



PROGRAMMING

PROMoting GeRIatric Medicine in countries
where it is still eMERging



Wrap-up of PROGRAMMING Meetings

November 2022 - June 2023



Participate in **next PROGRAMMING meetings** where networking becomes the catalyst for groundbreaking collaborations and **transformative lessons** in the field of **Geriatric Medicine**.



Unlock endless possibilities to **improve the care of older persons across Europe**.

What is PROGRAMMING COST Action?



Description of the Action

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.

Our Ambition

Identify a pragmatic set of possibilities for continuous professional education in Geriatric Medicine (GM), that will be globally endorsed, to propose to stakeholders and policymakers across Europe, to facilitate or trigger change at each national level towards a minimum but substantial integration of principles of Geriatric Medicine in the attitudes and practices of practitioners and would eventually prepare the ground for more extended changes in countries where Geriatric Medicine is still emerging.



Kick-off Meeting, Online

2nd November 2022



How everything started....

On 2/11/22, EuGMS launched a new adventure! The COST Action PROGRAMMING PROMoting GeRiAtric Medicine in countries where it is still eMergING kicked off. EuGMS, other than being the Grant Holder of this Action, has, since the beginning, played a key role in preparing the application and raising the necessary network of proposers for this project. Besides, the first seed of this COST Action was planted during the activities of the EuGMS Global Initiative Group, that aims at promoting Geriatric Medicine (GM) in countries with weak geriatrics' background and at homogenizing practices across Europe, also in alignment with the EuGMS's missions.

The PROGRAMMING CA specifically aims to provide a consensus on the content of short targeted education and training activities in GM for health care professionals across various clinical settings, destined mainly for countries where GM is still emerging and adapted to the local context, the needs and assets of stakeholders and the pragmatic possibilities of involved settings. We believe that training the existing workforce and influencing health professionals' attitudes towards a sensibilization in basic principles of GM, could be a substantial and strategic approach to introducing GM in countries where it is still in its infancy, but also facing a more global challenge of growing requirements of geriatric competences. The pragmatic set of possibilities that the PROGRAMMING CA aims to propose is expected to gain endorsement of key actors and academic societies in the field of European GM (and beyond) with the purpose to ultimately more efficiently approach stakeholders and policy makers and trigger positive change at a national and multinational level.

This ambitious project will be running for 4 years and currently counts more than 160 applications for its Working Groups from 35 European and near neighbouring countries. New applications are always possible through the e-COST platform, for anybody who wishes to join us in this fascinating journey that has just begun!



Marina Kotsani

Chair of the Action, Hellenic Society for the Study and Research of Aging



For more information please visit: www.cost-programming.eu

Kick-off Meeting, Online

2nd November 2022

Our members testimonies



Sofia Duque

Having taken part in the initial stages of the PROGRAMMING COST Action, being part of its kick-off meeting has been genuinely gratifying! The European funding endorsement that PROGRAMMING has received underscores the recognition of Geriatric Medicine's significance by the wider European scientific community, beyond the realm of Geriatrics. As a Geriatric specialist in a country where Geriatric Medicine is still emerging, I hold the optimism that PROGRAMMING could significantly propel its national development.



Meltem Koca

The kick-off meeting of the PROGRAMMING COST Action was not only a unique professional experience to me, but a splendid launch to this important project which aims at fostering and empowering Geriatric Medicine with contributions of the members from multiple relevant disciplines and almost forty countries. Since this very first meeting of PROGRAMMING I have anticipated and been experiencing the collective power of different perspectives, expertises and experiences to upgrade our health care practices in line with the Geriatric principles across Europe and beyond!



Mirko Petrovic

Getting involved in the early phases of the PROGRAMMING COST initiative and taking part in its kick-off meeting has been an inspiring experience. As someone practicing geriatric medicine in a country where it's well-established, I'm genuinely excited about the potential of PROGRAMMING to bring together professionals from different parts of Europe and particularly to engage colleagues from countries where it's still developing. The COST Action facilitates a shared experience and expertise that contributes to the ongoing progress of geriatric medicine.



