

DAY 1

Workshop



8th Edition of International Conference & Exhibition on
**PAIN MANAGEMENT, PHYSIOTHERAPY &
SPORTS MEDICINE**

&

9th Edition of International Conference on
INTERNAL MEDICINE & PATIENT CARE

March 18-19, 2020 | London, UK

Effectiveness of Physiotherapy intervention in patients suffering from Head and Neck Cancer

Shailendra Kumar Mehta

Janardan Rai Nagar Rajasthan Vidyapeeth, India

Background: The purpose of this study is to investigate whether the extent of late sequelae symptoms (lymphoedema, decreased range of motion in the neck and shoulder region, speech and swallow disorders and reduced facial expression) due to radiotherapy treatment for head and neck cancer can be reduced by an individually adjusted physiotherapy effort applied immediately after the onset of and during radiotherapy treatment. Radiotherapy induced damage of the skin, lymphatic system, cartilage and bone often leads to symptoms such as , lymphoedema, decreased range of motion of the mouth, neck and tongue, difficulty in using the mimic muscles, difficulty in swallowing and pain. The severity of late side effects due to radiotherapy treatment for head and neck cancer often leaves the patients with a poor quality of life rating. Effects of physiotherapy interventions are scarcely investigated. Only few studies describe the effect of physiotherapy treatment. No studies have described the effects of physiotherapy intervention for patients undergoing treatment for head and neck cancer

Methods: Fifty head and neck cancer patients were assigned randomly to standardized therapeutic exercise protocol for 12 weeks. The primary outcome measure was change in patient-rated shoulder pain and disability from baseline to post intervention. Secondary outcome measure were upper extremity strength and endurance, range of motion, fatigue, and quality of life.

Results: On the basis of intention-to-treat analyses, exercise programme for improving shoulder pain and disability

(95% confidence interval $P = .001$), upper extremity strength (92% $P = .001$), and upper extremity endurance ($P = .001$). Changes in neck dissection impairment, fatigue, and quality of life favoured the therapeutic exercise group .

Conclusions: The Physiotherapy program significantly reduced shoulder pain and disability and improved upper extremity muscular strength and endurance in patients suffering from Head and Neck Cancer. Clinicians should consider the addition of physiotherapy in the cancer rehabilitation of postsurgical head and neck cancer patients.

Keywords : Head neck cancer, Physiotherapy, shoulder pain , shoulder disability.

Biography

Shailendra Kumar Mehta is working as a Principal in the Department of Physiotherapy at JRN Rajasthan Vidyapeeth, Udaipur, India. He has founded SHECR and Social Welfare Foundation and trained broad horizon of lymphedema management to 1000 physiotherapists and students. He has presented 32 research papers and published 30 articles. He has authored a book entitled "Management of Lymphedema" and developed a new technique for the management of lymphedema. He has been awarded with 15 prestigious awards. He is Editor In Chief of International Journal of Physiotherapy and Cancer Rehabilitation. His areas of specialization are Cancer Rehabilitation, Lymphedema Management, etc.

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Speaker



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DAY 1

March 18, 2020

Sessions

Internal Medicine And Healthcare | Internal Medicine And Patient Care | Sports Medicine | Current Therapies in Pain Management | Pain Research and Management | Various Aspects of Opioids | Pain Medications | Sport and Exercise Physiothera

Session Chair

Simon Allen
Fine Treatment, UK

Session Chair

Dean Everard
Monash Health, Australia

Session Introduction

- Title:** **Trilogy: Epileptic seizure, stroke and possible neuro psychiatric lupus, a diagnostic challenge in isolated area**
Rakhmad Ramadhan, Agats General Hospital, Indonesia
- Title:** **Comparative study of vitamin D among diabetic and non-diabetic chronic kidney disease patients**
Uddin Ryhan Md Ahad Abdul, BGC Trust Medical College & Hospital, Bangladesh
- Title:** **Genes dominating sports: Analysis and interpretation**
Abhishek Deo, Dr Deo's Sports Science Academy, India
- Title:** **The adverse effects of dry needling**
Rocio Llamas-Ramos, FREMAP, Spain

