



Conference Proceedings

Skill-based Continuing Medical Education (CME) series conducted by the Nail Society of India

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INTRODUCTION

In the year 2024, the Nail Society of India (NSI) has been hosting a series of Continuing Medical Education (CME) sessions aimed at enhancing the knowledge and skills of medical professionals in the field of nail disorders and their treatments. These sessions are being conducted online and cover a range of pertinent topics, reflecting the Society's commitment to advancing expertise in diagnosing and managing various nail disorders. This article recaps the key messages from the first 6 sessions conducted in this series from January to June 2024.

Basics of nail surgery (January 2024)

First things first, the society conducted a session on basics. This session, attended by 291 delegates, focussed on the fundamental principles of nail surgery. Key topics included surgical and cadaveric anatomy of the nail unit, nail anaesthesia techniques, and post-operative dressing and wound care. The aim was to equip the participants with a solid foundation for performing various nail surgical procedures effectively and safely. The cadaveric anatomy session provided participants with the opportunity to look at the relevant nail anatomy more precisely, helping them understand the nuances involved before indulging in any nail surgery [Figure 1a and b].

Management of onychomycosis (February 2024)

This session, attended by 533 delegates, focussed on the management of onychomycosis, a common yet perplexing disorder of the nails. Comprehensive management plans were discussed under the headings of medical management, lasers in onychomycosis, and management of non-dermatophytic onychomycosis. Emphasis was placed on optimising treatment strategies for better patient outcomes by providing

clinical scenarios, explaining the role and literature-based preference of various antifungals when to suspect non-dermatophytic onychomycosis, and how to treat it [Figure 2a and b].

Management of ingrown nail (March 2024)

This session, attended by 240 delegates, addressed the types, causes, and management of ingrown nails, a common condition that can lead to significant discomfort and complications. The surgical management of pincer nails was also covered in detail. The session aimed to provide practical solutions for treating ingrown toenails effectively and preventing recurrence. The highlight of the session was a discussion of various preventive measures and conservative measures which can be incorporated in such patients before taking them up for surgery. Videos of the management of pincer nails were shown to give a clearer concept [Figure 3].

Nail psoriasis (April 2024)

This segment, attended by 128 delegates, addressed the intricacies of nail psoriasis, including when to suspect, how to diagnose and its varied clinical presentation. Nail psoriasis is commonly confused with onychomycosis, especially in cases with isolated nail involvement. The session focussed on how to differentiate between the two. The discussion emphasised advanced management approaches and the latest therapeutic options to optimise patient outcomes. Recent guidelines regarding the management of nail psoriasis and advanced therapeutic options were covered in detail. Clear videos of intralesional therapies employed in nail psoriasis were shown [Figure 4].

Nail lichen planus (May 2024)

This session, attended by 271 delegates, gave insights into the diagnosis and management of nail lichen planus. The

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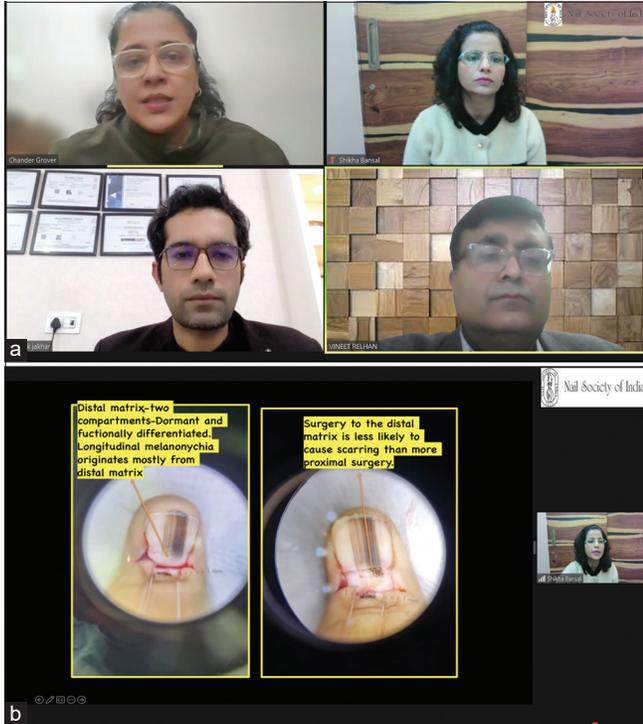


Figure 1: (a) and (b) Continuing Medical Education (CME) on basics of nail surgery.

