



**Indian Rheumatology Association  
&  
Department of Clinical Immunology and Rheumatology, Christian Medical  
College, Vellore**

**Organizes**

**IRA Rheumatology Fellows Retreat 2018  
September 20<sup>th</sup>-22<sup>nd</sup> 2018  
Venue- Stem Cell Research Center, CMC Vellore**

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**DAY 1 (20<sup>th</sup> September, 2018): 9AM to 6PM  
Venue- Stem Cell Research Center, CMC Vellore**

**Rheumatology Master classes (20 minutes + 5minutes interaction)  
Theme – Exam preparedness**

**8.45AM- 9.00AM – Inauguration**

***Prayer*** by Reverend Finney Alexander

***Address by Chief Guest***-Prof Anna Pulimood, Principal, CMC Vellore

***Address by Guest of Honor***- Prof Vishal Marwaha, Principal, Amrita Institute of Medical Sciences, Kochi

***Inaugural Address and Welcome***: Prof Debashish Danda, IRA President and Head, Department of Clinical Immunology, CMC Vellore

**Session I**

**Chairperson: Dr. C.P Rajendran & Dr Molly Thabah**

**9.00AM-9.20 AM**

Sensible Reading from Literature and textbooks - What not to read?

&

Style of presentation in theory exam: Prof Ramnath Misra/ Dr Ruchika Goel

**9.25AM- 9.40 AM**

Bedside Manners- Dr Lalit Duggal/ Dr John Mathew

**9.45AM-10.05AM**

Effective communication in clinical exam - the mind game: Prof Rohini Handa/ Dr Sankar S

**10.10AM- 10.30AM**

How to write a good logbook: Prof Debashish Danda

**10.30AM-10.45AM**

Tea Break

### **Session II**

**Chairperson: Dr. Tamil Selvam & Dr Sarat Chandra Mouli**

**10.45AM- 11.05AM**

Presenting a case of Polyarthrititis: Prof Alakendu Ghosh

**11.10 AM-11.30AM**

Essentials of Musculoskeletal system examination- Dr Ravichandran

**11.35AM-11.55AM**

Presenting a case of Spondyloarthropathy : Prof Rajiva Gupta

**12Noon- 12.20PM**

Presenting a case of Large Vessel Vasculitis: Prof Debashish Danda

**12.25PM-12.45PM**

Presenting a case of small and medium vessel vasculitis: Prof Aman Sharma

**12.50-1.30 PM Lunch Break**

### **Session III**

**Chairpersons: Dr. Sapan Pandya & Dr. Balameena S**

**1.30PM-1.50PM**

Presenting a case of Connective tissue disease : Prof Liza Rajasekhar

**1.55PM- 2.15PM**

Presenting a Paediatric case: Prof Surjit Singh

**2.20PM-2.40PM**

Ward rounds / spotters in Rheumatology: Dr Molly Thabah/ Dr Sandeep Upadhyay

**2.45PM-3.05PM**

Interpretation of Essential Immunology lab tests: Prof Ramnath Mishra

**3.10PM-3.30PM**

Viva on histology: Prof Vineetha Shobha

**3.35PM- 3.55PM Tea Break**

**Session IV**

**Chairpersons: Dr.Padmanabha Shenoy & Dr Banwari Sharma**

**4.00PM- 4.15PM-**

Viva on Radiology: Prof SK Das

**4.15PM- 4.35PM**

Gadgets in Rheumatology practice: how much is not too much: Dr Vivek Vasdev

**4.40PM-5.00PM**

Medical Arthroscopy: Dr Ved Chaturvedi

**5.00PM-6.00PM**

IRA Advanced Trainees Rheumatology Quiz- Preliminary Rounds

(Teams of 2 trainees from same institute. In case of only 1 trainee from 1 institute- can team up with another trainee from another institute)

Co-ordinators- Dr Sankar S & Dr Ashish Jacob Mathew

End of Day 1 Programme

**6.30PM- Informals followed by dinner at Eden Gardens/ GRT Sameera**

**Day 2 (21<sup>st</sup> September, 2018) 8.00AM-6.00PM**  
**Venue- Stem Cell Research Center, CMC Vellore**

**Workshop on “Critical Appraisal of a Research Paper “and Research Methodology for  
Rheumatology trainees**

**Faculty:**

Dr.Abraham Peedicayil, Prof, Gynaec Oncology & Head, Clinical epidemiology unit, CMC Vellore

Dr.L Jeyaseelan, Prof of Biostatistics, CMC Vellore

Dr.Thambu David, Prof of Medicine, CMC Vellore

Dr.Kurien Thomas, Prof of Medicine, PIMS, Puducherry

Dr.OC Abraham, Prof of Medicine, CMC Vellore

Dr.Jayaprakash Muliylil, Retd Prof of Community Health, CMC Vellore

Dr. Satish Kumar, Prof of Paediatrics, CMC, Vellore

**International Guest faculty:**

Prof Arthur T Evans, Weill Cornell Medical College, New York, USA

Prof Phillipa Hay, Translational Health Research Institute, Western Sydney University, Australia

**8.00AM – 8:10AM –Introduction**

Chief Guest- Prof J. V. Peter, Director, CMC Vellore.

**8 :10AM- 8:30 AM:**

Hypothesis generation: How to frame a clinically relevant, biologically sound research question?

