

Department of Cardio Respiratory Physiotherapy

KVK Pravara Radio Program: A radio awareness program on Role of Physiotherapy in Osteoarthritis was done at KVK Pravara radio on 8th & 9th September 2022. The program was conducted by Dr. Ashirwad Mahajan, Associate Prof. and Dr. Sambhaji Gunjal, Associate Prof. Department of Cardio respiratory Physiotherapy.



World Heart Day: On the occasion of World Heart Day 2022 a Risk Stratification and Cardiovascular Disease Screening camp was organised for Bank Workers at Pravara Sahakari Bank, Loni on 30th September 2022 in which 65 employees were screened for risk of developing cardiovascular disease.



World Diabetes Day: A Diabetic Screening camp was organised in Pravara Sahakari Bank, Loni on 14th November 2022 in which 40 employees were screened.



World COPD Day: A COPD Screening Camp for staff nurses of Dr. Vitthal Rao Vikhe Patil Pravara Rural Hospital, Loni was organised in the college on 24th November 2022. 47 staff nurses participated in this screening camp and 11 of them had obstructive/respiratory disease.



World Obesity Day: A screening camp was organised for the undergraduate students of Dr. APJ Abdul Kalam College of Physiotherapy for subcutaneous fat in arms, trunk and legs along with whole body fat and 121 students participated in the camp. Lifestyle modification and importance of exercise and physical activity was explained to the participants.



World Tuberculosis Day: An awareness camp was organised for the patients in the TB ward of Vitthal Rao Vikhe Patil Pravara Rural Hospital on 24th March 2023. The theme of the camp was- Yes! We Can End TB. The camp focussed on early diagnosis, treatment, physiotherapy and rehabilitation of TB patients.



World Asthma Day: A poster making activity was organised by the students on 5th May 2023 to spread awareness regarding diagnosis, treatment and management of asthma.

TIPS FOR MANAGING ASTHMA

- Take your MEDICATIONS** as prescribed, even when you are well.
- KNOW YOUR TRIGGERS** and avoid them where possible.
- Go for a regular **ASTHMA REVIEW**. Adults - at least once a yr. Children - every 6-12 months.
- Eat a healthy **BALANCED DIET** & **EXERCISE REGULARLY**.
- DO NOT SMOKE** and ask people not to smoke around you.
- Make Sure you can tell when your asthma is **GETTING WORSE** and quickly get help.
- Have your **INHALER TECHNIQUE** checked regularly.
- Call Free Asthma Advice line on **(02422) 1961**.

ASTHMA TRIGGERS

- INDOOR SOURCES**
 - MOLD
 - SECONDHAND SMOKE
 - DUST MITES
 - RODENTS
 - COCKROACHES
 - ANIMAL FEUR
- OUTDOOR SOURCES**
 - VEHICLE EXHAUST
 - FACTORY EMISSIONS
 - SMOKE
 - POLLEN
 - MOLD SPORES
- OCCUPATIONAL SOURCES**

INHALERS FOR ASTHMA

RELIEVERS

1. Albuterol[®] / Ipratropium[®] (Symbicort)
2. Budesonide[®] / Formoterol[®] (Symbicort)
3. Ventolin[®] / MDI (Albuterol)
4. Ventolin[®] / MDI (Albuterol)
5. Advair[®] / MDI (Corticosteroid + Long-acting beta2 agonist)

PREVENTERS

1. Inhaled Corticosteroids (Asthma[®] / MDI, Fluticasone[®] / MDI, Budesonide[®] / MDI, Fluticasone[®] / DPI, Budesonide[®] / DPI, Fluticasone[®] / DPI, Budesonide[®] / DPI)
2. Long-acting beta2 agonist (Salmeterol[®] / MDI, Formoterol[®] / MDI)
3. Singulair[®] (Montelukast)

COMBINATIONS

1. Budesonide + Formoterol
2. Fluticasone + Salmeterol
3. Budesonide + Formoterol

CONTROLLERS

Long-acting beta2 agonists

1. Salmeterol[®] / MDI (Salmeterol)
2. Formoterol[®] / MDI (Formoterol)
3. Salmeterol[®] / MDI (Salmeterol)
4. Formoterol[®] / MDI (Formoterol)

WORLD ASTHMA DAY

ASTHMA INFOGRAPHICS

RISK FACTORS

- GENETIC
- INFECTION
- DUST
- POLLUTION
- ALCOHOL
- CIGARETTE
- PET
- DUST
- PERFUME
- WAX
- CHEMICALS

SYMPTOMS

- WET COUGH
- WHEEZY COUGH
- WHEEZY OR WHISTLING ON BREATHING
- WHEEZY ON BREATHING
- CHEST TIGHT OR PAIN
- WHEEZY

TREATMENT

- EXERCISE
- INHALERS
- NEBULIZERS
- ORAL CORTICOSTEROIDS
- MONTELUKAST
- LABETALOL
- LABETALOL