



The George Institute  
for Global Health  
India

# International Conference on **THE ESSENTIALS OF STROKE CARE**

Venue:  
The Residency Tower Hotel, Thiruvananthapuram, Kerala

Date:  
17<sup>th</sup> and 18<sup>th</sup> November 2018



Organized by  
**Sree Chitra Tirunal Institute for Medical Sciences and Technology,**  
Thiruvananthapuram  
and  
University of Central Lancashire, United Kingdom

[www.icesc2018.com](http://www.icesc2018.com)



Dear friends,

We are pleased to invite you to the “International Conference on The Essentials of Stroke Care” organized by Sree Chitra Tirunal Institute for Medical Sciences and Technology and the University of Central Lancashire, United Kingdom.

High quality and timely stroke care from health professionals improves outcomes of stroke patients. This two-day conference will bring together international experts in stroke research education and clinicians from across the world to provide insights into practical training on basics of stroke care from stroke onset to long term care. Led by a team of national and international health care professionals, this interdisciplinary conference is useful for those involved in stroke care.

We heartily welcome you to be a part of this event.



A handwritten signature in black ink that reads "Caroline Watkins".

**Professor Dame Caroline Watkins**  
DBE, FESO, PhD, RN



A handwritten signature in black ink that reads "Sylaja PN".

**Professor Dr PN Sylaja**  
MD,DM,FRCP (Edin)

#### Funding Statement

The research was commissioned by the National Institute for Health Research (NIHR) using Official Development Assistance (ODA) funding.

#### Disclaimer

The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health and Social Care.

#### Course coordinators

**Prof. Dame Caroline Watkins**, Professor of Stroke and Older People’s Care, University of Central Lancashire, UK

**Prof. Dr PN Sylaja**, Professor of Neurology, Sree Chitra Tirunal Institute for Medical Sciences and Technology, Thiruvananthapuram, Kerala, India



## Organising Committee Members

|                                  |   |
|----------------------------------|---|
| <b>Dr. Liz Lightbody</b>         | University of Central Lancashire, UK      |
| <b>Mr. Jamie Hopwood</b>         | University of Central Lancashire, UK      |
| <b>Ms. Rachel Georgiou</b>       | University of Central Lancashire, UK      |
| <b>Dr. Mohammed Alim</b>         | George Institute for Global Health, India |
| <b>Dr. Sapna Erat Sreedharan</b> | SCTIMST, India                            |
| <b>Dr. Arun K</b>                | SCTIMST, India                            |
| <b>Dr. Nikhil C Hiremath</b>     | SCTIMST, India                            |
| <b>Ms. Valsalakumari C</b>       | SCTIMST, India                            |
| <b>Ms. Sara Sherly George</b>    | SCTIMST, India                            |
| <b>Ms. Laisa Kumar</b>           | SCTIMST, India                            |
| <b>Ms. Omana C N</b>             | SCTIMST, India                            |
| <b>Ms. Sudha K N</b>             | SCTIMST, India                            |
| <b>Ms. Chachiamma George</b>     | SCTIMST, India                            |
| <b>Mr. Vijayakrishnan R</b>      | SCTIMST, India                            |
| <b>Mr. Rathish Rajan</b>         | SCTIMST, India                            |
| <b>Ms. Manju Mohan P</b>         | SCTIMST, India                            |
| <b>Dr. Vishnu Renjith</b>        | SCTIMST, India                            |
| <b>Mr. Amal M G</b>              | SCTIMST, India                            |
| <b>Mr. Sivasambath S</b>         | SCTIMST, India                            |
| <b>Ms. Shibi B S</b>             | SCTIMST, India                            |
| <b>Ms. Soumya Krishnamoorthy</b> | SCTIMST, India                            |
| <b>Mr. Manas Chacko</b>          | SCTIMST, India                            |

## International Faculty

|                                    |                                  |
|------------------------------------|----------------------------------|
| <b>Prof. Dame Caroline Watkins</b> | University of Central Lancashire |
| <b>Dr. Liz Boaden</b>              | University of Central Lancashire |
| <b>Mrs. Denise Forshaw</b>         | University of Central Lancashire |
| <b>Ms. Rachel Georgiou</b>         | University of Central Lancashire |
| <b>Dr. Jo Gibson</b>               | University of Central Lancashire |
| <b>Dr. Liz Lightbody</b>           | University of Central Lancashire |
| <b>Mrs. Colette Miller</b>         | University of Central Lancashire |
| <b>Dr. Caroline Sanders</b>        | University of Manchester         |
| <b>Dr. Anil Sharma</b>             | University of Central Lancashire |
| <b>Dr. Rachel Stockley</b>         | University of Central Lancashire |
| <b>Prof. Marion Walker</b>         | University of Nottingham         |
| <b>Ms. Kerry Hanna</b>             | University of Liverpool          |

