

3rd

QRCS Annual Scientific Conference

Musculoskeletal/Neurological Disorders &

Pain Management in Primary Health Care

AGENDA

Activity Code: HGI-05-P7

 الهلال الأحمر القطري
Qatar Red Crescent



Day 1 (Thursday 13 November 2025)

Time	Duration	Session Title and Learning Objectives	Speakers / Moderators	
Pre-Conference Workshops				
7:00	8:00	60 mins	Registration & Refreshment	
8:00	10:00	120 mins	<p>Workshop 1 – USG Guided Injections for Pain Management – Part 1 (Interactive Workshop)</p> <p><i>At the end of this part, the participants will be able to:</i></p> <ul style="list-style-type: none"> Identify the basic sonoanatomy of the shoulder, knee, and trapezius by enlisting the indications and contraindications for USG-guided injections, describe optimal patient positioning for each procedure, select appropriate needles, determine approach angles and recognize key anatomical landmarks relevant to the procedures. Demonstrate correct probe orientation and image optimization by performing safe in-plane needle advancement techniques, accurately identify target structures during procedures, apply proper injection techniques on phantoms or models, and maintain a sterile field during procedures. Exhibit awareness of patient safety and the importance of sterile practice by demonstrating confidence in applying learned skills, show motivation to continue practicing and developing skills, recognize personal limitations and identify situations requiring referral and commit to evidence-based interventional practices. 	<p>Dr. Wael Saleem Dr. Abdullah Fathi Nazal Dr. Redouane Mecharnia =====</p> <p>Dr. Anwar Abdulla Dr. Noujas Kattil</p>
8:00	10:00	120 mins	<p>Workshop 2 – Alternative Medicine – Cupping Therapy for Pain Management (Interactive Workshop)</p> <p><i>At the end of this part, the participants will be able to:</i></p> <ul style="list-style-type: none"> Define the concept of cupping therapy and list its historical origins and types. Recall key physiological mechanisms proposed for its analgesic effects. Summarize current scientific evidence regarding use of cupping therapy in pain management. Explain the safety considerations regarding cupping therapy practice. Demonstrate the technique of cupping therapy in a simulated sitting. 	<p>Dr. Zainab Al Musleh Dr. Maysoun Elabbadi =====</p> <p>Dr. Ayat Alkhalaf Dr. Owais Ahmed</p>
10:00	10:30	30 mins	Coffee Break	
10:30	12:30	120 mins	<p>Workshop 1 – USG Guided Injections for Pain Management – Part 2 (Interactive Workshop)</p> <p><i>At the end of this part, the participants will be able to:</i></p> <ul style="list-style-type: none"> Identify the basic sonoanatomy of the shoulder, knee, and trapezius by enlisting the indications and contraindications for USG-guided injections, describe optimal patient positioning for each procedure, select appropriate needles, determine approach angles and recognize key anatomical landmarks relevant to the procedures. Demonstrate correct probe orientation and image optimization by performing safe in-plane needle advancement techniques, accurately identify target structures during procedures, apply proper injection techniques on phantoms or models, and maintain a sterile field during procedures. Exhibit awareness of patient safety and the importance of sterile practice by demonstrating confidence in applying learned skills, show motivation to continue practicing and developing skills, recognize personal limitations and identify situations requiring referral and commit to evidence-based interventional practices. 	<p>Dr. Wael Saleem Dr. Abdullah Fathi Nazal Dr. Redouane Mecharnia =====</p> <p>Dr. Anwar Abdulla Dr. Noujas Kattil</p>
10:30	12:30	120 mins	<p>Workshop 2 – Alternative Medicine – Myofascial Pain Dry Needling (Interactive Workshop)</p> <p><i>At the end of this part, the participants will be able to:</i></p> <ul style="list-style-type: none"> Define what dry needling is and explain how it differs from acupuncture. Identify active and latent trigger points and understand their referred pain patterns. Describe the main objectives of dry needling in clinical practice. Demonstrate knowledge of safe needling techniques and risk management. Apply dry needling concepts to specific muscles commonly involved in pain syndromes. Recognize normal vs abnormal sensations during and after needling. Integrate dry needling into a broader physiotherapy treatment plan. Analyze critically case scenarios to link clinical findings with trigger point involvement. 	<p>Mr. Tony Awaida =====</p> <p>Dr. Ayat Alkhalaf Dr. Owais Ahmed</p>
12:30	13:30	60 mins	Al-Dhuhr Prayer & Lunch Break	

