

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

- 01 PROGRAMMING in a nutshell
- 02 PROGRAMMING video
- 03 EuGMS Congress - we were there...
- 04 Our Grantees
- 05 Upcoming PROGRAMMING Events
- 06 WGs' corners

JOIN US to foster Geriatric Medicine!



72

Proposers of PROGRAMMING

355

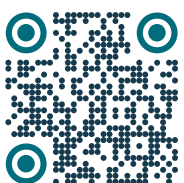
Members

43

Countries



Apply Now for our Action



Action Details

➔ [MoU - 036/22](#)

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

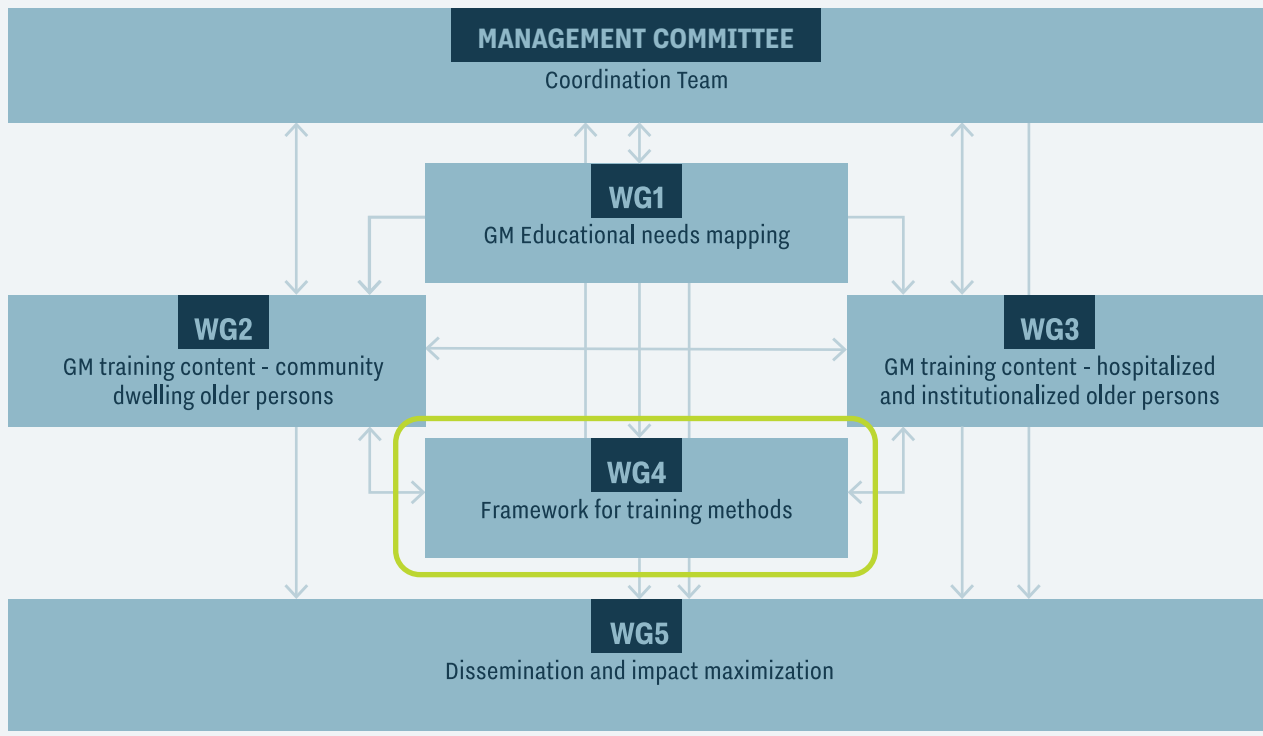
Website: ➔ www.cost-programming.eu

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

Email: secretary@eugms.org

PROGRAMMING in a Nutshell

Working Groups (WG) and our Work-Flow



Let's meet our **WG4** Leaders

Meet Working Group 4

To propose a variation of the implementation of the educational course with the aid of information and communication technologies (ICT) for remote application of the training so as to maximize impact and face education and training challenges in case in-person training is not possible and to incorporate various novel didactic methods.



WG4 Leader
Regina Roller Wirnsberger
Medical University Graz



WG4 Co-Leader
Michael Vassallo
University Hospitals Dorset

Meet our **special task force!**



Who is behind the PROGRAMMING 21122 grants?