## National Faculty

|                                  |                          |
|----------------------------------|--------------------------|
| <b>Dr. Sylaja P N</b>            | SCTIMST, Trivandrum      |
| <b>Dr. Jeyaraj Durai Pandian</b> | CMC, Ludhiana            |
| <b>Dr. M.V Padma</b>             | AIIMS, New Delhi         |
| <b>Dr. Sapna Erat Sreedharan</b> | SCTIMST, Trivandrum      |
| <b>Dr. Sivanesan P</b>           | SCTIMST, Trivandrum      |
| <b>Dr. Phalakshi Manjrekar</b>   | Hinduja Hospital, Mumbai |
| <b>Dr. Jyothi Chakraborty</b>    | MCON, Manipal            |
| <b>Dr. Manju Dhandapani</b>      | PGIMER, Chandigarh       |
| <b>Ms. Kanmani Job</b>           | AIMS-CON, Kochi          |
| <b>Ms. Laisa Kumar</b>           | SCTIMST, Trivandrum      |
| <b>Ms. Rebecca Sumathi Bai</b>   | CMC, Vellore             |
| <b>Dr. Saramma P P</b>           | SCTIMST, Trivandrum      |
| <b>Ms. Padmaja Devi S S</b>      | SCTIMST, Trivandrum      |
| <b>Ms. Gracyamma Bridget</b>     | SCTIMST, Trivandrum      |
| <b>Mr. Amal M G</b>              | SCTIMST, Trivandrum      |
| <b>Ms. Shiny Biju</b>            | SCTIMST, Trivandrum      |
| <b>Ms. Shani S D</b>             | SCTIMST, Trivandrum      |
| <b>Ms. Suja Raj L</b>            | SCTIMST, Trivandrum      |
| <b>Ms. Manju Mohan P</b>         | SCTIMST, Trivandrum      |
| <b>Ms. Vipina V P</b>            | SCTIMST, Trivandrum      |

## Highlights of the meeting

- ◆ Stroke unit care
- ◆ Acute stroke guidelines
- ◆ Post stroke transitional care
- ◆ Stroke rehabilitation and recovery
- ◆ Workshop on stroke care bundles

## Target Audience

- ◆ Nurses
- ◆ Allied Health Professionals
- ◆ Nursing Students
- ◆ Physiotherapists
- ◆ Speech Therapists
- ◆ Occupational Therapists
- ◆ Physicians

## Target Audience

This international conference is a platform for multidisciplinary care professionals including physicians, nurses and allied health professionals to collaborate, learn, and share information on practical aspects of stroke care.

## Programme

DAY 1 - 17<sup>th</sup> November 2018

| TIME                 | SESSIONS   |
|----------------------|--|
| 8.00 am to 8.30 am   | Registration   |
| 8.30 am to 10.00 am  | <p><b>Plenary 1: Diagnosis and Treatment of Acute Stroke</b><br/>(Each talk is 20 minutes)</p> <ul style="list-style-type: none"> <li>- Diagnosis and imaging in acute stroke - <b>Dr. Anil Sharma</b></li> <li>- Intravenous thrombolysis and Mechanical thrombectomy in stroke<br/><b>Dr. P N Sylaja</b></li> <li>- Stroke unit care - <b>Ms. Laisa Kumar</b></li> <li>- Medical complications of stroke - <b>Dr. Jeyaraj Durai Pandian</b></li> <li>- Discussion</li> </ul>                   |
| 10.00 am to 10.30 am | <b>Inauguration</b>  |
| 10.30 am to 11.00 am | <b>Refreshments</b>  |
| 11.00 am to 12.30 pm | <p><b>Plenary 2: Secondary Prevention of Stroke</b><br/>(Each talk is 20 minutes)</p> <ul style="list-style-type: none"> <li>- Medication Adherence and Persistence - <b>Dr. Jo Gibson</b></li> <li>- Cardioembolic strokes - <b>Dr. M.V Padma</b></li> <li>- Antiplatelets and statins in secondary prevention of stroke<br/><b>Dr. Sapna Erat Sreedharan</b></li> <li>- Carotid revascularization in symptomatic carotid stenosis<br/><b>Dr. Shivanesan P</b></li> <li>- Discussion</li> </ul> |
| 12.30 pm to 1.30 pm  | <b>Lunch</b>   |
| 1.30 pm to 3.00 pm   | <p><b>Workshop Sessions</b></p> <p><b>Main Room</b> - Physiological Monitoring and Neurological Monitoring<br/>UK lead: <b>Dr. Liz Lightbody</b><br/>India lead: <b>Dr. Jyothi Chakraborty</b></p> <p><b>Room 2</b> - Continence Assessment and Management<br/>UK lead: <b>Mrs. Denise Forshaw</b><br/>India lead: <b>Dr. Saramma P P</b></p> <p><b>Room 3</b> - Dysphagia Assessment and Management<br/>UK lead: <b>Dr. Liz Boaden</b><br/>India lead: <b>Ms. Manju Mohan P</b></p>             |
| 3.00 pm to 3.30 pm   | <b>Break</b>   |
| 3.30 pm to 5.00 pm   | <p><b>Workshop Sessions</b></p> <p><b>Main Room</b> - Stroke-Specific Education Framework (SSEF)<br/>UK leads: <b>Ms. Rachel Georgiou, Mrs. Colette Miller</b></p> <p><b>Room 2</b> - Mobilisation and Prevention of DVT<br/>UK lead: <b>Dr. Jo Gibson</b><br/>India lead: <b>Dr. Phalakshi Manjrekar</b></p> <p><b>Room 3</b> - Sensory Loss / Allodynia<br/>UK lead: <b>Dr. Rachel Stockley</b><br/>India lead: <b>Ms. Suja Raj L</b></p>  |
| 5:00pm               | <b>Close</b>   |

