



## **CME Guide:**

# **1<sup>st</sup> Congress of Sturrack International Medical and Dental Association (SIMDA)**

**Knowledge Advancement and Optimal Strategies for Healthcare  
Professionals and Health Systems: A Sturrack Global Initiative**

**Event Dates: 14<sup>th</sup> - 15<sup>th</sup> October 2016**

## Welcome to Doctors Academy

This short guide highlights the specific details for the CME Accredited Event "Knowledge Advancement and Optimal Strategies for Healthcare Professionals and Health Systems: A Sturrock Global Initiative". The aim of this guide is to provide a brief description of the event, as well as offer relevant information to enable an individual to apply this conference to his or her CPD portfolio.

### Venue:

Stone Water Eco Resort, Vasco Da Gama, Goa, India

### CME Credits Awarded:

6 Credits (One credit awarded per hour of education. The six credits are distributed over two days, with three credits to be awarded for each day).

### CME Type:

- Key Note Lectures
- Informative Debates
- Panel Discussions

### Description of the Event:

This two-day conference intends to provide the attending delegates with an overview of the current advances in a variety of specialities and an insight into future developments in the field. It aims to promote the transfer of knowledge and the exchange of ideas between doctors and dentists working in diverse healthcare settings. The conference will also discuss aspects related to hospital practice and family (general) practice, as well as highlight elements outside the traditional role of a healthcare practitioner, such as business, aviation and management. There will be ample networking opportunities which will allow the professionals to develop novel ideas and collaborate on pertinent international projects.

### Suitable For:

- Hospital Doctors
- Dentists
- General Practitioners
- Qualified Doctors or Dentists Working Outside the Healthcare Sector

**Learning Aims and Objectives:**

***At the end of this conference, the delegates will have gained:***

- relevant information regarding current updates in and future advances of important specialities
- an understanding of the various healthcare systems and providers
- an overview of the opportunities available to medical and dental professionals outside the healthcare sector

**Evidence for Appraisal:**

This will be provided in the form of an electronic PDF certificate which will be sent upon satisfactory completion of the event and upon completion of the online feedback.

## Programme (Day 1)

**Chairpersons: Dr Varghese Zachariah, Dr Ronnie Mathew**

0815 - 0830	Registration and Coffee
0830 - 0850	Recent Advances and Update on Radiology – Diagnostic and Interventional <i>Dr Ram Sundar Kasthuri</i>
0850 - 0910	Financial Planning and Its Implications for Medics in NHS and GP Setting <i>Dr B Krishna Kumar</i>
0910 - 0930	Practising Medicine in Middle Eastern Countries: Opportunities And Possibilities <i>Dr Silas Benjamin</i>
0930 - 0950	Emotional Intelligence in Medicine <i>Dr Cherian George</i>

**0950 - 1010**

**Refreshment Break**

1010 - 1030	Dentistry: Managing Both Academic and Clinical Professional Careers <i>Dr Gurkeerat Singh</i>
1030 - 1050	Self-Improvement Tools for Professional Progress and Personal Development <i>Dr Babu Hussain</i>
1050 - 1110	Life of a Medic in the Royal Air Force and Aerospace: A Personal Journey <i>Dr Mathew G Koshy</i>
1110 - 1130	An Overview of Common Eye Disorders for Medical Practitioners. <i>Dr Vijay Shankar</i>
1130 - 1200	Panel Discussion, Summary and Close.

