



RAMAIAH
Medical College

A Constituent College,
Ramaiah University
of Applied Sciences

NAMSCON 2023

63rd Annual Conference of
National Academy of Medical Sciences
NAMS-Convocation

Enhancing Healthcare
through Digital Innovations

Ramaiah College of Physiotherapy

is organising

a Pre-conference Workshop on

Interdisciplinary Approach in Geriatric Rehabilitation

Workshop Code: NAMS-PCWPT13

Targeted Audience:

Physiotherapy, Medical, Nursing, and Public Health

Postgraduates and Practitioners interested

in Geriatric Rehabilitation

Date: 6th, October 2023

Venue: Auditorium, Ramaiah Memorial Hospital

Registration Fee: For Professionals: ₹ 2000, For PGs: ₹ 1000

Interdisciplinary Approach in Geriatric Rehabilitation

About

Aging is characterized by the coexistence of multiple chronic diseases. This multimorbid state in the elderly often leads to functional decline, dependency, and poor quality of life. Geriatric rehabilitation aims to enhance functional capacity, improve independence and quality of life. Given the multimorbid nature of health status, current clinical practice guidelines recommend an interdisciplinary approach towards geriatric rehabilitation. This hands-on workshop aims to provide an overview of implementing interdisciplinary geriatric rehabilitation services.

Objectives

- Understand the need and scope for a multidisciplinary team in geriatric rehabilitation
- Plan and execute early mobilization in acute care settings
- Select appropriate outcome measures and conduct a comprehensive geriatric assessment
- Understand the strategies for conducting tele-rehab for older adults

Targeted Audience

Physiotherapy, medical, nursing, and public health postgraduates and practitioners interested in geriatric rehabilitation

Key Sessions

- The need for an interdisciplinary approach in geriatric rehabilitation
- Nutritional guidelines in geriatric rehabilitation
- Managing pain in the elderly, Assessing and treating Sarcopenia, Balance impairment, Cardiorespiratory fitness
- Delivering a multimodal tele-rehab program

Speakers

- **Dr. Medha Y Rao**, Dean Academics, RUAS
- **Prof Savita Ravindra**, Principal, and Dean, Ramaiah College of Physiotherapy
- **Dr. Ashwin Kulkarni, Dr. Ashok Kumar P,**
- **Dr. Shree Harsha M**, Ramaiah Medical College
- **Ms. Hema Arvind**, Chief, Clinical Nutrition and Dietetics, Ramaiah Memorial Hospital.
- **Mr. Ramesh Debur, Ms. Shobhalakshmi S,**
- **Dr. V Sundar Kumar**, Associate Professors
- **Ms. Diana Rodrigues**, Assistant Professor
- **Ms. Pratima Nagpal**, Consultant
- **Ms Aditi Bhandarkar**, Research Fellow Ramaiah College of Physiotherapy



Dr. Medha Y Rao



Dr. Savita Ravindra

Contact Details

Organising Secretary :

Dr. V Sundar Kumar:

Mobile: +91 9739468755 Telephone: 080-23608361

Email: physiotherapy@msruas.ac.in

Registration and Payment Link



www.namscon2023.com



Payment QR Code

LIMITED SLOTS AVAILABLE

REGISTER

SOON!!

Note: Priority for workshop seats will be given to conference registrants. Register to NAMSCON-2023. Details overleaf.

Date : 06 Oct 2023

Time : 8 a.m. to 5.30 p.m.

Fee: Rs. 2000/- Full Day

Interdisciplinary Approach in Geriatric Rehabilitation

Pre-Conference Workshop Schedule

Time	Session	Mode of Delivery	Resource person
8.00 – 9.00	Registration		
9.00 – 9.15	The need for interdisciplinary approach in geriatric rehabilitation	Lecture	Dr Medha Y Rao
9.15 – 9.30	Goals in Geriatric Rehabilitation	Lecture	Prof Savita Ravindra
9.30 – 9.50	Key factors to guide geriatric rehabilitation in a multimorbid state	Lecture	Dr Ashwin Kulkarni
09.50 – 10.10	Nutritional guidelines in geriatric rehabilitation	Lecture	Ms Hema Arvind
10.10 – 10.30	Q & A Session	Discussion	
10.30 – 11.00	Activity and Networking Break		
11.00 – 11.30	Early mobilization and planning for discharge	Lecture, Case Discussion	Ms Diana Rodrigues, Ms. Pratima Nagpal
11.30 – 12.15	Managing pain in the elderly	Panel Discussion	Ms Shobhalakshmi S Dr. Ashok Kumar P Dr. Shree Harsha M
12.15 – 1.00	Assessing and treating sarcopenia	Mini Lecture & Lab	Dr V Sundar Kumar
1.00 – 2.00	Lunch Break		
2.00 – 2.45	Assessing and training for balance impairment	Mini Lecture & Lab	Mr. Ramesh Debur, Ms Aditi Bhandarkar
2.45 – 3.30	Assessing and training for cardiorespiratory fitness	Mini Lecture & Lab	Dr V Sundar Kumar
3.30 – 4.00	Activity and Networking Break		
4.00 – 5.00	Delivering a multimodal tele-rehab program	Live online group exercise session	Dr V Sundar Kumar and Team
5.00 – 5.30	Closing Remarks and Discussion	Discussion	Prof Savita Ravindra

