

**Hamad Corporation –Doha –Qatar
& Middle East Academy for Medicine of Ageing**



**Advanced Postgraduate Course No. III
Session 3.3 –Nov 27-30th , 2012**

**Health Care Services for the Elderly
Challenges in Longterm Care Organisation and Management**

2010/2012

Location

Hamad Medical City Club House

Organised by

Hamad Medical Corporation
Health Ministers Council for Cooperation Council
Abyad Medical Center, Lebanon <http://www.amclb.com>
Middle East Longevity Institute, Lebanon <http://www.amclb.com>
Welfare Association for the Assistance of the Elderly-Lebanon

Accredited by

Multimedia University MMU-Australia
This session will receive 40 Category 1 points - the highest category
CME/CPD credit based on reciprocal accreditation with (the QA&CPD program
of) the Royal Australian College of General Practitioners (RACGP) and the Australian College of Rural &
Remote Medicine (ACRRM).

Supported by

Al Jinan Univesity-School of Public Health –Lebanon
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Middle East Association on Age & Alzheimer's <http://www.me-jaa.com/meaaa.htm>
Middle-East Network on Aging <http://www.me-jaa.com/menar-index.htm>
Middle-East Network on Elderly Care Services <http://www.me-jaa.com/menar-index.htm>
Middle-East Journal of Pyschiatry & Alzheimer's <http://www.me-jpa.com>
Middle-East Journal of Family Medicine <http://www.mejfm.com>
Middle-East Journal of Age & Aging <http://www.me-jaa.com>
Middle-East Journal of Nursing <http://www.me-jn.com>
Middle East Journal of Internal Medicine <http://www.me-jim.com>

BACKGROUND AND ORIGIN

The Middle East Academy for Medicine of Ageing was founded in 2002 to stimulate the development of health care services for older people in the region. Abyad Medical Center and Middle East Longevity Institute were instrumental in organizing the first course of the MEAMA. Over the previous years several reputable official governmental, regional and international organisations helped in the development of the academy.

CURRENT COURSE

This intensive study course has been built up with 4 sessions, each of 4 days, which cover important topics of health-related problems in older people. It is directed towards physicians, nurses, social workers, and health care officers, responsible for the health care of older people. In addition to faculty members of medical, nursing, social and physiotherapy schools interested in developing the field of geriatrics and gerontology. A certificate will be issued by the Group of Executive Board of the MEAMA after successfully conclusion of the four sessions. The first two courses took place between 2003-2005, and 2008-2010. The Third Course is accredited by Multimedia University-MMU-Australia. It is counted toward 24 postgraduate credits of any of the degrees offered by the University including:

- 1- Master of Science in Geriatrics and Gerontology (60 credits)
- 2- Postgraduate Diploma in Geriatrics and Gerontology (36 credits)
- 3- Certificate in Geriatrics and Gerontology (24 credits)

Each session will grant the participant 6 credit hours of course work and participant can elect to enroll in the University to finish one of the above degrees.

THE EXECUTIVE BOARD INCLUDES

Prof Dr.Sijmen Duursma (The Netherlands), Dr. A. Abyad (Lebanon), Dr. Tawfik A M Khoja (Saudi Arabia), Dr. F. Amin (Kingdom of Bahrain), Prof. Jean-Pierre Michel (Switzerland), Prof. Dr. M.W. Ribbe (The Netherlands) Prof Palmi Johnsson, (Iceland), Ms Lesley Pocock (Australia), PROF. Nabil Kurshi (Saudi Arabia), Hashim Hasan Balubaid ((Saudi Arabia), Prof. Omer El Rufaei (United Arab Emirates), Prof Faisal Alnasir (Kingdom of Bahrain), Prof Giovanni GAMBASSI (Italy), Dr Walid A. Al-Malik (Saudi Arabia), Dr. Mona Alshaik Almahmood (Kingdom of Bahrain), Mr. Nabil Charaf (Switzerland)

CURRENT FACULTY

A. Abyad, MD, MPH, MBA, AGSF , AFCHSE-Tripoli, Lebanon

Consultant geriatrician and family physician representing a new wave of physicians who combine medical expertise with public health and management skills. Dr. Abyad is currently the Chairman of the MEAMA and director of Abyad Medical Center. Dr Abyad has an extensive list of publication, book chapters, and large number of editorials. Dr Abyad was also instrumental in establishing six journals in the region.