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Trilogy: Epileptic seizure, stroke and possible neuro psychiatric lupus, a diagnostic challenge in isolated area

Rakhmad Ramadhan

Agats General Hospital, Indonesia

Introduction: Seizure can affect people of ages, races, and ethnic backgrounds. This can cause changes in awareness, behaviour, decrease brain function, and/or abnormal motoric and sensory loss. First onset of seizure should be finding the etiology. Epilepsy is a common complication after stroke, and epilepsy increases the risk of stroke. There is an association between epilepsy, stroke, and systemic lupus erythematosus.

Case Report: Male, 22 yo, came to Agats hospital, with acute onset decrease of consciousness presenting with seizures. General seizures were unprovoked with sign of lateralization. Diagnosis of epilepsy was made, stroke and neuropsychiatric lupus was made as differential diagnosis due to young and middle-aged adults onset. Patient presented with E1V1M1, blood pressure 140/90 mmHg. Complete blood count shows within normal limit. Random blood sugar was 110 mg/dl. Human immunodeficiency virus (HIV) three methods show non-reactive result. Neither head CT scan nor was electroencephalography (EEG) not available in the hospital. Referral access was also to be limited due to geographically isolated area and limited transportation resources. Based on American College of Rheumatology criteria for Lupus, also

could not be excluded. Antiepileptic drugs carbamazepine was given (the intravenous antiepileptic drugs was not available), multivitamin and neurotropic agents for stroke, and steroids were given for Lupus possibility. After a week of treatment, patient had already got improvement, and then got full consciousness.

Conclusion: Epileptic seizure, stroke and neuro psychiatric lupus, have a diagnostic challenge in isolated area. Treatment possibilities and education have an important role.

Biography

Rakhmad Ramadhan has completed his internship from Brawijaya University, Indonesia. He is the Internist at Agats General Hospital, Asmat district, Papua, Indonesia. He is concerned about serial unique cases that found in isolated areas, due to the low education of civilization, primitive thinking about health, the limited resources to perform supporting examination and treatment, and limited access to referral treatment.

Comparative study of vitamin D among diabetic and non-diabetic chronic kidney disease patients

Uddin Ryhan Md Ahad Abdul¹, Farzana Alam⁴, Prasun Barua², Mahmudul Haque³, and Das Swarup⁵

¹BGC Trust Medical College & Hospital, Bangladesh

²Army Medical College, Bangladesh

³Chattogram Medical College, Bangladesh

⁴Jameson Red Crescent Maternity Hospital, Bangladesh

⁵Imperial Hospital Limited, Bangladesh

Background: Chronic kidney disease (CKD) is a major health problem in Bangladesh. Diabetes mellitus is the most common cause of this pathology. Among individuals with CKD, vitamin D deficiency is very much prevalent. But there are not enough studies comparing vitamin D status of diabetic and non-diabetic CKD patients.

Aim: This study aimed to compare the 25(OH) D levels between these two groups.

Materials & Methods: This cross-sectional comparative study was carried out in the Department of Biochemistry and the Department of Nephrology, Chattogram Medical College Hospital from June 2013 to May 2014. Fifty (50) diabetic CKD patients and fifty (50) age sex matched non-diabetic CKD patients of 18-85 years fulfilling the required enrolment criteria were purposively selected to form two comparing groups. Patient-profiles were completed by history and physical examination. Anthropometric and clinical parameters were analyzed along with fasting and two hours after breakfast plasma glucose, serum creatinine, eGFR, serum calcium, serum phosphate and 25(OH) D. Data were analyzed by computer-based statistical software. The confidence level was fixed at 95% and p-value of <0.05 was considered significant. **Results:** In the study, all patients in both groups had hypovitaminosis D and the vitamin D deficiencies in diabetic and non-diabetic CKD patients were 100% and

84% respectively. Mean 25(OH) D was significantly lower in the diabetic group (5.48+0.39 ng/mL) compared to non-diabetic one (9.08+0.75 ng/mL), but the severity of vitamin D deficiency did not seem to correlate with CKD stages.