## Programme (Day 2)

**Chairpersons: Dr Shaju M Kalathingal, Dr Shimmy Paulose**

0815 - 0830	Registration and Coffee
0830 - 0850	Update on General Medical Emergencies <i>Dr Mathew V Abraham</i>
0850 - 0910	General Practice in India as a Returning UK Medic: An Outlook on the UK and the Indian System <i>Dr Tony Thekkekkara</i>
0910 - 0930	Financial and Business Lessons in a Non-Medical Bubble: A Life Outside of Medicine <i>Dr Sundar Raman</i>
0930 - 0950	Current Standards and Future Paradigms of Excellence in Joint Arthroplasty <i>Mr Suresh Thomas</i>

**0950 - 1010**

**Refreshment Break**

1010 - 1030	Hospital Management: A Top Down View of Challenges and Opportunities <i>Dr S Venkatesh</i>
1030 - 1050	Provision of Cleft Lip Surgery in Developing Countries: A Transformational Patient Experience <i>Dr Jogi J Chungath</i>
1050 - 1110	Review on Trauma Orthopaedics: Current Evidence and Practice <i>Dr Madhu Nair</i>
1110 - 1130	Oncological Management with Combined Palliative Approach: A Holistic Approach to Better Patient Care <i>Dr Baijumon Balan</i>
1130 - 1200	Panel Discussion, Summary and Close.

## Faculty

### **Dr Mathew V Abraham, MBBS, MD**

Specialist- Internal Medicine  
Al Safa Medical Polyclinic  
Doha, Qatar

### **Dr Baijumon Balan, DMRT, DNB, BCCPM**

Consultant Oncologist  
PVS Hospital/Malabar Hospital, Calicut  
AKG Hospital, Kannur  
Kerala, India

### **Dr Silas Benjamin, MD, MRCP**

Consultant Physician and Endocrinologist  
Hamad Medical Corporation,  
Doha, Qatar

### **Dr Jogi Jose Chungath, BDS, MDS**

Oral & Maxillofacial Surgeon  
Health Authority of Abu Dhabi  
Abu Dhabi, UAE

### **Dr Cherian George, MBBS, FRCR**

Consultant Radiologist  
University Hospitals of North Midlands  
Stoke on Trent, United Kingdom

### **Dr Babu Hussain, MBBS, MRCP Psych, MRCPGP**

GP Partner  
Bridge Medical Centre,  
Crawley, United Kingdom

### **Dr Shaju M Kalathingal, MBBS, MS Ortho**

Specialist Orthopaedic Surgeon  
Sahara Medical Center  
Abu Dhabi, UAE

### **Dr Ram Sundar Kasthuri, MBBS, MRCS, FRCR, EBIR**

Consultant Vascular and Interventional Radiologist  
Greater Glasgow and Clyde NHS Trust  
Senior Clinical Lecturer (Honorary), University of Glasgow  
Glasgow, United Kingdom

### **Dr Mathew George Koshy, MBBS, MRCSEd, MRCPGP, DRCOG, DAvMED, MRaES**

Senior Aviation Medicine Specialist  
BAE Systems  
Saudi Arabia

## Faculty

**Dr B Krishna Kumar, MBBS, MRCGP**

Principle General Practitioner and Senior Partner  
Lister Lane Surgery  
Halifax, United Kingdom

**Dr Ronnie Mathew, MRCS(Ed), MRCS (Glasg), MD, FRCSEd (Gen Surg)**

Consultant Colorectal Surgeon  
Singapore National Hospital, Singapore

**Dr Madhu Nair, D'Ortho, MS Ortho, MCh Ortho**

Consultant Orthopaedic Surgeon  
Devamatha Hospital  
Koratty, Kerala, India

**Dr Shimmy Paulose, MBBS, MD (Paediatrics)**

Consultant Paediatrician  
Vatheyayath Hospital  
Perumbavoor  
Kochi, Kerala, India

**Dr Sundar Raman, MBBS, MBA, JIMS, Cambridge, UK**

Vice Chairman, Indian Technical textile association  
Executive Director, Shiva Texyarn Ltd, Coimbatore,  
Tamil Nadu, India

**Dr S D Vijay Shankar, MBBS, MS (Ophthal)**

Consultant Ophthalmologist  
Chief Medical Officer  
Sankara Eye Hospital  
Sankara Eye Care Institutions  
Coimbatore, Tamil Nadu, India

