



# 7<sup>th</sup> Annual Asthma Meeting

الملتقى السنوي السابع لمرض الربو

This meeting is conducted in conjunction with World Asthma Day

May 6-7, 2008  
Jumada Alawal 1-2, 1429

## ADVANCED SCIENTIFIC PROGRAMME

تنظيمه  
جامعة الملك سعود بن عبدالعزيز للعلوم الصحية  
مدينة الملك عبدالعزيز الطبية  
بالتعاون مع  
الجمعية السعودية لطب و جراحة الصدر

### Organized by:

Pulmonary Section, Department of Medicine  
Pulmonary Section, Department of Pediatrics  
Postgraduate Training Center  
King Abdulaziz Medical City, Riyadh  
King Saud bin Abdulaziz University for Health Sciences

### In collaboration with:

The Saudi Thoracic Society  
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**Please visit: [www.tnfos.com](http://www.tnfos.com)**

TNFOS is a web-based Arabic site with the mission to prompt health awareness with evidence based knowledge in lung-related diseases by using easy understandable language with emphasis on prevention and the development of effective Patient-Doctor partnership.

## **Mission**

To promote Asthma Awareness for health care workers, present updated knowledge of recent treatments and guidelines, and promote research in the fields related to Asthma.

## **Educational Objectives**

At the conclusion of the annual asthma meeting, attendees are expected to:

- Understand the definition and epidemiology of asthma.
- Describe the clinical presentation of Asthma.
- Discuss the role of various indoor allergens causing health effects.
- Integrate the new asthma guidelines into their current practice.
- Describe the role of airway inflammation in the genesis of asthma.
- Discuss the use of immunotherapy.
- Describe management of patients with severe asthma who fail to respond to conventional treatment.
- Discuss the connection between the nose and lung when managing asthma.
- Consider pharmacoeconomic factors when determining the most effective management for patients with asthma.

## **Target Audience:**

This meeting is conducted annually and intended for physicians working in Pulmonary Medicine, Internal Medicine, Family Medicine, Pediatrics, and Emergency Medicine. It is intended too for Pharmacist, Respiratory Therapist, Nurses, Health Educators, and interested Health Care Workers.

## **Accreditation:**

The meeting is accredited with 18 CME hours from the Saudi Council for Health Specialties.

## **Venue:**

Officers Club, National Guard Health Affairs  
Riyadh, Saudi Arabia

## *Address by the Chief Medical Officer*

Asthma is a serious, sometimes life-threatening respiratory disease that affects the quality of life of patients and their families. Although there is no cure for asthma yet, asthma can be controlled through medical treatment and management of environmental triggers. In order to address this concern, an extremely important step has been taken within the Kingdom seven years ago where leading asthma clinicians, researchers, and health experts presented the latest scientific advances in asthma prevention and control in what is now known as the annual National Guard Health Affairs Asthma Awareness Meeting.



The 7th Asthma Awareness Meeting provides an important opportunity for asthma experts to share their knowledge and map out new approaches to prevent asthma complications. This meeting is also hoped to describe goals that will make significant progress toward finding ways to provide thorough asthma education to patients through leadership, policy initiatives, partnerships, and communication.

Over the years, the awareness meetings disseminated the global initiative for asthma recommendations, launched courses for asthma educators and delivered a coordinated national effort to optimize asthma management. The participation and commitment of various disciplines has been key to the success of this undertaking. This proves that by coordinating efforts, the burden of this disease will be reduced and help improve the quality of life of our patients.

I would like to express my appreciation to the organizers of this awareness meeting, for taking this great initiative toward improving the clinical care of our asthmatic patients.

**Bandar Al Knawy, M.D., FRCPC**

Chief Medical Officer

National Guard Health Affairs

## *Organizing and Scientific Committee Address*

Once again, we are gathered for the Asthma Awareness meeting for the seventh time. The 7<sup>th</sup> Annual Asthma meeting has gained the distinction of being one of the major awareness activities in the Kingdom. This meeting has clear mission to promote Asthma awareness for health care workers, present updated knowledge of recent treatments and guidelines, and promote research in the fields related to Asthma. Moreover, the program received extensive review with creation of educational objectives to fulfill the meeting mission.



The scientific program continued to integrate the Global Initiative for Asthma (GINA) in order to standardize the methods of Asthma diagnosis and management. Moreover, the meeting promotes the multi-disciplinary approach in asthma management and the genuine patient-doctor partnership.

