Burden of Chronic Lung Diseases (COPD & Asthma)

India is the world capital for chronic lung diseases. The largest number of deaths due to chronic respiratory diseases in the world occurs in India, even after controlling for the total population. India leads the world in asthma mortality and has the second largest number of deaths in Chronic Obstructive Pulmonary Disease (COPD). Chronic respiratory diseases are the second leading cause of death in India. According to crude estimates, about 100 million people in India suffer with chronic respiratory diseases, predominantly those that affect the airways. One of the largest studies conducted to understand what ails India reports that 50% of the patients, who visit a primary care physician in India, do so for a respiratory cause, with over half of them visiting a doctor for a chronic respiratory problem. An estimated 3.5 million patients visit a doctor every day in India for asthma or COPD alone. The prevalence of asthma among children in certain cities like Pune and Bangalore has doubled over the past 5-10 years. The prevalence of COPD has also been shown to be much higher than previously believed. A significantly large proportion of COPD is attributable to causes other than tobacco smoke like exposure to biomass fuel and indoor and outdoor air pollution.

Despite knowledge of the increasing prevalence of chronic respiratory diseases and the emerging newer risk factors that are responsible for this exponential growth, the quality of care that we offer to our patients with chronic respiratory diseases remains poor. Obstructive Airways diseases are often under-diagnosed and inappropriately managed. A study from a tertiary undergraduate and postgraduate teaching hospital in Pune showed that up to 65% cases of obstructive airways diseases remained undiagnosed and therefore untreated. Despite the fact that only clinical diagnosis without spirometry can lead to missing more than 50% of cases of OADs, spirometry poorly used by general physicians across India. This under diagnosis coupled with improper management of Asthma by primary care physicians is leading to poorly controlled disease conditions, leading not only to physical distress to the patient and their families, but also loss of work days, school absenteeism, night time awakenings, higher rates of acute exacerbations and the growing need for hospitalization, and sometimen even intensive care. Not only this, it also imposes a huge and unnecessary economic burden on our country. One of the main reasons for the under diagnosis and poor management of chronic respiratory diseases, is inadequate emphasis on respiratory diseases in medical schools, including lack of training in spirometry during undergraduate and postgraduate curriculum. A study from a tertiary care teaching hospital in Pune identified that less than 1% of the doctors and nurses being trained or already trained in modern medicine knew how to use a pressurized metered dose inhaler though most of them believed otherwise. More worryingly, over 50% of them believed that inhalers were addictive. This highlights the very poor level of knowledge that both undergraduate and postgraduate doctors have before they start their practice.

The quality of services provided by the PCPs are weak as compared to specialists. Hence, there is a need for strengthening their competencies to effectively manage COPD and Asthma at primary and secondary level. “Certificate Course in Management of COPD & Asthma” (CCCA) is an effort in this direction.

References:
Chest Research Foundation (CRF) (Academic Partner)

Chest Research Foundation is an autonomous academic research institute in Pune established in Nov 2002 by Hamied Foundation Trust. Their mission is the liberation from suffering of patients of Obstructive Airways Diseases through Research and Education. Chest Research Foundation has the state of the art facilities for research and education in the field of Obstructive Airway Diseases.

The objectives of CRF are as follows:

Research
- To study airways diseases in India, especially asthma and COPD, with focus on India specific variations in epidemiology, risk factors, lung physiology and molecular studies.
- Clinical evaluation of drugs for the treatment of these diseases.

Education
- Updating knowledge and practice of respiratory disease, diagnosis and management through certificate courses for physicians, paediatricians, chest physicians and general practitioners.
- Training programmes for technicians and paramedical personnel to improve diagnosis and management of airways diseases.
- Patient education programmes to improve understanding of disease management, overcome stigmas and scale boundaries of language and culture.
- Training modules for postgraduate students.
- Basic and advanced pulmonary function test.
- Distance learning and online programmes.

For more information visit: www.crfindia.com

Public Health Foundation of India

The Public Health Foundation of India (PHFI) is a public private initiative that has collaboratively evolved through consultations with multiple constituencies including Indian and International academia, state and central governments, multi & bi-lateral agencies and civil society groups. PHFI is a response to redress the limited institutional capacity in India for strengthening training, research and policy development in the area of Public Health.

Structured as an independent foundation, PHFI adopts a broad, integrative approach to public health, tailoring its endeavours to Indian conditions and bearing relevance to countries facing similar challenges and concerns. The PHFI focuses on broad dimensions of public health that encompass promotive, preventive and therapeutic services, many of which are frequently lost sight during policy planning as well as in popular understanding.

