:** Dr. Manoj K. Panigrahi, Dr. Sudarshan Pothal, Dr. Sourin Bhuniya

The panel discussion brought together expert perspectives on managing Chronic Mucus Hypersecretion (CMH) through real-world clinical scenarios. Panelists shared their experiences addressing complex cases, including recurrent infections and complications like bronchiectasis. Strategies for improving patient education, enhancing treatment adherence, and implementing advanced interventions like pulmonary rehabilitation were discussed in depth. The interactive session engaged the audience through Q&A, offering practical solutions for overcoming challenges in CMH management. The discussion underscored the importance of a multidisciplinary approach and patient-centred care for better clinical outcomes.

- **Closing Remarks: Dr. Debashis Behera**

In his closing remarks, Dr. Debashis Behera summarized the key insights from the conclave, highlighting the importance of early detection and a comprehensive approach to managing Chronic Mucus Hypersecretion (CMH). He emphasized integrating pharmacological and non-pharmacological strategies to provide effective and holistic care. Dr. Behera also stressed the value of continued research and collaboration among healthcare professionals to improve treatment options. He underscored the significance of patient education and adherence to therapy for long-term management. The session ended with a call to adopt evidence-based practices and foster innovation in respiratory care.

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



# Snapshots of Conclave on Chronic Airway Management

## Lecture on Managing Patients with CMH: Pharmacological and Non-Pharmacological Strategies



## Lecture on Radiological Clues for Mucus-Prevalent Diseases

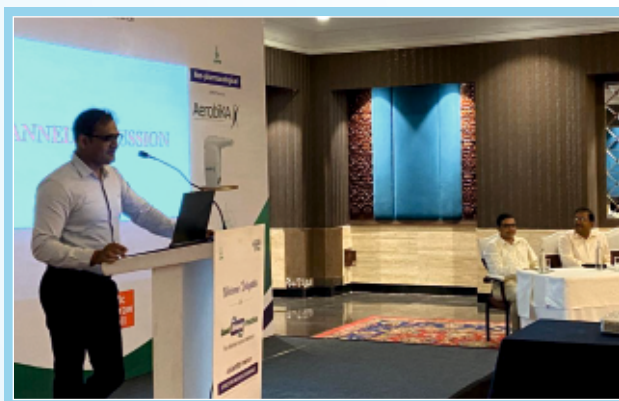


# Snapshots of Conclave on Chronic Airway Management

## Lecture on Chronic Mucus Hypersecretion: Causes & Consequences



## Pannel Discussion







Developed by:

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