

## **Preventing Chronic Diseases in Workers: A comprehensive approach**

Post-conference Workshop

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Faculty:

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The Ministry of Health and Family Welfare, India, declared in the National Health Policy, 2017, the aim to attain the highest possible level of good health and well-being for all at all ages through a preventive and promotive health care orientation in all the developmental policies, and the universal access to good quality health care services without anyone having to face financial hardship consequently. It also explains how the policy seeks to move away from Sick care to Wellness, with a thrust on prevention and Health promotion. Adopting this vital mandate, we all collaborate and seek to reduce harm and premature mortality from cardiovascular diseases, cancer, diabetes, musculoskeletal disorders, work-related stress or long covid related health issues. These diseases are primordially preventable yet rising in incidence and prevalence.

Most of the growing and widely published banks of evidence related to preventive healthcare are yet to be adopted in practice. This workshop provides a comprehensive approach for medical and wellness practitioners adopting the same in their care systems. Interesting aspects covered include the role of care providers beyond the closed walls of hospitals, the active engagement of multiple stakeholders in therapeutic relationships, the significant play of digital health and telemedicine, health cultures and much more. The preventive healthcare operations involve several innovative approaches widening the scope of medical care, user-friendliness, and group-based approaches in delivering preventive healthcare.

### **Topics covered**

- Understanding chronic diseases: Stages of chronic disease; Limitations of medicines first approach and long-term use of medicines; Rising trends of preventable chronic diseases ● Health concerns related to chronic diseases: Health Risks, Stressors, Poor QoL, Functional limitations, OOP expenditures (planned and catastrophic)
- Importance of Preventive Care and Global Initiatives: WHO, GoI, ILO, UNDP declarations; Modifiability of health variables
- Making preventive health checks more effective: Socio-economic profiles; Family history; Health assessment tools; Lifestyle vital signs; Ergo check; Electrophysiology; Digital

screening tests: Performance-based health tests; Targeted Lab tests (conventional, metabolomics, inflammatory markers, nutrient levels, genomics, cancer markers, radiology, sonology, etc.)

- Key components in the delivery of preventive healthcare: Health education, promotion of personal health literacy; Environmental arrangements; Personal protective practices; Healthy lifestyles; Behavioural modifications; functional health of body organ systems; vaccinations and immunisations; preventing disability and occupational rehabilitation; medicines for preventive treatments; procedures and surgeries for preventive treatments.
- Contextualising preventive care for health needs of people: Worksite Health Promotion; Community-based preventive care programs; national health programs for chronic diseases; Preventive cardiology; Preventive oncology; Preventive dentistry; Preventive psychiatry.
- Preventive healthcare operations: Collaborations; Group health interventions; accredited healthcare team; HIMS, Profiling target population; Assessment scores and interpretations; Clinical decision-making in modifying health parameters; progress checks; prognostic checks; longevity programmes.
- The vital role of Digital Health and Telemedicine.
- Health economic measures and outcome assessment: 4 delays in attending to health needs: Delay in recognising need; Delay in accessing the right care; delay in reaching care provider; delay in recovering from poor health & benefiting from good health. Strategy for Health economy; Cost-benefit analysis of preventive healthcare; cost-effectiveness analysis: Return on Investment

## **Learning objectives**

Attendees will gain competencies to adopt preventive healthcare in meaningful and purposive ways at their workplaces and engage stakeholders and healthcare agencies in contributing to sustainable workplace health improvement.

## **About Our Speakers:**

### 1. Dr. Ravikumar Modali

Dr. Ravikumar Modali is the Vice President, Clinical Services & Corporate Health Programs at Recoup Health Inc. Prior to this, he held office as Exec Committee & Board Advisory Member @ Indian Society of Lifestyle Medicine; Lead trainer @ Telemedicine Society of India and also as Director – Clinical Strategy, Knowurture Health Solutions and several health and wellness companies.