Prof Giovanni GAMBASSI

Is a geriatrician and a cardiologist who currently holds an appointment as Associate Professor in the Department of Gerontology and Geriatric Sciences at the Università Cattolica del Sacro Cuore, Rome. Dr. Gambassi has been a member of the Coordinating Committee of the Gruppo Italiano di Farmacovigilanza (GIFA) Study Group since 1988. Dr. Gambassi was among those responsible for the Italian translation of the nursing home and home care RAI manuals and forms.

Dr Hashim Hasan Balubaid, M.B., ChB.SSC-Med., FACP

Dr. Balubaid trained in Saudi Arabia and Canada in the field of ageing. Dr. Balubaid completed a 6-month Health Care Management Program at Simon Fraser University. Currently, Dr. Balubaid is holding the position of Assistant Professor at King Saud bin Abdulaziz University for Health Sciences and Head Division of Physical and Geriatric Medicine at King Abdulaziz Medical City for National Guard – Riyadh, Saudi Arabia.

Prof. Jean-Pierre Michel

He is Full Professor of Medicine, head of the geriatric ward (Geneva Medical School and University Hospitals - Switzerland). He is also honorary professor of medicine in Limoges University (F), at the Beijing University Hospital (CN), and adjunct professor at Mac Gill University (CA). He co-founded the Interfaculty Gerontology Center (Geneva University) and the European Academy for Medicine of Aging (EAMA). He is the Elect President of the European Union Geriatric Society (EUGMS) (2010-2012). Prof Michel has an extensive list of publication, book chapters, and large number of editorials.

Prof. Pálmi V. Jónsson, MD, FACP

Pálmi is Chief of Geriatrics at Landspítali University Hospital, Reykjavik, Iceland and a Professor of Geriatrics at the Faculty of Medicine, University of Iceland. A Board Certified Internist and a geriatrician from the US and a graduate of from the Harvard Fellowship in Geriatric Medicine. He is a Fellow of American College of Physicians. He sits on the Board of InterRAI as a secretary and is on the Board of Middle Eastern Academy on Aging. Pálmi has introduced InterRAI tools to Iceland and there is now work being done with the NH, HC, PAC and MH instruments.

Prof. Dr. M.W. Ribbe

Prof.dr. worked as a nursing home physician and as head of the Department of Medicine and Allied Therapies (physiotherapy and occupational therapy) in Nursing Home and Rehabilitation Center “Amstelhof” in Amsterdam, the Netherlands. He was nominated as **full professor of Nursing Home Medicine** at the VU University Medical Center. He is member of the **international research and development group interRAI**. He was nominated on October 1st 2009, on behalf of her Royal Highness Queen Beatrix of Oranje-Nassau of the Netherlands, to “**Officer in the Order of Oranje-Nassau**” for his academic work on the development of the medical specialism Nursing Home Medicine. Prof. Ribbe wrote as (co)author over 200 scientific papers, many teaching programmes and gave a high number of presentations as invited speaker in and outside the Netherlands.

Prof Marwan Ramadan

Marwan Ramadan FACP, AGSF, Consultant Geriatrics, Hamad Medical Corporation Doha, Qatar. Clinical assistant professor Weil Cornell School of Medicine Qatar.

Prof Issam Khafaja , M.D, FACP, FABHP, FACGS

"Assistant Professor of Medicine/Geriatric Medicine Weill Cornell Medical College-Qatar, Master Member of American College of Geriatrics Specialist, Fellow Member American College of Physicians, Highest Degree of American college of Ethical Physician, senior Consultant Geriatrics Department Hamad Medical Corporation, Director of Education & Long term Skilled Nursing Home Program, Geriatric Research, American Board certification in Medicine/Geriatric Medicine and Critical care from University of Southern California"

APPLICATIONS

In order to create a wide network throughout the Middle East, the organising committee invites applications from all Middle Eastern countries. Since the number of participants is limited to 55 – 60 , it is suggested that you apply early. For the symposium the number is limited to three hundreds.

Tuition and other expenses

Details about the tuition fee and the application form are available on the website. **Fees for one session** vary depending on the location of the course. The Current session of the course will be in Qatar.

