



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

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 17th, 18th and 19th 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. 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: Luca Tagliafico (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: Catarina Bekerman (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)

- Brief introduction on the Decade of Healthy Ageing (15 minutes)
- Q&A
- Communication skills (20 minutes)
- Q&A + Slido interacting session
- Age-friendly environment in primary health care (20 minutes)
- Q&A + Slido interacting session
- The ICOPE approach (40 minutes)
- Q&A + Slido interacting session
- Closing Remarks

*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: Adelaide Belo (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
Ines Castela (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)

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