– Dr Thambu David

**8:30AM – 9:00AM**

Overview of Study designs- Prof Abraham Peedicayil

**9:00AM – 9:30AM**

How to read a journal article- Prof Arthur T Evans

**9:30AM – 10:00AM**

Designing a Cohort study- Prof OC Abraham

**10:00AM to 10:30AM**

Designing a Clinical Trial- Prof Kurien Thomas

**10.30 AM-1-.45AM COFFEE BREAK**

**10:45AM – 11:15AM**

Designing a Case control study- Dr Jayaprakash Muliyl

**11:15AM– 11:45AM**

Meta-analysis- Prof Phillipa Hay

**11:45AM – 12:15PM**

Bias and Chance- Prof Abraham Peedicayil

**12:15PM– 12:45PM**

Causal relationships- Dr Jayaprakash Muliyl

**12.45PM- 2.00PM - LUNCH**

**2:00PM – 2:45PM**

Sample size- Prof L Jeyaseelan

**2:45PM – 3:30PM**

Critical appraisal of a diagnostic test study - Prof Arthur T Evans

**3:30PM – 4:15PM**

Critical appraisal of a case control study study- Prof Satish Kumar

**4.15PM-4.30PM Tea**

**4:30PM – 5:15PM**

Critical appraisal of a Randomised controlled trial - Prof Arthur T Evans

**5:15PM – 6:00PM**

Critical appraisal of a cohort study- Prof Thambu David

**7.00PM-8.00PM( Desmond Poolside)**

IRA Advanced Trainees Rheumatology Quiz- Final Rounds

**Mentor for Teams- Dr Sankar S**

**Quiz Master- Dr Ashish Jacob Mathew**

**8:00PM Dinner at Big Bungalow Lawns**

**DAY 3 22<sup>nd</sup> September, 2018 Time: 9AM to 4PM**  
**Venue: Stem Cell Research Center, CMC Vellore**

**Critical appraisal of Top papers in Rheumatology in last 1 year by trainees (20 minutes plus 5 minutes):**

**Session I**

**9.00AM- 9.20 AM**

Rheumatoid Arthritis - Trainee from SGPGIMS , Lucknow (Moderator : Prof RN Misra)

**9.25 AM- 9.45 AM**

SLE – Trainee from NIMS (Moderator: Prof Liza Rajashekhar)

**9.50AM- 10.10AM**

Spondyloarthritis – Trainee from Apollo Delhi (Moderator: Prof Rohini Handa)

**10.15AM- 10.35 AM**

Myositis – trainee from IPGMER, Kolkata (Moderator- Prof Alakendu Ghosh)

**10.40AM-10.55AM Tea Break**

**Session II**

**10.55AM-11.15AM**

Systemic sclerosis – Trainee from R& R hospital (Moderator: Dr Vivek Vasdev)

**11.20AM- 11.40AM**

Vasculitis- Trainee from PGI, Chandigarh (Moderator: Prof Aman Sharma)

**11.45AM- 12.05PM**

Sjogren's syndrome – Trainee from CMC Vellore (Moderators: Prof Debashish Danda, Dr Sapan Pandya)

**12.10PM-12.30 PM**

Antiphospholipid syndrome – Trainee from KIMS, Hyderabad (Dr Sarat Chandra Mouli)

**12.30PM-1.45PM Lunch Break**

**Session III**

**1.45PM- 2.05PM**

Osteoarthritis – Trainee from KGMU, Lucknow ( Moderator: Prof S. K.Das)

**2.10PM-2.30PM**

Osteoporosis - Trainee from Medanta Hospital ( Moderator: Dr Rajiva Gupta)

**2.35PM-2.55PM**

Crystal arthritis – Trainee from Hinduja Hospital (Moderator: Dr Balakrishnan C/ Dr Sandeep Upadhyay)

**3.00PM- 3.20PM**

JIA and other pediatric rheumatology disorders- Trainee from Amrita Institute Medical Sciences, Kochi (Moderators- Dr Suma Balan, Dr Sankar S)

**3.25PM- 3.45PM**

Psoriatic Arthritis – Trainee from MMC, Chennai ( Moderator- Dr Ravichandran)

**3.50PM-4.10PM**

Top Basic Science Immunology Paper of the year- Trainee from JIPMER (Moderator- Prof Ramnath Misra)

**International Symposium on Inflammatory Arthropathies for Advanced Trainees in Rheumatology**

**Venue- Stem Cell Research Centre  
Time: 6 pm to 8 pm**

**6.00PM- 6.15 PM:**

**Prayer** by Reverend Finney Alexander

**Address by Chief Guest-** Prof Prasad Mathews, Medical Superintendent, CMC Vellore.

**Address by Guest of Honor-** Dr Banwari Sharma, Secretary, Indian Rheumatology Association

**Inaugural address** by Prof Debashish Danda, President, IRA and Head, Clinical Immunology and Rheumatology, CMC Vellore

**Chairpersons: Prof Rohini Handa  
Prof Debashish Danda**

**6.15PM- 6.45 PM**

“Lupus, TNF and TNF blockers” by Yoshiya Tanaka, Professor & Chairman, The First Department of Internal Medicine, School of Medicine & Dean, Graduate School of Medical Science, University of Occupational and Environmental Health, Japan

**6.50PM – 7.20PM**

Personalised approach in biologics therapy in Rheumatology by Prof Kevin Pile, Australia

**7.25 PM to 7.55 PM**

Anxiety and depression in Psoriatic arthritis – data driven approach- Prof Phillipa Hay

**8.00PM-8.05 PM** Closing remarks

**8.30 PM** Dinner & cultural program by trainees and mentors at Desmond Poolside