Grant Awarding Coordinator, MC Member
Meltem Koca
Hacettepe University Faculty of Medicine

- ⇒ Short Term Scientific Missions
- ⇒ Virtual Mobility Grants
- ⇒ ITC Conference Grants

Always have our backs! Administrative and organisational support



Grant Holder Manager
Benedetta Bellotti



Secretariat
Sabrina Silvani





PROGRAMMING COST Action in 90 seconds

The main aim/challenge of the PROGRAMMING (PROmoting GeRIatric Medicine in countries where it is still eMergING) COST Action is the definition of the content of educational programs on basic principles of care of older people, destined for professionals non-specialists in GM and adapted to the local context, the needs and assets of stakeholders and the pragmatic possibilities of involved settings.

The big premiere! Have you seen our Action’s video?



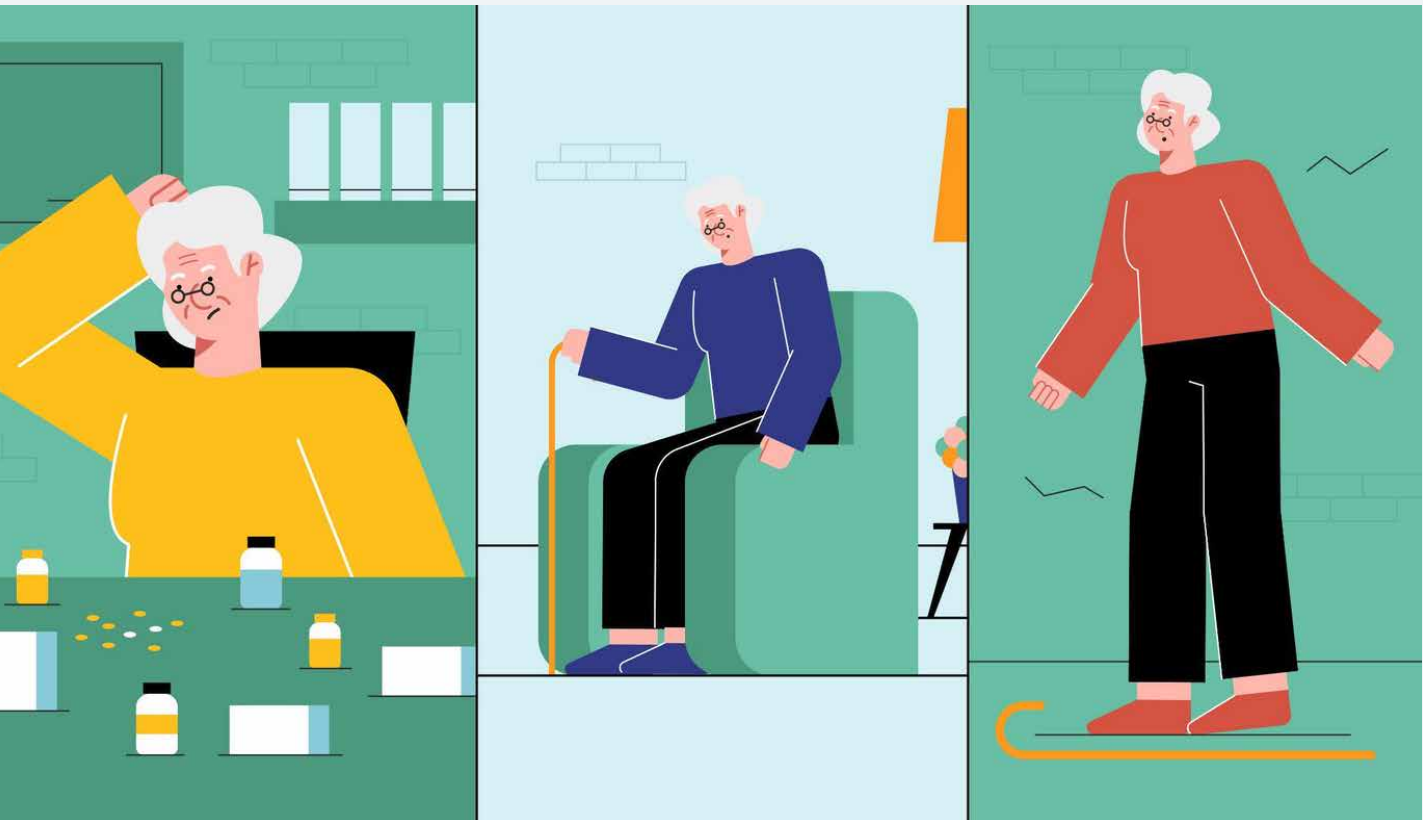
Take advantage of our Action video!