1st face-to-face Meeting, Athens - Greece

6th and 7th April 2023

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): Elterpi Mougkou, Eleni Mountzi, Maria Tampaki, GeorgiosKonstantinos Tsamasiotis

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 Sfikakis (Greece) | Speaker: Nicolas Martinez-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 Mountzi, 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 Gourgoulanis, Georgios Karamanof, Athanasios Karampeazis, Dimitrios Kardamakis, Anastasia Kossioni, Maria Koula, Marianna Mantzorou, Despoina Moraitou, Sokratis Papageorgiou, Symeon Panagiotakis, Elias Panagiotopoulos, Antonios Politis, Vassiliki Sakelari, Petros Sfikakis, Markos Sgantzos, Emmanouil Smyrnakis, Panagiota Sourti, Athanasios Symeonidis, Nicolaos Tentolouris, Magda Tsolaki



COST CA21122

PROGRAMMING

PROGRAMMING - PRoMoting GeriAtrIC Medicine in countries where it is still eMerging

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



WWW.COST-PROGRAMMING.EU

1st face-to-face Meeting, Athens - Greece

6th and 7th April 2023

On the 6th and 7th of April 2023, the first face-to-face event of the PROGRAMMING COST Action, was held in Athens, Greece. After several months of online meetings, the PROGRAMMING Action members at last met in person!

Under the auspices of the European Geriatric Medicine Society (EuGMS), the local organizers (Hellenic Society for the Study and Research of Aging 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), have chosen the topic "Geriatric Assessment in the management of complex older patients: The added value in ambulatory and hospital settings".



This 2-days' event, which took place in 2 classical buildings in the historical center of Athens, started by conducting focus groups with health care professionals investigating their geriatric skills' gaps and educational needs on Geriatric Medicine. Participants also had the opportunity to "experience old age" by the Old Age Simulation Suit before attending lectures by prominent international speakers, on hospital acquired complications for older patients and on what can be done at a primary care level to avoid preventable hospitalizations. The second day started by a round table discussion on models of geriatric care and the presentation of several international examples of success stories and challenges, as well as a discussion on piloting geriatric care services in Greece, as an example of countries where geriatrics need to emerge almost from scratch. The event ended up with a fish-bowl type discussion with multiple national stakeholders examining the question "What would we ask for piloting geriatric services in Greece?". Health care professionals, representatives from scientific societies and the Academia from several Greek cities expressed their point of view, followed by comments from the audience and feedback from international experts. One of the conclusions was that educational activities, such as those proposed by the PROGRAMMING COST Action, could be a good point to start.

By hosting this event, Greece, one of the few European countries without Geriatrics as a recognized medical specialty or subspecialty yet, aimed 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. Quoting some participants' spontaneous comment such as "I have never before talked about these extremely relevant issues with my colleagues" or "this was a very powerful and impactful event" or "let's keep in touch for the continuation", we may hope that some first seeds of geriatric awareness have been planted in a country where Geriatric Medicine is still emerging, as per PROGRAMMING's aspiration... After all, Geriatric Medicine's symbol, an old tree, looks so much like an olive tree.

Marina Kotsani (*Hellenic Society for the Study and Research of Aging*)



1st face-to-face Meeting, Athens - Greece

6th and 7th April 2023

Our members testimonies



Evrydiki Kravvariti

I found it deeply symbolic that the first face-to-face COST PROGRAMMING event took place in Athens, Greece, a country where a handful of Geriatricians trained abroad are still struggling to put Geriatrics on the map of medical education, specialty training and healthcare services. It was a most exciting day for me as a COST member, to witness the eye-opening effect from the talks of expert Geriatricians from all over Europe, on our Greek colleagues. I am hopeful that COST events like this set the seed for small yet impactful practice changes with regards to physical exercise and other frailty reversal interventions in the community and the hospital. Even more grounds for optimism were laid at the closing session of the event: Twenty academic, professional, and community service leaders from all over the country had a moderated group discussion on the optimal way to introduce Geriatric services in Greece, followed by the valuable feedback from our colleagues that have already taken such steps in their respective countries. It was the very essence of European Collaboration on Science and Technology!



