

Report on “Validation of contents of NAMS National Symposium on harmful effects of Alcohol: Need for evidence based National Policy” held at AIIMS Jodhpur along with Dr S N Medical College, Jodhpur through NKN

-Dr Kuldeep Singh

NAMS National Symposium on “Harmful Effects of Alcohol consumption: Need for evidence-based National policy” held on 30th January 2015 based on pre-recorded DVDs

After months of planning, rounds of discussions with the experts, speakers and representatives from public, the topic on Alcohol was confirmed as the theme for Symposium for NAMSCON 2014 at AIIMS Rishikesh and finer details of the program were chalked out meticulously by Prof J S Bajaj, Chairman, Academic Council. The event was recorded through twin cameras, later edited and DVDs were prepared which were further reviewed by Prof J S Bajaj along with Dr Kuldeep Singh for content selection.

The broad goals of the this symposium were to bring the medical experts, social scientists, community workers, medical officers, NGOs, stakeholders responsible for policy decisions together on a single platform to share their differing experiences along with those of the national de-addiction centres and to examine the possible impact of development of a national policy for reducing the prevalence of alcohol intake and for management of alcohol-related health, social, and other related issues which make key impact on the community and the society.

Specific Objectives of this research symposium:

1. To compare the effectiveness of DVD as a Continuing Professional Development resource and;
2. Its content validation using National Knowledge Network (NKN) as backbone internet.

Methodology:

- (a) Presentation by the Course Faculty:

The presentations were based on NAMS-AIIMS National Symposium on “Harmful Effects of Alcohol consumption: Need for evidence-based national policy” on 17th October 2014 at 54th Annual Conference of National Academy of Medical Sciences at AIIMS Rishikesh. The modus operandi for the presentations was as follows:

1. Well constructed objectives of Alcohol symposium were prepared months back.
2. The speakers were chosen for their expertise and were asked to prepare a summary to be distributed as LRM.
3. All topics were discussed with the chairmanship of Prof J S Bajaj. The content to be delivered was moderated with special attention to avoid redundancy and repetition. Where ever possible, structured approach was suggested.
4. On day of the symposium, all presentations were recorded by HD video with video mixing. Twelve presentations were recorded with speakers consent.
5. The DVD so prepared was reviewed by Prof J S Bajaj. Suggested comments were incorporated in final DVDs with regard to content and quality.

(b) The arrangement for Content Validation:

1. Senior residents of Departments of Community Medicine, Psychiatry, Medicine, Pediatrics and Obstetrics from AIIMS Jodhpur and Dr S N Medical College, Jodhpur were invited through their respective Head's of Department.
2. The objectives were explained and written consent obtained from all participants.
3. Pre validated pre-test questionnaire consisting of 30 questions based on Alcohol were distributed to all participants.
4. Arrangement for video playing and it's transmission to Dr S N Medical College, Jodhpur were made with help of video professional, IT in-charge AIIMS Jodhpur and IT in-charge Dr SNMC. Additional arrangements were made to transmit the video through internet to MBBS Students at AIIMS Jodhpur. Because of logistics issue, it was not done at SNMC. DVDs were played.
5. After all presentation, participants were given an opportunity to comments on talk.
6. At the end of symposium, participants were again given a Post-test questionnaire consisting of different questions but having same difficulty index. The participants were also asked to fill the Program evaluation form which consists of part A having 11 questions on program and Part B on some descriptive response on academic activity.
7. Students of AIIMS Jodhpur were asked to fill Program evaluation form only.

(c) Analysis was done with help of SPSS ver 17.0 and various indices were calculated for satisfaction index. Descriptive frequencies were used to describe the data; Paired t test was used for quantitative data while McNemar's test was used to compare the paired categorical data. P value < 0.05 was considered as significant.

Synopsis of Presentations:

The opening talk was delivered by Dr Nimesh G Desai who highlighted the National Scenario of Alcohol Consumption. While stressing on rich cultural diversity, multi-ethnicity, multi linguistics of Indian citizens, poverty in our country still is to the tune of 30 %. This in itself is a big challenge for exploring the precise extent of alcohol consumption. Collective review estimates it around 30 % in adult men and 3 % in women.

Dr Ranjan Solanki, Senior Assistant Professor, Mahatma Gandhi Institute of Medical Sciences, Wardha, Maharashtra spoke about social and community perspectives of Alcohol consumption. She also highlighted that villagers in Wardha are involved in many Gandhian tasks and problem is less in that region. However, the situation is grave in the country. National Mental Health Policy 2014 will be able to curtail the problem to some extent.