Share it with your colleagues, post it on your social media, use it during your speeches and conferences!

Spread the PROGRAMMING CA211222 message!

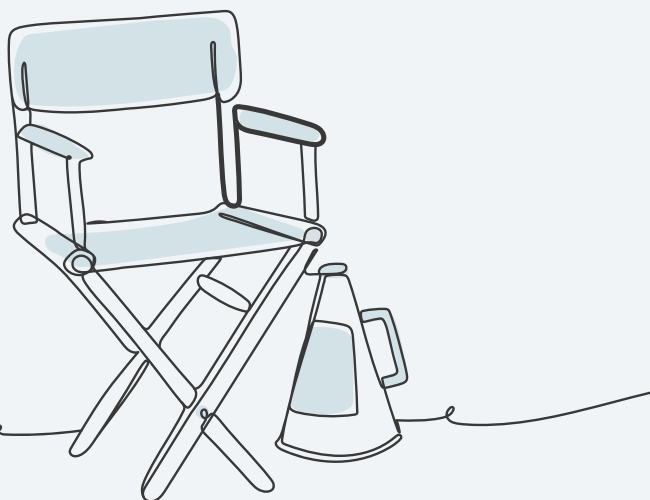
Visit our PROGRAMMING website or click the button bellow to see the video.





Do you have any ideas for what our next promotional and educational Action video should be?

While you're watching PROGRAMMING COST Action in 90 seconds, our Action team is already hard at work on another film for our Project...



Let us know what you would like to see in our future videos - email us or add your comments on social media!

Stay Tuned!

EuGMS Congress - we were there

EuGMS 

20th
VALENCIA, SEPT 18-20, 2024
EuGMS



We (PROGRAMMING) were there... 3 days of interactive Project meetings!



William McKeown

Read William McKeown's story:

'Two years into the four year project, collaborators from across the continent had the opportunity to meet face-face in Valencia from the 18th- 20th September. This represented a valuable opportunity to review progress, share experiences and ideas and set forward directions as the project reaches the halfway mark.

The PROGRAMMING COST Action 21122 has been endeavouring to conduct a state-of-art needs assessment for geriatric medicine professional education across Europe. 355 healthcare professional from across 43 countries have embarked on this mammoth task.'

'Meetings were held for the five working groups looking at various aspects of this project. These included the needs assessment mapping, planning for disseminating and maximising impact of findings, developing resources including training and developing appropriate content for acute, subacute and ambulatory settings. **The breadth of this project is significant and reflects the growing**

demand for quality geriatric care across the world's oldest continent.

A particular highlight of our meeting was a presentation from Dr Giulia Ogliari (Italy) reviewing the data gathered so far from the 6000 respondents from the pan-European needs assessment survey.

Rich data characterising training needs and regions where these needs are greatest was presented. Further analysis and triangulation with qualitative methodology is still to come and Dr Rachel Frost (UK) was also able to update the group on these efforts including recent focus group research. Members were also updated on opportunities for grant support from Dr Meltem Koca (Turkey); these grants can be used to support relevant projects related to COST activities including travel to COST events. This is something COST is especially eager to promote for younger researchers and those from areas where geriatric medicine is still emerging.



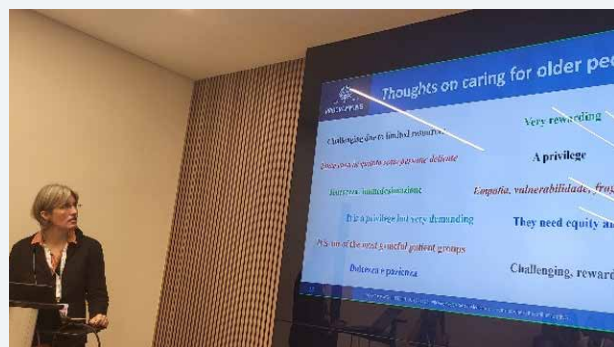
PROGRAMMING CA21122 was also present at the EuGMS congress in a joint session between the EuGMS and the World Health Organization.

In the symposium was entitled “Collaborating to improve care for older persons”, Action Chair Marina Kotsani, presented a lecture on PROGRAMMING CA12211 and the ICOPE approach.