Main Conference

16:00	17:30	90 mins	Registration & Refreshment	
17:30	18:00	30 mins	Opening Ceremony	
18:00	18:30	30 mins	<p>Keynote Presentation 1: From Strategy to Better Lives: NHS-3 Priorities Driving Musculoskeletal, Neurological and Pain Management Care in Qatar</p> <p><i>At the end of this part, the participants will be able to:</i></p> <ul style="list-style-type: none"> • Show continuity and evolution by demonstrating how the Public Health Strategy (PHS) 2017–2022 and its Musculoskeletal Health area were integrated into the National Health Strategy (NHS3 2024–2030) under Priority 1: Improved Population Health and Wellbeing. • Highlight strategic alignment by explaining how NHS3's three priorities (Population Health, Service Excellence, and System Efficiency) guide the reform of Musculoskeletal, Neurological, and Pain management care. • Demonstrate impact by presenting Qatar's progress in improving Health outcomes, reducing the burden of Musculoskeletal and Neurological disorders, and enhancing Pain management services. • Promote multidisciplinary collaboration by emphasizing the role of Partnerships between clinicians, public health experts, researchers, and policymakers in implementing integrated, person-centered care. • Inspire regional and global learning by positioning Qatar's approach as a scalable model for linking public health strategies with health system transformation to achieve better lives and stronger systems. 	<p>Sheikh Dr. Mohamed Bin Hamad Al Thani</p> <p>=====</p> <p>Dr. Anas Hamad Dr. Khalid Abdul Hadi Dr. Hasan Ali Kasem</p>
18:30	19:00	30 mins	Break and Visiting the Exhibition	
19:00	19:25	25 mins	<p>Keynote Presentation 2: Determinants of Musculoskeletal Health in Low-Income Migrant Workers</p> <p><i>At the end of this part, the participants will be able to:</i></p> <ul style="list-style-type: none"> • Define the burden and identify the key determinants of musculoskeletal (MSK) health in low-income migrant workers. • Recognize the common musculoskeletal health issues faced by low-income migrant workers. • Explore the psychosocial, occupational, and environmental factors influencing MSK health in this population. • Develop strategies to mitigate MSK health issues in low-income migrant workers. 	<p>Prof. Mohammed Al-Maadheed</p> <p>=====</p> <p>Dr. Anas Hamad Dr. Khalid Abdul Hadi Dr. Hasan Ali Kasem</p>
19:25	19:50	25 mins	<p>Keynote Presentation 3: Qatar's Rehabilitation Roadmap 2030: Charting the Future of Innovative and Sustainable Rehabilitation Services</p> <p><i>At the end of this part, the participants will be able to:</i></p> <ul style="list-style-type: none"> • Describe the current state of rehabilitation services, including key demands and challenges. • Explain the alignment between Qatar's national vision and its rehabilitation roadmap. • Summarize the roadmap's key strategies for future innovation and sustainable service delivery. 	<p>Dr. Ali Abdulla A. A. Alqahtani</p> <p>=====</p> <p>Dr. Anas Hamad Dr. Khalid Abdul Hadi Dr. Hasan Ali Kasem</p>
19:50	20:15	25 mins	<p>Keynote Presentation 4: Evolving Primary Health Care in Qatar: Building a Resilient, Person-Centered Future with a Focus on Musculoskeletal Services</p> <p><i>At the end of this part, the participants will be able to:</i></p> <ul style="list-style-type: none"> • Understand the strategic priorities guiding PHCC's transformation in primary health care. • Describe the role of Family Medicine Model within the integrated, person-centered care model. • Recognize key approaches driving improved access, quality, and prevention in primary healthcare • Evaluate the impact of PHCC's initiatives on population health and system resilience. • Assess future directions for primary care and MSK services development in Qatar. 	<p>Dr. Ameera Mohammed Al Khuzaei</p> <p>=====</p> <p>Dr. Anas Hamad Dr. Khalid Abdul Hadi Dr. Hasan Ali Kasem</p>
20:15	20:30	15 mins	Panel Discussion (Interactive Session)	

Day 2 (Friday 14 November 2025)

