



**Gulf Thoracic**

مؤتمر الخليج لطب وجراحة الصدر

**DUBAI 2016**

9-12 MARCH

Grand Hyatt Hotel, Dubai, UAE

The 7<sup>th</sup> Annual Congress of Saudi Thoracic Society in collaboration with Emirates Allergy and Respiratory Society



## Airway Clearance and Lung Expansion Therapy Techniques

CONDUCTED BY:



SPONSORED BY:

**Hill-Rom**

**PROGRAM DIRECTOR: Mohammed Al Ahmari (KSA)**

14:00 - 19:00

WEDNESDAY, 09 MARCH 2016

MEETING ROOM: AL DANA

### GENERAL:

- Attendance is limited to **20** participants.
- Pre-registration is required, seats are limited, will be reserved on first come first served basis.
- Certificate of Attendance will be provided by STS.
- Registration is **FREE** for all who register for the *GulfThoracic* Congress 2016, please provide proof of payment (receipt)

### RATIONALE:

In patients with pulmonary diseases, mucociliary function and cough mechanism are altered in such a way that compromises patient's ability to expectorate and clear airway secretions. Accumulation of airway and lung secretions leads to chest infection, airway inflammation, and abnormal lung function. Research has shown that early intervention with the proper airway clearance techniques can reduce morbidity and mortality in patients with lung diseases.

### OBJECTIVE:

At the end of this workshop, participants are expected to:

- Understand normal airway clearance mechanisms and the factors that can impair their function.
- Identify pulmonary disease associated with abnormal clearance of secretions
- Understand the clinical indications, uses modifications of airway clearance & lung expansion techniques.
- Select the proper airway clearance techniques and its potential benefit.
- Describe how lung expansion therapy works and which patient needs lung expansion therapy.
- Describe the primary responsibilities for practitioner in planning, implementing, and evaluating lung expansion therapy.

### TARGET AUDIENCE:

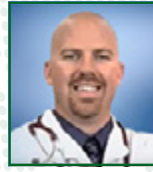
- Respiratory Therapists
- Nurses
- Pulmonologists
- General Practitioners

# Airway Clearance and Lung Expansion Therapy Techniques

## FACULTY:



**Mohammed Al Ahmari, PhD, RRT, CTTS**  
 Vice Dean for Postgraduate Studies and Research  
 Vice Dean for Training and Internship (Acting)  
 Chairman, Respiratory Care Program  
 Chairman, Institutional Research Board (IRB)  
 Assistant Professor, Respiratory Care  
 Saudi Governor for Respiratory Care, ICRC, USA  
 Prince Sultan Military College of Health Sciences  
 Dhahran, Saudi Arabia



**David Alan Grooms, MSHS, RRT**  
 Clinical Program Manager,  
 Respiratory Care Services  
 Sentara Healthcare  
 Suffolk, Virginia, USA



**Bashair Al Fozan, MsRC, RRT**  
 Lecturer, Female Academic Coordinator  
 Department of Respiratory Care  
 University Of Dammam  
 Dammam, Saudi Arabia



**Abdullah Al Mohammadi, MHA, RRT**  
 Registered Respiratory Therapist  
 Johns Hopkins Aramco Healthcare  
 Dhahran, Saudi Arabia

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WEDNESDAY, 09 MARCH 2016

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TIME	TOPIC	SPEAKER
14:00 - 14:55	Registration	
14:55 - 15:10	Opening Remarks	
15:10 - 15:30	Physiology of Airway Clearance	Mohammed Al Ahmari - KSA
15:30 - 15:50	Airway Clearance Indications: Acute vs. Chronic	Bashair Al Fozan - KSA
15:50 - 16:10	Lung Expansion: The Best Approach	Abdullah Al Mohammadi - KSA
16:10 - 16:30	Selecting Airway Clearance Techniques	David Grooms - USA
<b>16:30 - 17:00</b>	<b>COFFEE BREAK</b>	
<b>HANDS ON SESSIONS, 20 MIN EACH</b>		
17:00 - 17:20	<b>Station 1</b> Postural Drainage (Positions)	Abdullah Al Mohammadi - KSA
17:20 - 17:40	<b>Station 2</b> Lung Expansion Techniques	Bashair Al Fozan - KSA
17:40 - 18:00	<b>Station 3</b> Airway Clearance Techniques	Abdullah Al Mohammadi - KSA
18:00 - 18:20	<b>Station 4</b> High Frequency Airway Clearance Devices	David Grooms - USA
18:20 - 19:00	Open Discussion	