Hana Vankova

The first meeting of PROGRAMMING in Athens' keyword? Encouragement! Examples of applied geriatrics and good practice shared by European experts. My task was to share my experience of change: A few years ago, geriatrics was at the edge of interest in our country, now it is coming to the fore. We work on the National Geriatrics Development Plan, supported by the Ministry of Health and stakeholders. What happened and which factors contributed? What could work well for countries with emerging geriatrics? With Athanase Benetos and meeting participants we discussed also the positive experience of EAMA education and networking of European geriatricians, so inspiring and important for both us and many others. In Athens, with so many national experts involved in discussion on geriatrics, we could witness the process of empowering geriatrics live. Nourished by the PROGRAMMING COST Action. What a truly encouraging experience!



Nicolas Martínez Velilla

Having taken part in the 1st face-to-face meeting held on 6 and 7 April 2023 in Athens as a Geriatric Specialist in a country where Geriatric Medicine is still emerging, I believe that PROGRAMMING COST Action can be an important and useful tool to implement projects and measures that favor the integration of the knowledge of geriatric medicine in this profile of countries.



2nd face-to-face Meeting, Bucharest - Romania

6th and 8th June 2023

COST Action 21122 event

Local organizers: Romanian National Society of Geriatrics and Gerontology (SRGG) in co-organization with European Geriatric Medicine Society (EuGMS)

Bucharest 6-7 June 2023

Pullman WTC Hotel | 10, Montreal Square

Multidimensional strategies for the preservation of optimal functional capacity for a better ageing

Day 1 Tuesday 6/6/23

FOCUS GROUPS – upon invitation*

5:00- 17:00: **Focus Groups on Assessment of educational needs on geriatric medicine**

- Secondary and Primary Care (Room Vienna)

Moderators (Romania): Ana Gabriela Prada, Catalina Nuta

- Long Term Care (Room Montreal)

Moderators (Romania): Anna Marie Hergheliegi, Ovidiu Bajenaru

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

Day 2 Wednesday 7/6/23

MAIN PROGRAM (OPEN TO ALL) - Room Mexico

13:30: **Welcome, coffee**

14:00-14:45: **Looking back on life from old age - a philosophical perspective (20 min lecture and 25 min Q&A)**

Chairs: Anne Ekdahl (Sweden) – Adina Carmen Ilie (Romania)

Speaker: Raymond Tallis (UK)

14:45-15:30: **Historical perspective and current development of Geriatrics in Romania (20 min lecture and 25 min Q&A)**

Chairs: Anne Ekdahl (Sweden) – Adina Carmen Ilie (Romania)

Speaker: Anna Marie Hergheliegi (Romania)

15:30-16:00: **Break**

16:00-18:00: **Round Table: Developing a sustainable network of professionals involved in the care of older people by promoting geriatric medicine education in Romania**

Chairs: Marina Kotsani (Greece), Valer Ioan Donca (Romania)

Participants- Romanian stakeholders (in alphabetical order):

- Prof. Ioana Dana Alexa

- Assoc. Prof. Ana Capisizu

- Elena Dobre

- Assoc. Prof. Anca Dohotariu

- Mariuca Ivan

- Dr. Traian Login

- Dr. Cerasela Maciucă

- Prof. Catalina Poiana

- Prof. Dr Catalina Tudose

18:00: **Closing Remarks**

Athanas Benetos (France) - Marina Kotsani (Greece)



Multidimensional strategies for the preservation of optimal functional capacity for a better ageing

Joint event by the
PROGRAMMING COST Action 21122
SPRING Project of the EuGMS Global Europe Initiative –GEI
and the Romanian Society of Geriatrics and Gerontology



Bucharest
6 to 8 June 2023



Pullman Bucharest
World Trade Center
and ONLINE



WWW.COST-PROGRAMMING.EU



Funded by
the European Union

2nd face-to-face Meeting, Bucharest - Romania

6th and 8th June 2023



The EUGMS and the Romanian Society of Geriatrics and Gerontology (RSGG) co-hosted the event Multidimensional strategies for the preservation optimal functional capacity for a better ageing in Bucharest on 6-8 June 2023.