Time	Duration	Session Title and Learning Objectives	Speakers	
7:00	8:00	60 mins	Registration & Refreshment	
8:00	8:25	25 mins	<p>Pain Definition, Mechanism and Pain Scale Tools</p> <p><i>At the end of this part, the participants will be able to:</i></p> <ul style="list-style-type: none"> Define pain and explain that it encompasses more than just the body's physical state. Compare and contrast the different types of pain and recognize the signs, symptoms and mechanisms associated with it. Analyze the progression from acute to chronic pain and identify contributing factors. Develop a strategy for managing pain based on its classification and underlying mechanisms. 	Dr. Yasser Mohamed Reda Toble ===== Dr. Hasan Ali Kasem Dr. Abdul Hadi Mansour
8:25	8:50	25 mins	<p>Role of Physical Medicine & Rehabilitation in Pain Management</p> <p><i>At the end of this part, the participants will be able to:</i></p> <ul style="list-style-type: none"> Estimate the impact of pain on function and quality of life. Discuss the role of rehabilitation in pain management. Review key rehabilitation strategies. Provide a practical case-based perspective. Outline challenges and future directions. 	Dr. Rafat Saad ===== Dr. Hasan Ali Kasem Dr. Abdul Hadi Mansour
8:50	9:15	25 mins	<p>Mind & Musculoskeletal: Screening and Treating Mental Health Problems in MSK Disorders</p> <p><i>At the end of this part, the participants will be able to:</i></p> <ul style="list-style-type: none"> Summarize prevalence of mental disorders in MSK conditions. Describe mechanisms linking pain and mental health. Apply quick screening tools in clinical practice. Implement step-care management for comorbid mental health and MSK pain. Recognize safety issues (suicide, opioids/benzos, peri-op risks). 	Dr. Javed Latoo ===== Dr. Hasan Ali Kasem Dr. Abdul Hadi Mansour
9:15	9:30	15 mins	Panel Discussion (Interactive Session)	
9:30	10:00	30 mins	Coffee Break	
10:00	10:25	25 mins	<p>Low Back Pain</p> <p><i>At the end of this part, the participants will be able to:</i></p> <ul style="list-style-type: none"> Differentiate acute, chronic, and acute-on-chronic low back pain. Explain the biomechanics of the spine and its role in back pain. Describe the causes and pathophysiology of low back pain. Outline evidence-based management for each type of LBP. Apply a stepwise clinical approach to optimize patient outcomes. 	Dr. Arshad Ali ===== Dr. Samer Agi Dr. Imran Khan
10:25	10:45	20 mins	<p>Yellow and Red Flags in Low Back Pain</p> <p><i>At the end of this part, the participants will be able to:</i></p> <ul style="list-style-type: none"> Define 'Red Flags' and 'Yellow Flags' in LBP. Recall the key Hx & PE findings for major red flag conditions. Apply a structured clinical reasoning process for investigating red flags. Identify common yellow flags that predict risk of chronicity. Integrate flag-based screening into a patient-centered management plan. 	Dr. Ghaya Al Rumaihi ===== Dr. Samer Agi Dr. Imran Khan
10:45	11:00	15 mins	Panel Discussion (Interactive Session)	
11:00	13:00	120 mins	Al-Jumaa Prayer & Lunch Break	
13:00	13:25	25 mins	<p>Shoulder Pain (Adhesive Capsulitis, Subacromial Impingement, Rotator Cuff Tendinopathy)</p> <p><i>At the end of this part, the participants will be able to:</i></p> <ul style="list-style-type: none"> Differentiate the common, confusing shoulder pain syndromes in clinic. Identify red flags and order the right first-line imaging. Practice evidence-based conservative care (what to do, what to avoid). Correlate when corticosteroid injection helps and how to time it. Recognize thresholds and timing for orthopedic referral/surgery. 	Dr. Aiman Mudawi ===== Dr. Saleh Alkheder Alsageer Dr. Samir Hosine
13:25	13:50	25 mins	<p>Elbow Pain</p> <p><i>At the end of this part, the participants will be able to:</i></p> <ul style="list-style-type: none"> Demonstrate a proper clinical assessment of elbow pain. 	Dr. Fadi Bouri ===== Dr. Saleh Alkheder Alsageer Dr. Samir Hosine

			<ul style="list-style-type: none"> Assess and diagnose accurately common elbow pathologies. Formulate a proper initial management plan. Identify clear indications for orthopedic referral. 	
13:50	14:15	25 mins	<p>Hip Pain & Knee Pain</p> <p>At the end of this part, the participants will be able to:</p> <ul style="list-style-type: none"> Understand common causes of hip and knee pain in Primary Health Care (PHC). Recognize red flags requiring urgent referral. Identify simple examination techniques for PHC. Outline first-line management strategies 	<p>Dr. Mazin Abdulaziz</p> <p>=====</p> <p>Dr. Saleh Alkheder Alsageer Dr. Samir Hosine</p>
14:15	14:40	25 mins	<p>Foot and Ankle Pain & Lower Limb Tendinopathy</p> <p>At the end of this part, the participants will be able to:</p> <ul style="list-style-type: none"> Identify the differential diagnoses for foot and ankle pain and common conditions associated with lower limb tendinopathy. Assess the accuracy of clinical diagnoses for lower limb tendinopathy and foot/ankle problems. Compare and contrast the treatment approaches for different foot and ankle conditions. Develop a diagnostic and treatment strategy for lower limb tendinopathy. 	<p>Dr. Salah Al Burdeni</p> <p>=====</p> <p>Dr. Saleh Alkheder Alsageer Dr. Samir Hosine</p>
14:40	15:00	20 mins	Panel Discussion (Interactive Session)	
15:00	15:30	30 mins	Al-Asr Prayer & Coffee Break	
15:30	15:55	25 mins	<p>Cervicalgia (Neck Pain): Do We Always Need an Imaging Scan?</p> <p>At the end of this part, the participants will be able to:</p> <ul style="list-style-type: none"> Understand the different causes of neck pain. Classify the different causes of neck pain into 7 clinical groups. Recognize key signs and symptoms to differentiate various conditions. Criticize the diagnostic process using clinical evaluation and tests. Identify when and what further investigations are needed. Apply a systematic approach to identify serious or unusual conditions early. 	<p>Dr. Mohammad Alio</p> <p>=====</p> <p>Dr. Ahmad Ataalla Dr. Mazin Abdulaziz Dr. Mohamad Radwan Sryo</p>
15:55	16:20	25 mins	<p>Joints Pain, Arthritis & Osteoarthritis</p> <p>At the end of this part, the participants will be able to:</p> <ul style="list-style-type: none"> Define arthritis and osteoarthritis and explain its impact on the knee joint. Describe the risk factors and pathophysiology of knee osteoarthritis. Differentiate between clinical features of knee OA and other causes of knee pain. Interpret diagnostic tools (clinical, radiological, laboratory) used in OA assessment. Outline the principles of management (non-surgical and surgical) of knee osteoarthritis. 	<p>Dr. Saleh Alkheder Alsageer</p> <p>=====</p> <p>Dr. Ahmad Ataalla Dr. Mazin Abdulaziz Dr. Mohamad Radwan Sryo</p>
16:20	16:45	25 mins	<p>Fibromyalgia: The Silent Challenge in Primary Care</p> <p>At the end of this part, the participants will be able to:</p> <ul style="list-style-type: none"> Identify the clinical features of fibromyalgia. Apply the 2016 American college of Rheumatology (ACR) diagnostic criteria. Discuss evidence-based management strategies. 	<p>Dr. Taghrid Abdel Wahab Said</p> <p>=====</p> <p>Dr. Ahmad Ataalla Dr. Mazin Abdulaziz Dr. Mohamad Radwan Sryo</p>
16:45	17:10	25 mins	<p>Myofascial Pain Syndrome</p> <p>At the end of this part, the participants will be able to:</p> <ul style="list-style-type: none"> Identify Myofascial Trigger Points (MTPs) etiology, examination and management options. Identify the types of MTP. Understand the characteristics of MTPs. Correlate the role of MTP in decrease the quality of life, sleep disturbance, fatigue, anxiety and depression. 	<p>Dr. Yazan Alkhatib</p> <p>=====</p> <p>Dr. Ahmad Ataalla Dr. Mazin Abdulaziz Dr. Mohamad Radwan Sryo</p>
17:10	17:35	25 mins	<p>Crystal Arthropathy: Gout & Pseudogout</p> <p>At the end of this part, the participants will be able to:</p> <ul style="list-style-type: none"> Recognize the variable clinical presentations of patients who present with crystal induced arthritis. Recognize the risk factors & conditions associated with gout, particularly the growing evidence that gout increase the risk of cardiovascular disease. 	<p>Dr. Reham Al-Ghazo</p> <p>=====</p> <p>Dr. Ahmad Ataalla Dr. Mazin Abdulaziz Dr. Mohamad Radwan Sryo</p>

