

Evidence Based Management of
Non Communicable Diseases in Primary Care
(13th May 2023 -8th July 2023)





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Introduction

Non-communicable diseases such as Diabetes, cardiovascular disease, CKD, cancers, respiratory and liver disease are the major cause of premature deaths especially in developing countries.

According to WHO non communicable diseases accounts for 71 % of all deaths globally. Prevention, screening and timely management of non-communicable diseases by a trained Family physician/General practitioner can play a vital role in reducing the burden of NCDs mortality.

Aim:

This course aims to enhance the competencies of Family Physician/General Practitioner in prevention, evaluation and management of non-communicable diseases in primary care.

Objectives:

1. To improve knowledge about the modifiable risk factors of NCDs and their prevention strategies, including lifestyle modifications and pharmacotherapy.
2. To enhance skills in the early detection and diagnosis of NCDs, including the use of appropriate screening tools and diagnostic tests.
3. To develop an understanding of the principles of management of NCDs, including updated Pharmacological and non-pharmacological management, and appropriate referrals to specialists.
4. To develop skills in the use of evidence-based guidelines and clinical decision-making tools in the management of NCDs.
5. To promote ongoing professional development in the field of NCDs for family physicians/ general practitioners.



Content:

Following topics will be covered in synchronous and asynchronous zoom sessions every week.

- Management of Hypertension in primary care
- Management of Diabetes Mellitus in Primary care
- Management of stroke/TIA in primary care
- Approach to chronic liver diseases in Primary care
- Approach towards chest pain and ischemic heart disease
- ECG Interpretation
- Management of COPD /Asthma in primary care
- Management of AKI/CKD/Proteinuria in primary care
- Smoking cessation in Primary care

Following skills will be covered in 2 days contact session at Liaquat National Hospital

- Consultation skills of a patient with diabetes
- Consultation of a patient with chest pain
- ECG interpretation quiz
- Consultation skills for a patient with hypertension
- Examination of a patient with suspected stroke/TIA
- Diabetic foot examination
- Insulin injection technique
- Inhaler /revolizer/peak flow techniques

Learning Resources:

- **Suggested Books:**

- Oxford Hand Book of General Practice 5th edition
- Current Text Book of Medical Practice 2023
- Essentials of Family Medicine



- **Recommended Guidelines:**

- NICE guidelines
- WHO guidelines
- American Diabetic Association (ADA guidelines 2021)
- Pakistan Hypertension league
- Guideline on the Primary Prevention of Cardiovascular Disease (2019 ACC/AHA)
- Global Initiative for Asthma (GINA) Strategy 2021
- Global Initiative for Chronic Obstructive Lung Disease 2023
- Nice guideline for Smoking cessation

Learning Strategies:

Participants will be enrolled in Moodle classroom .Different learning strategies will include

- Case based learning
- Simulation based learning
- Quiz
- Assignment
- Role Plays
- Hands on practice of examination and consultation skills.
- MCQs practice



Course Fee:

- Online sessions only* - 8000 PKR
- Online +Physical Skills Session- 10000 PKR

Early Bird Discount available

Special Discount Available for LNHC Employees and medical graduates.

*International students can also apply

Registration Process: Fill the admission form available by clicking on the given link.

- <https://forms.gle/Lp6siZ38nnj3yvuv6>
- Selected participants will get a notification email containing the URL, user name and password for MOODLE, to access the course material online.

Certificate will be provided after course completion.

Please call or email for further details

Contact # **021-34412888, 0346-0101614**

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