A GUIDELINE APPROACH to ILD - Introducing the National Guidelines

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Historical Landmarks in ILD

• 1st report: AIP-Hamman Reich---------------------- 1944
• Classification of IIPs
  Leibow & Carrington------------------------------------- 1969
  Katzenstein -----------------------------------------------1997
  Muller & Colby-------------------------------------------1997
• Olsen revisits Hamman Reich syndrome--------1994

• International Consensus Statement ---------------2000

• Evidence based Guidelines for Diagnosis & Management of IPF- 2011 followed by an update 2015

• Scarce epidemiology until the formulation of guidelines followed by surge of data after 2011
Interstitial Lung Diseases - Local Challenges Discussed in ChestCon 2014

- **Burden** of disease?

- Local guidelines
Methodology

- Recordings in the form of a registry
- Based upon an extensive questionnaire
- And multi-disciplinary approach to evaluate patients
- Starting with the city of Karachi, most populous city in Pakistan
- Retrospective and prospective recording of data began in January 2011. Prospective recording continues till date
Presentations at International Forums

• Retrospectively recorded Data from Jan 2008-December 2011 was presented at ERS Annual Congress 2012, Vienna-Austria

• Prospectively recorded Data from Jan 2012-August 2013 was presented at ACCP Chest World Congress 2014, Madrid-Spain

• Registry based data on avian exposed segment of population to be presented at ACCP/CTS April 2016, Shanghai-China.
Diagnosed ILD Cases amongst Pulmonology Referrals from 2011 to 2015

Data source - ILDPAK Registry: 4 Karachi pulmonology clinics
Relative Frequency of ILDs (n=325)

- **IPF**, 33%
- **Sarcoidosis**, 18.5%
- **CV Related Disease**, 17.0%
- **NSIP**, 14.5%
- **HP**, 11.0%
- **Others**, 6%

**Abbreviations**
- **IPF**: idiopathic pulmonary fibrosis
- **HP**: hypersensitivity pneumonitis
- **NSIP**: non-specific interstitial pneumonia
- **CV**: collagen vascular disease

Data source - ILDPAK Registry: 4 Karachi pulmonology clinics
Age & Gender Distribution (n=325)

- **Female**: 67.1%
  - Age <55: 40%
  - Age ≥55: 60%

- **Male**: 32.9%
  - Age <55: 40%
  - Age ≥55: 60%

Data source - ILDPAK Registry: 4 Karachi pulmonology clinics
Guidelines for ILD management?

- Guideline formation demands *indigenous data* to identify incidence, relative frequencies and patterns of interstitial lung disease in Pakistan.
Ethnic Distribution in ILD Registry (n=325)

- **Migrants**: 60%
- **Punjabi**: 23%
- **Afghan/Pushtun**: 8%
- **Sindhi**: 6%
- **Balochi**: 3%

Data source - ILDPAK Registry: 4 Karachi pulmonology clinics
Despite Karachi being a highly populated multi-ethnic city, it cannot represent epidemiological situations in other provinces.

Hence the web based registry has input access from centers throughout Pakistan.

- KPK (2) LRH, Khyber
- Punjab (2) KE, Sheikh Zayed
- South Punjab (1) Nishtar
- Balochistan (1) Bolan
PCS ILD Guidelines 2016

• Incorporation of local data with international guidelines? *Too early to use currently available data*

• ILD Advisory Board & Guideline Committee comprising a panel of experts – conducted a combined study and review of international consensus and guideline documents
ILD Advisory Board and Guideline Committee
The guideline broadly contains:

For all physicians –

• Definitions,
• Pathophysiology,
• Clinical presentation of ILDs
• Essentials of Diagnosis
• Epidemiology
The guideline broadly contains:

• *For fellows & pulmonologists* –
  • Learning skills and interpretation of HRCT scans as an independent section
  • IPF as an entire subject including its acute exacerbations
  • Anti-Fibrotic drugs
Looking ahead...

- The next publication in this series would be related to the **non-IPF** interstitial lung diseases.

- Multi-city data entry into national ILD registry to:
  - Develop a better understanding of the disease process and its epidemiology.
  - Develop future guidelines based on indigenous data.

*In’sha’Allah*
спасибо  谢谢
GRACIAS  谢谢
THANK YOU  谢谢
ありがとう  谢谢
MERCI  谢谢
danke  感激
धन्यवाद  谢谢
شكراً  谢谢
OBRIGADO  谢谢

JazaakAllah