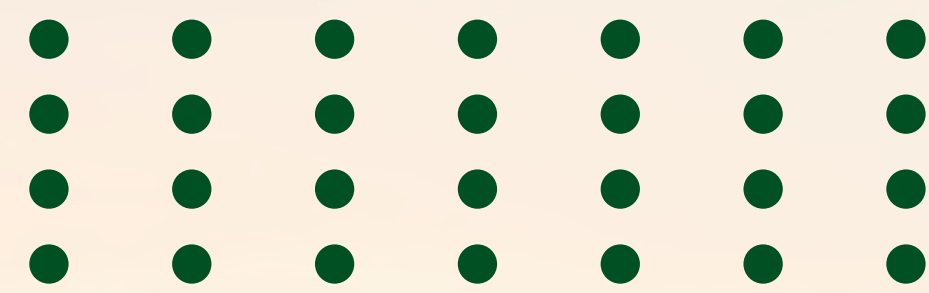


**2ND INTERNATIONAL WONCA EMERGENCY MEDICINE  
SIG SEMINAR WEMSEM 2024**

# **2ND INTERNATIONAL AFRIWON PRE-CONFERENCE**



**THEME: "RAPID RESPONSE: EMPOWERING YOUNG  
DOCTORS FOR EMERGENCY EXCELLENCE"**

**5TH JUNE 2024**

**THE AGA KHAN UNIVERSITY, NAIROBI**

**CONFERENCE  
PROGRAM**

**8 AM  
- 4 PM**





# 2ND INTERNATIONAL AFRIWON PRE-CONFERENCE

## ORGANIZING COMMITTEE



**Dr. Mercy Wanjala**

Afriwon Chair, WONCA  
Emergency Medicine SIG  
and AfriWon Liaison



**Dr. Elena Klusova N**

Specialist in Family and  
Community Medicine, Mobile  
Intensive Care Unit &  
Helicopter Emergency Service,  
Ibiza, Spain. Chair of WONCA  
Special interest group on  
Emergency Medicine



**Dr. Raisa Alvarez  
Paniagua**

Specialist in Family and  
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(Riojano Health Service),  
Spain. Communication  
Manager of WONCA Special  
Interest Group on Emergency  
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**Dr. Nisanth Menon N**

Associate Professor & Head,  
Emergency Medicine, MOSC  
Mission Medical College,  
Kolenchery, Ernakulam, India  
Deputy Chair of WONCA



**Dr. Miriam Rey Seoane**

Specialist in Family and  
Community Medicine ICS  
Barcelona/ CUAP, Barcelona  
Spain



**Dr. Rabee Kazan**

Specialist in Family and  
Community Medicine, CAP  
Rambla Terrassa, Barcelona,  
Spain. EYFDM FM360 Global  
Lead



**Dr. Roshan Mathew**

Associate Professor  
Emergency Medicine,  
Hamdard Institute of  
Medical Sciences and  
Research, New Delhi, India.



**Dr. Kevin Bartay**

Medical Doctor and Kenya  
Medical Association Young  
Doctors Network Co-  
convener



# 2ND INTERNATIONAL AFRIWON PRE-CONFERENCE

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## PROGRAM

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**9:00 - 9:30 am: Opening Remarks and Introduction to the Preconference**

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**9:30 - 11:00 am Workshop 1: Point of Care Ultrasound (POCUS) ECHO Modules**

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**11:00 - 11:15 am Coffee Break**

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**11:15 - 12:45 pm Workshop 2: ECG: Most Threatening Rhythms for the Family Doctor**

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**12:45 - 1:45 pm: Lunch Break**

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**1:45 - 3:00 pm Workshop 3: Mass Casualty Incident Management**

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**3:00 pm: Closing Remarks and Feedback Session**

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## POINT OF CARE ULTRASOUND (POCUS) AND ECHO TRAINING

**Authors:** *Dr. Nisanth Menon N, Dr. Roshan Mathew*

### **Facilitators**

- Dr. Rabee Kazan
- Dr. Emma Khabure
- Dr. Edward Maina
- Dr. Sheila Ayesa
- Dr. Ebrahim Abdiwahid

### **Background**

Family Medicine specialists are using POCUS to improve diagnostic timeliness and accuracy, especially in Emergencies.

The Wonca EM SIG POCUS and Echo Programme, is a comprehensive and concise emergency ultrasound training module developed and taught by seasoned Emergency POCUS physician experts and primary care physicians from across the globe. The course will be led by Dr Nisanth Menon N from India.

The workshop will guide you on your POCUS educational journey with hands-on training activities and short lectures.