Dr R K Chadda spoke about the mental effects of Alcohol consumption. His talk touched on various aspects of neurological and mental manifestations including psychosis, management principles and de-toxification. One cannot manage alcoholism single handed and multidisciplinary and multimodal therapy is required.

Dr Kamal Buckshee's talk on alcohol and women health was the star attraction of symposium since the homes are built around women and is one of the important stakeholders who can make her husband and children understand risk of alcohol consumption and convince with firm attitude. She also highlighted the harmful medical effects of alcohol on women and her fetus. The talk was applauded by one and all.

Dr Yogesh Chawla presented data based on evidences from studies from PGI and published literature globally which convinced the participants that alcohol is not only hepatotoxic but has also effect on pancreas and various endocrine organs affecting GI tract.

Dr P D Garg from Swami Vivekanand Drug De-addiction Center, Amritsar explained in his lucid style for integrating primary and secondary care with emergency care citing many examples from his personal patients portfolio. He also stressed that ultimate sufferer is women in the family.

Last of the talk was delivered by Prof Shridhar Sharma who delved in great detail the history of Policy enunciation in our constitution, challenges in implementation because of interests of stakeholders involved. It was difficult to maintain a balance between economic growth and alcohol prohibition. He suggested many ways the policy can be further evolved.

Results:

The event was inaugurated by Dr Ami Lal Bhat, Principal, Dr S N Medical College (SNMC), Jodhpur along with Dr Sanjeev Misra, Director, AIIMS, Jodhpur and Dr Suman Bhansali, Professor Community Medicine, SNMC, Jodhpur. All faculty of NAMS Center for research in Medical education were present along with Faculty members of participants' department.

Dr Kuldeep Singh explained the objectives of the research symposium.

There were 27 participants from AIIMS Jodhpur and 17 participants from SNMC at the start of symposium. The mean scores were 12.92 ± 2.52 for AIIMS, 12.45 ± 2.23 for SNMC. Only 6 from AIIMS (22.2 %), 4 from SNMC (23%) score above scores of 15. After the symposium, post test scores were 15.94 ± 2.34 (AIIMS) and 14.24 ± 2.95 and passing percentage of 60 % (AIIMS) and 52 % (SNMC). Comparison of pre-post reveals significant improvements in knowledge among AIIMS participants (P value 0.0007). However, though improvement in scores was there, it but was not significant amongst SNMC (P value 0.09)

The overall objectives of symposium were largely met. The participants were highly satisfied and satisfaction indices of AIIMS and SNMC are depicted in Table 1.

Table 1: Satisfaction Indices between AIIMS and Dr S N Medical College Participants:

Parameter	Satisfaction Index, SNMC N=17	Satisfaction index, AIIMS Jodhpur N=18
1. I received precise information in advance on the aims of the Symposium.	77.6	75.5
2. The goals of the workshop appeared to me to be of immediate interest for my academic activities.	72.9	71.1
3. The content of the workshop dealt with issues I generally encounter in my academic assignments.	71.7	78.9
4. Considering my other professional commitments, the Symposium Scheduling was appropriate.	65.8	63.3
5. I found the documents provided of acceptable quality.	77.6	68.8
6. Time was provided to seek clarification on issues included in the background documentation.	77.5	64.4
7. The working methods used during the Symposium encouraged me to take an active interest in the session themes.	76.4	76.6

Parameter	Satisfaction Index, SNMC N=17	Satisfaction index, AIIMS Jodhpur N=18
8. The pace of presentation of the subject content was appropriate.	77.5	78.9
9. The general atmosphere of the Symposium was conducive to serious work.	78.8	83.3
10. The organisers gave me opportunity for critical comment.	71.7	63.3
11. The organisers made use of any critical comments I made during the Symposium.	63.5	65.0

NB: The SI was almost similar between two Institutes. Dr S N Medical College Residents were more satisfied with opportunity for critical comments. However, AIIMS Residents' found symposium environment to be conducive for serious work.

There were about 200 students from 1st, 2nd and 3rd MBBS course. This was a new type of learning for them. Students of 3rd MBBS were very enthusiastic and attended the whole program. Students from 1st MBBS were least interested. They were highly satisfied with ***"The working methods used during the Symposium encouraged me to take an active interest in the session themes"***. Most of students requested for similar activity on many topics from such experts. However, they also said that pace of presentation was very fast and faculty members should be present to clarify some concepts for this very important topic.

On comparing improvement in knowledge between symposiums held at AIIMS Jodhpur with that from AIIMS Rishikesh showed higher scores at AIIMS, Jodhpur and SNMC.

