



**8<sup>th</sup> Annual State Conference of  
AFPI Kerala Chapter**

**AFPI CON 20  
KERALA 24**

**27-28 JANUARY 2024  
HOTEL TRIBUTE ROYALE, KOCHI**

**CHORDS OF CARE**

Harmonizing Primary Care, The Family Medicine Way

**3.5 KSMC CREDIT HOURS AWARDED**

[www.afpiconkerala2024.com](http://www.afpiconkerala2024.com)

Dear friends,

Welcome to the Annual Conference of Family Medicine Maestros, a symphony of healing minds set against the background score of Kochi's timeless beauty. Amidst the bustling tides of medical intricacies, let's set sail on a journey. A journey that helps anchoring our knowledge in the very heart of primary care. Join us on the 27th and 28th of January, 2024. Together, let's paint a canvas of enlightenment, laughter, and camaraderie in the heart of Kochi.

Organizing Team  
**AFPICON Kerala 2024**

## ORGANIZING COMMITTEE

### **Dr. Indhu Rajeev**

President, AFPI Kerala

### **Dr. Anoop K J**

Organizing Chairperson

### **Dr.Mamta Manohar**

Spice Route Representative

### **Dr. Kailas P**

Secretary, AFPI Kerala

### **Dr. Prasanth S**

Organizing Secretary

### **Dr. Jisha V**

Treasurer, AFPI Kerala

### **Dr.Anand P M**

Organizing Treasurer

### **Dr.Unaisath K**

PG Representative

## Patrons

### **Dr. Raman Kumar**

National President, AFPI

### **Dr. Resmi S Kaimal**

National Treasurer, AFPI

### **Dr. Vandana Boobna**

National Secretary, AFPI

### **Dr. Mohan Kubendra**

National Vice President

President Elect AFPI

## Sub Committees

Scientific

Chair - **Dr. Ally Plakkal J**

Advisor - **Dr. Dhanya S Pillai**

Registration and Reception

Chair - **Dr.Anu Liz Peter**

Advisor - **Dr.Manzoor P M**

Finance

Chair - **Dr. Anand P M**

Advisor - **Dr. Indhu Rajeev**

Media and Publicity

Chair - **Dr. Anuna Vinod**

Advisor - **Dr. Jisha V**

Travel and Hospitality

Chair - **Dr. Asha Thomas**

Advisor - **Dr. Kailas P**

Technical

Chair - **Dr. Shahzad M U**

Advisor - **Dr. Serin Kuriakose**

Souvenir

Chair - **Dr. Lakshmi S Nair**

Advisor - **Dr. Resmi S Kaimal**

Cultural

Chair - **Dr. Sangeetha S**

Advisor - **Dr. Bijayraj R**

## SCHEDULE

### Preconference PG Update 25.01.2024

18.00 - 21.00	<b>PG Update</b>
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### Conference Day 1 27.01.2024

Time	HALL A	HALL B
08.30 - 09.00	<b>Registration</b>	
09.00 - 11.30	Workshop Session A	Workshop Session B
11.30 - 12.00	Quiz prelims	
12.00 - 12.45	Spice Route Session	
12.45 - 13.30	<b>Lunch Break</b>	
13.30 - 16.00	Workshop Session C	Workshop Session D
16.00 - 17.00		Quiz Finals
18.00 - 19.00		General Body Meeting
19.00 - 22.00		Banquet & Gala Dinner

### Conference Day 2 28.01.2024

09.00 - 16.30	Scientific Sessions Hall A & B    Poster Presentation Hall C
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## PG UPDATE - 25.01.2024

## ONLINE SESSIONS

18.00 - 18.25	<b>Adolescent health and behavioral problems</b>	<b>Dr. Ramakrishna Prasad</b> Senior Consultant, Family Medicine & ID, Bangalore President, AFPI Karnataka
18.25 - 18.50	<b>Approach to chronic kidney disease in general practice</b>	<b>Dr. Sunil Abraham</b> Professor, Department of Family Medicine, CMC Vellore GP, Aboriginal Health Service, Western Australia
18.50 - 19.15	<b>Chronic fatigue syndrome</b>	<b>Dr. Jithesh P M</b> Consultant General Internal Medicine, Clinical Lead for Falls, Clinical personal tutor for Warwick medical school
19.15 - 19.40	<b>Chronic diarrhoea</b>	<b>Dr Prince Christopher</b> Consultant-Family Medicine Primary Care, Qatar Faculty supervisor, College of Medicine, Qatar University
19.40 - 20.05	<b>Health check ups</b>	<b>Dr. Kiranmai Lingutla</b> Consultant Family Physician and Diabetologist, Hyderabad President, AFPI Telengana
20.05 - 20.30	<b>Preanaesthetic evaluation for surgical procedures</b>	<b>Dr. John Jacob</b> Consultant & Head, Department of Family Medicine, Christian Fellowship Hospital, Oddanchatram

**Please note :**

- Those delegates who will be registering for the conference on or before 22-01-2024 will receive the joining link for PG update on the previous day of the event in their registered e-mail id.
- A delegate who has registered for workshop will be able to choose one session in forenoon (A or B) and one session in the afternoon (C or D) on first come first served basis at the time of registration.
- Registration to a particular session will be closed when allotted slots are filled in.



