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29 June 2018

STEMI India to organise international meeting to discuss the latest in management of Heart Attacks

This event will also launch an emergency management programme for heart attacks in UP

STEMI India will conduct a two-day workshop on the management of ST-Elevation Myocardial Infarction (STEMI), the deadliest form of heart attack, on **30th June & 1st July 2018** at **Indira Gandhi Pratishthan, Vibhuti Khand, Gomti Nagar, Lucknow**.

The Course Directors of STEMI India 2018 are **Dr Thomas Alexander**, Head of Division of Cardiology, Kovai Medical Center and Hospital, Coimbatore; **Dr Ajit S Mulasari**, Director of Cardiology, The Madras Medical Mission, Chennai; **Dr Rishi Sethi**, Interventional Cardiologist, King George's Medical University (KGMU), Lucknow; **Dr VS Narain**, Professor & Head, Department of Cardiology, KGMU; and **Dr SK Dwivedi**, Interventional Cardiologist, KGMU.

Dr Thomas Alexander, Interventional Cardiologist, Director of STEMI India and one of the course directors, said that Coronary Artery Disease (CAD) is the commonest non-communicable disease in India. Dr Alexander explained that Indians have the highest mortality and morbidity rates from CAD as compared to any other ethnic group. Over the last three decades, the prevalence of CAD has increased by 300%, from 2% to 6% in rural India and from 4% to 12% in urban India. It is now projected that the number of Indians with CAD is above 60 million, of which 23 million are below 40 years and 10 million below 30 years. Also, CAD is projected to claim 2.9 million lives annually, of which almost 1 million will be younger than 40 years of age, he further said, quoting figures from the World Health Organization (WHO).

He pointed out that **acute myocardial infarction is one of the most challenging emergencies** in CAD but, treated promptly and appropriately, can result in significant reduction in mortality and long-term morbidity. The STEMI India 2018 programme will discuss the latest in heart attack management and bring together doctors, hospitals, ambulance networks and other stakeholders to **develop an emergency management system** to efficiently manage STEMI.

www.stemiindia.com

Secretariat Address

Prof. Rishi Sethi

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Dr Ajit Mullasari, Course Director and Director of STEMI India said that this meeting aims to bring to India the most recent developments in terms of clinical practice, academic research as well as management protocols in the field of STEMI management. The international faculty are the leaders in heart attack management from across the world. They are supported by a team of national faculty from across the country. This day and a half programme provides a comprehensive review and training to the medical team involved in the processes and procedures in the care of the patient - from the emergency room physician and the cardiologist involved in thrombolysis, to the cardiac catheterization laboratory team in PCI-capable hospitals, to help reduce delays and optimise outcomes.

Dr Rishi Sethi explained that another aim of this meeting is to develop a Heart Attack management programme in Uttar Pradesh. The programme, that is now called the STEMI India model, has been validated and is considered as the heart attack management programme ideal for all low- and middle-income countries. The meeting has brought together experts from all over the world, STEMI India and government officials to discuss and plan the launch of this programme in UP. He explained that the meeting was not exclusively limited to doctors. Team work is crucial in managing heart attack patients and every member of the '**Heart Attack Team**' should be well trained in managing the different aspects of emergency care of the patient.

STEMI India 2018 Course coordinators and KGMU cardiologists **Dr Akshyaya Pradhan** and **Dr Pravesh Vishwakarma** explained that training during the meeting will also be given to nurses, cardiac Cath Lab technicians and ambulance paramedics, since each member of the team has a critical role to play in the emergency management of a heart attack patient. This is a unique concept of this meeting.

Dr VS Narain informed that this meeting is to be attended by close to 750 delegates from across India who will be trained in all aspects of Heart Attack care. This initiative will significantly improve heart attack care in this region. He explained that the meeting has evoked tremendous response, not just from within India, but also from many Asian and African countries from where delegates have come to understand and learn about the STEMI India programme and replicate the model in their countries. STEMI India has offered to help these countries with the protocols and the training to help them set it up.

The panel of experts also included **Dr Monika Bhandari** from Department of Cardiology, KGMU, and member of STEMI India 2018 organizing committee.

About STEMI INDIA

STEMI (ST Elevation Myocardial Infarction) India is a not-for-profit organisation dedicated to advancing Heart Attack care in India. STEMI or acute heart attack is not only one of the most challenging clinical conditions in cardiology but also the most gratifying when treated promptly and appropriately. Recent advances in the management of STEMI globally have shown that prompt treatment can save lives and restore normal cardiac function. With more than three

million heart attacks happening every year in India, for this treatment to be successful, time and teamwork are critical.

STEMI India has developed a unique model of care for management of heart attack. This involves close collaboration with the state governments, health insurance for below-poverty-line patients and the state-sponsored ambulance system. A multifunctional 12 lead ECG integrated multi-parameter monitoring unit with data entry capability ("STEMI Kit") is installed in all ambulances and hospitals. It can record and transmit ECG and other vital signs. A team of experienced cardiologists is available on-call 24X7 to diagnose the ECG sent to their mobile phone through the STEMI India application.

STEMI India, supported by the Indian Council of Medical Research (ICMR), conducted a year-long pilot study in Tamil Nadu to study the impact of the STEMI India model. The protocol addresses both the key problems in treatment of STEMI in India today - accurate diagnosis as well as choice of optimal treatment strategy. The implementation of the STEMI India model of care produced an absolute mortality reduction of 3% (relative risk reduction of 21%) and an absolute MACE reduction of 5.5% (relative risk reduction of 16%).

Cost-Effectiveness Analysis by WHO-recommended methods showed that the benefit gained are 81 additional lives saved per annum in a sample of 2,500 patients. This translates to Rs 4 gained for the economy per rupee spent considering all future income of averted deaths. This has now been endorsed by the World Heart Federation as the ideal model for low and middle-income countries across the world. **ICMR has now recommended the STEMI India Protocol as the model for heart attack management in India.** The two largest cardiology and physician scientific bodies in India, The Cardiological Society of India and the Association of Physicians of India, respectively, have joined STEMI India in endorsing this protocol and recommending it as the ideal model for a national STEMI Programme. Several state governments including of UP, have expressed interest in rolling out the STEMI Programme and are in various stages of planning and execution.

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