Conclusions:

1. There was improvement in knowledge and skills after the symposium but significant improvement in scores amongst AIIMS participants than SNMC.
2. An innovative approach whereby the pre-recorded DVD consisting of 7 presentations of the Alcohol Symposium held at AIIMS Rishikesh were presented to the participants. The presentations were played on a PC and were seen by participants present at AIIMS, Jodhpur and Dr S N Medical College, Jodhpur through live video-conferencing (VC). Moreover, the presentations were streamed live through NKN to about 200 students of AIIMS Jodhpur sitting in a Lecture Theater. While VC was instantaneous, the live webcast had a delay of about 30 seconds.
3. As far as we are aware, this is the first time such an innovative method of CME session was conducted here in Jodhpur and to the best of my knowledge in India. Here, the experts were replaced by their high quality, clearly visible and audible presentations along with power point slides in a synchronized method. At places video was unclear but was suitably complemented by the Learning resource handbook prepared by students and residents while listening to it many times.
4. Overall high satisfaction of participants with respect to timely information, conducive environment and working method encouraging active participation (all > 75%).

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- C. Dr Rajesh Sharma, In-charge IT Cell for Video Conferencing at AIIMS Jodhpur
- D. Mr Hatilla, Deputy Director, IT Cell, Dr S N Medical College

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5. Prakrati Yadav
6. Tulsi Appat
- E. LDCs- Madhusudan Prajapat, Yogesh Kumar,
- F. Mr Rahul Singh Manglia, DEO, IT Cell

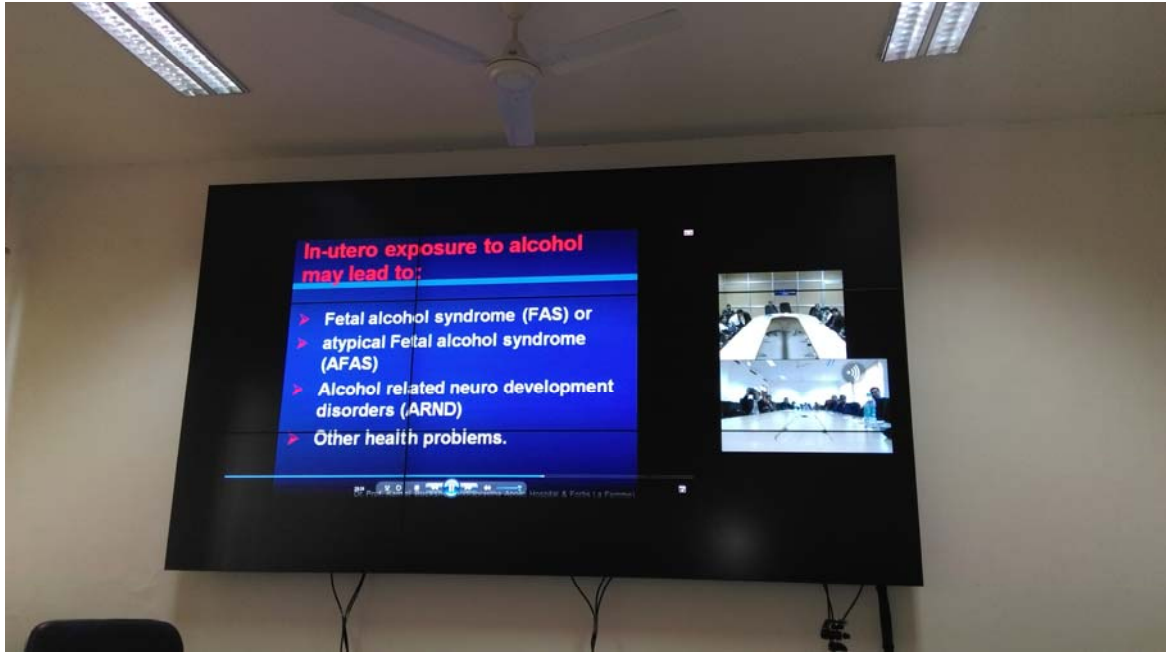
G. Some Photographs



Inauguration of Symposium by Prof Ami Lal Bhat, Principal, Dr S N Medical College, Jodhpur along with Dr Suman Bhansali.