DAY 1 - 27.01.2024

HANDS ON WORKSHOPS

**A ENT SKILLS**Workshop Coordinator : **Dr. Resmi S Kaimal****E. N. T. Pot-pourri****Dr. Unnikrishnan K. Menon**Professor, Department of E. N. T.,  
Amrita Institute of Medical Sciences Kochi.**Foreign body removal in E. N. T.****Dr. Tinu Alby**

Consultant E. N. T. Surgeon, Lourdes Hospital, Kochi.

**Otoscopy and Tuning fork tests****Dr. Gayathri Angadiyil**

Consultant E.N.T, Vathiyayath Hospital, Perumbavoor.

**Tracheostomy care****Dr Teena Chinu Thomas**Family Medicine Specialist,  
Assistant Surgeon, FHC Kooroppada, Kottayam.**Diagnosis and Management of Peripheral Vertigo****Dr. Resmi S. Kaimal**Head of the Department, Department of Family Medicine,  
Lourdes Hospital, Kochi  
National Treasurer AFPI**B DIABETES MELLITUS**Workshop Coordinator : **Dr. Bijayraj R****"How to set up a Diabetes Clinic"****Dr. Roby K Prasad**

Family Physician, Dr. ROBY'S Family Clinic, Kozhikode

**Foot Care****Dr Nadeera Bhanu Saleem**Diabetologist and foot care specialist,  
St. Vincent Diabetic Center, Irinjalakuda**ABI, Biothesiometry****Dr Helana Jaison**

St. Vincent Diabetic Center, Irinjalakuda

**Retinopathy screening****Dr Divya Nair**

Consultant, Vitreo-Retinal Surgery, Abate Eye Hospital, Calicut

**Person-centered consultation in Diabetes****Dr Bijayraj R**Senior Consultant, Family Medicine, Starcare Hospital and  
IQRAA Community Clinic (Palazhi), Calicut**Rational Prescribing in Diabetes****Dr. Anoop K J**

Family Physician, Kerala Health Services, Ernakulam

**C ORTHOPAEDIC SKILLS**Workshop Coordinator : **Dr. Indhu Rajeev****Reduction of shoulder dislocation****Dr. Mansoor P. M**Medical Superintendent & Consultant Family  
Physician, Nucleus Hospital, Nadapuram**Splinting, sling, Cast application in fractures****Dr. Nisanth Menon N**Head, Department of Emergency Medicine  
MOSC Medical College, Kolenchery, Ernakulam**Intraarticular injections****Dr. Sreethu Syam**Senior Resident - Department of Physical Medicine &  
Rehabilitation, Govt TD Medical College, Alappuzha**Management of pulled elbow and Colles fracture****Dr. Prashob.N**Consultant Family Medicine,  
Badagara Sahakarana Asupathiri, Vatakara, Kozhikode**Spinal immobilization techniques****Dr. Indhu Rajeev**Consultant, Department of Critical care and  
Family Medicine, Lourdes Hospital, Kochi.  
President, AFPI Kerala**D SURGICAL SKILLS**Workshop Coordinator : **Dr. Serin Kuriakose****Pressure sore management****Dr. Ann Tomina Thomas**Associate consultant - Department of Family Medicine &  
Homecare, Mar Sleeva Medicity, Palai**Ascitic tapping and ICD Insertion****Dr Javid Risvan O. K.**Specialist Family Physician & Assistant surgeon,  
Kerala health service, Taluk Hospital Njarakkal, Ernakulam**Sebaceous cyst excision and lipoma removal****Dr. Ali Zameel B.**Consultant Family Medicine,  
K.S Abdullah Hospital, Kasaragod**Abscess, carbuncle, and paronychia****Dr Nadeem Abootty**Family Medicine specialist  
Heed n Heal clinic Thalassery & Josgiri Hospital Thalassery**Suturing skills****Dr Serin Kuriakose**Specialist Family Physician & Casualty Medical Officer,  
Government Medical College, Idukki