He is alumnus of the prestigious KEM hospital @ Mumbai, BITS, Pilani, Board certified in lifestyle medicine from IBLM, USA & certified physician coach from CCA, USA.

Apart from his hands-on expertise in the field of lifestyle medicine, he comes with a rich experience in medical analytics, medical treatment programs, disease remission plans, emergency response services, corporate/residential health benefit programs & health insurance benefit plan design. He was invited to review the Indian government's NPCDCS program for chronic disease management & has written 2 chapters in India's first academic book in health insurance. His prior experience involved Medical protocols for EMRI's 108 emergency response services, Medical networking for Health Insurance at TTK, Wellness benefits for Vidal healthcare and several digital health start-ups like CallHealth, Connect-n-Heal among several others. His thought leadership is well recognised in the national think tank body of FICCI, QCI, TSI and ISLM.

His current interest areas include Health benefit programs, Lifestyle & Behavioural medicine, Digital therapeutics & Tele-Medicine. Dr. Ravi also mentors physicians & healthcare teams on adopting these new-age approaches in their medical practice.

## 2. Deepak Sharan

Dr. Deepak Sharan is a highly accomplished consultant specializing in orthopedic surgery, rehabilitation, ergonomics, occupational health, and functional and lifestyle medicine. Based in Bengaluru, India, he is associated with RECOUP Health and holds prominent positions in various prestigious organizations. Dr. Sharan serves as the Chairperson of the Scientific Committee on Musculoskeletal Disorders at the International Commission on Occupational Health and as the President of the International Myopain Society. He is also the Founder Director of the EPM International Ergonomics School in Italy and the Founder President of both the Indian Ergonomics School and the Indian Myopain Society. With an impressive portfolio of over 600 international scientific publications and conference presentations, Dr. Sharan has conducted extensive research on office and industrial ergonomics, healthcare ergonomics, cognitive ergonomics, and work-related musculoskeletal disorders (WRMSD). Notably, he co-developed the Time-based Assessment Computerized Strategy (TACOs) for assessing the risk of WRMSD among physiotherapists. Dr. Sharan has received numerous awards and research grants, including the National Disability Award from the Government of India and prestigious international research awards in the field of orthopedics and pediatric orthopedics. As an internationally recognized expert in WRMSD, he has developed his own validated assessment and treatment approach known as the SHARAN's Protocol, which has successfully treated over a million patients from 45 different countries. Dr. Sharan also works as an ergonomics and occupational health consultant for several Fortune 500 companies and is an authorized trainer for various methodologies and tools related to ergonomics and occupational health, including the Revised NIOSH Lifting Equation, ERGOcheck Risk Mapping, TACOs Tool, OCRA methods, and

Push-Pull-Carry techniques.

### 3. Naveen Ramesh

Dr. Naveen Ramesh is a Professor in the Department of Community Health, St. John's Medical College, Bangalore. He did his MBBS from Kempegowda Institute of Medical Sciences, Bangalore and MD, Community Medicine from St. John's Medical College, Bangalore. He has also done his Diploma in Industrial Health, Postgraduate Diploma in Industrial Safety and MBA in Hospital Management.

His area of interest includes occupational health and safety and infectious disease epidemiology. Currently he is in-charge of 'Occupational Health Services and Staff Clinic, St. John's Medical College Hospital' which takes care of students and staff of St. John's National Academy of Health Sciences. He was conferred the "Mohanmal Award" by Association of Occupational Health Karnataka, "Young Scientist Award" by Karnataka Association of Community Health and "Best Resource Person Award" by Indian Association of Occupational Health. He is a member of the Indian Association of Occupational Health since 2005-06 and involved in organisation of state and national level conferences.

He is on the editorial board of Indian Journal of Occupational and Environmental Medicine (IJOEM) and International Journal of Occupational Safety and Health (IJOSH). He has more than 75 publications in indexed National and International journals and have guide more than 15 university students in thesis.