The 7<sup>th</sup> Annual Asthma meeting also hosts the meeting of Saudi Thoracic Society Advisory group for Saudi Initiative for asthma (SINA); a group that works to develop local initiative to distribute updated guidelines in asthma diagnosis and management.

We are proud to unfold the durable seventh leaf of the Asthma Awareness Event's indefinite years of success and we are confident that it has gained the unquestionable reputation of being one of the major activities related to Asthma in the Kingdom.

I will take this opportunity to thank Dr. Bander Al Knway for his unlimited support of this event, my colleagues for the outstanding scientific program, the members of Postgraduate Training Center for their support, Public Relation and other support services, and the sponsoring pharmaceutical companies.

**Mohamed S. Al Moamary**

Director, Asthma Awareness Meeting

**Director:****Dr. Mohamed S. Al Moamary**

Associate Dean, Clinical Affairs, College of Medicine  
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Head, Pulmonary Section, King Khalid University  
Hospital, Riyadh

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Head, Pulmonary Section, Department of Medicine,  
KAMC-Riyadh

**Dr. Hammad Al Sadoon**

Head, Pulmonary Section, Departments of Pediatrics,  
KAMC-Riyadh

**Dr. Khalid Al Mobeireek**

Head, Pulmonary Section, King Khalid University  
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Head, Pulmonary Section, Riyadh Armed Forces  
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# FACULTY

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**Prof. Mohamed Al Hajjaj**

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**Prof. Faisal Al Kassemi**

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**Mr. Mohammed Al Ahmari**

Prince Sultan College of Health Sciences, Dhahran

# Asthma Control Test™



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- The following test can help people with asthma (12 years or older) assess their asthma control.
- Please circle the appropriate score for each question. There are FIVE questions in total.
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25

## Know your asthma score

**Step 1:** Circle your score for each question and write the number in the box. Please answer as honestly as possible. This will help you and your doctor discuss what your asthma is really like.

**Question 1** ▶ In the **past 4 weeks**, how much of the time did your asthma keep you from getting as much done at work,

1 All of the time 2 Most of the time 3 Some of the time 4 A Little of the time 5 None of the time

SCORE

**Question 2** ▶ During the **past 4 weeks**, how often have you had shortness of breath?

1 More than once a day 2 Once a day 3 3 to 6 times a week 4 Once or twice a week 5 Not at all

**Question 3** ▶ During the **past 4 weeks**, how often did your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?

1 4 or more nights a week 2 2 to 3 nights a week 3 Once a week 4 Once or twice 5 Not at all

**Question 4** ▶ During the **past 4 weeks**, how often have you used your rescue inhaler or nebulizer medication (such as salbutamol)?

1 3 or more times per day 2 1 or 2 times per day 3 2 or 3 times a week 4 Once a week or less 5 Not at all

**Question 5** ▶ How would you rate your asthma control during the **past 4 weeks**?

1 Not controlled at all 2 Poorly controlled 3 Somewhat controlled 4 Well controlled 5 Completely controlled

Total

**Step 2:** Add up your score to get your total.

**Step 3:** Turn over to find out what your score means.



# Scientific Program

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# Tuesday, May 6<sup>th</sup>, 2008

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## Theme 1: Knowing Asthma Better

Chairpersons: Dr. Hamdan Al Jahdali & Dr. Khalid Al Mobeiereek

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07:30 – 08:00 Registration

08:00 – 08:10 Opening Remarks

Dr. Hamdan Al Jahdali

08:10 – 08:35 Asthma is a Major Health Problem

*Objective: At the end of this session, attendees are expected to understand the definition and epidemiology of asthma, and recognize the impact on the health system.*

Prof. Abdulrahman Al Frayh  
King Saud University, Riyadh

08:35 – 09:00

**Understanding Asthma is Essential**

*Objective: At the end of this session, attendees are expected to understand the pathophysiology of asthma, identify the precipitating factors for asthma, and explain the avoidance Measures.*

Dr. Sulaiman Al Ajaji  
King Saud bin Abdulaziz University  
for Health Sciences, Riyadh

09:00 – 09:25

**Diagnosing Asthma: is it a Dilemma?**

*Objective: At the end of this session, attendees are expected to recognize the different presentations of asthma, interpret the proper investigations of asthma, and describe the differential diagnosis.*