In conclusion, this ambitious project is progressing at speed with cross-border collaboration and genuine enthusiasm from participants. Those considering participation in the Action can find more on the COST PROGRAMMING website - <https://cost-programming.eu> and are welcome to contact the secretariat eugms.programming.ca21122@gmail.com.



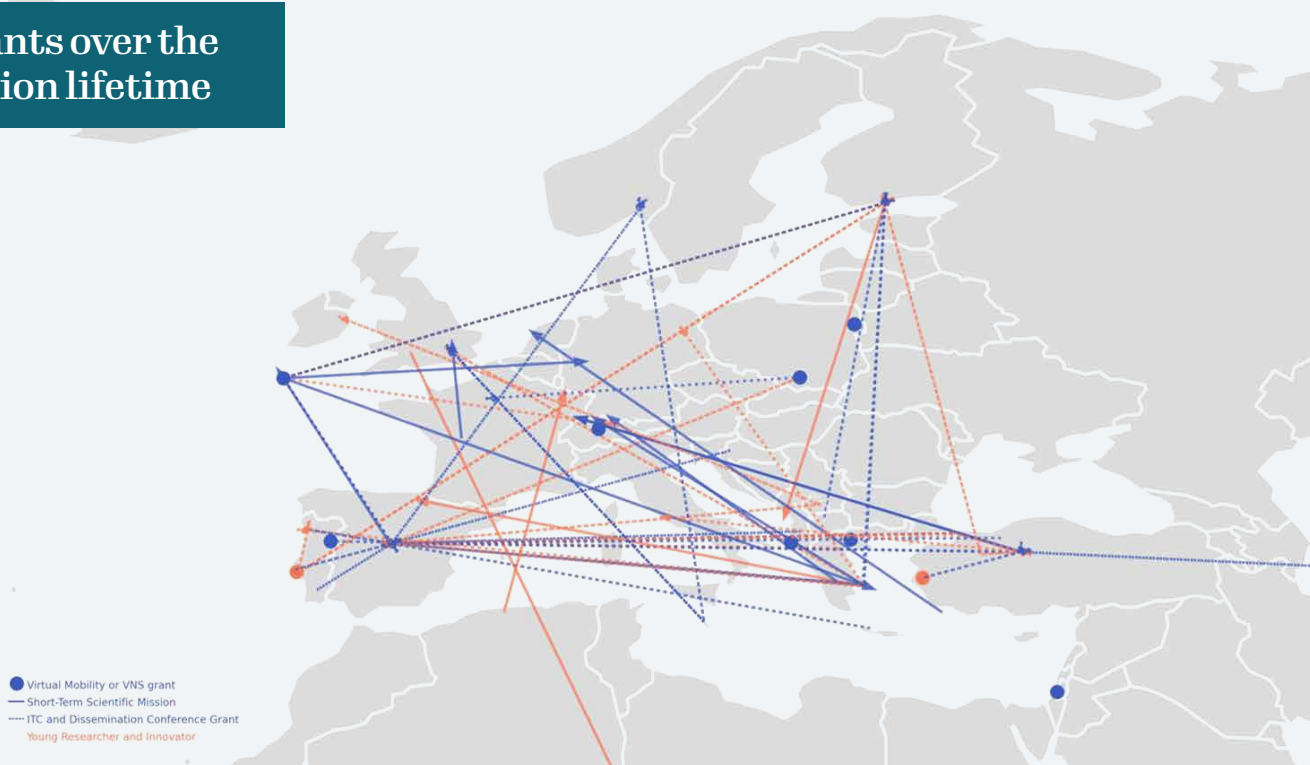
www.cost-programming.eu



Experiences of our PROGRAMMING Grantees

check out our social media and follow them!

Grants over the Action lifetime




ITC Conference Grants

PROGRAMMING CA21122
ITC Conference Grant Application
"Behind an upper airway infection"
20th EuGMS Congress



Madalena Santos (Portugal)
ITC Grantee

PROGRAMMING - COST ACTION CA21122
Promoting Global Medicine in Europe where it is still emerging

PROGRAMMING CA21122
ITC Conference Grant Application
"Recognizing frailty and complexity in hip fracture patients: Babysteps of Orthogeriatric Units in Portugal"
20th EuGMS Congress



Mariana Does (Portugal)
ITC Grantee

PROGRAMMING - COST ACTION CA21122
Promoting Global Medicine in Europe where it is still emerging



Upcoming PROGRAMMING Events



Upcoming face-to-face/hybrid events



Remember the **upcoming face-to-face/hybrid PROGRAMMING events** are a great opportunity to share experiences and have inspiring discussions.