Conclusion: In conclusion, this study establishes the high prevalence of vitamin D deficiency in both diabetic and non-diabetic CKD patients, but the deficiency was more severe in diabetic ones.

Biography

Dr Ryhan has completed his Medical graduation from Institute of Applied Health Science in 1996, there after he completed his post-graduation, specialized in Internal Medicine in 2004. He has published more than 22 papers in reputed journals and has been serving as an editorial board member of reputed journals. He is member of Society of Medicine of Bangladesh, Bangladesh Society Critical Care Medicine, Bangladesh Society of Emergency Medicine, Indian Society of Critical Care Medicine, Asia Pacific Association of Critical Care Medicine. He is working as a Professor & Head of Internal Medicine of BGC Trust Medical College & Hospital, Bangladesh. Beyond the Medicine he has interest & specialist on Critical Care. He is also a course coordinator of Mechanical Ventilation in Medical Centre Training Academy, Bangladesh.

Genes dominating sports: Analysis and interpretation

Abhishek Deo

Dr Deo's Sports Science Academy, India

There are many sportsmen who work hard in their respective sport. But only few in thousands succeed. Science behind this is often not understood. In the year 2019 tests which test the genes are available in the medical market. Once the precise genetic makeup is understood the sports performance planning should be done accordingly which is mostly ignored and problems such as recurring injuries, lack of sports performance resulting in a performance plateau etc. are bound to happen then. This reduces your chance of being a successful athlete in the respective sports by around 70-85%. Various sportsmen from different sports were tested with genetic labs. The sportsmen who were doing better in same sport, with similar musculature and skill level were tested and compared separately. When the sports skill matches between them, their physical examination and other explosive tests were also conducted. Lab reports showed that sportsmen who had

appropriate gene makeup (for the game they had selected) were doing excellent that the average genetic makeup sportsmen. Research significantly showed the dominance of the genetically appropriate sportsmen over other genetically inappropriate sportsmen.

Biography

Abhishek Deo has completed his PhD in the topic of Sports performance enhancement and substituting synthetic drugs. He is working with topmost sportsmen including Olympians and International cricketers from India. He has published several research papers in reputed journals and has been serving as an Ambassador of Australian College of Sports.

The adverse effects of dry needling

Rocío Llamas-Ramos¹ and Inés Llamas-Ramos²

¹FREMAP, Spain

²University of Salamanca, Spain

The invasive techniques have been used for many years. There is a lot of literature on the advances that have been made, as well as the adverse effects or possible complications that have occurred during the performance of these treatments. Acupuncture and injections (either saline, anesthetics, corticosteroids or botulinum toxin) have reported several cases of complications. Dry needling on the other hand, being minimally invasive and governed by a scientific basis and knowledge of the anatomy is also beginning to have several publications of this type. What's going on? Are not precautions taken, safety steps are omitted, more knowledge of the technique/anatomy to be treated is needed? This oral communication tries to summarize the articles published from PUBMED and MEDLINE databases in relation to adverse effects of dry needling to promote a good practice and knowledge. Original articles in form of randomized controlled trials, case reports and reviews relating adverse effects and possible complications due to this technique have been

selected and synthesized by two authors. There are a huge variety of cases, therapists and incidents to generalize. 40 articles published between January 2000 and December 2018 were found and finally 10 were included. Complications are possible even taking into account all the precautions. Knowing how to react and recognize the adverse effects are necessary. The importance of a good knowledge of the anatomy and its variants, the correct application of this technique and a continuous training of physiotherapists has to be essential.

Biography

Rocio Llamas-Ramos has completed her PhD at the University of Alcalá, Alcalá de Henares, Madrid, Spain. Currently, she is working as a Physiotherapist at FREMAP, Salamanca. She has published several articles in reputed international journals.