			<ul style="list-style-type: none"> Describe and explain the epidemiology and various etiologies of Calcium pyrophosphate Deposition Disease (CPPD). Execute to manage an acute attack of gout or CPPD according to the guidelines. Identify patients who need long term treatment & the need to be referred to Rheumatology specialty clinic. 	
17:35	18:00	25 mins	Panel Discussion (Interactive Session)	

Day 3 (Saturday 15 November 2025)

Time	Duration	Session Title and Learning Objectives	Speakers	
7:00	8:00	60 mins	Check-In & Refreshment	
8:00	8:25	25 mins	Migraine and Cluster Headache <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Define the general classification of primary and secondary headaches. Differentiate between migraine and cluster headache based on clinical presentation and diagnostic criteria. Analyze patient cases to recognize red flags requiring further investigation. Apply evidence-based guidelines for the diagnosis and management of migraine and cluster headache. 	Dr. Zaher Alsalama ===== Dr. Ahmed El Geziry Dr. Mohammad Abdulhafiz Almulla Hamid
8:25	8:50	25 mins	Occipital Tension Headache: Approach and Management, When To Refer to Secondary Care? <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Understand the anatomy and pathophysiology of occipital tension headache. Differentiate occipital tension headache from other occipital pain syndromes. Apply evidence-based approaches to pharmacological and non-pharmacological management. Recognize red flags and appropriate referral criteria for secondary care. Implement a structured approach to patient assessment and care. 	Dr. Wael Saleem ===== Dr. Ahmed El Geziry Dr. Mohammad Abdulhafiz Almulla Hamid
8:50	9:15	25 mins	Diabetic Neuropathy <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Define Painful Diabetic Neuropathy (PDN) and distinguish it from other forms of diabetic neuropathy based on clinical characteristics. Describe the epidemiology and pathogenesis of PDN, including key risk factors, underlying mechanisms, and contributing metabolic pathways. Classify the types of diabetic neuropathies and explain the diagnostic criteria and tools used to identify PDN. Discuss current management strategies for PDN, including pharmacological and non-pharmacological treatment options. Apply theoretical knowledge to recognize the impact of PDN on quality of life and the importance of a multidisciplinary approach to patient care. 	Dr. Abdullah Fathi Nazal ===== Dr. Ahmed El Geziry Dr. Mohammad Abdulhafiz Almulla Hamid
9:15	9:40	25 mins	Focal Entrapment Neuropathies (FEN) <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Define focal entrapment neuropathies (FEN) and describe their overall prevalence and significance in clinical practice Identify the most commonly affected peripheral nerves in Recognize the spectrum of clinical presentations of FEN, from symptomatic to sub-clinical or asymptomatic cases. Discuss the implications of sub-clinical and incidental findings for diagnosis, management, and referral pathways in the healthcare system. 	Dr. Osama Robin El-Alamy ===== Dr. Ahmed El Geziry Dr. Mohammad Abdulhafiz Almulla Hamid
9:40	10:00	20 mins	Panel Discussion (Interactive Session)	
10:00	10:30	30 mins	Coffee Break	
10:30	10:55	25 mins	Diagnosis and Management of Trigeminal Neuralgia <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Understand the definition of trigeminal neuralgia (TN) and recognize its features. Recognize the TN causes. Recall the deferential diagnosis & the diagnostic approaches. Discuss key therapeutic approaches and select the suitable option. Design the care plan for the TN patients. 	Dr. Amro Alhajali ===== Dr. Adetunji Williams Agunbiade Dr. Amol Chikhalikar Dr. Dilip Raj