Prof. Omar Al Amoudi  
King Abdulaziz University, Jeddah

09:25 – 09:35 Panel Discussion

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**Opening Ceremony: 9:35 – 10:30**

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# Tuesday, May 6th, 2008

## Theme 2: Approach to Asthma Treatment

*Chairpersons: Prof. Abdulrhman Al Frajh & Prof. Omar Al Amoudi*

10:30 – 10:50

### **The Role of Relievers in Asthma Treatment**

*Objective: At the end of this session, attendees are expected to understand the available reliever medications in practice, explain the application of these medications, and recognize the different modes of delivery of medications.*

**Dr. Khalid Al Mobeireek**  
*King Saud University, Riyadh*

10:50 – 11:20

### **Controller Medications: Present and Future**

*Objective: At the end of this session, attendees are expected to understand the available controller medications in practice, recognize newly introduced medications, and describe the safety profile.*

**Dr. Mohamed Al Anezi**  
*King Abdulaziz Medical City, Riyadh*

11:20 – 11:50

### **Stepwise Approach: Control is the Target**

*Objective: At the end of this session, attendees are expected to describe the role of partnership in asthma, understand the principles of control index, apply the control index in the stepwise approach to asthma, and understand the principles of Action plan*

**Dr. Majdy Idrees**  
*Riyadh Armed Forces hospital, Riyadh*

11:50 – 12:00

### **Panel Discussion**

**Prayer, Lunch & Exhibition 12:00 – 13:00**

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# Tuesday, May 6th, 2008

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## Theme 3: Asthma in the clinical setting

Chairpersons: Prof. Mohamed Al Hajjaj & Dr. Mohamed Al Anezi

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13:00 – 13:25

### **Emergency and Critical Care Management of Asthma**

*Objective: At the end of this session, attendees are expected to understand the clinical evaluation management of asthma and to identify the admission and discharge criteria in the emergency setting. They are also expected to understand the criteria of admission to the critical care department and describe the principles of management*

**Dr. Abdulaziz Al Dawood**

*King Saud bin Abdulaziz University for Health Sciences, Riyadh*

13:25 – 13:50

### **My Asthma is Always Out of Control**

*Objective: At the end of this session, attendees are expected to identify the differential diagnosis of difficult to treat asthma, to describe the investigations and management of difficult to treat asthma.*

**Dr. Saleh Al Dammas**

*King Faisal Specialist Hospital & Research center , Riyadh*

13:50 – 14:15

### **Skin Test and Immunotherapy in Asthma**

*Objective: At the end of this session, attendees are expected to understand the principles of immunotherapy, describe the indication of immunotherapy in asthma, and recognize the types of immunotherapy, their indication, and precautions*

**Dr. Abdullah Al Angari**

*King Saud University, Riyadh*

14:15 – 14: 25

### **Panel discussion**

14:25 – 15:10

### **Stepwise Approach to Asthma in the Clinical Setting: Case Scenarios.**

*Objective: At the end of this session, attendees are expected apply the principles of stepwise approach to asthma, apply the selection of the use of different available categories of medications, and apply the principles of action plan in asthma*

**Dr. Mohammed Zeitouni**

*King Faisal Specialist Hospital & Research Center , Riyadh*

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# Wednesday, May 7th, 2008

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## Theme 4: Asthma in the children & pregnancy

Chairpersons: Dr. Khalid Al Mobeiereek & Dr. Mohamed Al Ghaihab

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08:00 – 08:30

### **Asthma in the Children: Are They Small Adults**

*Objective: At the end of this session, attendees are expected to describe the clinical presentation of asthma in children and infants, describe the proper investigation tools for asthma, describe the principles of managements of asthma and stepwise approach*

**Dr. Hammad Al Sadoon**

*King Saud bin Abdulaziz University for Health Sciences, Riyadh*

08:30 – 09:00

### **Sick Child with Asthma in the Emergency Department**

*Objective: At the end of this session, attendees are expected to describe the clinical evaluation and management of asthma and identify the inpatient admission and discharge criteria in the emergency setting for children*

**Dr. Saleh Al Tamimi**

*King Saud University, Riyadh*

09:00 – 09:25

### **Wheezey Child: Sometimes a Dilemma**

*Objective: At the end of this session, attendees are expected to identify the differential diagnosis of asthma in a child and infant, describe proper investigations in asthma, and to implement the proper treatment.*