DAY 2

Speaker



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DAY 2

March 19, 2020

Sessions

Internal Medicine And Patient Care | Diagnosis And Case Reports | Pain Research and Management | Infectious Disease | Gastroenterology and Hepatology | Rheumatology | Diagnosis And Case Reports | Chronic Disease | Endocrinology and Diabetes

Session Chair

Simon Allen
Fine Treatment, UK

Session Chair

Dean Everard
Monash Health, Australia

Session Introduction

Title: Artificial Intelligence Comparing Computer Vision Learning Models in Detecting Lung Cancer using CT imaging – A Metanalysis Review

Benson A Babu, Saint John's Esiscopal Hospital, USA

Title: Effectiveness of forearm, wrist and hand muscles strengthening on the writing speed in college students

Swati, Lovely Professional University, India

Title: Can a single dose of intravenous dexamethasone improve post caesarean delivery analgesia?

Tessa dessain, West Middlesex Hospital, UK

Title: Physiotherapy-A boon to global health care access

Mahender Jhorar, P B M Hospital, India

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Artificial Intelligence Comparing Computer Vision Learning Models in Detecting Lung Cancer using CT imaging – A Metanalysis Review

Benson A Babu, Kaviya Sathyakumar, Michael Munoz

Saint John's Esiscopal Hospital, USA

Introduction: Computer Vision (AI) is a rapidly emerging tool in diagnostic medical imaging. We compare different deep learning and classic learning methods in lung cancer classification accuracy, sensitivity, and specificity. Furthermore, we evaluate the outcomes of deep learning methods to analysis by expert radiologists.

Study Design

- Meta-analysis
- 300 Cross-sectional studies extracted with standard search strategies
- 150 articles selected using Inclusion/Exclusion Criteria
- PROSPERO Registered
- PICO Framework
- Search Engines

PubMed/MEDLINE • EMBASE (or Scopus) • Cochrane Library • Google Scholar • Web of Science • IEEEXplore • DBLP

Primary analysis: Deep learning methods vs. Classical machine learning methods for lung nodule/tumor CT detection and diagnosis

Deep learning methods vs. analysis by radiologist

Subgroup Analysis: Comparing specific types of Deep learning classifiers (e.g., CNN, DBN, auto-encoders, etc.) and/

or specific types of Classical machine learning methods (e.g., SVM, LDA, etc.)

Outcomes

Sensitivity: how well the algorithm recognizes the type of nodule correctly

Specificity: measures the ability of the algorithm to remove the false positives, and a high specificity value means a low rate of misdiagnosis.

Accuracy: measures the proportion of data that correctly classified. Sensitivity-specificity ROC curve and Area under the curve (AUC): other indicators used to evaluate the performance of a classifier.

Data Analysis

Grade Approach rating the quality of individual studies

Heterogeneity testing using Cochran's Q and I²

Summary of Estimates and Forest Plot performed

Examination of Publication Bias

Conclusion: Deep learning methods are just as accurate, or more than compared to classic machine learning methods. Deep learning are just as accurate as compared with physician radiologist. Subgroup analysis comparing specific classic machine and deep learning methods.

Biography

Benson Babu Completed his education from the Cleveland Clinic Foundation, earned hospital quality process improvement physician executive master's in business administration. Areas of Active research include healthcare predictive analytics, machine learning, deep learning, computer-vision automation. He worked in NewYork-Presbyterian Hospital, USA and he is interested in Internal Medicine. He has published many papers in the journals.

Effectiveness of forearm, wrist and hand muscles strengthening on the writing speed in college students

Swati

Lovely Professional University, India

Background: Handwriting is a complex activity and hence requires blending of various components such as cognitive, kinaesthetic, perceptual and motor components. If any of these components is missing, then writing is affected. Handwriting is influenced by factors such as anatomy of extremity, general health, writing surface. Also, not all age group can write with same speed, hence it is an age variant factor.