10:55	11:20	25 mins	Post Herpetic Neuralgia <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Define post herpetic neuralgia and its clinical significance. Explain the key pathophysiological mechanism. Identify major risk factors and preventive strategies. Evaluate pharmacological treatments based on recent evidence. 	Dr. Soha Yagoub Elmaki ===== Dr. Adetunji Williams Agunbiade Dr. Amol Chikhalikar Dr. Dilip Raj
11:20	11:45	25 mins	Unexplained Seizures, Epilepsy, Paroxysmal Disorders, and Status Epilepticus <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Define seizure, epilepsy, paroxysmal disorders, and status epilepticus. Differentiate between provoked, and unprovoked seizures. Evaluate a first or unexplained seizure. Distinguish epileptic seizures from mimics Outline the initial management algorithm for status epilepticus. 	Dr. Musab Ali ===== Dr. Adetunji Williams Agunbiade Dr. Amol Chikhalikar Dr. Dilip Raj
11:45	12:00	15 mins	Panel Discussion (Interactive Session)	
12:00	13:00	60 mins	Al-Dhuhr Prayer & Lunch Break	
13:00	13:25	25 mins	Dizziness, Tremors, and Other Movement Disorders <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Define dizziness and recognize the importance of onset in diagnosis. Identify and differentiate types of tremor and their causes. Classify abnormal movements into hypokinetic and hyperkinetic disorders. Describe the definition, diagnosis, and management of Parkinson's disease. Recognize types and management strategies for dystonia, chorea, myoclonus, and ataxia. Identify functional movement disorders and their positive clinical features. Apply knowledge to clinical cases with imaging and video demonstrations. 	Dr. Mohammed Abunaib ===== Dr. Abdul Hadi Mansour Dr. Ibrahim Aljeumaa Aldakhil
13:25	13:50	25 mins	Complementary Pain Medication <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Define complementary, alternative, and integrative approaches in pain management. Describe commonly used complementary pharmacological and non-pharmacological) therapies. Evaluate the current evidence on efficacy and safety of complementary approaches in acute and chronic pain conditions. Identify potential risks, including herb–drug interactions, contamination, and misuse, and the role of healthcare providers in ensuring safe practice. 	Dr. Mohamed Salem ===== Dr. Abdul Hadi Mansour Dr. Ibrahim Aljeumaa Aldakhil
13:50	14:15	25 mins	Interdisciplinary Pain Management <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Define pain and describe its key characteristics and impact on individuals and society. Describe the epidemiology of pain, including prevalence, risk factors, and public health implications. Classify different types of pain based on origin, duration, and mechanism. Identify appropriate diagnostic tools and methods used to assess and evaluate pain. Discuss evidence-based pain management strategies, including pharmacologic and non-pharmacologic approaches. 	Dr. Abdullah Fathi Nazal ===== Dr. Abdul Hadi Mansour Dr. Ibrahim Aljeumaa Aldakhil
14:15	14:40	25 mins	Opioid & Non-Opioid Pharmacological Management in Chronic Pain <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Define non-opioid and opioid analgesics and their role in pain management. Explain the clinical indications for using non-opioid and opioid analgesics. Apply knowledge of analgesics to select appropriate drugs for pain management. Assess the effectiveness and risks of newer drugs in pain management. 	Dr. Mohammed Mohsin Haji ===== Dr. Abdul Hadi Mansour Dr. Ibrahim Aljeumaa Aldakhil
14:40	15:00	20 mins	Panel Discussion (Interactive Session)	
15:00	15:30	30 mins	Al-Asr Prayer & Coffee Break	
15:30	15:55	25 mins	Referred Otalgia <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Discuss common causes of referred otalgia. Understand the pathways of referred pain from different head and neck structures to the ear. 	Dr. Sadat Rashid Khan ===== Dr. Dilip Raj Dr. Hasan Zaitoon Dr. Aurif Bin Thaj

			<ul style="list-style-type: none"> Identify potential sources of referred otalgia. Differentiate between primary and referred otalgia based on clinical findings. Assess the appropriateness of different treatment strategies for various causes of referred otalgia. 	
15:55	16:20	25 mins	TMJ Disorders in Primary Care: Symptoms Map and Whom To Refer To <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Differentiate TMJ from other joints in terms of anatomy and function Identify TMDs most common symptoms Recognize TMD symptoms in primary care section and guide to whom should refer to. 	Dr. Imad Rustom ===== Dr. Dilip Raj Dr. Hasan Zaitoon Dr. Aurif Bin Thaj
16:20	16:45	25 mins	Chronic Pain and Obesity <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Define obesity as a chronic disease and describe its global and regional prevalence. Explain the burden of chronic pain among Patients With Obesity (PWO). Understand the bi-directional relationship between obesity and chronic pain, including biological, mechanical, and psychological mechanisms. Identify common chronic pain-related disorders in PWO (e.g., osteoarthritis, low back pain, fibromyalgia). Evaluate the impact of obesity management—medical and surgical—on alleviating chronic pain. Review evidence-based management strategies for obesity and chronic pain, with emphasis on advances in pharmacotherapy. 	Dr. Sama Abdulrazzaq Asal ===== Dr. Dilip Raj Dr. Hasan Zaitoon Dr. Aurif Bin Thaj
16:45	17:10	25 mins	Panel Discussion (Interactive Session)	
17:10	17:30	25 mins	Conference Closing	

