

CME Report: Basic Approach to Rheumatology & Atrial Fibrillation

Organised by: Department of Medicine, NSMCH (Patna) in association with the Clinical Cardio Diabetic Society of India (Bihar & Jharkhand)

Overview

NSMCH hosted a Continuing Medical Education (CME) programme on “Basic Approach to Rheumatology & Atrial Fibrillation,” drawing **100+ delegates** from across the region. The session combined practical bedside approaches with evidence-based updates for physicians and postgraduates.

Inauguration & Addresses

- **Chief Guest:** *Prof. (Dr.) Harihar Dikshit*, Principal, NSMCH, inaugurated the event, applauding the choice of topics and emphasising the role of regular CMEs in sustaining a vibrant academic culture at the institute.
- **Welcome Address:** *Prof. (Dr.) K. K. Lohani*, Head, Department of Medicine, extended a warm welcome to the dignitaries, speakers, and participants.
- **Vote of Thanks (Partner Society):** *Dr. Shaibal Guha*, Secretary, CCDSI (Bihar & Jharkhand), thanked the speakers and delegates, noting the strong academic value and the interactive nature of the programme.

Scientific Sessions

1. **Basic Approach to Rheumatology** — *Dr. Pratap Kumar Patra (Paediatric Rheumatology, AIIMS Patna)*
 - Structured evaluation of joint pain: history, pattern recognition (inflammatory vs. mechanical), targeted examination.
 - Rational use of investigations: ANA, RF/ACPA, inflammatory markers, and indications for imaging.
 - Early referral and multidisciplinary coordination to prevent disability and improve outcomes.
2. **Managing Atrial Fibrillation (AF): Practical Nuances** — *Dr. Adil Ahmad Khan (Cardiology, AIIMS Patna)*
 - Risk stratification and initial stabilisation; when to choose rate vs. rhythm control.
 - Anticoagulation decisions using validated scores; peri-procedural considerations.
 - Comorbidity management (hypertension, diabetes, thyroid disease, CKD) to reduce recurrence and complications.

Engagement & Takeaways

- The **interactive Q&A** allowed participants to clarify diagnostic dilemmas in autoimmune arthritis and fine-tune AF anticoagulation strategies in complex patients.
- Delegates highlighted the usefulness of algorithmic approaches, case-based learning, and checklists for day-to-day clinical decision-making.

Acknowledgements

NSMCH thanks **CCDSI (Bihar & Jharkhand)** for partnership and the distinguished speakers from **AIIMS Patna** for delivering high-impact, clinically relevant talks. Appreciation is also extended to the Organising Team from the Department of Medicine for seamless coordination.