



# 2<sup>nd</sup> QRCS Annual Scientific Conference

Gastrointestinal Disorders in Primary Health Care

14-16 November 2024

Agenda

Activity Code: A466

PRE-CONFERENCE WORKSHOPS

| From  | To    | Duration | Topic   | Learning Objectives   | Speaker(s)   |
|-------|-------|----------|---|---|--|
| 9:00  | 10:00 | 60 mins  | Registration & Refreshment  |   |  |
| 10:00 | 12:00 | 120 mins | Management of Dyspepsia in Primary Health Care Setting (Interactive Workshop) | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Discuss the definition, prevalence, common causes, signs, and symptoms of dyspepsia in primary health care patients.</li> <li>· Identify the appropriate and relevant algorithmic diagnostic evaluation tools and tests for differential diagnosis of dyspepsia in primary health care practice.</li> <li>· Differentiate between the evidence-based pharmacological and non-pharmacological treatment options for managing dyspepsia.</li> <li>· Establish and promptly apply criteria of referral to secondary health care.</li> </ul>   | Dr. Isamaldin Abdelbaqi<br>Dr. Nashwan Mohamed Zainal Deen<br>Mustafa Abdelhamied Abugesiesa |
| 12:00 | 14:00 | 120 mins | Al-Dhuhr Prayer & Lunch   |   |  |
| 14:00 | 16:00 | 120 mins | Approach to Abnormal Liver Function (Interactive Workshop)                    | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Differentiate between physiological and pathological LFT changes in pregnancy and across MAFLD, MASH, and viral hepatitis.</li> <li>· Formulate differential diagnoses based on LFT patterns and clinical presentation in different patient populations.</li> <li>· Identify appropriate investigations and management strategies for abnormal LFTs, ensuring safety for both mother and fetus in pregnancy-related cases.</li> <li>· Develop structured management plans for MAFLD, MASH, and hepatitis B and C, including lifestyle changes, pharmacological treatment, and monitoring.</li> <li>· Recognize when to refer patients for specialist care, ensuring timely interventions for advanced diagnostic procedures and multidisciplinary care.</li> </ul> | Dr. Raza Ali Akbar<br>Dr. Mohamed Zahid  |

MAIN CONFERENCE

| From  | To    | Duration | Topic  | Learning Objectives  | Speaker(s)                              |
|-------|-------|----------|--|--|---|
| 16:00 | 18:00 | 120 mins | Registration & Refreshment                             |  |   |
| 18:00 | 18:30 | 30 mins  | Opening Ceremony                                       |  |   |
| 18:30 | 19:00 | 30 mins  | Qatar National Health Strategy 2024-2030               | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Discuss the overarching vision and specific goals of the National Health Strategy (NHS) 2024-2030 in alignment with global health goals.</li> <li>· Integrate the implementation framework, timelines, roles, and responsibilities in anticipated health outcomes and improvements in the health system.</li> <li>· Establish mechanisms for collaboration to implement strategy, monitoring, evaluating, and reporting on the progress.</li> </ul> | HE Sheikh Dr. Mohamed Hamad J. Al Thani |
| 19:00 | 19:30 | 30 mins  | National Colon Cancer Early Detecting Program          | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Discuss the planning and implementation of the National Population-Based Bowel Cancer Screening Program.</li> <li>· Compare Qatar's Bowel Cancer Screening Program KPIs with previous and current indicators.</li> <li>· Identify the challenges and key success factors in implementing a robust National Based Bowel Cancer Screening Program in Qatar.</li> </ul>  | Dr. Shaikha Sami Abushaikha             |
| 19:30 | 20:00 | 30 mins  | Prevalence of Hepatitis Among Migrant Workers in Qatar | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Assess the epidemiology of hepatitis A, B, and C viruses among the migrant worker population of Qatar.</li> </ul>   | Dr. Laith Abu-Raddad                    |
| 20:00 | 20:30 | 30 mins  | Gastrointestinal Disorders in QRCS WHCs                | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Identify the burden of GI disorders at QRCS's WHCs.</li> <li>· Explain the challenges of managing GI disorders in primary health care.</li> <li>· Diagnose gaps in the systems of referral from primary to secondary health care to maintain a balanced referral system.</li> <li>· Discuss QRCS's leading role in the health care system and present statistics of GI conditions among patients at WHCs.</li> </ul>                                | Dr. Hasan Kasem<br>Dr. Mohamad Alabiad  |
| 20:30 | 21:00 | 30 mins  | Q&A (Interactive Session)                              |  |   |