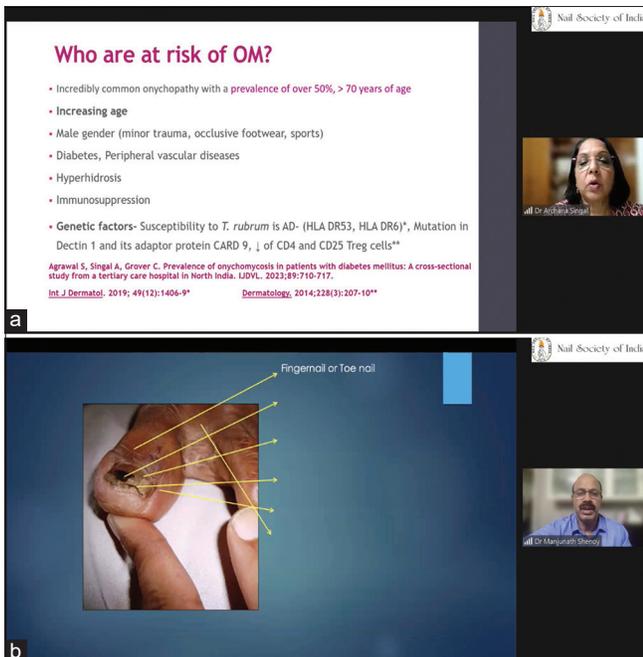


Figure 2: (a) and (b) Continuing Medical Education (CME) on the management of onychomycosis.

series had an international speaker, Dr Matilde Iorizzo from Switzerland, for this topic. The session covered important aspects such as when to suspect, how to diagnose, and

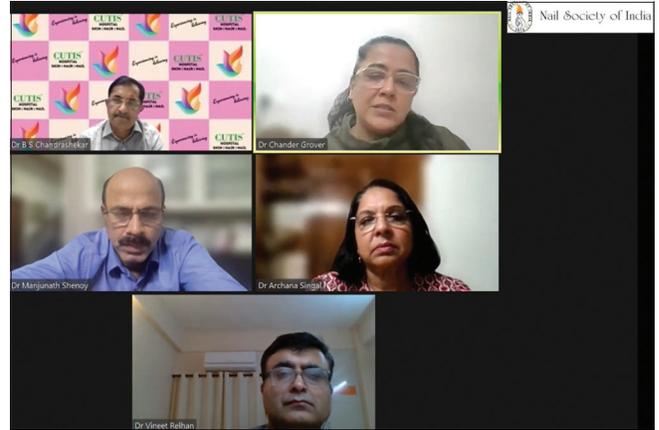


Figure 3: Continuing Medical Education (CME) on the management of ingrown nails.



Figure 4: Continuing Medical Education (CME) on nail psoriasis.



Figure 5: Continuing Medical Education (CME) on nail lichen planus.

treatment strategies to manage this challenging condition. Treatment options for isolated nail lichen planus were discussed in detail. Intralesional therapies and their procedures were covered in detail [Figure 5].

Nail tumours (June 2024)

This session, attended by 171 delegates, was led by a distinguished international faculty member, Dr. Eckart Haneke, from Germany. He covered a range of topics, from the identification of various benign and malignant nail

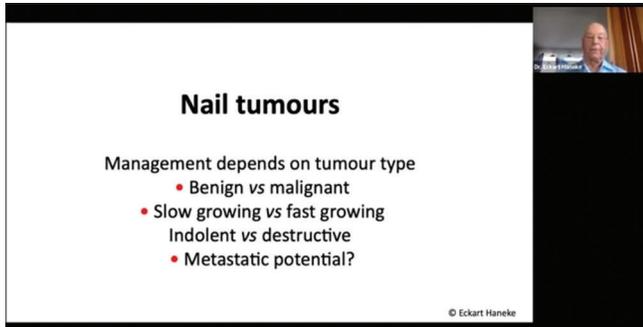


Figure 6: Continuing Medical Education (CME) on nail tumors.

tumours, to advanced diagnostic techniques and treatment options. Dr. Haneke beautifully explained the classification of nail tumours, how to suspect them, and how to further confirm the diagnosis. Their management was well explained by utilising showing step-wise excision of these tumours while preserving the rest of the nail tissue.

Though all sessions were virtual, they were enriched by devoted time for Q and A session (questions and answers) at the end, to allow participants to clear their doubts and ask practical problems. This interactive component facilitated a deeper understanding of the topics covered and addressed specific queries from the audience, ensuring a comprehensive learning experience. Each meeting ended with a vote of thanks from the Secretary, NSI, with important announcements such as the date and topic of the next meeting, steps to become a member of NSI, and other activities of NSI.

The CME series by the NSI is ongoing and successfully provides valuable knowledge and practical skills to deal with various nail

conditions. The society plans to conduct them every month, covering a wide range of topics pertaining to nails.

Authors’ contributions

Author has drafted this article after being a part of all these CME’s conducted. This article is a report on the same.

Ethical approval

Institutional Review Board approval is not required.

Declaration of patient consent

Patient’s consent is not required as there are no patients in this study.

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Nil.

Conflicts of interest

There are no conflicts of interest.

Use of artificial intelligence (AI)-assisted technology for manuscript preparation

The authors confirm that there was no use of artificial intelligence (AI)-assisted technology for assisting in the writing or editing of the manuscript and no images were manipulated using AI.

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