### **Lecture 1**

POCUS - Basics, Knobology, Applications in emergencies  
- Dr. Nisanth Menon - 30 minutes

Hands on session 1 on EFAST - Airway - Lung assessments  
(All faculty) - 20 minutes

### **Lecture 2**

Basics of Echo, application,  
Protocols for Shock assessments  
- Dr. Roshan Mathew - 20 minutes

### **Hands on session 2**

Echo - views and applications

(All faculty) - 20 minutes

## FEARLESS ECG MASTERY

**Authors:** Dr. Elena Klusova, Dr. Nisanth Menon, Dr. Miriam Rey, Dr. Rabee Kazan, Dr. Raisa Alvarez Paniagua

*"Empowering Young Family Physicians with Tips and Tricks Tips and tricks to identify regular electrocardiogram rhythms in General Practice."*

### **Facilitators:**

- Dr Cynthia Mureithi
- Dr Norah Obungu
- Dr Nimai Kharva

### **Background**

One of the most stressful situations for family doctors who manage emergencies is dealing with acute cardiac pathologies. Patients can be in critical condition and physicians are pushed to their limit, challenging their knowledge, reaction times and clinical judgment.

The reality is a wide variety of pathologies to be aware of, often professional uncertainty and varying ability to manage them.

This is especially crucial in health systems with small clinics and rural practices, with a lack of collegial support and a growing population of elderly, fragile and multimorbid patients.

The electrocardiogram has proven to be one of the most cost-efficient and sensitive resources for diagnosing many fearsome pathologies, especially when the symptoms are ambiguous. Reading and interpreting ECG is an essential skill, capable of saving lives by diagnosing and differentiating acute and chronic conditions at all stages of their evolution.

### **Methods and Results**

A meticulous analysis of clinical cases will be woven into a lively engaging gaming workshop format, showcasing ECG traces of the heart rhythms most frequently encountered in daily practice.

### **Timetable:**

3"+2" Icebreaker/Presentation

20" "So, ECG is hard, where do we start?" A review of the basic methodology for reading a normal ECG, broken down into simple logical steps for ease of interpretation will be made. Key concepts of electrical disturbances will be highlighted enabling quick and accurate diagnosis of pathologies that are often perceived as complex.

60" Game time: A quiz will be organized in teams of small groups with short thinking time and voting by the spokesperson. Each answer will be explained first by the winning group and corrected or completed by one of the expert members of the emergency medicine special interest group.

5" Key messages and prizes to winners.

### **Learning objectives:**

To provide general practitioners with the necessary skills to feel prepared and confident facing the most common cardiac emergencies in their daily practice.

### **Key Messages**

- Remember the 8 steps of systematic ECG reading: Step 1: Rate; Step 2: Rhythm; Step 3: Axis; Step 4: Intervals; Step 5: P wave; Step 6: QRS complex; Step 7: ST segment-T wave; Step 8: Overall
- Refer: The basic patterns of time-dependent electrical disturbances must be referred to the emergency room without delay and with the initial standardized treatment according to the protocols, which we will provide.
- Be humble as professionals, recognize your limitations and do not hesitate to ask for advice and help.

## MASS CASUALTY INCIDENTS: ARE YOU READY TO S. T. A. R. T ?

**Authors:** Dr. Miriam Rey, Dr. Rabee Kazan, Dr. Elena Klusova, Dr. Raisa Alvarez, Dr. Nisanth Menon

### Facilitators

- Dr Grace Muthoni
- Dr Sokhi Daljiv

### Background

Mass Casualty Incidents ( MCI) pose significant challenges for emergency responders, family physicians and general practitioners, requiring swift and effective triage, treatment and coordination to save lives. It requires a shift on how we do it every day, a different way of mental focus, that needs to be trained and developed.

This workshop aims to provide participants with the basic knowledge, practical scenarios and learning skills, in managing MCIs through tabletop simulations.

Triage methodologies, including METHANE, S. T.A.R.T, as well as practice setting up zones, and delegating tasks in a dynamic simulated environment.

### The Workshop timeline:

1. Introduction and online form.
2. Ice breaker
3. Brief theory
4. In groups: case scenarios with tabletop simulations  
*There will be up to 4 different case scenarios, with different levels of difficulty, 1 basic, 2 intermediate ones, and 1 complex scenario, that will reflect national and international realities ( traffic accident ( bus-car) , bomb scenario, gun scenario, knife scenario )*
5. Answers, , little bit more theory , take home messages
6. Questions, debate, online form ( for research )

### Materials

- AT Least 4 big tables for the tabletop ( if it is not possible, we could do it on the floor) .
- We have 4 city maps , plastic carpets.
- Each scenario will have 50 different patients on it ( wood figurines, with numbers on the base, and different sizes, children, adults, older people) but only 20 per scenario they will have to triage
- Each group will appoint a leader orMCI coordinator, that will be the responsible to write down and present the scenario later on. And they will have the help of one facilitator per group.
- Materials they will have:
- Rules in writing on how to play
- scenario
- Basic theory and materials ( METHANE, START, ZONES)
- Colorful washi tape to delimited zones ( red, yellow, green)
- List of " victims" from 1- 20 , with their characteristics and vitals, and a place to determinate their level of triage, and destinations
- 3 ambulances to transport patients to other levels of assistance. ( toy cars)
- Pen
- Computer with sound and a projector.
- Microphone



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## HOST



## PARTNERS

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THE AGA KHAN UNIVERSITY





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