



Newsletter 1

PROGRAMMING

COST Action 21122

PRoMoting GeRiAtric Medicine in countries where it is still eMergING

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.



What you will find in this Newsletter

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- 02 Our Logotype
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We are **RISING!**

72

Proposers of
PROGRAMMING

261

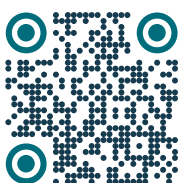
Members

40

Countries



Apply Now for our Action



Action Details

➔ MoU - 036/22

4 Years Action: From 02/11/2022 to 01/11/2026

Website: ➔ www.cost-programming.eu

COST Webpage: ➔ www.cost.eu/actions/CA21122

Email: secretary@eugms.org

PROGRAMMING is not only for Geriatricians!



Medical doctors of other fields



Allied healthcare professionals



Gerontologists



Sociologists



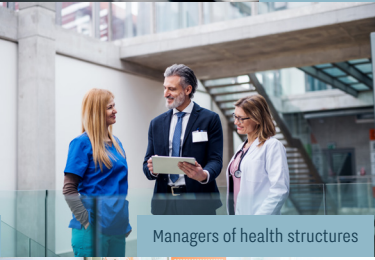
Epidemiologists



Students



Policy makers



Managers of health structures



Public health



Communication



ICT



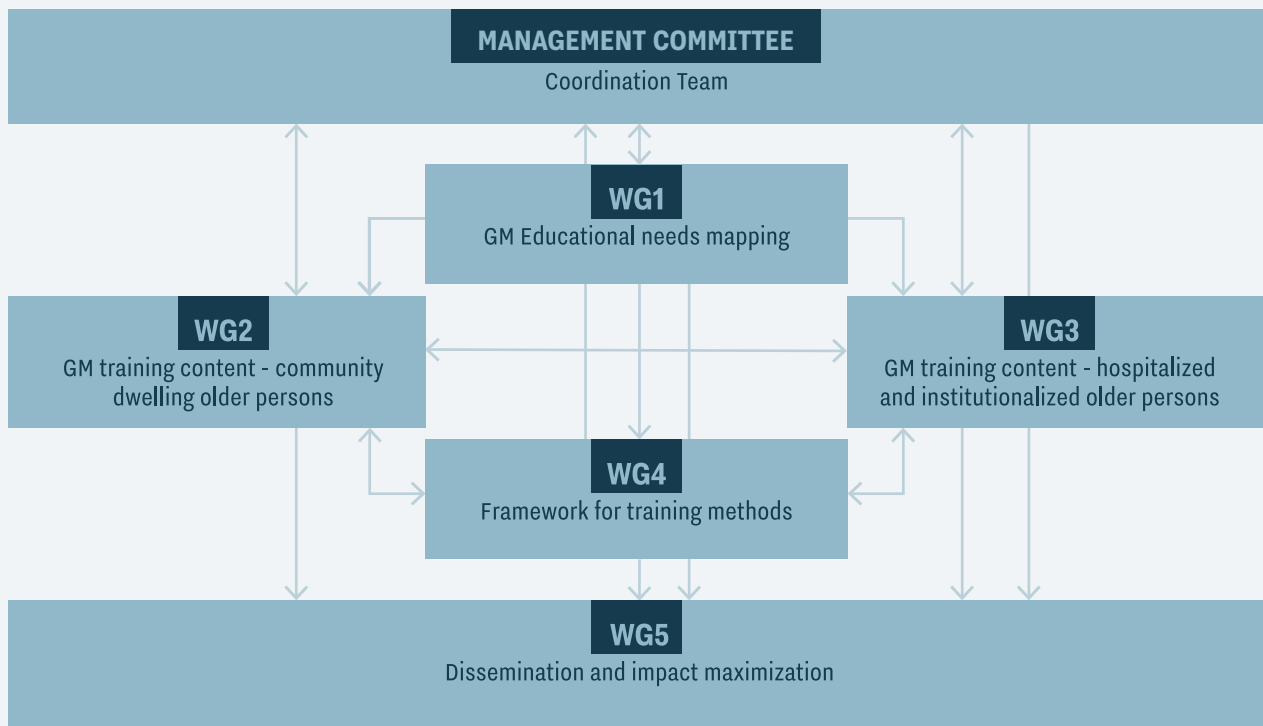
Educationalists

GOALS of PROGRAMMING

- ➔ To highlight the current situation in Europe of Geriatric Medicine.
- ➔ To provide a consensus on the content of short, targeted education and training activities in Geriatric Medicine (GM) for health care professionals across various clinical settings.
- ➔ To raise awareness and promote the added value of the approach of GM in the health and wellbeing of older people.
- ➔ To build GM-related health literacy among health care professionals.
- ➔ To influence policy makers of the local and the international scene.



