

## PVRI China Report 2018

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The China Task Force continues its active participation in organising national and international conferences and education courses of pulmonary vascular diseases (PVDs) in China. It also aims to extend and update the understanding of pulmonary embolism and pulmonary hypertension among Chinese physicians, exchange clinical experiences, and to create future opportunities for international collaboration.

From 2017 to 2018, the PVRI China Task Force has encouraged collaboration at international level. Collaborative research has brought in several international joint publications and promoted both clinical and translational science PVDs in China.

### National and international conferences

**13-15 April 2018: The 10th National Congress on Pulmonary Embolism and Pulmonary Vascular Diseases and the 8th International Conferences of Pulmonary Circulation Disorders** were held in Guiyang, China - a collaboration between the PVRI and the Chinese Thoracic Society (CTS).

Professors Chen Wang, Zhenguo Zhai, Ardeschir Ghofrani, Luke Howard, Lan Zhao and Harm-Jan Bogaard from the PVRI have contributed to topics covering the most updated guidelines of venous thromboembolism (VTE) and pulmonary hypertension, the antithrombotic and prevention of thrombosis guidelines and pulmonary hypertension guidelines. The participation of the PVRI has enhanced and broadened the educational programme on the novel biomarker discovery and knowledge of diagnosis, treatment and prevention of pulmonary embolism and pulmonary hypertension for scientists and clinicians.

**August 2018: China Heart Congress.** This one and a half day pulmonary vascular disease session was predominantly attended by cardiologists. Professors Xiansheng Chen and Martin Wilkins gave lectures on advances in PAH, as well as in congenital heart disease and medical and surgical treatment of CTEPH.

**30 August-2 September 2018: The 18th National Conference of Chinese Thoracic Society** was held in Xi'an, China. This meeting provided a platform that would ensure further progress in the diagnosis and treatment of pulmonary vascular disease, including pulmonary embolism and pulmonary hypertension for physicians, scientists and other healthcare providers in China.

**31 March-1 April 2018: The 4<sup>th</sup> South China Pulmonary Vascular Diseases Workshop** was held in Guangzhou, China - a collaboration between National Key Laboratory of Respiratory Disease and Guangdong Medical Association. The topics, which provided the latest knowledge of diagnosis, treatment and research of pulmonary embolism and pulmonary hypertension for cardiologists and pulmonologists in South China, covered the latest clinical guidelines and research of pulmonary hypertension and pulmonary embolism.

### Education courses of pulmonary vascular diseases (PVDs)

**From 2-7 May 2018: World Pulmonary Hypertension Day (5 May).** On a national scale, physicians from different cities conducted meetings to raise awareness of pulmonary hypertension by staging various events involving both the scientific community and general public. A series of educational and social activities for pulmonary hypertension were held in Beijing, Guangzhou, Shanghai, Shandong and Shenyang. More than 100 multidisciplinary physicians and 500 patients and family members participated in the activities. The issues of health education, social support, medical insurance and standardised treatment for Chinese pulmonary hypertension patients were discussed.

**15-22 May 2018: Pulmonary Hypertension Academy,** a multicentre and multidisciplinary education platform for diagnosis and management of pulmonary vascular diseases arranged a seven-day education programme in Beijing China, which included: China-Japan Friendship Hospital, Peking Union Hospital, Fuwai Hospital, Anzhen Hospital, Chaoyang Hospital and Beijing Hospital. More than 20 young fellows from different parts of China participated in the education programme. This academy provides excellent learning and communication opportunities for young physicians, who have great interest in pulmonary hypertension.

**May and July in 2018: Two education programmes on standardising the diagnosis and treatment of pulmonary vascular diseases were published in the Chinese Medical Journal.**

These courses provided updates on several important aspects, including diagnosis and treatment of pulmonary hypertension, diagnosis technology, standard thrombolytics, as well as anticoagulant therapy. They clarified a standardised operational procedure for imaging pulmonary hypertension. More than 10 multidisciplinary physicians jointly explored and distributed some special points on the clinical practice of evaluation and management of pulmonary embolism and pulmonary arterial hypertension.

**A multidisciplinary consultation platform for diagnosis and management of pulmonary hypertension and pulmonary vascular diseases was established by Assembly of PE-PVD group, Chinese Thoracic Society.** By the end of October 2018, more than 50 experts from 20 centres participated in the programme. This platform provided good support for individualised diagnosis and treatment of pulmonary embolism and pulmonary hypertension. The platform also provided excellent learning and communication opportunities for physicians.

**12-15 October 2018: World Thrombosis Day (13 October).**

Some activities were conducted during the whole week, including the education for patients and public, MDT consultation for PE-DVT patients, social media activities for increasing awareness of WTD and education programme for physicians.

**Clinical guidelines could provide standard normative guidance for the prevention and treatment of related diseases.** From April to September 2018, the Chinese Medical Association has developed a number of guidelines for prevention, diagnosis and treatment of PE-DVT, as well as PH.

**16 November 2018: A pulmonary hypertension patient education programme was held in Guangzhou Institute of Respiratory Health.** More than 20 patients, three PH physicians and four PH nurses attended the programme and were educated to manage and evaluate PH in their daily activities. Patients were advised to

do a six-minute walk by themselves. They were also educated on how to take their medicine and to undertake some rehabilitation exercises. The most important take-home message was to empower patients to improve their quality of life.

**Implementing national strategies on PE-DVT and PVD programmes**

**The formulation of national policies is an important prerequisite and guarantee for the prevention and treatment of PE-DVT.** The Ministry of Health in China has clearly included PE-DVT prevention and treatment into hospital assessment indicators to ensure it is well implemented.

**A China National Standardised Diagnosis and Treatment System was launched at the 10th National Congress on Pulmonary Embolism and Pulmonary Vascular Diseases at the 8th International Conferences of Pulmonary Circulation Disorders, 13-15 April 2018.** The workforce committee had the first collaboration meeting in Beijing on 16 October 2018.

**Exchange programme with China, US and Europe**

**28 February to 31 September 2018:** To strengthen the academic exchanges in pulmonary hypertension, a Chinese PH physician from China-Japan Friendship Hospital, Dr Jun Wan, was appointed to carry out the clinical study on PH evaluation and management in the University of Giessen and Marburg Lung Center (UGMLC).

**1 May to 31 October 2018:** To strengthen the academic and clinical exchanges in pulmonary hypertension, a Chinese PH physician, Dr Cheng Hong, from Guangzhou Institute of Respiratory Health, was appointed to study pulmonary vascular intervention, such as balloon pulmonary angioplasty (BPA) and invasive cardiopulmonary exercise test (iCPET) at the University of Arizona and University of California at San Diego (UCSD).



## Major publications

- 1 Zhang Z, Lei J, Shao X, Dong F, Wang J, Wang D, Wu S, Xie W, Wan J, Chen H, Ji Y, Yi Q, Xu X, Yang Y, Zhai Z, Wang C; China Venous Thromboembolism Study Group. Trends in Hospitalization and In-Hospital Mortality from Venous Thromboembolism, 2007 to 2016, in China. *Chest*. 2018 Nov 9. pii: S0012-3692(18)32721-1. doi:10.1016/j.chest.2018.10.040. [Epub ahead of print] PubMed PMID: 30419233.
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