

## **6th International Congress of Person Centered Medicine New Delhi 22 - 24 November, 2018.**

The idea that the Indian Medical Association (IMA) could host a congress on Person Centered Medicine (PCM) was presented at the 10th Geneva Conference on PCM in April 2017. The idea was well received and accepted by Ketan Desai, then President of the World Medical Association (WMA) and former President of the IMA and soon preparations began as a collaborative effort of IMA and the International College of Person Centered Medicine (ICPCM). A contract was signed by representatives of IMA and ICPCM stipulating the framework and the financial issues of the congress.

Ketan Desai was the Chief Patron of the Congress and Jon Snaedal, President of the ICPCM became the Congress President. Others in the organizing committee were on behalf of the IMA, Dr. Ravi Vankhedkar, the National President of the IMA, Dr. Ajay Kumar, past National President of the IMA, Dr. R.N. Tandon, Hon. Secretary of IMA and Dr. V.K. Monga, Hon. Finance Secretary of IMA. On behalf of the ICPCM, Prof. Juan Mezzich Secretary General, Prof. James Appleyard former President of the ICPCM and Prof. Michel Botbol, Board Director of the ICPCM were in the organizing committee. The IMA stood for all practical arrangements of the congress, including impressive social events with Indian traditional dancing and singing



Leaders of the International College of Person Centered Medicine and the Indian Medical Association at the 6th International Congress of Person Centered Medicine, New Delhi 22 - 24 November, 2018.

The theme of "*Person-Centered Care for Non-Communicable Diseases*" was chosen as an overall theme of the congress as this has been an emerging health problem in India and even more so than in other middle income countries. The venue of the Congress was the IMA house. The Congress started on 2 PM on the 22nd and lasted until 2 PM on the 24th. November 2018.

A central part of the Congress was the Educational Program arranged in three separate sessions, giving the theoretical background for Person Centered Care in Non-Communicable Diseases. The intention is to publish a longer version of all of the 15 presentations in the International Journal of Person Centered Medicine. The educational program was organized by Prof. James Appleyard. This was in line with the intentions of the IMA as Dr. Vankhedkar has made Person Centered Medicine a central topic for his presidency.

Six key lectures were given. The first key lecture was presented by Ketain Desai on "PCM as Ethical and Human Rights imperative". The second presentation was given by Juan Mezzich on "Conceptual and Institutional Development of PCM" and the third by Dr. Paul Glare from Australia on "PC Palliative Care." This was followed by a key lecture of Jon Snaedal on "Person-Centered Care in Dementia" and the fifth one by Dr. S. Venkatesh from the DGHS, Gov. of India on "Chronic diseases and people-centered public health across the world". The last key lecture was an impressive presentation given by Dr. S Venkatesh on "Non-communicable disease in India".

Four Symposia were organized before the Educational Program began. These were on the following themes:

- Person centered care for NCDs and mental health across the life span.
- Person centered care for diabetes and obesity.
- Person centered care for oncological diseases and
- Person centered care for chronic cardiovascular, respiratory and renal diseases.

At the end, Dr. K.K. Aggarwal, the Immediate Past President of the IMA chaired a round table discussions that were web casted and will be sent out to all members of the IMA, altogether around 300.000 doctors.

There are several take home messages from this conference but to mention three that got a specific attention included the fact that non-communicable diseases are of immense importance in India as the prevalence is rising sharply. Another take home message is shared decision making, how complicated it can be and yet important and person centered (No shared decision making without person centeredness). The third take home message is in the form of a slogan, “no health without mental health.”

A congress starts and ends but it is important to continue to discuss and work for the important issues. One aspect is to have a product. At the end of the congress, a draft to a New Delhi Declaration on PCM in NCDs was discussed and when it has been adopted by the board, it will be published. Another aspect is the intended publication of the whole educational program that not only will be published in a journal but is also intended to have effect on education in medicine generally. In addition, a very positive outcome of the collaboration of IMA and ICPCM on the congress is the intention of IMA to formalize a sector inside the Association on PCM which would become formally affiliated with the ICPCM.



Presentation of the Indian traditional dancing at the 6th International Congress of Person Centered Medicine, New Delhi 22 - 24 November, 2018.