PROGRAMMING Working Groups (WG)



Today, let's meet WG1 and WG5 Leaders

Meet Working Group 1

State-of-the-art mapping and needs' assessment



Leader

**Anne Wissendorff
Ekdahl**



Co-Leader

Tahir Masud



Co-Leader

**Anne Marie
Herghelegiu**



Co-Leader

Tajana Pavić

Meet **Working Group 5**

Dissemination and impact maximization



Leader

Sofia Duque



Co-Leader

Karolina Piotrowicz

PROGRAMMING Decalogue

01

Apply at:

➔ www.cost.eu/actions/ca21122

02

Familiarize yourself with us at:

➔ www.cost-programming.eu

03

Express your preferences and choose your Working Groups!

04

Contact Working Group leaders and become an active team member!

05

Log on to our Trello board and become a part of our **PROGRAMMING family!**

06

Send us your picture and a consent to use it.

07

Follow our Social Media news and join the events!

08

Express your preferences and choose your Working Groups!

09

Apply for grants at:

➔ www.cost-programming.eu/category/activities/grants

10

Present **PROGRAMMING** during national and international meetings with, **PROGRAMMING** in a one slide and dedicated templates!

Our Logotype



Together with a branding experts team, we developed our logo. Joining a tree and a network, the logo of PROGRAMMING (COST Action 21122) was born. Three different options were presented and every Action member was invited to select the preferred one.

The flourishing tree is a known symbol of geriatrics and the network represents the collaboration, connections, and exchange among countries to spread.