Follow our social media now and book your flight to Krakow, Heraklion and Reykjavik for 2025.

➤ Details coming soon!

WG1s' Corner

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



Leader
Anne Wissendorff Ekdahl



Co-Leader
Tahir Masud



Co-Leader
Anne Marie Hergelegiu



Co-Leader
Tajana Pavić



Liaison Person
Giulia Oligari



Qualitative Research Advisor
Rachael Frost

The State of the Art (SOTA) is a survey on the current environment for training and education opportunities in Geriatric Medicine (GM)/Principles of Care for Older People in European countries for medical doctors, medical students, nurses and other Allied healthcare professionals (AHPs) involved in the care of older people.

The survey is now completed, out of the total of 51 European countries as defined by the WHO, we were able to collect data from 41 countries.



The data is currently analysed and a paper will be ready to be submitted for publication by the end of the year.

The PROGRAMMING survey on educational needs

It collected over 6000 responses from healthcare professionals and final-year medical students in Europe and beyond. We encourage PROGRAMMING members to apply for analysing the survey data and report them in scientific papers, theses or policy documents or at conferences.

We have created a Review Committee that will review all applications for analysing the survey data, which will be available by the end of January 2025.

The Review Committee will meet monthly and support proposals aligned to the COST principles of openness and inclusiveness.

If analysing data from more than one country, please include co-authors from at least three different countries. This is not required if you are analysing only data from your country. You may submit a maximum of two proposals as a Leading Author at any given time. Please, ensure that your scientific publication, thesis, or policy document is made available to the Science Communication Coordinator.

Contact mails: secretary@eugms.org; scc.programming21122@gmail.com (Science Communication Coordinator); Giulia.Ogliari1@nottingham.ac.uk

The multi-country focus groups

The multi-country focus groups have now finished coding and have sent the codes aggregated them into an overall coding framework. Translation to English has begun. A draft manuscript are soon to be started and the work are going according to plans.

WG2s' Corner

Definition of the content of the training courses in GM destined for professionals working in ambulatory settings and home care networks



WG2 Leader
Evrydiki Kravvariti
National and Kapodistrian
University of Athens



WG2 Co-Leader
Nenad Bogdanović
Karolinska Institutet,
Sweden

The primary goal of WG2 is to define the content of a geriatric medicine training course designed for professionals working in ambulatory settings and home care networks. Over the past period, WG2 has met five times to **review educational guidelines for non-physician healthcare providers**. The review revealed a significant gap in specific recommendations for teaching core geriatric topics to allied health professionals. Moreover WG2 conducted a survey among physicians in 41 countries, focusing on educational and clinical guidelines. Results have showed that 22% of countries have complete guidelines, 24% have partial guidelines, 22% have incomplete guidelines, and 32% reported having no guidelines at all.

Patterns of ambulatory care in Europe indicate that geriatricians are more often involved in inpatient or nursing home care than in ambulatory settings. In many European countries, care for the elderly is primarily managed by primary care providers, particularly in Southeastern Europe, where geriatric medicine is still developing, and primary care lacks geriatric-specific skills. Long-term care for seniors with advanced dependency varies greatly across Europe, shaped by regional, financial, and cultural factors.

In countries within the Balkan Peninsula and Southeastern Mediterranean, care for older adults with advanced dependency is typically provided at home by family members or informal caregivers, with limited state involvement.

We have discussed and recommended prioritizing cross-country collaboration and knowledge exchange to develop innovative long-term care models and ensure adequate support for older adults.

Going forward, WG2 will focus on initiating the process of creating and validating a comprehensive curriculum for health professionals in countries where geriatric medicine is still emerging.

