

# **PROGRAMMING** - PROmoting GeRIatric Medicine in countries where it is still eMergING

 COST ACTION 21122 EVENT

## Geriatric Assessment in the management of complex older patients: The added value in ambulatory and hospital settings



Athens  
6 to 7 April 2023



Amphitheater of Alkis Argyriadis  
College Auditorium

### LOCAL ORGANIZERS

Hellenic Society for the Study and Research of Aging  
(HeSSRA)

*in co-organization with the* Postgraduate Medical Studies  
Program "Physiology of Aging and Geriatric Syndromes"  
School of Medicine, National and Kapodistrian  
University of Athens



HELLENIC REPUBLIC  
**National and Kapodistrian  
University of Athens**

EST. 1837

MSc in Physiology of Aging  
and Geriatric Syndromes



[WWW.COST-PROGRAMMING.EU](http://WWW.COST-PROGRAMMING.EU)

## Welcome message

Dear colleagues

It is with great joy that we welcome you to the first face-to-face event of the PROGRAMMING (PRoMoting GeRiAtrIC Medicine in countries where it is still eMergING) COST Action, on the 6th and 7<sup>th</sup> of April 2023, in Athens.

The PROGRAMMING COST Action, funded by the COST platform (European Cooperation in Science and Technology), advocates for the training of the health workforce in basic principles of Geriatric Medicine, as a strategic approach for facing the global challenge of the complex healthcare needs of the growing population of older people. PROGRAMMING aims at mapping educational needs and proposing curricula on Geriatric Medicine with a special focus on countries where this scientific domain is still under development. Up to now, the Action counts more than 200 members from 39 countries.

Greece, a country without established Geriatric Medicine yet, will be the one to open the series of activities of the PROGRAMMING COST Action, with this event entitled “Geriatric Assessment in the management of complex older patients: The added value in ambulatory and hospital settings”.

This event is the result of the collaboration of the European Geriatric Medicine Society (EuGMS), holding a key role in the PROGRAMMING COST Action, the Hellenic Society for the Study and Research of Aging (HeSSRA) and the Postgraduate Medical Studies Program "Physiology of Aging and Geriatric Syndromes" of the School of Medicine of the National and Kapodistrian University of Athens. We aspire to raise awareness of the public, inspire health care professionals (especially those with no prior formal training in geriatrics), engage stakeholders and convince policymakers on the added value of Geriatric Medicine and the urgent need of homogenizing international standards of care of older people all across Europe.

Hopefully this event and, eventually, the PROGRAMMING COST Action, will contribute to the journey of recognizing Geriatric Medicine as a formal medical specialty in Greece as well in the near future.

With warm greetings

Marina Kotsani, PROGRAMMING CA Chair

Athanase Benetos, EuGMS Scientific Representative and President of the HeSSRA

Petros Sfikakis, Director of the Postgraduate Medical Studies Program "Physiology of Aging and Geriatric Syndromes"

## Scientific Committee in alphabetical order

Athanase Benetos  
Sofia Duque  
Anastasia Kossioni  
Marina Kotsani  
Evrydiki Kravvariti  
Mirko Petrovic  
George Soulis

## Organizing Committee in alphabetical order

President: Marina Kotsani

Benedetta Bellotti  
Athanase Benetos  
Georgios Karamanof  
Athanasios Karampeazis  
Anastasia Kossioni  
Anastasia Koutsouri  
Evrydiki Kravvariti  
Marianna Mantzorou  
Eleni Mouttzi  
Kyriaki Panagiotopoulou  
Petros Sfikakis  
George Soulis  
Maria Tampaki  
Evi Voudiklari

## COST Action 21122 event

Local organizers: Hellenic Society for the Study and Research of Aging (HeSSRA)  
in co-organization with  
the Postgraduate Medical Studies Program "Physiology of Aging and Geriatric  
Syndromes"  
School of Medicine, National and Kapodistrian University of Athens

Athens 6-7 April 2023

Geriatric Assessment in the management of complex older patients:  
The added value in ambulatory and hospital settings

### Day 1\_Thursday 6/4/23

#### Kostis Palamas meeting rooms\*

15:00- 16:30: Focus Groups with the participation of non-geriatrician health professionals  
on the assessment of educational needs on basic principles of Geriatric Medicine  
Moderators (Greece): Efterpi Mougakou, Eleni Moutmtzi, Maria Tampaki, Georgios-  
Konstantinos Tsamasiotis

\*Participation in the focus groups' session is limited to 20 persons and is only possible  
upon specific invitation by the organizing committee.

