

OVERVIEW OF CHRONIC RESPIRATORY DISEASE UPDATE SKILLS COURSE

A/Prof Goh Lee Gan

SFP2006; 32(4): 6-7

INTRODUCTION

The focus of management of bronchial asthma has moved from reduction of acute attacks to wards asthma total control (ACT). This means the person will be free of breathlessness, night time symptoms, having exacerbations requiring rescuer medications, interruption of work/school activities as well as being in control of the asthma.

Chronic obstructive pulmonary disease has undergone a revolution in its treatment. It has moved from being considered an untreatable, intractable disease where doctors could only watch helplessly as patients pant to their deaths. In the past decade, there have been major advances as the result of a remarkable increase in the research and understanding of this chronic debilitating disease.

The objective of this skills course is to present an update on the advances that have taken place in the management of these two chronic respiratory diseases.

COURSE OUTLINE AND CME POINTS

This skills course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

Components and CME Points

- κ Distance Learning Course – 6 units – each unit 1 CME point
- κ 2 Seminars (2 CME points each)
- κ 2 Workshops (2 CME points each)
- κ Reading papers on Chronic Respiratory Disease Update – read 5 out of 10 recommended journals.

Distance Learning Course

- Unit 1 : Evidence Based Guidelines for Asthma Management
(*Dr John Abisheganaden*)
- Unit 2 : Asthma Control: Inhaled Steroids vs Combination Therapy
(*Clinical A/Prof Philip Eng Cher Tiew*)
- Unit 3 : Asthma Control Test (ACT)
(*A/Prof Goh Lee Gan*)

GOH LEE GAN, Associate Professor, Department of Community, Occupational and Family Medicine, Yong Loo Lin School of Medicine, National University of Singapore
Senior Consultant, Institute of Family Medicine, College of Family Physicians Singapore

Unit 4 : An Update on Strategies in the Management of Asthma

(*Dr Kong Po Marn*)

Unit 5 : Inflammation in Chronic Obstructive Pulmonary Disease (COPD)

(*Clinical A/Prof K N Sin Fai Lam*)

Unit 6 : A Revolution in the Treatment of Chronic Obstructive Pulmonary Disease

(*A/Prof Lim Tow Keang*).

COURSE TOPIC DETAILS

Unit 1: Evidence Based Guidelines for Asthma Management

- κ Asthma self-management
- κ Efficacy of inhaled corticosteroids
- κ Efficacy of combination therapy
- κ Short acting beta2 agonists
- κ Other therapies
- κ Asthma in pregnancy
- κ GINA 2006 Asthma Guidelines

Unit 2: Asthma Control: Inhaled Steroids vs Combination Therapy

- κ The Gaining Optimal Asthma Control (GOAL) Study
- κ Stringent definitions of asthma control
- κ Combination therapy – more effective

Unit 3: Asthma Control Test (ACT)

- κ Inadequacy of asthma severity as control test
- κ Concept of asthma control
- κ Multidimensional instruments to test asthma control
- κ Use of ACT score
- κ Studies using the ACT score

Unit 4: An Update on Strategies in the Management of Asthma

- κ Inhaled corticosteroids
- κ Mild asthmatics
- κ Combination treatment in moderate to severe asthmatics
- κ Exhaled nitric oxide
- κ Anti-IgE
- κ Future modalities – Anti-TNF- α , Interferon- β (IFN- β)

Unit 5: Inflammation in Chronic Obstructive Pulmonary Disease (COPD)

- κ What are the clinical differences between asthma and COPD?

- κ How is the inflammation different between asthma and COPD?
- κ Airflow limitation in asthma and COPD
- κ COPD as multi-component disease
- κ Does treatment of COPD affect mortality?
- κ TORCH (TOwards a Revolution in COPD Health) Study

Unit 6: A Revolution in the Treatment of Chronic Obstructive Pulmonary Disease

- κ A shift in the goals of treatment
- κ Reducing mortality
- κ Preventing severe exacerbations
- κ Reducing hospitalisations
- κ Home support services for COPD
- κ Alleviating symptoms and preserving the quality of life
- κ Pulmonary rehabilitation and exercise programmes
- κ Experimental surgical and endoscopic options
- κ Universal interventions
- κ Palliation and end of life issues

FACE-TO-FACE SESSIONS

Seminar 1: 2 December 2006

2.00pm – 4.00pm

Unit 1 : Evidence Based Guidelines for Asthma Management
(Dr John Abisheganaden)

Unit 2 : Asthma Control: Inhaled Steroids vs Combination Therapy
(Clinical A/Prof Philip Eng Cher Tiew)

Unit 3 : Asthma Control Test (ACT) *(A/Prof Goh Lee Gan)*

Workshop 1: 2 December 2006

4.15pm – 6.30pm

1. Case studies – Bronchial asthma
2. Case studies – Chronic obstructive pulmonary disease

Seminar 2: 3 December 2006

2.00pm – 4.00pm

Unit 4 : An Update on Strategies in the Management of Asthma
(Dr Kong Po Marn)

Unit 5 : Inflammation in Chronic Obstructive Pulmonary Disease (COPD)
(Clinical A/Prof K N Sin Fai Lam)

Unit 6 : A Revolution in the Treatment of Chronic Obstructive Pulmonary Disease
(A/Prof Lim Tow Keang)

Workshop 2: 3 December 2006

4.15pm – 6.30pm

1. Case studies – Bronchial asthma
2. Case studies – Chronic obstructive pulmonary disease