## DAY 2 - 28.01.2024

## SCIENTIFIC SESSIONS

## HALL A

	08.00 - 09.00	<b>Registration</b>	
Session 1	09.00 - 09.20	<b>Managing migraine in primary care - Whose headache is it anyway?</b>	<b>Dr Nadeem Abootty</b> Family Medicine specialist & Medical Director, Heed n Heal clinic & Josgiri Hospital, Thalassery.
	09.20 - 09.40	<b>Osteoarthritis - The complete picture</b>	<b>Dr Vishnu B.S.</b> Family Medicine Specialist & Academic Coordinator KIMSHHealth, Trivandrum
	09.40 - 10.10	<b>Paediatric grand rounds with the doyen</b>	<b>Dr Purushothaman K.K.</b> Professor, Department of Pediatrics, MES Medical College, Perinthalmanna
	10.10 - 10.20	<b>Q &amp; A Session</b>	
	10.20 - 10.30	<b>Tea Break</b>	
	10.30 - 11.15	<b>INAUGURATION</b>	
Session 2	11.15 - 12.00	<b>Panel discussion Artificial intelligence - What the future holds for family medicine</b>	Panelists <b>Dr Raman Kumar</b> National President, AFPI Director & Consultant Family Medicine, Doc24 Clinics <b>Col. (Dr) Mohan Kubendra</b> Consultant Family Medicine, Spandana Health Care, National Vice President & President Elect, AFPI <b>Dr V Sreenivas</b> Dean, College of Family Medicine, AFPI Former Head Of Family Medicine, Apollo Hospitals, Hyderabad. <b>Dr Bijayraj R.</b> Senior Consultant, Family Medicine, Starcare Hospital and IQRAA Community Clinic (Palazhi), Calicut <b>Dr Mridul Murali Krishna</b> Assistant Surgeon, FHC Chandanapally , Pathanamthitta Moderator <b>Dr. Niveditha G.</b> Consultant Family Physician, Peoples Hospital, Pathanamthitta
	12.00-12.20	<b>Urinary tract infection - The known and lesser known</b>	<b>Dr Lenikumar Joseph</b> Consultant, Department of Pediatrics & Nephrology, Christian Fellowship Hospital, Oddanchatram
	12.20 - 12.40	<b>Updates on COPD - From wheeze to ease</b>	<b>Dr Sanjeev Nair</b> Professor, Department of Pulmonary Medicine, Government Medical College, Thrissur
	12.40 - 13.00	<b>Clinical cardiology - Diagnostic dilemmas</b>	<b>Dr Sudeep Koshy Kurien</b> Senior Consultant Cardiologist, Aster MIMS, Calicut
	13.00 - 13.15	<b>Q &amp; A Session</b>	
	13.15 - 14.00	<b>Lunch Break</b>	



Session 4	14.00 - 14.20	<b>Paediatric emergencies</b>	<b>Dr Lizy Vincent</b> Consultant and Head, Department of Family Medicine KIMSHealth, Trivandrum
	14.20 - 14.40	<b>Hyponatremia : Dilemmas in every day practice</b>	<b>Dr Dona C.L.</b> Assistant Insurance Medical Officer ESI Hospital, Olarikkara, Thrissur
	14.40 - 15.00	<b>Antihypertensives: Choices and relevance</b>	<b>Dr Mariam Shabeera</b> Chief Family Physician, IQRAA IIMK Dispensary, IIM Calicut
	15.00 - 15.15	<b>Q &amp; A Session &amp; Tea Break</b>	
Session 5	15.15 - 16.00	<b>Twin Talk</b>  <b>Anxiety in family practice - The clouds and the sun</b>	<b>Dr Nusaibath Kottadan</b> Family medicine Specialist, IQRAA community centre Kinasseri, Calicut  <b>Dr. S.V. Subramanian</b> Senior consultant, Mental Health Centre, Thrissur
	16.00 - 16.30	<b>VALEDICTORY FUNCTION</b>	