Tree

Symbol of Geriatric

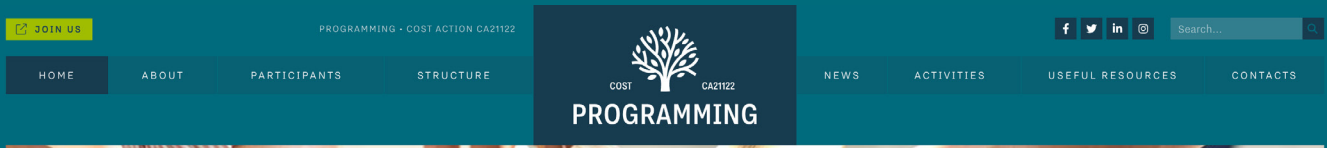


Network

Connection, Exchange, Countries



Our Website



PROGRAMMING - COST ACTION CA21122

PROmoting GeRIatric Medicine in countries where it is still eMergING

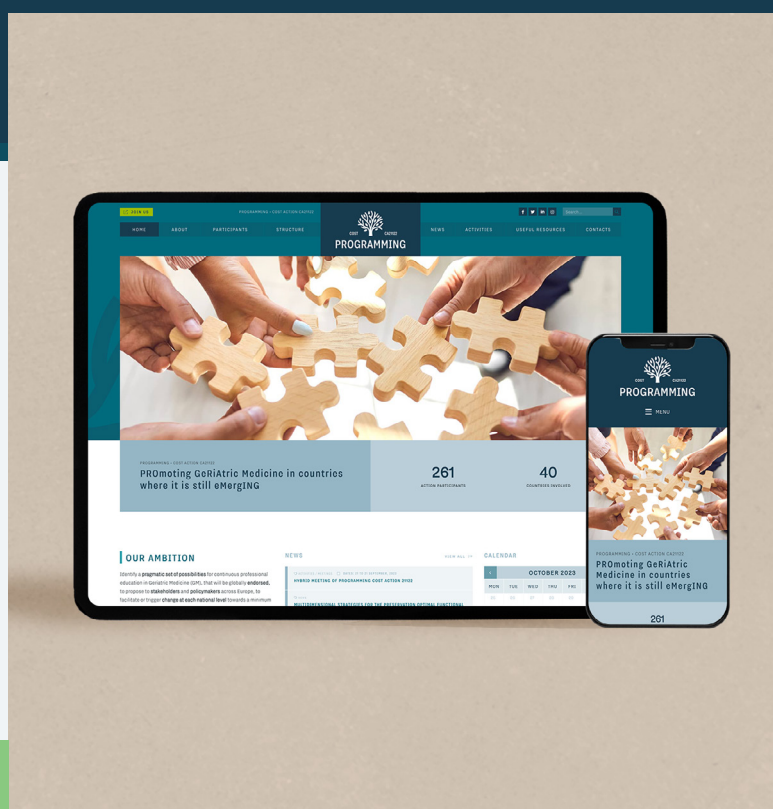
261
ACTION PARTICIPANTS

40
COUNTRIES INVOLVED

What you can find on our website?

- ➔ Goals and Structure of the Action
- ➔ Participants and countries involved
- ➔ Activities
- ➔ News
- ➔ Testimonies

And much more...



Our Promotional Materials

In our continuous effort to promote the cause of Geriatric Medicine through **PROGRAMMING**, we are thrilled to announce the creation of promotional materials designed exclusively for our vibrant community. We believe that these materials not only represent **PROGRAMMING** but also serve as tools to raise awareness and foster our shared mission.

Our promotional materials include **PROGRAMMING-branded bags, pens, and notebooks**. Each item is crafted with care and carries the essence of our commitment to advancing Geriatric Medicine. These are not just ordinary items; they are ambassadors of our cause, ready to journey far and wide to spread the word.

We sincerely hope that you will not only enjoy using these materials but also take pride in displaying our emblem.

By incorporating these items into your daily life, you become an active participant in expanding our reach.

Whether you're taking notes in a **PROGRAMMING notebook**, jotting down ideas with a **PROGRAMMING pen**, or carrying your essentials in a **PROGRAMMING bag**, you are helping to amplify our message.

If you haven't yet had the chance to get your hands on these **PROGRAMMING** materials, we invite you to request them. Please reach out to our team, and we'll ensure you receive these items to become an integral part of our promotional efforts.

But it doesn't stop here. We believe that these materials can spark new ideas and collaborations within our community. As you use them in your daily life, we encourage you to think creatively and envision ways in which we can further advance **PROGRAMMING** together.

Let these **PROGRAMMING** materials be more than just possessions; let them be catalysts for change. Together, we can continue to push the boundaries of Geriatric Medicine, making a lasting impact on the well-being of our aging population.



PROGRAMMING Meetings



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

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 first 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.



Please see more pictures and feel our PROGRAMMING experience...

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)



PROGRAMMING

Dissemination Opportunities



Please remember about dissemination among your colleagues and your community!



General Assembly of EuGMS

➔ 16-17th March 2023
 🇨🇭 Switzerland



Conference on Geriatrics and Gerontology

➔ 22nd March 2023
 🇬🇷 Athens, Greece



Portuguese Congress of Internal Medicine

➔ 4-7th May 2023
 🇵🇹 Portugal





Ageing in Europe: Challenges and Opportunities, Bruxelles - Belgium

20-21th April 2023

In a rapidly changing world, where our ageing population presents both challenges and opportunities, the COST Action Academy has been at the forefront of fostering discussions and innovation. We are proud to share that our PROGRAMMING COST Action dedicated to advancing Geriatric Medicine, was represented at the recent COST Connect event on Ageing in Europe.

The event, which took place on the 20th and 21st of April 2023, brought together representatives from various COST Actions, including our Chair, Marina Kotsani, and our Grant Holder Scientific Representative, Athanase Benetos. This gathering aimed to provide a platform for multi-stakeholder discussions and interactions surrounding the profound issues of ageing in Europe and beyond.