This event was part of the PROGRAMMING COST Action for the promotion of Geriatric Medicine and followed a similar endeavor organize earlier this year in Athens Greece. More than 100 persons from Romania and other countries participated both onsite and online, medical students, geriatrics trainees, different professionals involved in the care of older people in various settings, geriatricians, primary care physicians and other specialists as well as important stakeholders and policy makers.

The event featured lectures by Prof Finbarr C. Martin (UK), Prof Nenad Bogdanovic (Sweden), Prof Raymond Tallis (UK) and Assoc Prof Anna Marie Herghelegiu (Romania) on healthy aging and prevention, philosophical and historical perspectives on geriatrics and longevity. Two Focus Groups on Assessment of educational needs on geriatric medicine organised with different specialists working in ambulatory settings and health care providers in long term care settings generated new interesting qualitative data for scientific publications. One of the highlights of the activities was a visit to the local Municipality Home for the seniors, a long-term care facility where guest met a few of the more prominent residents who used to be public figures, politicians and academics. Another exciting experience was the Round Table of stakeholders and local policy makers where important ideas and potential initiatives to further develop the network of health care providers trained in the care of older people were exchanged. There were also several internal meetings of the projects working groups and managing committee. This was a wonderful opportunity to meet and discuss the care needs of the rapidly growing older population from different points of view such as geriatrics medical education, a better integration of social care and long-term care and also how to expand the network of geriatrics specialists in different care settings across Romania. Furthermore, the event provided a platform for exchanges among Action members, among Action members and local stakeholders and policy makers as well as for raising awareness on the importance of geriatric medicine, sharing professional experiences, networking and friendship.



Anna Marie Herghelegiu

"Carol Davila" University of Medicine and Pharmacy

2nd face-to-face Meeting, Bucharest - Romania

6th and 8th June 2023

Our members testimonies



Karolina Piotrowicz

Being a part of the PROGRAMMING COST Action community made me realize how important the contribution of each individual healthcare professional is to the global development of geriatrics and the improvement of care for older adults in Europe. As a PROGRAMMING team member, I appreciate how much I can learn from both my PROGRAMMING colleagues and other countries. At the same time, I feel that my presence matters and that I can make a difference!



Carmelinda Ruggiero

The PROGRAMMING COST Action is truly an extraordinary way to spread the scientific background of geriatric medicine across European countries and to challenge the pervasive age-related prejudices that still persist in the European medical landscape. By promoting the multidisciplinary dialogue, we are not only breaking down barriers, but we are also paving the way for innovative and forward-thinking approaches. Together, we are charting a path towards a more inclusive and empowered future for our seniors and, by extension, for our societies as a whole.



Ana Prada

After participating in the second face-to-face meeting that was held in Bucharest in June 2023, I have had the opportunity to take part in focus groups and meetings organized during this event. Having this experience, I would say that in Romania, where I am working as a Geriatrics doctor in training (medical resident) and where Geriatrics as a specialty is still emerging, the importance of the PROGRAMMING COST Action 21122 was greatly recognized by my peers and by professionals from other fields related to the care of older adults. Thus, during the meeting in June I had the great opportunity of meeting and establishing connections with Geriatrics specialists from all around Europe and also of collaborating with a great organization team.



Contact Us



Get in Touch

If you would like to know more about the Action, please check the COST Action and PROGRAMMING websites or contact our Secretariat EUGMS:

programming.ca21122@gmail.com

Action Chair: Dr Marina KOTSANI

Action Vice-Chair: Prof Mirko PETROVIC

COST Science Officer: Dr Angelo BASTERIS

COST Administrative Officer: Ms Katchamon NIMPRANG

Grant Holder Manager: Ms Benedetta BELLOTTI



WWW.COST-PROGRAMMING.EU

COST



CA21122

PROGRAMMING

PROMoting GeRiAtric Medicine in countries
where it is still eMergING

