



# TOP 10 Value-based Geriatric Care Models and Interventions: Towards a Sustainable Healthcare System, Improving Older Adults' Quality of Life

Hybrid Joint Event  
Co-organized by



REGIÃO SUL

**Conselho Regional  
do Sul da Ordem dos  
Médicos**



17-19 April  
2024



**Internal Action Meetings**  
will be held during the event



Lisbon, Portugal  
and Online



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

## WELCOME ADDRESS

*Esteemed Colleagues,*

It is our pleasure to invite you to participate to the PROGRAMMING CA 21122 event entitled "TOP 10 VALUE-BASED GERIATRIC CARE MODELS AND INTERVENTIONS: TOWARDS A SUSTAINABLE HEALTHCARE SYSTEM, IMPROVING OLDER ADULTS' QUALITY OF LIFE". Taking place from April 17th to 19th, 2024, in the vibrant city of Lisbon, Portugal, this three-day gathering represents a significant milestone in our collective efforts to promote Geriatric Medicine, especially in countries where it is still emerging.

Advances in medicine have led to an increase in human life expectancy, a triumph that has resulted in a higher number of older adults who face new diseases and various geriatric syndromes. These conditions threaten their functionality, autonomy, and quality of life, which highlight the need for specialized models of healthcare and clinical interventions to preserve functional capacity and nurture independent, active lives. Similarly, vulnerable and frailer older adults also require specialized care that improves their quality of life and enables them to lead dignified lives. On the other hand, the growing healthcare needs must be sustainable and scalable in order to provide equal and high-quality healthcare to all older individuals.

In this context, the PROGRAMMING COST Action 21122 (PRoMoting GeRiAtrIC Medicine in countries where it is still eMergING) (<https://cost-programming.eu>) emerges as a beacon, aiming to define the content of educational and training activities in Geriatric Medicine for healthcare professionals across various clinical settings, primarily in countries where Geriatric Medicine is still emerging. To achieve these goals, the initiative considers the needs and assets of stakeholders, the adaptability to the local context, and the pragmatic possibilities of implementing Geriatric Medicine models of care.

With great anticipation and joy, we prepared an exciting scientific program addressing ten value-based geriatric care models and clinical interventions, carefully curated by the local organizing committee to introduce to local healthcare professionals, stakeholders and policymakers. International experts will bring the most updated evidence on each model of care and clinical intervention, in an effort to reach every older adult with the best standard of care, regardless of the country they are in. We expect it to be a game changer in the delivery of specialized care to Portuguese older persons.

Building upon the successes of our previous meetings in Athens, Bucharest and Skopje, our mission remains steadfast: to advocate for the training of the health workforce in the fundamental principles of Geriatric Medicine.

As we assemble in Lisbon, our collective objectives are clear. We aspire to heighten public awareness, inspire healthcare professionals—particularly those without formal training in geriatrics—engage stakeholders, and persuade policymakers about the intrinsic value of Geriatric Medicine. Our overarching aim is to champion the harmonization of international standards of care for older individuals throughout Europe.

May this event and, ultimately, the ongoing efforts of the PROGRAMMING COST Action significantly contribute to the trajectory of recognizing Geriatric Medicine as a formal medical specialty, not only in Portugal but across Europe in the near future.

See you in Lisbon,

*Sofia Duque*  
*On behalf of the Local Organizing Committee*

*Marina Kotsani*  
*On behalf of PROGRAMMING CA*

## INFORMATION

*The event will take place at the Conselho Regional do Sul da Ordem dos Médicos, in Lisbon, Portugal, on the 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> of April 2024. Official language is English.*

### STREAMING

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

*<https://omsul.webex.com/omsul/j.php?MTID=ma8ff8d3e374a4c76fe39a16b716a85eb>*

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

*All sessions in the Programme are in GMT, Greenwich Mean 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

Alves, Mariana  
Arranhado, Susana  
Benetos, Athanase  
Buzaco, Rui  
Duque, Sofia  
Farinha, Ana  
Fonseca, João  
Kotsani, Marina  
Petrovic, Mirko  
Tavares, João  
Viegas, Ana

## Organizing Committee in alphabetical order

Alves, Mariana  
Bellotti, Benedetta  
Buzaco, Rui  
Farinha, Ana  
Duque, Sofia  
Kotsani, Marina  
Silvani, Sabrina  
Viegas, Ana

## PROGRAMMING COST Action 21122 event

In collaboration with the Conselho Regional do Sul da Ordem dos Médicos

17-19 April 2024  
Conselho Regional do Sul da Ordem dos Médicos  
Lisbon, Portugal

### TOP 10 Value-based Geriatric Care Models and Interventions: Towards a Sustainable Healthcare System, Improving Older Adults' Quality of Life

Day 1 Wednesday 17/04/24

#### FOCUS GROUPS – upon invitation\*

2:30- 4:00PM: Focus Groups on Educational needs of healthcare professionals in Geriatric Medicine and care provision

- FOCUS GROUP 1: For community dwelling older adults in Primary Care – Room Curry Cabral