**Professor Gurkeerat Singh, BDS, MDS (Ortho), MOrth, Diplomate Indian Board of Orthodontics**

Head of Department of Orthodontics  
Vice-Principal,  
Sudha Rustagi College of Dental Sciences and Research  
Faridabad, Haryana, India

**Dr Tony Thekkekkara, MBBS, FAGE, MRCS, MRCGP, RCGP-2(Dip) Drugs & Alcohol Abuse**

General Practitioner in UK and Cochin, India

**Mr Suresh Thomas, MBBS, D'Ortho, MRCSEd, MSc (Orth), FRCS (Tr&Orth), Fellow EU Board (Tr&Orth)**

Consultant Orthopaedic Surgeon  
County Durham and Darlington NHS Foundation Trust  
Durham, UK

## Faculty

### **Dr S Venkatesh, MBBS, MS**

Consultant General & Laparoscopic Surgeon  
Lakshmi Hospital  
Sivakasi  
Tamil Nadu, India

### **Dr Varghese Zachariah, FRACGP, DCH**

General Practitioner & Principal  
Upwey Doctors  
Melbourne, Victoria, Australia





# DOCTORS ACADEMY

BETTER EDUCATION. BETTER HEALTH.

Doctors Academy is an international non-profit organisation which comprises of doctors, dentists and scientists. The aim of the Academy is to disseminate information and facilitate the exchange of medical knowledge between professionals from diverse backgrounds who work in various healthcare settings. In order to achieve this, a diverse range of educational activities are undertaken globally which are further complemented by our publishing house, online resources, and international events and competitions.

## Courses (a selection):

### Undergraduate:

- Final Year Medicine and Surgical Revision Courses
- Training the Clinical Anatomy Trainer
- Clinical Anatomy as Applied to Trauma and Emergency Medicine
- Surgical Anatomy of Important Operative Procedures
- Future Surgeons: Key Skills (RCSEd delivered)
- Structured Introduction to Surgical Skills

### Postgraduate:

- MRCS Part A and Part B OSCE
- MRCEM Part A
- DOHNS OSCE
- Intercollegiate Basic Surgical Skills (RCSEd delivered)
- MRCP PACES
- FRCS (General Surgery) Exit Exam
- Cadaveric Ultrasound-Guided Musculoskeletal Intervention Course
- Ultrasound-Assisted Botulinum Toxin Injection for Neuromuscular Disorders
- Live Advanced Laparoscopic Colorectal Course
- Infant Hip Ultrasound Course for Developmental Dysplasia of the Hip



## Forthcoming Key Events:

- **International Medical Summer School**  
*Manchester, 31<sup>st</sup> July to 4<sup>th</sup> August 2017*
- **International Academic Research Conference**  
*Manchester, 5<sup>th</sup> August 2017*
- **World University Anatomy Challenge**  
*Manchester, 4<sup>th</sup> August 2017*

## Publications



[publications.doctorsacademy.org](http://publications.doctorsacademy.org)

## World Journal of Medical Education & Research



Peer-reviewed academic journal  
with ISSN.

- No fee to view, read and download articles
- No subscription charges
- No submission fees
- No manuscript processing fee
- No publishing fee
- No cost to read, write or publish!

[wjmer.co.uk](http://wjmer.co.uk)

## Online Revision Resources

DoctorExams consists of thousands of questions with detailed explanations in MCQ, EMQ, SBA and SAQ formats. The questions have been written by the Doctors Academy group of experienced clinicians and clinical academics, with mock exams and feedback on performance included to aid a candidate's focused revision of the given topics. Based on past exams, these questions have been carefully designed to meet the needs of undergraduate students and postgraduate trainees undertaking relevant speciality exams.

### Resources for:

- Medical Students
- Dental Students
- International Entrance Exams
- MRCS Exams
- General Surgery Exams
- Plastic Surgery Exams
- DOHNS Exam

[doctorexams.co.uk](http://doctorexams.co.uk)

# [www.doctorsacademy.org](http://www.doctorsacademy.org)