Honourable 14th Prime Minister of India Dr. Manmohan Singh, launched PHFI on 28 March, 2006 at New Delhi. PHFI recognizes the fact that meeting the shortfall of health professionals is imperative to a sustained and holistic response to the public health concerns in the country which in turn requires health care to be addressed not only from the scientific perspective of what works, but also from the social perspective of who needs it the most.

For more information visit: www.phfi.org

Narayana Health (NH) (Academic Partner)

Narayana Health formerly known as Narayana Hrudyalaya, is a multi-specialty hospital chain in India, headquartered in Bengaluru. The hospital chain has 6498 beds spread across 32 hospitals in 20 locations (as of April 2015). The company won the “Good Company” award for its quality, affordability and scale. The business model of Narayana Health became a Global Healthcare and Harvard Business School case study. The hospital chain is among the largest telemedicine networks in the world. The group was founded in 2000 by Dr. Devi Shetty under the guidance of the Asian Heart Foundation (AHF). In 2013, Narayana Hrudyalaya Pvt. Ltd. changed its brand name to Narayana Health. Narayana Health’s vision is “To provide high quality health care, with care and compassion, at an affordable cost, on a large scale. An average of 150 surgeries are performed every day and an average of around 80,000 outpatients are seen every month. The chain caters to the super specialty tertiary care services of the Indian populace. Though started as a hospital devoted to cardiovascular disease, it was soon recognised that these patients often had co-morbidities which needed care. Hence the service was expanded to include other specialities, including Pulmonology, which is now one of the largest departments offering a wide range of services in management of airway disease, interstitial lung disease, pulmonary vascular disease, interventional pulmonology and sleep medicine. In addition, the department has an active academic program, offering the DNB in Pulmonology. The success of the program is attested to by the 100% pass rate since inception.

For more information visit: www.narayanahealth.org
The Course: CCCA

CCCA is a joint certificate program designed, implemented and delivered by Public Health Foundation of India (PHFI), Chest Research Foundation (CRF), Pune and Narayana Health (NH), Bengaluru. The educational grant for the same has been provided by GlaxoSmithKline Pharmaceuticals Limited to train PCPs across the country with an ultimate objective to improve patient outcomes by enabling early diagnosis and evidence based treatment and establishing a robust referral linkage.

CCCA is an eight modular course (November 2016 – June 2017) spread across 25 regional training centers in India. The core groups involved in the course are 15 National Experts, 25 Regional Faculty and group of Observers. The trainer – trainee ratio for each centre would be 1:20.

The course follows a continuous Monitoring and Evaluation system throughout the cycle to ensure quality assurance and standardized course delivery pattern on all India level.

Inhaler devices is absolutely essential for proper management of Asthma and COPD. COPD is a systemic disease and the systemic manifestations are a major cause of morbidity and poor quality of life. These are discussed as is long term oxygen therapy. Not all patients of Asthma have similar presentations. The course discusses the various avatars of Asthma and also the common co-morbidities like Allergic Rhinitis and Gastro Esophageal Reflux Disease associated with it. Smoking Cessation and Pulmonary Rehabilitation are essential yet neglected aspects of COPD management. The course emphasizes on the need and ways to address these issues to gain good control of symptoms. However, no matter how well we manage asthma and COPD, exacerbations may still happen and the course covers how to manage these exacerbations. It also tackles the difficult issue of end of life communication as it is best to discuss with the patient and family of patients with end stage COPD what their preferences and resources are like.

Course Administration and Language

CCCA is a joint certificate program designed and delivered by Public Health Foundation of India (PHFI) and its academic partner; Chest Research Foundation (CRF) and Narayana Health (NH).

The last date for enrolment is: **30th September 2016**

The language of instruction is English

**Minimum eligibility:**

- MD/DNB (Medicine of Internal Medicine or Family Medicine)
- Or
- MBBS with minimum 3 years of clinical experience

**Contents**

The Certificate course begins with making the practicing physician realize the need to focus on respiratory diseases and the fact that our country is losing precious man days and money because we as practitioners are still following the age old methods for diagnosis and management of Asthma and COPD. Understanding investigations like Spirometry and Peak Expiratory Flow Meter which are standard of care investigations for obstructive airways diseases is made extremely simplified. Management aspects are covered in detail with emphasis on patient counselling which forms the backbone of management of all chronic diseases.

