



## PROGRAMMING COST Action 21122 event

In collaboration with the Macedonian Association for Geriatric Medicine (MAGM)



15-16 February 2024  
Holiday Inn Hotel  
Skopje, North Macedonia

Long term care for older patients: challenges in countries with emerging  
Geriatric Medicine

## WELCOME ADDRESS

*Dear colleagues,*

*It is our pleasure to invite you to participate to the PROGRAMMING CA 21122 event entitled “Long Term Care for Older Patients: Challenges in Countries with Emerging Geriatric Medicine”.*

*The COST Action PRoMoting GeRiAtric Medicine in countries where it is still eMergING (PROGRAMMING CA 21122) is a consortium project that aims to promote geriatric medicine in countries where geriatrics is still developing, mainly by education and training of healthcare professionals. <https://cost-programming.eu>*

*Long-term care (LTC) is an essential part of an integrated continuum of health care and crucial to achieving universal health coverage, especially within the context of population ageing. Integrated and person-centered healthcare and long-term care services should respond to the diverse needs and preferences of seniors experiencing declines in functional ability and they should be developed with focus on sustainability and resources' availability, as well as, educational needs of the involved healthcare professionals.*

*North Macedonia has a long tradition in providing public founded specialized long-term care for older people, but yet the formal education and training of healthcare professionals in Geriatric Medicine is not well established. Geriatric Medicine has not been recognized as a distinct medical subspecialty until recently and the process of formal education is at the very beginning.*

*The European Geriatric Medicine Society and the Macedonian Association for Geriatric Medicine (MAGM), as a co-organizer, would like to invite you to be part of this event which will host a series of lectures and discussions that will highlight the complexity of health and social care for the most vulnerable seniors in need of LTC, such as nutritional problems and medication prescribing, oral health in long term care, end-of-life care and long term care-giving. Our goal is to engage policy makers, stakeholders and colleagues from different health care settings and specialties in our effort to raise awareness, trigger discussions and improve the quality of care for older people, mainly through fostering the education in Geriatric Medicine.*

*But beyond this, through its international and multidisciplinary network of experts in the field, PROGRAMMING aspires to create a solid reference point, advocate for quality geriatric services across Europe and trigger sustainable positive changes in the field of care for older people in countries that currently take their first steps in the field.*

*Biljana Petreska-Zovic  
On behalf of the Local Organizing Committee*

*Marina Kotsani  
On behalf of PROGRAMMING CA*

## INFORMATION

*The event will take place at the Holiday Inn Hotel, in Skopje, North Macedonia, on the 15<sup>th</sup> and 16<sup>th</sup> of February 2024. Official language is English.*

### **STREAMING**

*Sessions will be streamed on zoom at the following link:*

Invite link <https://us06web.zoom.us/j/84606283181>

Passcode 000000

Meeting ID 846 0628 3181

*Chat function will be available for comments and questions.*

*All sessions in the Programme are in CET, Center European Time. Please adapt to your local time zone.*

### **REGISTRATION**

*Registration for the event is free for both onsite and online participation.*

*Even though showing up to the publicly open sessions is possible, pre-registration is strongly recommended, whether you intend to participate online or onsite, by sending your name (spelled in English) and email to [secretariat@eugms.org](mailto:secretariat@eugms.org). Following this you will receive the formal invitation via the e-COST platform that we kindly ask you to accept by clicking to the right link, in order to officialize your participation to the event.*

### **VIDEO RECORDINGS**

*Most of the event's sessions, will be videorecorded and videos will be accessible on the website and social media of the PROGRAMMING COST Action <https://cost-programming.eu/> and of the EuGMS <https://www.eugms.org>. Acceptance of the e-COST invitation implies consent for recording and appropriate dissemination.*

## Scientific Committee in alphabetical order

Stefan Arsov  
Athanase Benetos  
Anne Ekdhal  
Sonja Genadieva-Stavric  
Marina Kotsani  
Lidija Pavleska  
Biljana Petreska-Zovic  
Mirko Petrovic  
Gordana Ristevska-Dimitrovska

## Organizing Committee in alphabetical order

Benedetta Bellotti  
Marina Kotsani  
Pavlinka Milosavljevic  
Katerina Mitreska  
Vesna Popov  
Sabrina Silvani  
Meri Terzieva  
Maja Spirova  
Biljana Petreska-Zovic

## COST Action 21122 event

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15-16 February 2024  
Holiday Inn Hotel  
Skopje, North Macedonia

### Long term care for older patients: challenges in countries with emerging Geriatric Medicine

Day 1 Thursday 15/02/24

#### FOCUS GROUPS – upon invitation\*

2:30- 4:00PM: Focus Groups on *Educational needs of 'first-line' stakeholders (90 minutes  
- Macedonian language)*

- FOCUS GROUP 1: Educational needs of health care professionals working in different  
settings regarding Geriatric Medicine