| From  | To    | Duration | Topic  | Learning Objectives   | Speaker(s)              |
|-------|-------|----------|--|---|-------------------------|
| 7:30  | 8:00  | 30 mins  | Registration & Refreshment                       |   |                         |
| 8:00  | 8:30  | 30 mins  | Gastroesophageal Reflux Disease (GERD)           | At the end of this part, the participant should be able to:<br>· Discuss the etiology, risk factors, diagnosis, and management of gastroesophageal reflux disease (GERD).   | Dr. Shiraz Salim Khan   |
| 8:30  | 9:00  | 30 mins  | GERD Extra GI Manifestations                     | At the end of this part, the participant should be able to:<br>· Discuss the extra underlying signs and symptoms of GERD and how to manage them.  | Dr. Sushil Niraula      |
| 9:00  | 9:30  | 30 mins  | Dyspepsia  | At the end of this part, the participant should be able to:<br>· Define the appropriate diagnosis and management of dyspepsia in adults.<br>· Assess the appropriateness of investigation, prescription, and referral of patients with dyspepsia visiting health care providers at primary health care organizations.   | Dr. Ehab Elsaiedi       |
| 9:30  | 10:00 | 30 mins  | Coffee Break                                     |   |                         |
| 10:00 | 10:30 | 30 mins  | H. Pylori Diagnosis & Management                 | At the end of this part, the participant should be able to:<br>· Identify the appropriate tests in diagnosis of H. pylori.<br>· Assess the pitfalls of H. pylori treatment.   | Dr. Abdelnasser Elzouki |
| 10:30 | 11:00 | 30 mins  | H. Pylori Study                                  | At the end of this part, the participant should be able to:<br>· Identify the leading indications of H. pylori testing in Qatar.<br>· Assess the prevalence of gastric premalignancies and incidence of gastric malignancies in patients of H. pylori in Qatar.<br>· Select the most appropriate combination therapy for H. pylori in Qatar.  | Dr. Mohamed Zohaib Khan |
| 11:00 | 13:00 | 120 mins | Al-Jumaa Prayer & Lunch Break                    |   |                         |
| 13:00 | 13:30 | 30 mins  | Viral Hepatitis                                  | At the end of this part, the participant should be able to:<br>· Identify the high-risk populations affected by viral hepatitis.<br>· Differentiate between acute and chronic viral hepatitis and when to refer patients to specialists.<br>· Integrate vaccination and monitoring of chronic viral hepatitis cases.  | Dr. Ahmed Zaqout        |
| 13:30 | 14:00 | 30 mins  | Mastering MASH Management in Primary Health Care | At the end of this part, the participant should be able to:<br>· Identify risk factors for MASLD/MASH and advanced fibrosis.<br>· Integrate current and emerging noninvasive tests into liver health assessments.<br>· Discuss the pathogenic relationship between diabetes and MASH.<br>· Discuss the noninvasive prognostic biomarkers for risk stratification.<br>· Apply evidence-based guideline recommendations to select appropriate treatments. | Dr. Haidar Al-Bustanji  |
| 14:00 | 14:30 | 30 mins  | Approach to Jaundice in Primary Health Care      | At the end of this part, the participant should be able to:<br>· Discuss the concept of bilirubin metabolism.<br>· Differentiate between the causes of jaundice and hyperbilirubinemia.<br>· Establish the overall approach to diagnosis and management of jaundice.  | Dr. Ibrahim Aldakhil    |
| 14:30 | 15:00 | 30 mins  | Approach to Lower GI Bleeding                    | At the end of this part, the participant should be able to:<br>· Explain the basics of diagnosis and management of lower GI bleeding cases.<br>· Compare between massive and simple lower GI bleeding.<br>· Select the appropriate therapeutic modalities.  | Dr. Ali Khalil          |
| 15:00 | 15:30 | 30 mins  | Al-Asr Prayer & Coffee Break                     |   |                         |
| 15:30 | 16:00 | 30 mins  | Peptic Ulcer Disease                             | At the end of this part, the participant should be able to:<br>· Discuss the pathophysiology, possible causes, and clinical features/ consequences of peptic ulcer disease.<br>· Integrate evidence-based treatment and follow up accordingly.  | Dr. Mahmoud Alkrain     |
| 16:00 | 16:30 | 30 mins  | Approach to Dysphagia                            | At the end of this part, the participant should be able to:<br>· Identify the different types of dysphagia.<br>· Assess differences in the clinical presentation of each type.<br>· Establish an appropriate management and when to refer patients.   | Dr. Firas Shaban        |
| 16:30 | 17:00 | 30 mins  | Acute Pancreatitis                               | At the end of this part, the participant should be able to:<br>· Diagnose the underlying cause of acute pancreatitis.<br>· Assess the severity of acute pancreatitis.<br>· Select the appropriate acute pancreatitis management.  | Dr. Mohamed Zahid       |
| 17:00 | 17:30 | 30 mins  | Gallstones (Gall Bladder Disease)                | At the end of this part, the participant should be able to:<br>· Discuss the pathophysiology and presentation of acute cholecystitis.<br>· Identify key diagnostic tools for acute cholecystitis.<br>· Explore different management options for acute cholecystitis.<br>· Recommend surgical and nonsurgical treatment options.   | Dr. Ahmad Zarour        |