Objective- to find the effectiveness of forearm, wrist & hand muscles strengthening in improving the handwriting speed of the students. The agenda was to teach the students safe and easy exercises in order to increase their overall forearm, wrist and hand strength.

Materials and Methods- materials used were blank paper sheets, pens, towels, elastic rubber bands, stopwatch, ball. The study was Experimental study with 4 months of duration. Sample size included was 40 students with Random Sampling allocation. Words per minute was calculated pre and post

intervention.

Result- The values of the study were compared using Wilcoxon matched paired test. Pre and post treatment values show that there is extremely significant difference in the Pre and Post Treatment Values. ($P < 0.0001$).

Conclusion- Based upon statistical results it was concluded that there was 16.73% improvement in the writing speed of the students by the forearm, wrist and hand muscle strengthening.

Can a single dose of intravenous dexamethasone improve post caesarean delivery analgesia?

Tessa dessain, S Tahir, D Dabrowska

West Middlesex Hospital, UK

Background: Single dose of intravenous dexamethasone has been shown to improve postoperative analgesia in obstetric patients [1, 2]. Our aim was to establish if a single dose of dexamethasone would improve pain scores and reduce opioid consumption as part of multimodal analgesic regime.

Methods: Over a 6 month period data was collected for 34 patients undergoing elective C-section. A control group received standardised CSE and intraoperative analgesics. The intervention group received an additional single dose of intravenous 6.6mg dexamethasone (n=20). Postoperatively patients received standardised analgesia and were reviewed the following day. Primary outcomes were postoperative opioid consumption and subjective pain score using VAS.

Results: Patients receiving dexamethasone showed significantly lower pain scores on the first postoperative day

((median (IQR) □ 2.5 (1 - 4)) compared to the control group (median (IQR) - 6 (5 - 7)), p=0.001 with no side-effects. There was no benefit of dexamethasone on the average hourly opioid consumption ((median (IQR) □ 1.125mg/hr (0 - 1.8mg/hr)) compared to the control group ((median (IQR) - 0.65mg/hr (0 - 1.25mg/hr)), p=0.516.

Conclusions: IV Dexamethasone is a safe non-opiate adjunct which reduced postoperative pain scores and should be considered during C-sections.

Biography

Dr. Dessain is currently working at Southmead Hospital as Clinical Research Fellow. Tessa completed her core anesthetic training and this project in London prior to starting her current post in Bristol.

Physiotherapy-A boon to global health care access

Mahender Jhorar

P B M Hospital, India.

Global Health defined as, “an area for study, research and practice that places a priority on improving health and achieving equity in health for all people worldwide. Global health emphasizes transnational health issues, determinants and solutions; involves many disciplines within and beyond the health sciences. Objective of the study is to be a reliable and influential resource and a strong advocate group for the importance of physical therapists in the area of global health many barriers can limit the effects of Global Health initiatives, with considerable regional variation. Lack of access to physiotherapists, particularly in rural areas and solutions establish local Centre’s of Excellence through the World Health Organization and/or World Confederation for Physical Therapy, Promote more research into Global Health issues, particularly where region-specific research is lacking The World Report on Disability (WRD), co-authored by the World Bank and the World Health Organization in 2011, provides the single most comprehensive evidence base to guide the agenda for change established by the CRPD. The WRD synthesizes data on the current situation for people with disabilities around the world, highlights gaps in knowledge, and advocates for specific forms of research and policy development. Importantly, the WRD also offers recommendations for action toward achieving an inclusive and enabling society that provides equal opportunities for all people with disabilities to fulfill their potential. Physiotherapists are key members of collaborative inter professional teams due to their broad scope of practice. They've been actively

engaged in global health initiatives in a variety of settings. Through this special series, we invite excellent scholarly work that takes inspiration from this worldview. So, please step out & collaborate to achieve the target to provide global health care access across continents. Global health is an initiative to focus on universal health access need and improve transnational health issues worldwide Physical therapy works as a boon to global health care. It makes path to achieve equity in health and enabling society that provide equal opportunities for all people with disabilities to fulfill their potential.