Moderators (Portugal): Ana Viegas, Susana Arranhado

- FOCUS GROUP 2: For hospitalized older patients – Room Manoel Constâncio

Moderators (Portugal): Ana Farinha, João Fonseca

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

Day 2 Thursday 18/04/24 - Morning

MAIN PROGRAM (OPEN TO ALL)  
Conselho Regional do Sul da Ordem dos Médicos  
Auditorium Prof. Miller Guerra

8:30-9:00: Registration

9:00-9:30: Opening session

Paulo Simões (Portugal), Marina Kotsani (Greece), Matteo Cesari (WHO)

9:30-10:15: Comprehensive Geriatric Assessment

*Chairs:* Giulia Ogliari (United Kingdom), Joao Gorjão Clara (Portugal)

*Speaker:* Michael Vassallo (United Kingdom)

Good News from Portugal, *Speaker:* Lia Marques (Portugal)

10:15-11:00: Fall Prevention Program

*Chairs:* Meltem Koca (Turkiye), Ana Viegas (Portugal)

*Speaker:* Mohamed Salem (Malta)

Good News from Portugal, *Speaker:* Lucimere Bohn (Portugal)

11:00-11:30: *Coffee break*

11:30-12:15: Orthogeriatrics

*Chairs:* Stefano Eleuteri (Italy), Rafaela Veríssimo (Portugal)

*Speakers:* Annette Ranhoff (Norway)

Good News from Portugal, *Speaker:* Mariana Alves (Portugal)

12:15-13:00: Oncogeriatrics

*Chairs:* Athanase Benetos (France), Ana Farinha (Portugal)

*Speakers:* Fiammetta Monacelli (Italy - ONLINE)

Good News from Portugal, *Speaker:* Fernando Osório (Portugal)

13:00-14:30: *Lunch Break (Sponsored by Danone Nutricia)*

**Day 2 Thursday 18/04/24 - Afternoon**

**MAIN PROGRAM (OPEN TO ALL)**  
Conselho Regional do Sul da Ordem dos Médicos  
Auditorium Prof. Miller Guerra

**14:30-15:15: Vaccination**

*Chairs:* Klejda Harasani (Albania), Rui Buzaco (Portugal)

*Speakers:* Evrydiki Kravvariti (Greece)

Good News from Portugal, Speaker: Marta Valente Pinto (Portugal)

**15:15-16:00: Acute Care Inpatient Unit**

*Chairs:* Marina Kotsani (France-Greece), Manuel Teixeira Veríssimo (Portugal)

*Speakers:* Thomas Munzer (Switzerland)

Good News from Portugal, Speaker: Gonçalo Sarmento (Portugal)

**16:00-16:30: Coffee break**

**16:30-17:15: POPS - Perioperative Medicine for Older People Undergoing Surgery**

*Chairs:* Tajana Pavic (Croatia), João Fonseca (Portugal)

*Speakers:* Finbarr Martin (United Kingdom)

**17:15-18:00: Emergency Department Frailty Assessment Units**

*Chairs:* Katie Robinson (Ireland), João Tavares (Portugal)

*Speakers:* Luis Mieiro (United Kingdom)

Good News from Portugal, Speaker: TBD (Portugal)



Day 3 Friday 19/04/24

VISIT OF LOCAL STRUCTURES

Visit of the Casa do Artista\*

WHO Workshop - Improving care for older persons\*

*Chair: Matteo Cesari (WHO)*

\*Participation in the visit and workshop is only possible upon specific invitation by the organizing committee

13:00-14:00: *Lunch Break (Sponsored by Danone Nutricia)*

MAIN PROGRAM (OPEN TO ALL)  
Conselho Regional do Sul da Ordem dos Médicos  
Auditorium Prof. Miller Guerra

14:00-14:45: Integrated Care Models

*Chairs: Hana Vaňková (Czech Republic), Sofia Duque (Portugal)*

*Speakers: Marco Inzitari (Spain)*

Good News from Portugal, *Speaker: TBD (Portugal)*

14:45-15:30: Nutritional Interventions

*Chairs: Karolina Piotrowicz (Poland), Susana Arranhado (Portugal)*

*Speakers: Maria Cristina Polidori (Germany)*

Good News from Portugal, *Speaker: representative of DGS - General Health Directorate  
TBD (Portugal)*

15:30-16:00: *Coffee break*

**16:00-18:00PM: Stakeholders Open Event**

**Wrap-up: Models of care and Interventions in Geriatric Medicine**

**Speaker: Rui Buzaco (Portugal)**

**Debate: Implementation of Models of care and Interventions in Geriatric Medicine in Portugal - strategies for the future**

**Chairperson: Cátia Jorge (Portugal)**

**Debaters:**

Health Ministry representative TBD

Sofia Duque (PROGRAMMING)

Paulo Simões (OM - SR Sul)

Mário Pinto (OM - SR Norte)

Anabela Pereira (OM - SR Centro)

Lia Fernandes (OM - President of Geriatrics Competence)

André Peralta Santos (DGS)

Luciana Castelo (Active Ageing National Program)

**18:00-18:20: Closing remarks**

***Chairs:* Sofia Duque (Portugal), Marina Kotsani (Greece)**

## PROGRAMMING COST Action 21122

*“PRomoting GeRiAtric Medicine in countries where it is still eMergING”*

-Internal Meetings-

Wednesday 17/04/24  
Auditorium

14:00 - 15:00	Working Group 2
15:00- 16:00	Working Group 5
16:30- 18:30	Management Committee

Private meetings for members of the Action's Core Group, Management Committee and Working Groups 2 and 5.

