

Health Scores in Precision Occupational Medicine

Faculty:

Ravikumar Modali

Deepak Sharan

Learning Objective

Human resourcefulness at work involves many subjective phenomena that determine the performance and productivity of work. Self-rated health assessment tools are a non-invasive approach enabling workers to represent changes in health without depending on symptoms to attend to their health needs.

The symposium presents aspects of health scores featuring the below-mentioned capabilities:

- a. User-friendliness with simple language and controls to seek health and care
- b. Address complex health scenarios using a structured approach
- c. Prioritise health interventions, especially health promotion and preventive care
- d. Standardisation of healthcare practices for widespread adoption
- e. Inter-disciplinary team coordination
- f. Epidemiological use & Health analytics
- g. Evaluating therapeutic effects, health outcomes and return on investment

Topics Covered

1. **Introduction and review of existing health scores** Ravikumar Modali
2. **Development and validation of RECOUP Entire Person Health Score** Ravikumar Modali
3. **Development and validation of DEEPAK SHARAN'S Pain Phenotype Score** Deepak Sharan

Key Takeaways

Attendees will gain competencies to adopt health scores 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, Knowwurture 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.