**Dr. Muslim Al Saadi**

*King Saud University, Riyadh*

09:25 – 09:50

### **Managing Asthma in Pregnancy and During Lactation**

*Objective: At the end of this session, attendees are expected to describe the appropriate treatment of asthma in pregnancy, and recognize the precautions of asthma treatment in pregnancy and lactation.*

**Dr. Hamdan Al Jahdali**

*King Saud bin Abdulaziz University for Health Sciences, Riyadh*

09:50 – 10:00

### **Panel Discussion**

10:00 – 10:30

### **Break**

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**Wednesday, May 7th, 2008**

**Theme 5: Review in Asthma and application in the clinical setting**

*Chairpersons: Dr. Muslim Al Saadi & Hammad Al Sadoon*

**10:30 – 11:05 Clinical Year in Review in Asthma - Pediatrics**

*Objective: At the end of this session, attendees are expected to discuss the recent literature in asthma in Pediatrics diagnosis & management.*

**Dr. Khalid Al Mobeireek**  
*King Saud University, Riyadh*

**11:05 – 12:00**

**Stepwise Approach & Action Plan in Asthma in the Clinical Setting:**

**Case Scenarios.**

*Objective: At the end of this session, attendees are expected to apply the principles of step-wise approach & Action Plan in Asthma in Pediatrics, and apply the selection of the use of different available categories of medications in Pediatrics.*

**Dr. Mohamed Al Ghaihab**  
*King Saud bin Abdulaziz University  
for Health Sciences, Riyadh*

**Prayer, Lunch & Exhibition 12:00 – 13:00**



# Wednesday, May 7th, 2008

## Theme 6: Common Topics in Asthma

*Chairpersons: Dr. Hussien Al Matter & Abdulllah Al Harabi*

13:00 – 13:30

### **Clinical Year in Review**

*Objective: At the end of this session, attendees are expected to be elaborate on the recent literature in Asthma in regard to diagnosis and management*

**Prof. Faisal Al Kassemi**

*King Saud University, Riyadh*

13:30 – 13:55

### **Chronic Cough: A Common Clinical Presentation**

*Objective: At the end of this session, attendees are expected to recognize the differential diagnosis of asthma, and identify the mimickers of asthma and manage them.*

**Dr. Hani Lababidi**

*King Fahad Medical City, Riyadh*

13:55 – 14:20

### **Asthma & COPD: Not Easy to Differentiate**

*Objective: At the end of this session, attendees are expected to differentiate between asthma and COPD based on biochemical, physiological, and clinical.*

**Dr. Hani Lababidi**

*King Fahad Medical City , Riyadh*

14:20 – 14:45

### **Asthma and Allergy Clinic Set-up: a Role Model**

*Objective: At the end of this session, attendees are expected to recognize the proper set-up of asthma clinic based on a local experience*

**Dr. Hussain Al Matar**

*Al Imam Abdulrahman Bin Faisal Hospital, KAMC - Dammam*

14:45 – 15:05

### **Aerosol Drug Delivery**

*Objective: At the end of this session, attendees are expected to understand the factors that influence the delivery of aerosol medication to the lung and to recognize the methods to choice of an optimal inhalation device*

**Mohammed Al Ahmari**

*Prince Sultan College of Health Sciences, Dhahran*

15:05 – 15:15

### **Panel Discussion**

15:15 – 15:30

### **Closing Remark**

**Dr. Hussien Al Matter**

# Sponsors:





1<sup>st</sup> ANNOUNCEMENT

# 8<sup>th</sup> Annual Asthma Meeting

This meeting is conducted in conjunction with World Asthma Day

**National Guard Officer's Club**  
Riyadh, Saudi Arabia

**May 6<sup>th</sup> & 7<sup>th</sup>, 2009**  
11<sup>th</sup> – 12<sup>th</sup> Jumada Al-Awal 1430

## Call for Abstracts

Deadline: April 1<sup>st</sup>, 2009

Submit to: [asthma@ksau-hs.edu.sa](mailto:asthma@ksau-hs.edu.sa)

## Organized by:

King Saud bin Abdulaziz University for Health Sciences  
King Abdulaziz Medical City, Riyadh

## In collaboration with:

Saudi Thoracic Society  
[www.saudi-thoracic.org](http://www.saudi-thoracic.org)

## Registration Fee:

**Early, 150 S.R** before April 1<sup>st</sup> 2009

**Late, 250 S.R** after April 1<sup>st</sup> 2009

## Contact :

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