Day 2 (Friday 14 November 2025) – Pharmacology Sub-Track

Time		Duration	Session Title and Learning Objectives	Speakers
9:00	9:20	20 mins	Rational Use of Analgesics in Primary Care: Balancing Access, Safety, and Efficacy <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Correlate approach to manage the pain according to the WHO ladder. Identify the rational and irrational use of analgesics & its consequences. Develop strategies to reduce the overmedications. 	Dr. Husham Yousif Osman Elimam Ali ===== Dr. Mohamad Ammar M. Yaser Madwar Dr. Rahmathulla Vayyanaduthodi Dr. Mohammed Nugdalla
9:20	9:40	20 mins	Pediatric and Adolescent Considerations in Pain Pharmacotherapy: Lessons for Family Practice <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Identify key considerations in pain pharmacotherapy for pediatric and adolescent patients. Explain the differences in pain management approaches for pediatric and adolescent populations. Apply knowledge of pharmacotherapy to select appropriate pain management strategies for pediatric and adolescent patients. Assess the effectiveness and safety of pain pharmacotherapy in pediatric and adolescent patients. 	Dr. Ebaa Jumat ===== Dr. Mohamad Ammar M. Yaser Madwar Dr. Rahmathulla Vayyanaduthodi Dr. Mohammed Nugdalla
9:40	10:00	20 mins	Headache and Migraine: Primary Care Essentials <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Recognize the main types of primary headaches. Differentiate between acute & preventive treatment strategies. Apply evidence-based therapies in primary care. Recommend optimizing headache treatment with the correct dose & precautions. 	Dr. Mohamed Sayed Abdelmoneim ===== Dr. Mohamad Ammar M. Yaser Madwar Dr. Rahmathulla Vayyanaduthodi Dr. Mohammed Nugdalla
10:00	10:20	20 mins	Pain Management & Preventing Opioid-Induced Constipation (OIC): The Clinical Pharmacist's Role in Collaborative Care <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Explain the pharmacist's role in interdisciplinary pain management. 	Dr. Dima Alkderat ===== Dr. Mohamad Ammar M. Yaser Madwar Dr. Rahmathulla Vayyanaduthodi Dr. Mohammed Nugdalla

			<ul style="list-style-type: none"> List strategies to reduce Opioid-Induced Constipation. Differentiate between pharmacologic and non-pharmacologic OIC treatments. Assess evidence-based options for managing OIC. Design a care plan incorporating pharmacist-led pain and OIC management. 	
10:20	10:40	20 mins	Polypharmacy in Expatriate Worker Population: Reducing Drug-Drug Interactions in Pain Therapy <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Identify frequent drug–drug interactions in pain therapy. Illustrate practical tools for safe prescribing. Apply deprescribing strategies in primary health care. 	Dr. Mohammed Salah Musa Al-Yaman Dr. Mohamad Ammar M. Yaser Madwar Dr. Rahmathulla Vayyanaduthodi Dr. Mohammed Nugdalla
10:40	11:00	20 mins	Panel Discussion (Interactive Session)	
11:00	13:00	120 mins	Al-Jumaa Prayer & Lunch Break	
13:00	13:20	20 mins	From Compliant to Comfort: Practical Strategies for Acute Pain in Primary Care <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Apply aligning acute pain management with national standards. Correlate bridging compliance requirements with true patient-centered comfort. Cite practical strategies for busy primary health care settings. 	Dr. Yasser Morsy Dr. Muhamed riyas Dr. Mohammed salah musa al-yaman Dr Mohammed Faisal Marankulangara
13:20	13:40	20 mins	Adjuvant Pharmacotherapy in Neuropathic Pain: Role of Antidepressants and Anticonvulsants <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Recall antidepressants and anticonvulsants used as adjuvants therapies in neuropathic pain including their basic pharmacological properties and mechanism of actions. Apply clinical guidelines to recommend such group for specific neuropathic pain etiologies and analyze their efficacy. 	Dr. Mohamed Ahmed Mohamed Abdelrahim Dr. Muhamed riyas Dr. Mohammed salah musa al-yaman Dr Mohammed Faisal Marankulangara
13:40	14:00	20 mins	The Role of Community Pharmacists in Counseling, Adherence, and Over-the-Counter Pain Relief <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Explain the patterns of OTC analgesic use within primary health care. Identify the pharmacist's role in minimizing misuse of OTC analgesics. Demonstrate effective counseling strategies to support patient adherence. Discuss how community pharmacies function as frontline access points for healthcare services. 	Dr. Silpa Sasikumar Dr. Muhamed riyas Dr. Mohammed salah musa al-yaman Dr Mohammed Faisal Marankulangara
14:00	14:20	20 mins	Sports Medicine Pharmacology: Managing Musculoskeletal Injuries in Athletes and Workers <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Understand types and causes of musculoskeletal injuries in athletes and workers. Evaluate effectiveness of pharmacological treatment and risks of medications. Correlate doping control principles and implications for treatment. Adapt sports protocols for occupational health and rehabilitation. 	Dr. Sara Abdulrhim Dr. Muhamed riyas Dr. Mohammed salah musa al-yaman Dr Mohammed Faisal Marankulangara
14:20	14:40	20 mins	Post-Operative Pain Management <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Outline the definition, prevalence & impact of Acute Post-Surgical Pain (APSP) Review multimodal analgesia and ERAS protocols. Discuss opioid-sparing strategies. Estimate highlighting monitoring of post-op pain complications. Adapt hospital-based strategies for primary health care follow-up. 	Dr. Ahmed Fayed Al Geziry Dr. Muhamed riyas Dr. Mohammed salah musa al-yaman Dr Mohammed Faisal Marankulangara
14:40	15:00	20 mins	Panel Discussion (Interactive Session)	
15:00	15:30	30 mins	Al-Asr Prayer & Coffee Break	

