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Multi-disciplinary CME on the current overview of Tuberculosis
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On February 1, 2025, the department of Respiratory Medicine, Himalayan Institute of Medical Sciences hosted a high-impact training session under the National Tuberculosis Elimination Programme (NTEP). It was conducted in collaboration with the department of Microbiology, Medicine, Community Medicine, Surgery. It aimed at enhancing the knowledge and skills of medical as well as nursing faculty, residents, and interns in the management of tuberculosis (TB). A total of 107 participants attended the program. The conference brought together leading experts who provided in-depth discussions on various aspects of TB diagnosis, treatment, and control strategies.

The event commenced with an introductory address by Dr. Manoj Verma, District TB Officer (DTO), Dehradun who outlined the objectives of NTEP and its critical role in India's fight against TB. His remarks set the stage for subsequent discussions on the evolving landscape of TB management.

Dr. Bipra Bishnu, WHO Consultant, then provided an insightful overview of tuberculosis through time, tracing the historical milestones in TB control and treatment, along with advancements that have shaped modern-day strategies.

This was followed by a session on diagnostic modalities by Dr. Aarti Kotwal, who elaborated on traditional and emerging diagnostic techniques, including molecular assays and emerging technologies that aid in early and accurate TB detection.

The treatment of Drug-sensitive TB along with TB treatment in special situations were addressed by Dr. Varuna Jethani. She discussed the challenges and treatment lines in a patient diagnosed with TB with underlying conditions like chronic kidney disease, chronic liver disease, diabetes mellitus, HIV-AIDS, and even pregnancy. She emphasized the importance of individualized treatment approaches and adherence to evolving national guidelines.

A detailed perspective on extra-pulmonary tuberculosis (EPTB) was provided by Dr. Sohaib Ahmad, who highlighted the diverse manifestations of TB beyond the lungs, including lymph nodes, pleural, abdominal, pericardial, musculoskeletal, and central nervous system involvement, stressing the need for heightened clinical suspicion and targeted diagnostic approaches.

Drug-resistant tuberculosis (DR-TB), a major global health challenge, was extensively covered by Dr. Rakhee Khanduri, who reviewed recent developments in managing multi-drug-resistant (MDR), Pre-XDR and extensively drug-resistant (XDR) TB. She discussed novel drug regimens including shorter and longer treatment courses in MDR-TB and XDR-TB, along with newer regimen - BPaLM, and also other regimens for H-mono resistant TB. She also discussed the role of newer therapeutics in improving patient outcomes.

Dr. Shaili shed light on latent tuberculosis infection (LTBI) and tuberculosis preventive therapy (TPT), emphasizing early detection and prophylactic treatment as key strategies to prevent active TB and reduce disease transmission in high-risk populations. She also discussed about latest diagnostics like Cy-TB which can be performed at field level and holds better sensitivity as well.

The role of surgical intervention in TB management was addressed by Dr. Harindra Sandhu, who explained its significance in select cases such as TB abscesses, complications like empyema, and drug-resistant cases where medical therapy alone is insufficient.

The conference concluded with an interactive panel discussion moderated by Dr. Sushant Khanduri, Dr. Manoj Kumar, and Dr. Rahul Kr. Gupta, where all speakers addressed common challenges in TB management. Participants raised critical concerns, and the expert panel offered practical solutions, emphasizing the significance of multidisciplinary collaboration in TB control.

The event served as a crucial platform for medical professionals to refine their expertise in TB prevention, diagnosis, and treatment, aligning with India's vision to eliminate tuberculosis by 2025. With such knowledge-sharing initiatives, healthcare professionals are better equipped to tackle the TB burden and contribute to national and global TB eradication efforts.

Attendees also got 3 credit hrs from Uttarakhand Medical Council along with insight on tuberculosis by our esteemed resource faculty. CME was blessed by Dr Manoj Verma DTO Dehradun and Dr Bipra WHO consultant.



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