Moderators (North Macedonia): Pavlinka Milosavljevic, Stefan Arsov

- FOCUS GROUP 2: Care givers' educational needs in LCT facilities

Moderators (North Macedonia): Vesna Popov, Meri Terzieva

\*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 15/02/24

MAIN PROGRAM (OPEN TO ALL)  
Holiday Inn Skopje - Room Millennium 1

4:00-4:30PM: Registration

4:30-4:45PM: Welcome and introduction

Biljana Zovic (North Macedonia), Marina Kotsani (Greece)

4:45-5:00PM: The pathway of the older patients in the health care system – from primary care to long-term care

*Chair:* Marina Kotsani (Greece)

*Speaker:* Biljana Petreska-Zovic (North Macedonia)

5:00-5:45PM: Round Table1 - Game-changing interventions in long-term care

*Chairs:* Anne Ek Dahl (Sweden), Sonja Genadieva-Stavric (North Macedonia)

1. Assessing the nutritional state of LTC residents (15 min)  
*Speaker:* Karolina Piotrowicz (Poland)
  2. Assessing the prescribing in LTC (15 min)  
*Speaker:* Ksenija Arbanas (Croatia)
  3. Assessing oral health in LTC (15min)  
*Speaker:* Anastasia Kossioni (Greece)
- Discussion (30 min)

6:05-6:25PM: Coffee break

6:30-7:15PM: Round Table2 - Person centred approach in long-term care

*Chairs:* Mohamed Salem (Malta), Lidija Pavleska (North Macedonia)

1. End-of-life in LTC and the challenges in countries with emerging GM (20 min)  
*Speaker:* Dimitrije Jakovljevic (Finland)
  2. State of the art of caregiving in countries where GM is still emerging (20min)  
*Speaker:* Sibel Cavdar (Türkiye)
- Discussion (30 min)

Day 2 Friday 16/02/24

VISIT OF LOCAL STRUCTURES\*

9:00-11:00AM: Visiting the PHI Specialized Hospital for geriatric and palliative care 13 November Skopje

11:30AM-12:30PM: Visiting Private Nursing Home Idila

\*Participation in the visits is only possible upon specific invitation by the organizing committee

MAIN PROGRAM (OPEN TO ALL)  
Holiday Inn Skopje - Room Millennium 1

3:00-4:10PM: 1<sup>st</sup> Stakeholders and policymakers' session: Promoting Geriatric Medicine through education and training of healthcare professionals

*Chairs:* Mirko Petrovic (Belgium), Marija Vavlukis (North Macedonia)

1. The role of the WHO in better care for older people in North Macedonia through fostering education in Geriatric Medicine (20 min)  
*Speakers:* Anne Johansen (WHO North Macedonia), Elizabeta Zisovska (North Macedonia)
  2. The place of Geriatric Medicine in the educational curricula in North Macedonia (20 min)  
*Speaker:* Julija Zhivadinovikj Bogdanovska (North Macedonia)
- Discussion (30min)

4:10-4:30PM: Coffee Break

4:30-5:40PM: 2<sup>nd</sup> Stakeholders and policymakers' session: Models of long-term care in North Macedonia

*Chairs:* Nenad Bogdanovic (Croatia/Sweden), Valentina Simonovska (North Macedonia)

1. Models of LTC (20 min)  
*Speaker:* Mome Spasovski (North Macedonia)
  2. Social aspects and home-care models (20 min)  
*Speaker:* Gordana Ristevska-Dimitrovska (North Macedonia)
- Discussion (30min)

5:40-6:00PM: Closing Remarks

*Speakers:* Anne Ekdah (Sweden), Marina Kotsani (Greece), Biljana Petreska-Zovic (North Macedonia)

## Participants' affiliations (alphabetical order)

**Ksenija Arbanas**

Croatian Medical Chamber, Zagreb, Croatia

**Stefan Arsov**

Goce Delcev University Shtip - Faculty of Medical Sciences

**Nenad Bogdanovic**

Karolinska Institutet

NVS, NEO

Stockholm, Sweden

**Sibel Cavdar**

İzmir City Hospital - İzmir - Türkiye

**Anne Ekdahl**

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**Dimitrije Jakovljevic**

Päijät-Häme Joint Authority for Health and Wellbeing, Services for Older People - Päijät-Häme  
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**Anne Johansen**

WHO Europe Regional Office North Macedonia

**Anastasia Kossioni**

National and Kapodistrian University of Athens, Greece

**Marina Kotsani**

Internist-Geriatrician

PROGRAMMING CA Chair

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**Lidija Pavleska**

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**Mirko Petrovic**  
President, EuGMS (European Geriatric Medicine Society)  
PROGRAMMING CA Vice-Chair  
Chairman Dept. Internal Medicine and Paediatrics  
Senior Full Professor of Geriatrics  
Faculty of Medicine and Health Sciences  
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**Maja Spirova**  
PHI Specialized Hospital for Geriatric and Palliative Medicine 13 November Skopje

**Elizabeta Zisovska**  
University Clinic for Obs&Gyn Skopje (retired) and Faculty of Medical Sciences GDU Shtip

**Julija Zhivadinovikj Bogdanovska**  
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**Biljana Petreska-Zovic**  
PHI Specialized Hospital for Geriatric and Palliative Medicine 13 November Skopje