

Panel Discussion Report

Exploring Inflammatory Arthritis

September 15, 2023

Venue: Banarsidas Chandiwala Institute of Physiotherapy

In an engaging and informative panel discussion held at BCIP on September 15, 2023, esteemed experts in the field of healthcare gathered to discuss the critical topic of "Inflammatory Arthritis." The event brought together three distinguished panelists, Dr. Priyanka Kharbanda, a renowned rheumatologist; Dr. Jyotsana Batra, a clinical physiotherapist; and Dr. Ritika, an accomplished dietitian. Dr. Jyoti Kataria served as the moderator for this enlightening session.

Introducing the Panelists:

Dr. Priyanka Kharbanda (Rheumatologist): Dr. Kharbanda is a leading rheumatologist known for her expertise in diagnosing and treating various forms of arthritis, with a particular focus on inflammatory arthritis. She has contributed significantly to research and patient care in this field.

Dr. Jyotsana Batra (Clinical Physiotherapist): Dr. Batra is a seasoned clinical physiotherapist, specializing in rehabilitation and pain management for patients with arthritis. Her insights into the role of physiotherapy in arthritis management are highly respected.

Dr. Ritika (Dietitian): Dr. Ritika is a distinguished dietitian who has dedicated her career to helping individuals with inflammatory arthritis manage their conditions through proper nutrition. Her evidence-based dietary recommendations have improved the lives of many patients.

The Discussion:

The panel discussion commenced with a warm welcome from Dr. Jyoti Kataria, who expressed her gratitude to the panelists and the audience for their participation. She then provided an overview of the importance of the topic and its relevance to the field of healthcare.

Each panelist shared their expertise and insights into various aspects of inflammatory arthritis:

Dr. Priyanka Kharbanda began the discussion by elucidating the various forms of inflammatory arthritis, their causes, symptoms, and available treatment options. She stressed the importance of early diagnosis and personalized treatment plans to improve the quality of life for patients.

Dr. Jyotsana Batra delved into the role of physiotherapy in managing inflammatory arthritis. She discussed the significance of exercise, joint protection techniques, and pain management strategies to enhance mobility and reduce pain for arthritis patients.

Dr. Ritika shed light on the crucial relationship between diet and inflammatory arthritis. She emphasized the impact of nutrition on inflammation levels and provided practical dietary recommendations to alleviate symptoms and promote overall well-being.

Key Takeaways:

The panel discussion yielded several key takeaways:

Early Detection is Vital: Timely diagnosis and intervention are crucial in managing inflammatory arthritis effectively.

Multidisciplinary Approach: A comprehensive approach that includes rheumatology, physiotherapy, and dietary guidance can significantly enhance patient outcomes.

Lifestyle Matters: Lifestyle modifications, including exercise and dietary changes, can play a pivotal role in reducing inflammation and pain.

Patient Education: Empowering patients with knowledge about their condition is essential for long-term management and improved quality of life.

Holistic Care: Treating inflammatory arthritis requires a holistic approach that addresses physical, emotional, and dietary aspects.

Conclusion:

The panel discussion on Inflammatory Arthritis, featuring Dr. Priyanka Kharbanda, Dr. Jyotsana Batra, and Dr. Ritika, proved to be an enlightening and insightful event. It underscored the importance of a multidisciplinary approach to managing this challenging condition and provided valuable guidance for healthcare professionals and patients alike. The collective expertise of the panelists, moderated by Dr. Jyoti Kataria, created a platform for knowledge sharing and collaboration in the ongoing effort to improve the lives of individuals affected by inflammatory arthritis.