PROGRAMMING was introduced alongside other COST Actions related to ageing, including NET4AGE-Friendly, Who Cares in Europe, DIGI-net, PhyAgeNet, FinAI, EDEM, and several others. Looking ahead, we anticipate the possibility of fruitful collaborations between PROGRAMMING and these other COST Actions.

Empower yourselves to actively engage in collaborative initiatives with fellow COST Actions. Together, we can drive PROGRAMMING's mission forward and make a real impact. Share your ideas with our leaders.

Know more about this event:

➔ www.cost.eu/cost-connect-ageing

Grants

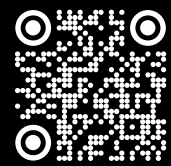


In February 2023 we launched the official call for grants. These grants concerned networking activities in the context of the Action, namely **Short Term Scientific Missions, Virtual Mobility Grants and Inclusiveness Target Countries conference grants.**

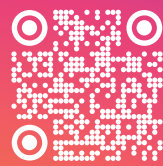
Please be informed that next year new possibilities will be opened!

Follow our social media and stay tuned!

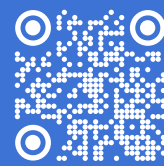
Social Media



@EuGMSSociety



@EuGMSSociety



@EuGMSSociety

Find us on X (former Twitter), Instagram, Facebook:

#eugms #COST #costaction @costprogramme #geriatricmedicine #programming

Useful Resources



If you are a PROGRAMMING member, please remember that for your convenience we prepared a set of promotional materials ready to use.

By the way, have you shared your resources with PROGRAMMING community?



MoU

Download Memorandum of Understanding (MoU)



Presentations Template

Download PowerPoint and Word documents template



Logotype

Download PROGRAMMING Logo in PNG format



Action Leaflet

Download the Action Leaflet



Action Flyer

Download the Action Flyer



Oral Health older Adults

Download a free online educational resource



Educational Videos

Geriatric Medicine - Educational Videos

Our News



PROGRAMMING Survey

PROGRAMMING CA21122 has launched a survey aiming to map the educational interests and needs of current and future healthcare professionals in the field of care for older people. This survey takes about 10-15 minutes and can be filled in by:


























- Medical students (in the final year of the School)
- Medical Doctors (in training or not)
- Nurses
- Physiotherapists
- Occupational therapists
- Speech and language therapists
- Art therapists
- Podiatrists / chiropodists
- Radiographers
- Dieticians
- Dentists and Dental technicians
- Psychologists or psychotherapists
- Pharmacists
- Nurse assistants or healthcare assistants
- Policymakers or Public Health professionals
- Educationalists
- Professionals at the Ministry of Health, Ministry of Education or other Ministries relevant to the care of older people
- Researchers
- Social workers
- Managers in the healthcare sector
- Other healthcare professionals

Help us promote education in Geriatric Medicine for all health professionals caring for older people for a better quality of care for our seniors!



**GIVE US A HAND!
PARTICIPATE IN
OUR SURVEY**

You can choose to answer the survey in one of the following languages:

 Albanian ↗	 Armenian ↗	 Bosnian ↗	 Bulgarian ↗	 Croatian ↗	 Czech ↗
 Danish ↗	 Dutch ↗	 English ↗	 Estonian ↗	 French ↗	 German ↗
 Greek ↗	 Hebrew ↗	 Italian ↗	 Latvia ↗	 Lithuanian ↗	 Macedonian ↗
 Polish ↗	 Portuguese ↗	 Romanian ↗	 Serbian ↗	 Slovak ↗	 Spanish ↗
 Turkish ↗					

The Grant Holder of the Action is the European Geriatric Medicine Society, which is compliant with the General Data Protection Regulation (GDPR) (EU) 2016/679. To learn more about how the EuGMS collects, keeps, and processes private information in compliance with GDPR, please visit: www.eugms.org
For further information about this survey, please contact: secretary@eugms.org



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CA21122

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where it is still eMergING



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