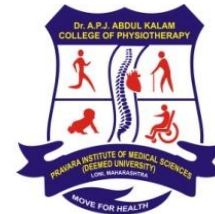




Pravara Institute of Medical Sciences
(Deemed to be University)
University Established under section (3) of UGC Act
Dr.A.P.J.Abdul Kalam College of Physiotherapy
Loni Bk-413736, Tal:Rahata, Dist- Ahmednagar
Maharashtra State, India.



E-mail:principal.cpt@pmtpims.org

Ph.02422-271489

Ref:PIMS/Dr.APJAKCOPT/2023/

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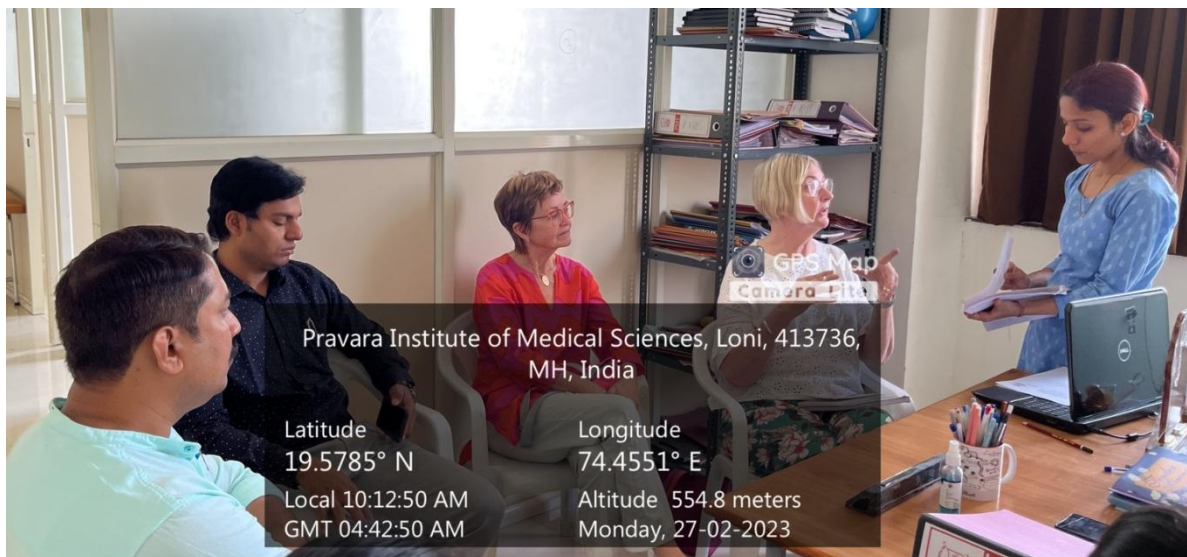
Report on

Visit of Dr. Christina Opava Professor Emerita from Karolinska Institute, Sweden to Dr.APJ Abdul Kalam College of Physiotherapy:

On 27th February 2023 Dr. Christina Opava Professor Emerita from Karolinska Institute, Sweden visited Better Management of Osteoarthritis (BOA) Unit at Dr. A. P. J. Abdul Kalam College of Physiotherapy, PIMS (DU). The visit focused on reviewing the functioning of BOA unit from inception till date. The meeting of the members of the BOA Unit with Dr. Christina Opava was organised during this visit to discuss the progress and functioning of the unit. During the meeting Dr. Nupoor Kulkarni, coordinator of the BOA Unit at Dr. APJ Abdul Kalam College of Physiotherapy delivered a presentation highlighting the development and functioning of the BOA Unit. The presentation also included the patient census, community extension and outreach activities for creating awareness about BOA and its implementation.

Dr. Christina Opava appreciated the activities conducted by BOA unit like screening for osteoarthritis through camps, screening of patients visiting community Physiotherapy OPD and Orthopedic Physiotherapy OPD and enrollment of OA patients satisfying the inclusion criteria for BOA. She also liked the informative lectures on BOA concept along with a screening for osteoarthritis which were delivered to elderly individuals residing at old age homes, screening for specific populations like nurses, video-conference based awareness programmes like “Namaskar Doctor” programme under School of Public Health and Social Medicine and the Radio programmes delivered at KVK radio station Babhaleshwar.

The members also discussed the barriers faced in implementation of BOA programme such as patient adherence, convincing patient to do the exercises in presence of pain and also continuing of the exercises for a longer duration. Dr. Christina Opava acknowledged the barriers and suggested some modifications in the BOA programme and advised to conduct a research to determine the efficacy of this modified programme.







The visit of Dr. Christina Opava to the BOA unit was followed by an exit meeting with Dr. R. K. Sinha, Principal, Dr. APJ Abdul Kalam College of Physiotherapy. Dr. Sanjeev Kulkarni, incharge Directorate of International Relations, PIMS-DU was also present during this meeting. Dr. Christina Opava shared her views regarding functioning of the BOA Unit. The future plans to take forward the BOA programme and also the modifications suggested by her in the BOA program and the expected outcomes were also discussed in the meeting. The meeting ended on a positive note to continue with the BOA program with the same sincerity and try to enroll more patients. Dr. Christina Opava informed that she will be happy to give guidance whenever needed.



Coordinator
BOA Unit
Dr. APJAKCOPT

Principal
Dr. APJAKCOPT
PIMS-DU