### Day 1\_Thursday 6/4/23

#### MAIN PROGRAM (OPEN TO ALL) Amphitheater of Alkis Argyriadis- College Auditorium

16:30-17:30: Welcome, coffee

Possibility to "experience old age" by the Old Age Simulation Suit  
Hellenic Society for the Study and Research of Aging: George Soulis

17:30- 17:40: What is the PROGRAMMING COST Action 21122?  
Marina Kotsani (Greece)

17:40-18:25: Hospital-acquired disability in old age: prevention, differential diagnosis, and  
management (*20 min lecture and 25 min Q&A*)  
*Chair: Petros Sfrikakis (Greece)*  
Speaker: Nicolas Martínez-Velilla (Spain)

18:25-19:10: Reducing hospital admissions in geriatric patients: the role of the primary care practitioner

*(20 min lecture and 25 min Q&A)*

*Chair: George Soulis (Greece)*

*Speaker: M. Cristina Polidori (Germany)*

Day 2\_ Friday 7/4/23

Amphitheater of Alkis Argyriadis- College Auditorium

16:00-17:45: Geriatric care models

*Chairs: Athanase Benetos (France) and Michalis Kaklamanos (UK)*

- Outpatient geriatric clinic: primary care and specialty consultation (20')  
Hana Vaňková (Czech Republic)
- Inpatient models: Geriatric Ward, Geriatric mobile consultation, Co-management ward (20') Regina Roller-Wirnsberger (Austria)
- Introducing Geriatric Medicine through Orthogeriatrics: the example of Portugal (5') Ana Sofia Duque (Portugal)
- Health trajectories in the community and long-term care models: Moving towards home care and aging in place (20') Wilco Achterberg (The Netherlands)
- Discussion on piloting geriatric care models in Greece (40')  
Members of the Scientific Working Group of HeSSRA and graduates of Postgraduate Medical Studies Program "Physiology of Aging and Geriatric Syndromes", National and Kapodistrian University of Athens (Greece):  
Georgios Karamanof, Evrydiki Kravvariti, Eleni Moutzi, Symeon Panagiotakis, George Soulis, Maria Tampaki

17:45-18:00 Break

**18:00–20:00: Open event–Greek session with simultaneous interpretation in English:  
Piloting Geriatric services in Greece: what would we ask for first?**

*Chairs: Marina Kotsani (Greece), Evrydiki Kravvariti (Greece)*

Participants– Greek stakeholders *(in alphabetical order)*:

Dimitrios Boumpas

Yannis Ellul

Konstantinos Gourgoulianis

Georgios Karamanof

Athanasios Karampeazis

Dimitrios Kardamakias

Anastasia Kossioni

Maria Koula

Marianna Mantzorou

Despoina Moraitou

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Elias Panagiotopoulos

Antonios Politis

Vassiliki Sakelari

Petros Sfikakis

Markos Sgantzos

Emmanouil Smyrnakis

Panagiota Sourtzi

Athanasios Symeonidis

Nicolaos Tentolouris

Magda Tsolaki



*Parts of the program will be videorecorded and published on Bodossaki Foundation's scientific website [www.blod.gr](http://www.blod.gr), as well as on other scientific websites. Namely but not exclusively the official website of the Action <https://cost-programming.eu/>, website of the HeSSRA <https://www.eemeg.org/>, the website of the Postgraduate Medical Studies Program "Physiology of Aging and Geriatric Syndromes" <https://geriatric.med.uoa.gr/>, and partially to the website and social media of the EuGMS <https://www.eugms.org/home.html>.*

*Μέρος του προγράμματος θα βιντεοσκοπηθεί και θα δημοσιευθεί στον ιστότοπο [www.blod.gr](http://www.blod.gr) του Ιδρύματος Μποδοσάκη που αποσκοπεί στη διάδοση της επιστημονικής γνώσης και του πνευματικού προβληματισμού, καθώς και σε άλλες ιστοσελίδες επιστημονικού περιεχομένου. Ενδεικτικά αναφέρονται οι ιστοσελίδες της Δράσης <https://cost-programming.eu/>, η ιστοσελίδα της Ελληνικής Εταιρείας Μελέτης και Έρευνας της Γήρανσης–ΕΕΜΕΓ <https://www.eemeg.org/>, η ιστοσελίδα του Προγράμματος Μεταπτυχιακών Σπουδών της Ιατρικής του ΕΚΠΑ «Φυσιολογία της Γήρανσης και Γηριατρικά Σύνδρομα» <https://geriatric.med.uoa.gr/>, και μερικώς στην ιστοσελίδα και μέσα κοινωνικής δικτύωσης της Ευρωπαϊκής Γηριατρικής Εταιρείας EuGMS <https://www.eugms.org/home.html>.*

## Participants' affiliations

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## Aknowlegdments

*The organizers thank the Bodossaki Foundation, for the filming of the Open Session "Piloting Geriatric services in Greece: what would we ask for first?" and parts of the rest of the scientific program.*

**BLOD**  
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