The departments of Physical Medicine & Rehabilitation (PMR) and Geriatrics organised a CME on Saturday, the 1st of July 2017, themed ‘Rehabilitation Potential in the Elderly’. The CME was attended by 60 staff and students of Physiotherapy and Occupational Therapy from various colleges and hospitals in and around Tamil Nadu, Andhra Pradesh and Karnataka.

Chaplain Rajdeep Samal began the programme with a word of prayer, following which Mr. Andrew Babu, Head of the Physiotherapy Unit, welcomed the gathering. The felicitation addresses were given by Principal Dr Anna B Pulimood, Medical Superintendent Dr C E Eapen, Dr Prasad Mathews, Professor of Geriatrics, Dr Judy Ann John representing the PMR Department and Mr Sanjeev Padankatti, Head of the Occupational Therapy Unit.

The pathology and rehabilitation aspects of three of the main disease processes seen in the elderly were addressed. The concept of the ‘Frailty Syndrome’ was clearly described by Dr Mathews.
Mr Samuel Vinod (Tutor of Physiotherapy), Ms Mary Kavi (Tutor of Occupational Therapy), and Dr Naveen from PMR covered the rehabilitation aspects of the frail elderly patient. The problem of Chronic Obstructive Pulmonary Disease (COPD) and Congestive Cardiac Failure (CCF) was elaborated upon by Dr K G Gopinath, Mr Lenny Vasanthan (Lecturer of Physiotherapy), Mrs Priyadarshini (Tutor of Occupational Therapy) and Dr Prashanth Chalageri from PMR.

Under neurological disorders, the pathology of stroke and Parkinson’s was highlighted by Dr Surekha V, followed by the important aspects of the rehabilitation process. These were explained in detail by Mr Samuel Kirubakaran (Lecturer of Physiotherapy), and Mrs Elizabeth Rani (Tutor of Occupational Therapy), with ‘Bedside swallow assessment’ inputs from Speech Therapist Ms Veena, and Dr Bobeena Rachel Chandy from PMR.