Programme

DAY 2 - 18<sup>th</sup> November 2018

| TIME                 | SESSIONS  |
|----------------------|---|
| 8.00 am to 9.30 am   | <p><b>Plenary 1: Preparing for Discharge and Long Term Care</b><br/>(Each talk is 20 minutes)</p> <ul style="list-style-type: none"> <li>- Dressing / Carer Support - <b>Professor Marion Walker</b></li> <li>- Therapy / MD T - <b>Dr. Rachel Stockley</b></li> <li>- Psychological Support: Impact of Stroke - <b>Dr. Liz Lightbody</b></li> <li>- Caregiver based Rehabilitation - <b>Mr. Amal M G</b></li> <li>- Discussion</li> </ul>  |
| 9.30 am to 10.00 am  | <b>Break</b>  |
| 10.00 am to 11.30 am | <p><b>Workshop Sessions</b></p> <p><b>Main Room</b> - Mood Assessment and Management<br/>UK lead: <b>Dr. Liz Lightbody</b><br/>India lead: <b>Ms. Kanmani Job</b></p> <p><b>Room 2</b> - Nutrition and Hydration<br/>UK leads: <b>Professor Dame Caroline Watkins, Mrs. Colette Miller</b><br/>India lead: <b>Ms. Shani S D</b></p> <p><b>Room 3</b> - Positioning, Shoulder Care and Dressing<br/>UK lead: <b>Professor Marion Walker</b><br/>India lead: <b>Ms. Rebecca Sumathi Bai</b></p> |
| 11.30 am to 1.00 pm  | <p><b>Workshop Sessions</b></p> <p><b>Main Room</b> - Care of the Ventilated Patient<br/>India leads: <b>Dr. Manju Dhandapani, Ms. Shiny Biju</b></p> <p><b>Room 2</b> - Communication Assessment and Management<br/>UK lead: <b>Dr. Liz Boaden</b><br/>India Lead: <b>Ms. Padmaja Devi S S, Ms. Vipina V P</b></p> <p><b>Room 3</b> - Stroke-Specific Education Framework (SSEF)<br/>UK leads: <b>Ms. Rachel Georgiou, Mrs. Colette Miller</b></p>   |
| 1.00 pm to 2.15 pm   | <b>Lunch</b>  |
| 2.15 pm to 3.45 pm   | <p><b>Workshop Sessions</b></p> <p><b>Main Room</b> - Pneumonia, Oral Care and Hospital Acquired Infections<br/>UK lead: <b>Professor Dame Caroline Watkins</b><br/>India lead: <b>Ms. Gracyamma Bridget</b></p> <p><b>Room 2</b> - Visual Field and Visual Space Assessment and Management - UK lead: <b>Ms. Kerry Hanna, University of Liverpool</b></p>  |
| 3.45 pm to 4.00 pm   | <b>Valedictory function</b>   |
| 4.00pm               | <b>Close</b>  |

**Conference Secretariat**

**Prof Dr P.N Sylaja**

Organising Secretary

Professor of Neurology & In charge- Comprehensive Stroke Care Program

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**Registration Fees**

| Category                | Early bird<br>Until September<br>15 <sup>th</sup> 2018 | Late Registration<br>Till October<br>31 <sup>st</sup> 2018 | Spot Registration |
|-------------------------|--|--|-------------------|
| Indian Delegates        | INR 2000   | INR 3000   | INR 4000          |
| International Delegates | USD 100  | USD 125  | USD 150           |

**Number of seats are limited to 300**

**Three best posters will be awarded**

**REGULAR POSTER SPECIFICATIONS**

- ❖ Poster presentations facilitate one-to-one interaction between the presenters and attendees.
- ❖ Posters are displayed in the poster hall area. (Please find out the board bearing your abstract number to put up the poster.)
- ❖ Presenter should put up the poster by 10:00 am on the allotted day and remove the same by 05:00 pm the same day.
- ❖ Presenting authors must be available at their poster during specified time to present before the judges.



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