15:30	15:50	20 mins	Optimizing NSAID Use in Primary Healthcare: From Musculoskeletal Pain to Chronic Conditions <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Recognize NSAIDs as cornerstone for pain & inflammation. Understand the risks of NSAIDs in special patient populations. Implement risk mitigation strategies when using NSAIDs for chronic pain conditions. 	Dr. Mazin Omer Bushara Elhassan Dr. Mohamad Ammar M. Yaser Madwar Dr. Dhiraj kaorey
15:50	16:10	20 mins	Registration and Licensing Process of New Medication in Qatar <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Describe a medication registration culture and the vital role of PDCD on national and international levels. Describe regulations which concerned with enabling patient access to high quality, safe and effective medicines, and avoiding access to products that are unsafe. Outline effective regulatory systems that supported by an effective framework of laws, regulations, and guidelines for medication safety. 	Dr. Ahmed M Hussein Dr. Mohamad Ammar M. Yaser Madwar Dr. Dhiraj kaorey
16:10	16:30	20 mins	Panel Discussion (Interactive Session)	

Day 3 (Saturday 15 November 2025) – Physiotherapy Sub-Track

Time		Duration	Session Title and Learning Objectives	Speakers
7:00	8:00	60 mins	Check-In & Refreshment	
8:00	8:25	25 mins	Sports Medicine & Sports-Related Conditions and Injuries <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Recognize sports medicine expertise in comprehensive health care for active patients. Identify sports related medical conditions/injuries assessment and management. Articulate by collaborating injuries prevention and rehabilitation within family medicine. 	Dr. Maha Al-Naemi Dr. Anwar Abdulla Dr. Saleh Alkheder Alsageer
8:25	8:50	25 mins	Biopsychosocial Model <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Explain the foundations and purpose of the Biopsychosocial Model. Identify the biological, psychological, and social components influencing health. Analyze clinical examples where the model improves patient care. Evaluate the strengths and challenges of applying the model in modern healthcare. 	Dr. Saddam Kanaan Dr. Anwar Abdulla Dr. Saleh Alkheder Alsageer
8:50	9:15	25 mins	Diabetic Shoulder <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Identify the characteristic features and risk factors associated with Diabetic shoulder (DS). Explain the potential role of advanced glycation end-products (AGE) in DS Implement evidence-based physiotherapy treatment strategies and pain management techniques for DS. Articulate by collaborating with other healthcare professionals to develop comprehensive care plans for patients with DS. 	Mr. Pramod Divakara Shenoy Dr. Anwar Abdulla Dr. Saleh Alkheder Alsageer
9:15	9:40	25 mins	Fascia: The Hidden Network Behind Pain and Movement <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Explain fascia's role as a continuous sensory and structural network in the body. Recognize how fascial dysfunction contributes to pain and altered movement. Summarize evidence on fascial connectivity and myofascial chains. Identify clinical implications of fascia in spinal health and musculoskeletal care. 	Dr. Ajimsha MS Dr. Anwar Abdulla Dr. Saleh Alkheder Alsageer