The plan for GP3



WG3s' Corner

Definition of the content of the training courses in GM destined for professionals working in acute / subacute and long-term care settings



WG3 Leader
Sylvie Bonin Guillaume
Aix Marseille University,
University Hospital of Marseille



WG3 Co-Leader
Nicolas Martínez Velilla
Navarrabiomed - Hospital
Universitario de Navarra

Kicking off! Topics - Content



General points

- ▶▶ Healthy ageing
- ▶▶ CGA
- ▶▶ Complexity and comorbidity
- ▶▶ Ageism
- ▶▶ Isolation loneliness
- ▶▶ Abuse of older people

Geriatric syndroms

- ▶▶ Falls and mobility
- ▶▶ Malnutrition
- ▶▶ Delirium
- ▶▶ Depression/anxiety
- ▶▶ Polypharmacy
- ▶▶ Disability
- ▶▶ Cognitive impairment and disorders

Specific aspects in old populations

- ▶▶ Sarcopenia, muskuloskeletal disease, osteoporosis
- ▶▶ Hearing, vision, dental problems
- ▶▶ Skin and pressure ulcers
- ▶▶ Urinary and fecal incontinence
- ▶▶ Sleep disorders
- ▶▶ Palliative care, end of life care
- ▶▶ Advanced care directives ans planning
- ▶▶ Consent to decision

Research

- ▶▶ Translational research
- ▶▶ Evidence based practiced in geriatrics
- ▶▶ promotion and financial opportunities

Specific geriatrics activities

- ▶▶ Orthogeriatrics
- ▶▶ Cardiogeriatrics
- ▶▶ Oncogeriatrics
- ▶▶ Neurogeriatrics
- ▶▶ Psychiatry in older populations

Organisation / communication

- ▶▶ Cultural diversity in geriatric care
- ▶▶ Organization and models of care
- ▶▶ Care transition / coordination
- ▶▶ Innovation and technology in elderly care
- ▶▶ Working in a multidisciplinary team
- ▶▶ Communication with old patients and their family / proxy



‘What do you think are the most important topics to provide in acute/subacute/rehabilitation and long-term settings?’

‘Which target?’

‘How to reach?’

WG4s' Corner

Framework for training methods



WG4 Leader
Regina Roller Wirnsberger
Medical University Graz



WG4 Co-Leader
Michael Vassallo
University Hospitals Dorset

Preparatory work for activities and tasks of WG4 of the PROGRAMMING Cost Action has officially started with the meeting held in Valencia on September 19th, 2024. Working group leaders Prof. Dr. Regina Roller-Wirnsberger and Prof. Dr. Michael Vassallo welcomed participants on-site and remote and presented the proposed working approach and possibilities for contribution followed by an open discussion.

Persons interested and willing to join were invited to sign-up for particular tasks dedicated to meet WG4 objectives.

Next steps foreseen are formation of the working groups for each task and management of organizational matters in this regard, before content-related work will officially start. Prof. Dr. Regina Roller-Wirnsberger and Prof. Dr. Michael Vassallo would like to thank everybody for their engagement and willingness to contribute and are looking forward to further collaborating and driving targeted education and training of Geriatric Medicine forward!



WG5s' Corner

Dissemination and impact maximization



WG5 Leader
Ana Sofia Duque
Faculdade de Medicina,
Universidade de Lisboa

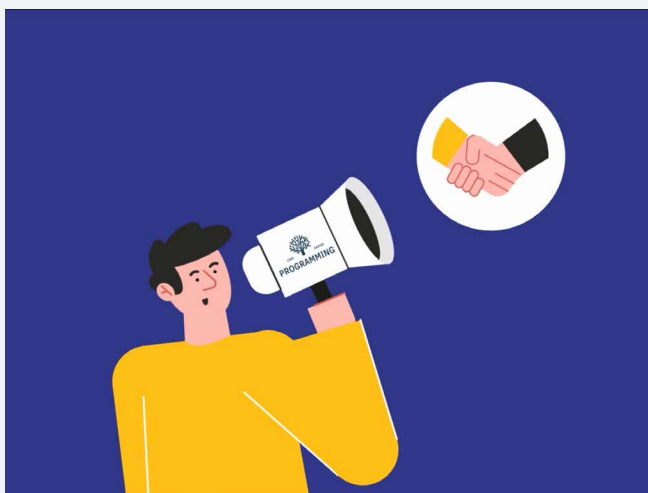


WG5 Co-Leader
Karolina Piotrowicz
Jagiellonian University Medical
College

Review of Recent 5 Main Achievements

We invite participants to present their ideas for **papers, thematic videos, or leaflets/cards** that can be used both internationally and nationally to **enhance health literacy and raise awareness** of geriatric medicine!

- ➔ Focus Groups / Discussion Groups
- ➔ Manuscripts
- ➔ Social Media & Website
- ➔ Newsletters
- ➔ Videos & Webinars



‘How can we advocate for the development and implementation of Geriatric Medicine in countries where it is still emerging?’



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where it is still eMergING



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