## HALL B

Session 1	09.00 - 09.20	<b>Professional identity - Building blocks of an edifice</b>	<b>Dr. Venkatesan S.</b> Professor and Head, Department of Family Medicine, Christian Medical College Vellore
	09.20 - 09.40	<b>Short febrile illness - Pearls of wisdom</b>	<b>Prof P.K Sasidharan</b> Emeritus Professor, Department of Family Medicine, Govt. Medical College, Kozhikode
	09.40 - 10.10	<b>Twin Talk</b>  <b>Integrating cancer care with primary care - We 'can'</b>	<b>Dr Mintu Mathew Abraham</b> Consultant medical oncologist, Karkinos healthcare  <b>Dr Kailas P</b> Family Medicine Specialist, Kerala Health Services, Thrissur Secretary, AFPI Kerala
	10.10 - 10.20	<b>Q &amp; A Session</b>	
10.20 - 10.30		<b>Tea Break</b>	
10.30 - 11.15		<b>INAUGURATION IN HALL A</b>	
Session 2	12.00-12.20	<b>Sexual Health - The Elephant In The Room</b>	<b>Dr Ally Plakkal J</b> Assistant Surgeon, Block FHC Mattathur, Thrissur
	12.20 - 12.40	<b>Recent advances in diabetes</b>	<b>Dr Deepak P</b> Assistant Professor, Department of Family Medicine Government Medical College, Kozhikode
	12.40 - 13.00	<b>Novel Insulins in T2D management: Evolution over time</b>	<b>Dr Bobby K Mathew</b> Senior Consultant Endocrinologist, Welcare Hospital, Ernakulam
	13.00 - 13.15	<b>Q &amp; A Session</b>	
13.15 - 14.00		<b>Lunch Break</b>	



Session 3	14.00 - 14.20	<b>Evaluation of Acute Abdomen - Get it right the first time</b>	<b>Dr Bindu Bhaskaran</b> Associate consultant, Internal Medicine Dr Rela Institute and Medical Centre, Chennai
	14.20 - 14.40	<b>PCOS and Infertility</b>	<b>Dr Aravind R</b> Consultant in Reproductive Medicine, IQRAA Fertility, Calicut
	14.40 - 15.00	<b>Abnormal Uterine Bleeding - Evaluation In Primary Care</b>	<b>Dr Aiswarya V Namboodiri</b> Family Medicine Consultant, PVS Sunrise Hospital, Calicut
	15.00 - 15.15	<b>Q &amp; A Session &amp; Tea Break</b>	
Session 4	15.15 - 16.00	<b>Handling Anger In Clinical Practice : Case Scenario &amp; Role Play</b>	<b>Dr Asha Thomas</b> Consultant, Family Medicine , Medical Trust Hospital, Ernakulam
			<b>Dr Rashi Kurup</b> Consultant, Family Medicine, City Hospital Ernakulam

### HALL C - POSTER PRESENTATION

	Venue - C1	Venue - C2
09.00 - 10.30	<b>Poster Presentation - Batch A</b>	<b>Poster Presentation - Batch B</b>
12.00 - 13.15	<b>Poster Presentation - Batch C</b>	<b>Poster Presentation - Batch D</b>

### REGISTRATION

CATEGORY		Conference			Workshop
		Till 31.10.2023	01.11.2023 - 31.12.2023	01-01-2024 onwards	Registration will close as the slots gets filled up
AFPI MEMBERS	Specialist / GP	₹ 3500	₹ 4000	₹ 6000	₹ 2500
	PG Student	₹ 3000	₹ 3500		
NON AFPI MEMBERS	Specialist / GP	₹ 4500	₹ 5000		
	PG Student	₹ 4000	₹ 4500		
Interns / Medical students / Paramedics		₹ 2000			
Accompanying person		₹ 2000			Not Permitted

- PG students/Interns/Medical students (current interns or completed internship after 31/12/2023) should upload relevant documents as required in the registration form.
- Workshop registrations are limited and cannot be done separately without registering for main conference.

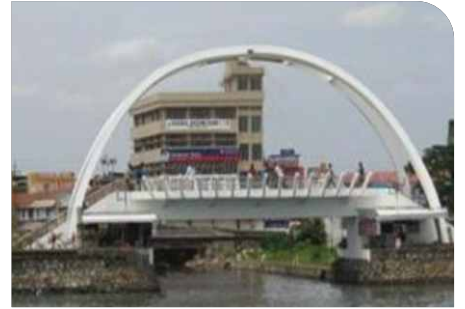


# PLACES TO VISIT IN AND AROUND KOCHI

## Distance from Conference Venue



Fort Kochi Beach (13km)



Marine Drive (10km)



Munnar Hill Station (122km)



Athirapally Waterfalls (68km)



Cherai Beach (35km)



Wonderla Amusement Park (20km)



Hill Palace Museum (7km)



Lulu Mall Kochi (12km)

## HOTELS TO STAY NEAR CONFERENCE VENUE WITH DISTANCE



Empire the Grand Suites - 500m



Hotel Cochin Legacy 600m



Sugar Business Hotel - 2 km



Hotel Ventura - 200m



IMA House, Kochi - 9km

Ernakulam Railway Station -Town (North) - 11 km, Junction (South) - 9 km  
Kochi International Airport - 33km