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|-------|-------|----------|--|---|---|
| 8:00  | 8:30  | 30 mins  | Irritable Bowel Syndrome (IBS)                                     | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Define irritable bowel syndrome (IBS) and differentiate it from other GI disorders.</li> <li>· Establish an approach to IBS management using a patient-centered model.</li> <li>· Identify pharmacological options for IBS management.</li> </ul>  | Dr. Abdulwahab Hamid                    |
| 8:30  | 9:00  | 30 mins  | Inflammatory Bowel Disease (IBD)                                   | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Identify types of inflammatory bowel disease (IBD).</li> <li>· Discuss the basics of diagnosis and treatment of IBD.</li> <li>· Assess when to refer patients.</li> </ul>  | Dr. Husam Saffo                         |
| 9:00  | 9:30  | 30 mins  | Colon Cancer in Primary Health Care                                | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Assess the prevalence, risk factors, signs, and symptoms associated with colon cancer.</li> <li>· Discuss early detection and prevention measures for colon cancer.</li> </ul>   | Dr. Mai Mostafa                         |
| 9:30  | 10:00 | 30 mins  | Anorectal Disorders  | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Identify the common anorectal disorders presented at primary health care centers.</li> <li>· Diagnose the clinical presentation and underlying pathology of anorectal disorders.</li> <li>· Establish a treatment and referral strategy.</li> </ul>  | Dr. Imran Khan                          |
| 10:00 | 10:30 | 30 mins  | Coffee Break   |   |   |
| 10:30 | 11:00 | 30 mins  | Approach to Diarrhea   | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Differentiate between different types of diarrhea.</li> <li>· Recognize red flags of diarrhea.</li> <li>· Establish a systematic approach to acute and chronic diarrhea management.</li> <li>· Assess when to refer patients with diarrhea.</li> </ul>                                     | Dr. Anwar Joudeh                        |
| 11:00 | 11:30 | 30 mins  | Travelers' Diarrhea  | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Define travelers' diarrhea.</li> <li>· Discuss the incidence and overall manifestations of travelers' diarrhea.</li> <li>· Select an appropriate travelers' diarrhea management strategy.</li> </ul>   | Dr. Sushil Niraula                      |
| 11:30 | 12:00 | 30 mins  | Q&A (Interactive Session)  |   |   |
| 12:00 | 13:00 | 60 mins  | Al-Dhuhr Prayer & Lunch Break                                      |   |   |
| 13:00 | 13:30 | 30 mins  | Diagnostic Approach to Acute Abdominal Pain in Primary Health Care | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Discuss the step-by-step assessment of acute upper and lower abdominal pain in primary health care.</li> <li>· Identify early manifestations of shock for immediate resuscitation and transfer to secondary health care.</li> </ul>  | Dr. Neeraj Tekkar                       |
| 13:30 | 14:00 | 30 mins  | Chronic Constipation   | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Define chronic constipation and its underlying causes.</li> <li>· Assess the presented signs and symptoms of chronic constipation.</li> <li>· Implement management and preventive measures.</li> </ul>   | Dr. Firas Shaban                        |
| 14:00 | 14:30 | 30 mins  | Mental Health & GI Disorders 1                                     | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Assess the scale of mental health problems.</li> <li>· Analyze the bidirectional connection between mental and physical health.</li> <li>· Demonstrate the role of primary health care in the provision of mental health services.</li> </ul>  | Dr. Javed Latto<br>Dr. Khizara Amin     |
| 14:30 | 15:00 | 30 mins  | Mental Health & GI Disorders 2                                     | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Analyze the gut-brain connection.</li> <li>· Assess the psychological factors contributing to FGIDs.</li> <li>· Integrate evidence-based strategies to manage FGIDs in a primary health care setting.</li> </ul>   | Dr. Ovais Wadoo<br>Dr. Faisal Khan      |
| 15:00 | 15:30 | 30 mins  | Al-Asr Prayer & Coffee Break                                       |   |   |
| 15:30 | 16:00 | 30 mins  | Approach to Bloating   | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Analyze the broad differential diagnosis of patients presented with abdominal bloating, belching, or distention.</li> <li>· Demonstrate a streamline diagnostic approach to bloated patients.</li> <li>· Establish evidence-based strategies for managing bloated patients.</li> </ul>     | Dr. Abdulwahab Hamid                    |
| 16:00 | 16:30 | 30 mins  | Non-Cardiac Chest Pain   | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Assess patients with chest pain complaints to rule in/out a GI-related origin.</li> <li>· Formulate an accurate differential diagnosis for non-cardiac chest pain.</li> <li>· Recommend a basic initial therapy for patients with chest pain.</li> </ul>                                   | Dr. Dilu Viswanadhan                    |
| 16:30 | 17:00 | 30 mins  | Ocular Manifestations of GI Disorders Elsewhere                    | At the end of this part, the participant should be able to: <ul style="list-style-type: none"> <li>· Identify ophthalmic ailments relevant to GIT diseases.</li> <li>· Discuss the potential GIT mechanisms affecting the eyes.</li> <li>· Explain the pathogenic role of microbiome disturbances.</li> <li>· Integrate a systematic review of H. Pylori infection and eye diseases.</li> </ul> | Dr. Mohamed Alakshar<br>Mr. Saed Saefan |
| 17:00 | 17:30 | 30 mins  | Conference Closing   |   |   |