To discover more about the Action and our Working Groups please visit: <https://cost-programming.eu/>

## Participants' affiliations (alphabetical order)

**Mariana Alves**

Unidade Local de Saúde SANTA MARIA  
Faculdade de Medicina, Universidade de Lisboa, Portugal

**Susana Arranhado**

Universidade Atlântica, Portugal

**Athanase Benetos**

EuGMS past president  
PROGRAMMING CA Grant Holder Scientific Representative  
Full Professor of Internal Medicine and Geriatrics, University of Nancy, France. INSERM u1116  
Director of the FHU-CARTAGE, France

**Lucimere Bohn**

Universidade Lusófona - Centro Universitário do Porto, Portugal

**Rui Buzaco**

Clínica CUF Alvalade, Lisboa, Portugal

**João Gorjão Clara**

President of Associação dos Médicos dos Idosos Institucionalizados, Portugal

**Luciana Castelo**

Centro de Competências de Envelhecimento Ativo, Loulé, Portugal

**Matteo Cesari**

World Health Organization

**Sofia Duque**

Hospital CUF Descobertas, Lisboa, Portugal  
Faculdade de Medicina, Universidade de Lisboa, Portugal

**Stefano Eleuteri**

Universita Degli Studi Di Roma La Sapienza, Italy

**Ana Farinha**

Hospital de Vila Franca de Xira, E.P.E., Portugal

**Lia Fernandes**

Faculdade de Medicina, Universidade do Porto, Portugal

**João Fonseca**  
Centro Hospitalar do Baixo Vouga, Portugal

**Klejda Harasani**  
University of Medicine Tirana, Albania

**Marco Inzitari**  
Parc Sanitari Pere Virgili, Spain

**Cátia Jorge**  
RaioX, Portugal

**Meltem Koca**  
Turkish Republic Ministry of Health Etlik City Hospital, Türkiye

**Marina Kotsani**  
PROGRAMMING CA Chair  
Responsible for Scientific Groups of HeSSRA, Greece  
EHPAD VDC, LNA santé, France

**Ervydiki Kravvariti**  
National and Kapodistrian University of Athens, Greece

**Lia Marques**  
Hospital CUF Tejo, Lisboa, Portugal

**Finbarr Martin**  
EuGMS past president, Geriatrician and Emeritus Professor of Medical Gerontology  
King's College London | Population Health Sciences | Faculty of Life Sciences and Medicine, UK

**Luis Mieiro**  
Faculty of Public Health and Policy - London School of Hygiene & Tropical Medicine, UK

**Fiammetta Monacelli**  
University of Genoa, Italy

**Thomas Münzer, MD**  
University of St. Gallen and Zurich Medical Schools, Switzerland  
President European Academy for Medicine of Ageing - EAMA

**Giulia Ogliari**  
Nottingham University Hospitals NHS Trust, UK

**Fernando Osório**  
Centro Hospitalar de São João, Portugal

**Tajana Pavic**  
University Hospital Center Sestre milosrdnice, Croatia

**Anabela Pereira**  
Conselho Regional do Centro – Ordem dos Médicos, Portugal

**Mário Pinto**  
Conselho Regional do Norte – Ordem dos Médicos, Portugal

**Marta Valente Pinto**  
Direcção Geral de Saúde, Portugal

**Karolina Piotrowicz**  
Jagiellonian University Medical College, Kraków, Poland

**Maria Cristina Polidori**  
University Hospital of Cologne, Germany

**Annette Ranhoff**  
University of Bergen, Norway

**Katie Robinson**  
University of Limerick, Ireland

**Mohamed Salem**  
SVP LTC facility, Zurrieq, Malta

**André Peralta Santos**  
Direcção Geral de Saúde, Portugal

**Gonçalo Sarmento**  
ULS Entre o Douro e Vouga, Portugal

**Paulo Simões**  
President of Conselho Regional do Sul – Ordem dos Médicos, Portugal

**João Tavares**  
Escola Superior de Saúde da Universidade de Aveiro, Portugal

**Hana Vaňková**  
European Geriatric Medicine Society, Genral Assembly Representative EuGMS  
3rd Faculty of Medicine, Charles University in Prague, Czech Republic

**Michale Vassallo**  
University Hospitals Dorset

**Manuel Teixeira Veríssimo**

President of Conselho Regional do Centro – Ordem dos Médicos, Portugal

**Rafaela Veríssimo**

Unidade Local de Saúde Gaia e Espinho, Portugal

**Ana Viegas**

UCSP Faro - ACES Algarve Central - Administração Regional de Saúde do Algarve, IP, Portugal