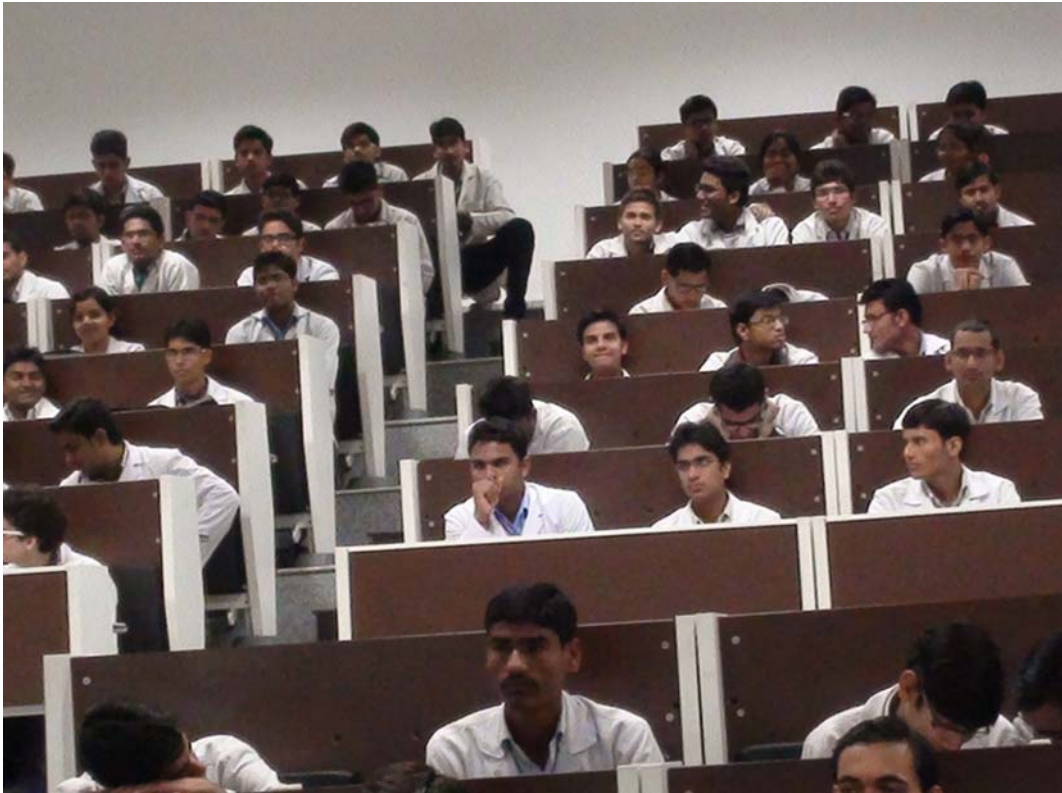
Video Conferencing at AIIMS Jodhpur



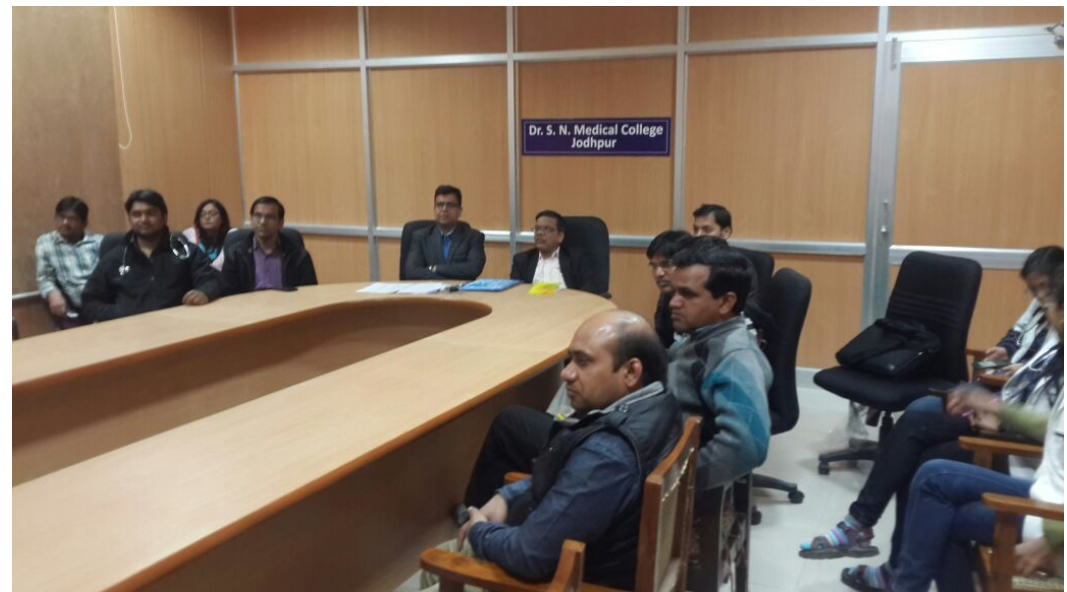
Videos at AIIMS Jodhpur side



Participants at AIIMS Jodhpur



Students at AIIMS Jodhpur



Participants at Dr S N Medical College, Jodhpur VC Room