			<ul style="list-style-type: none"> Discuss key therapeutic approaches for fascia-oriented rehabilitation. 	
9:40	10:00	20 mins	Panel Discussion (Interactive Session)	
10:00	10:30	30 mins	Coffee Break	
10:30	10:55	25 mins	<p>Exercise as Medicine</p> <p>At the end of this part, the participants will be able to:</p> <ul style="list-style-type: none"> Design a systemic approach when it comes to exercise medicine. Identify the relevance of exercise medicine in the modern health care. Discuss the components of exercise program. Categorize exercise as a medicine. Illustrate the foundation of exercise as a medicine. 	<p>Dr. Maha Al-Naemi</p> <p>.....</p> <p>Dr. Samer Agi Dr. Wissem Haddad</p>
10:55	11:20	25 mins	<p>Integrating Ergonomics into Multicomponent Pain Management: Active Bodies, Smarter Workspaces</p> <p>At the end of this part, the participants will be able to:</p> <ul style="list-style-type: none"> Understand basic ergonomic principles and the importance of integrating these principles into multicomponent musculoskeletal pain management. Identify and assess workplace ergonomic hazards that may contribute to musculoskeletal disorders. Apply ergonomic principles and practices to develop strategies for the prevention of musculoskeletal disorders. 	<p>Mr. Arunkrishnan Ramachandran</p> <p>.....</p> <p>Dr. Samer Agi Dr. Wissem Haddad</p>
11:20	11:45	25 mins	<p>Nutrition and Pain in Musculoskeletal System</p> <p>At the end of this part, the participants will be able to:</p> <ul style="list-style-type: none"> Identify the roles of magnesium, calcium, vitamin B12, and vitamin D in bone and muscle health. Explain the health problems associated with deficiencies in magnesium, calcium, vitamin B12, and vitamin D. Apply knowledge of nutrient forms available in pharmacies to recommend appropriate supplements for deficiencies. Analyze the main food sources of magnesium, calcium, vitamin B12, and vitamin D to promote a balanced diet. 	<p>Dr. Aysha Saqer</p> <p>.....</p> <p>Dr. Samer Agi Dr. Wissem Haddad</p>
11:45	12:00	15 mins	Panel Discussion (Interactive Session)	
12:00	13:00	60 mins	Al-Dhuhr Prayer & Lunch Break	
13:00	13:25	25 mins	<p>Role of Cupping Therapy in Pain Management and Other Benefits</p> <p>At the end of this part, the participants will be able to:</p> <ul style="list-style-type: none"> Define cupping therapy and identify its various types. Explain the diseases that can be treated by cupping therapy. Apply knowledge of the mechanisms of action of cupping therapy to understand its effects on pain and other issues. Analyze the contraindications and safety considerations for patients undergoing cupping therapy. 	<p>Dr. Mohamed Raslan Hasaniien</p> <p>.....</p> <p>Dr. Owais Ahmed Dr. Hasan Akkad</p>
13:25	13:50	25 mins	<p>Role of Dry Needling</p> <p>At the end of this part, the participants will be able to:</p> <ul style="list-style-type: none"> Identify Myofascial Trigger Points (MTPs) dry needling technique. Understand the precaution and contraindications. Understand the Adverse Events from Dry Needling. Analyze the role of Dry Needling in MTP management. 	<p>Dr. Yazan Alkhatib</p> <p>.....</p> <p>Dr. Owais Ahmed Dr. Hasan Akkad</p>
13:50	14:15	25 mins	<p>The Role of Rehabilitation in Osteoporotic Care: From Diagnosis to Independence</p> <p>At the end of this part, the participants will be able to:</p> <ul style="list-style-type: none"> Define osteoporosis. Describe the pathophysiology – key factors affecting bone remodeling. Differentiate between primary and secondary osteoporosis. Interpret diagnostic criteria (T-scores and the role of DXA scanning). Recognize the clinical manifestations and complications of osteoporosis (e.g. fractures, postural changes) Explain the role of physiotherapy in the prevention, management, and rehabilitation of osteoporosis. 	<p>Dr. Samer Mikhael Agi</p> <p>.....</p> <p>Dr. Owais Ahmed Dr. Hasan Akkad</p>

			<ul style="list-style-type: none"> Identify precautions and contraindicated movements in patients with osteoporosis. 	
14:15	14:40	25 mins	Rehabilitation Approach for Bell's Palsy <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Understand the role of physiotherapy in Bell's Palsy management. 	Mr. James Pundalikrao Ghagre Dr. Owais Ahmed Dr. Hasan Akkad
14:40	15:00	20 mins	Panel Discussion (Interactive Session)	
15:00	15:30	30 mins	Al-Asr Prayer & Coffee Break	
15:30	15:55	25 mins	Muscle Matters: A Comprehensive Approach to Diagnosis and Management of Primary Age-Related Sarcopenia <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Define sarcopenia and explain its background and pathophysiology. Summarize the EWGSOP criteria for diagnosing sarcopenia. Apply case-finding and screening tools to identify sarcopenia in patients. Analyze the parameters used to measure sarcopenia. Develop a management plan for sarcopenia based on clinical guidelines. Evaluate the effectiveness of MDT sarcopenia clinics in managing patients. Propose an integrated approach to tracing a patient's journey through a sarcopenia clinic. 	Dr. Irfan Muneeb Dr. Tamim Khasawneh Dr. Noujas Kattil
15:55	16:20	25 mins	Radiographic Findings in Common Orthopedic Diseases (Spine and Knee) <i>At the end of this part, the participants will be able to:</i> <ul style="list-style-type: none"> Understand the role of radiology in diagnosing common orthopedic conditions. Review imaging modalities used in musculoskeletal radiology. Articulate by highlighting key radiologic findings in common orthopedic diseases. Compare X-ray, ultrasound, CT, and MRI utility in orthopedic practice. 	Dr. Bhagirath Dilip Kandhare Dr. Tamim Khasawneh Dr. Noujas Kattil
16:20	16:30	10 mins	Panel Discussion (Interactive Session)	