DAY 2

Video Presentation



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Hypertension risk from inhalation of particulate matter released from iron brakes

William J Rowe
University of Ohio, USA

Neil Armstrong syndrome applies both to Earth with common magnesium (Mg) deficits and with Mg deficits invariably occurring in Space (S); this can trigger acute temporary heart failure i.e., (catecholamine (C) cardiomyopathy). Whereas the normal CO₂ levels on Earth are 0.03% in S, during the Euro Mir 94 missions, levels, over 10 times higher (0.5-0.7% CO₂). It has been postulated that there is, with S flight, an intracellular shift of calcium (Ca) conducive to vasospasm and damage to mitochondria. Mg is a Ca blocker and strong antioxidant and is required for thermoregulation with loss of Mg in sweat and renal Mg loss and dehydration; this will increase potential for heart failure and hypertension. C levels in S are twice supine levels on Earth. Armstrong, during his last 20 lunar minutes, notified Houston twice during a 4 minute interval that he was "short of breath" along with heart rates up to 160; tachycardia will intensify oxidative stress in S from Mg ion deficits, high C, high free fatty acids and vicious cycles. This syndrome: Severe dyspnea, severe thirst, severe tachycardia corrected by fluid replenishment, applies to Earth

as well; it would be more likely to occur in post-menopausal women with 90% of cases of C cardiomyopathy reported in this group, marathoners particularly at the finish line and those in the tropics, particularly with water shortages. It is likely to be corrected, relatively quickly either by intravenous fluids or a subcutaneous Mg injection.

Biography

William J Rowe is a FBIS (Fellow British Interplanetary Society), FACN (Fellow American College of Nutrition, Retired Fellow Royal Society of Medicine), is a Board Certified Specialist in Internal Medicine. He has received his MD at the University of Cincinnati and was in private practice in Toledo, Ohio for 34 years. During that time he supervised over 5000 symptom-limited maximum hospital-based treadmill stress tests. He studied three world class extraordinary endurance athletes and published their exercise-related magnesium deficiencies. This triggered a 20 year pursuit of the cardiovascular complications of Space flight.

Infectious complications in adult burn patients

Nadia Saeed

Al Mafraq Hospital, UAE

Back ground: In burn treatment centers (BTCs), healthcare-associated infections (HAIs) are responsible for 75% to 80% of deaths. There is a greater incidence of sepsis in patients with burns compared to other types of trauma. Infection can lead to deterioration in wound healing and serious systemic complications. Due to advances in medical technology and improvements in surgical techniques, there has been a reduction in mortality in this population. In contrast to these advances, these patients are exposed to invasive procedures and prolonged periods of hospitalization, increasing their exposure to HAIs

Methods: This was a retrospective cohort study conducted in the ICU of the Mafraq Hospital. The sample consisted of all consecutive patients admitted to the ICU of the from January 2017 to December 2019

Results: In this study, pneumonia was the most frequent with 216 (41%) cases, followed by urinary tract infections with 137 (26%) episodes. The pathogens identified were *Acinetobacter*

baumannii (93, 40%), *Pseudomonas aeruginosa* (50, 21%) and *Klebsiella (pneumoniae/oxytoca)* (23, 10%) and were resistant to most common antimicrobials. In the study population, no pathogens resistant to vancomycin were found. The present study describes high rates of infection in burn victims. Pneumonia was the most frequent site of infection, followed by wounds and urinary tract infections caused respectively by non-fermenting bacteria with a high frequency of antimicrobial resistance.

Biography

Dr Nadia Saeed working as a specialist surgeon in shaikh Shakhboub Medical city UAE Abu Dhabi burns unit that is considered a UAE largest and national burns unit dealing all cases of burns and all surgical procedures to save the life of patients with minimum mortality and but with morbidity which is very less but common comorbidities and bacterial infection which we encounter is being presented in our presentation.