Course Design and Duration:

Certificate Course in Management of COPD & Asthma is a unique, on the job training course with a primary objective to enhance knowledge, skills and core competencies of PCPs in management of chronic lung disease (COPD & Asthma).

The total duration of the course is eight months (November 2016 to June 2017), with once a month contact session, scheduled on designated weekend at Regional Centers, across India.
Teaching and Training Methodology

The course utilizes a variety of teaching/learning techniques. Training is imparted through direct teaching complemented by various informative case studies, interactive group activities, assignments and didactic lectures. The use of videos to highlight certain points is a distinctive feature of the course.

The complete and comprehensive learning package includes printed modules along with the CD which will be provided to all the participants by the organizers. The course content will be delivered by renowned Pulmonologists; Regional Faculty.

Evaluation System & Certification Criteria

Participant evaluation will be through a continuous internal evaluation, course work and performance in written examination. The criteria for successful completion of the course shall be as follows:

- Participation in at least 7 monthly contact sessions (including the pre-test and post-test of each module)
- Submission of two interim assignments at the end of module III and module VI to the respective Regional Faculty
- Appearance and clearance of final written examination in the form of 50 MCQs with min. 50% score along with Module VIII

The candidate completing the certificate course successfully as per the above mentioned criteria shall be awarded certificate, jointly issued by PHFI, CRF, NH and respective Regional Faculty.

COURSE MODULES

Module No. 1
Introduction and overview of Asthma and Chronic Obstructive Airways Diseases
This module elaborates the pathogenesis and pathophysiology of Asthma and COPD.

Module No. 2
Diagnosis of Asthma and COPD
The salient features of this module are clinical diagnosis of Asthma and COPD, differentiating between the two diseases, Pulmonary Function Tests (Spirometry and Peak Flow Meter) and an introduction to Advanced Pulmonary Function Tests.

Module No. 3
Management of COPD
This module takes in detail pharmacotherapy, systemic manifestations and principles of management of COPD.

Module No. 4
Management of Asthma
This module takes in detail pharmacotherapy, systemic manifestations and principles of management of Asthma.

Module No. 5
Good inhalation practices and Patient counselling
This module gives an insight on; advantages of inhalation therapy over systemic therapy, different types of inhaler devices along with their technical details important for a practising physician; correct technique of using different devices; hands-on session on devices and patient counselling in Asthma and COPD.

Module No. 6
Asthma Phenotypes and Co-Morbid associated with Asthma
The following module describes about; the phenotypes of Asthma; concept of Unified Airways Disease; allergy testing and immunotherapy and association of GERD with Asthma.

Module No. 7
Pulmonary Rehabilitation and Smoking Cessation
This module covers both clinic based and home based pulmonary rehabilitation.

Module No. 8
Management of an acute exacerbation and End of Life Issues
The last module covers management of an acute exacerbation and end of life issues in detail.

Course Fee

For enrolment in the CCCA course the completed application form with a Demand Draft for INR 10,000/- in favour of ‘Public Health Foundation of India’ payable at New Delhi, can be submitted to:

Program Secretariat- CCCA
Public Health Foundation of India
Plot No. 47, Sector - 44, Gurgaon, Haryana - 122002, India
Tel: +91 124 4781400; 0124 4781582, Fax: +91 124 472297, Mobile: +91 8527578090/ 9599051984
Website: www.phfi.org; www.ccca.org.in;
Email: ccca@phfi.org
For Application Forms and Course Brochure, please contact:
Program Secretariat - CCCA
Public Health Foundation of India
Plot No. 47, Sector - 44, Gurgaon, Haryana - 122002, India
Tel: +91 124 4781400; 0124 4781582, Fax: +91 124 4722971
Mobile: +91 8527578090/ 9599051984
Website: www.phfi.org; www.ccca.org.in;
Email: ccca@phfi.org

Disclaimer: PHFI, CRF & NH hereby declare that, this jointly designed "Certificate Course in Management of COPD & Asthma" is not recognized medical qualification, under section 11(1) of Indian Medical Council Act, 1956. PHFI, CRF & NH offering this course hereby declare that it is not a medical college or a university and not offering this course in accordance with the provisions of the Indian Medical Council Act/University Grants Commission Act.

*Decision taken by PHFI for selection and enrolment of participants will be final.

**Course Fee to be paid in the form of Demand Draft (DD) for INR 10,000/- drawn in favour of Public Health Foundation of India, payable at New Delhi.