National Health Conference & Medical Expo



RAMAIAH
Medical College

A Constituent College,
Ramaiah University
of Applied Sciences

NAMSCON 2023

63rd Annual Conference of
National Academy of Medical Sciences
NAMS-Convocation

Enhancing Healthcare
through Digital Innovations



Date : October 6th, 7th & 8th, 2023
(Friday, Saturday & Sunday),
at Ramaiah Medical College,
Bengaluru

www.namscon2023.com

Who should attend:

- Newly elected Fellows / Members
- NAMS members & fellows
- Non-members from all healthcare fields including professionals, faculty, students from
- Medical
- Dental
- Physiotherapy
- Pharmacy
- Nursing

National Quiz for UG & PG students on "Recent Advances & Digital Innovations in Healthcare"

ORAL and POSTER presentations for professionals, faculty & students on all health-related themes.

Industry exhibition: Exposure to the latest innovations in healthcare industry and hands-on skill work stations

KMC - 4 Credit Points
for Conference

KMC - 2 Credit Points
for Workshop

Pre-conference Workshops

October 6th, 2023



Medical

- Simulation for Critical Incident Management
- Fundamentals of Robotic Surgery - An Experience
- Systematic Review and Meta-analysis
- An Evidence-Based Approach to Blood Transfusion and Cellular Therapy
- Entrepreneurship and Innovation for Healthcare Professionals
- Workshop on Standards of Digital Health
- Update on Hepatobiliary Diseases – Integrative Approach
- Humanities & Health: The Role of Narrative Medicine in Medical Education
- Scientific Assessment in Elite Sports (5th Oct)



Dental

- Digital Technology to Enhance Learner Engagement
- Simplifying Indirect Ceramic Laminate Veneers
- Integrative and Functional Approach to Obstructive Sleep Apnoea



Physiotherapy

- Interdisciplinary Approach in Geriatric Rehabilitation



Pharmacy

- Pharmacotherapeutic Interventions in Revolutionizing Oncology Care – A Problem Based Training



Nursing

- Helping Babies Breathe

Themes of scientific sessions during the conference:

- Digital Technology in Communicable Disease
- Advances in Rehabilitative Technology
- Military and Aviation Medicine
- Digital Interventions for Non-Communicable Diseases
- Innovations in Dental Practice
- Digital Integration in Health Care Profession Education
- Adapting to the Future: Modernizing Pharmacy Practice for Improved Healthcare
- Key note address by Dr. Sivathanu Pillai
- Industry-Academia Collaboration in Digital Health Care
- Digital Innovations and Nursing
- Health Care Professionals as Innovators
- Healthcare in Extreme Geographies: High Altitude and Deep Sea Medicine

Key Speakers:



Dr. A. Sivathanu Pillai
Ex Chief Controller, R&D, DRDO. Former CEO & MD of BrahMos Aerospace



Dr. Saumitra Das
Chairman, INSACOG, IISC



Dr. Rajendra Prasad
Recipient of Dr. B.C.Roy National Award for Pulmonary Medicine in India



Dr. Shiv Kumar Sarin
President of NAMS, Director, Institute of Liver and Biliary Sciences, New Delhi



Dr. V Mohan
Dr. Mohan's Diabetes Specialities Centre, Chennai



Dr. M. Balasubramanyam
ICMR Emeritus Scientist



Dr. Anmol S Kalha
Professor Emeritus, Associate Director & Advisor, Max Health Care



Prof. Supten Sarbadhikari
Former Dean, IIHMR, Delhi



Dr. Avinash Supe
Emeritus Professor, KEM hospital, Mumbai, Maharashtra, India



Dr. Y K Gupta
President - AIIMS Bhopal, AIIMS Jammu, Medical Advisor, Strategic Consultant Delhi, India



Dr. TK Srikanth
Professor, International Institute of Information Technology (IIIT), Bangalore



Dr. Lavanya Kiran
Sr. Consultant and Robotic Surgeon, Cloud Nine Hospitals and Narayana Health