Fees Schedule in US dollars

Workshop Registration +Accommodation +Local transport	1,200
Workshop Registration	600
Symposium Registration +Accommodation +Local transport	300
Symposium Registration	100

The fee including registration for the four days event that is the workshop and the symposium , accommodation for four nights, catering, transport during the workshop will be 1200 US dollars. For the symposium the fee including registration for the one day, and accommodation for two nights, catering, transport during the update will be 300 US dollars. . Every extra night is charged at \$ 200.

For registration fees for the workshop are 600 US dollars. As for the symposium the registration fees is \$ 100 dollars.

The fees for applicant from Qatar is dealt with directly with Hamad Corporation

Cancellation Policy

Any Cancellation must be presented in writing to us at least 10 working days before the event else full registration fees will be imposed.

If you are interested in attending, you need to fill out the application form and transfer the money to the following account:

Account Number : 0013-027569-001
Account Name : General Conferences
Bank : Qatar National Bank
Branch : Main
Swift Code : QNBAQAQA

Please send us a copy by e-mail of your transfer as well

For applicant within Qatar please fill the application on the website and bring it to Hamad Corporation to pay the fees.

For further information please contact:

Abyad Medical center
Tel & Fax : 00961-6-443684/5/6 Mobile: 00961-3-201901
E-Mail : aabyad@cyberia.net.lb

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Tel : 55533832
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web sites : <http://www.meama.com>, <http://www.amclb.com>

MEAMA
Middle-East Academy for Medicine of Ageing
DOHA
Session III-3, Sunday Nov 27th 30th, 2011

HEALTH CARE SERVICES FOR THE ELDERLY

Nov 27th Sunday morning:
Ambulatory care organization

Chairperson: Prof Hashim Bulbaid - Saudi Arabia

Expert : Prof Pálmi V. Jónsson - Iceland

- 08.45- 09.00 **Introduction participants and organisers and the role of the tutors**
Dr A Abyad - Lebanon
- 09.00- 09.45 **Teacher's state of the art:**
Challenges of LTC at home and in nursing homes
Dr A Abyad - Lebanon
- 09.45- 10.00 **Discussion**
- 10.00- 1030 **Coffee break**
- 10.30-11.00 **Participants 'Group discussions:**
Malnutrition in nursing home
Nutrition and re-nutrition of nursing home patients
Management of urinary incontinent patients
Management of faecal incontinent patients

15 minutes presentation + 5 minutes discussion each
- 11.00- 11.45 **Report of the two groups**
- 11.45- 12.00 **Coffee break**
- 12.00- 12.45 **Teacher's state of the art:**
Implementing research in your LTC practice
Prof. Giovanni Gambassi - Italy
- 12.45- 01.00 **Discussion**
- 13.00-14.00 **Lunch**

Nov 27th, afternoon:
Emergency room admissions of old patients

Chairperson: *Prof Marwan Ramdan - Qatar*

Expert: *Prof Miel Ribbe – The Netherlands*

- 02.00-02.45 **Teacher’s state of the art lecture:**
Standardized care approach: the InterRAI experience
Prof Pálmi V. Jónsson -
- Iceland*
- 02.45-03.00 **Discussion**
- 03.00-03.20 **Coffee Break**
- 03.20-04.40 **Participants ’state of the art lectures:**
- 1. Advantages and difficulties of practising Comprehensive Geriatric Assessment in the emergency room for old patients?**
 - 2. What are the most frequent causes of emergency admissions of old and oldest old patients?**
 - 3. Criteria to do the best triage of old patients admitted in the emergency room**
 - 4. Quality criteria of care of old patients in the emergency room**
- 15 minutes presentation + 5 minutes discussion each*
- 04.40-05.30 **Teacher’s state of the art lecture:**
Operationalization of CGA in ED and Acute Care
Prof Pálmi V. Jónsson - Iceland
- 05.30-05.45 **Discussion**

Monday Nov 28th morning: Orthogeriatrics

Chairperson: Dr A. Abyad -Lebanon

Expert: Prof Issam Khafaja - Qatar

- 08.00-08.45 **Teacher's state of the art lecture:**
Evidence based medicine and geriatrics
Prof. Giovanni Gambassi - Italy
- 08.45-09.00 **Discussion**
- 09.00-10.00 **Participant's group competition:**
(2 groups are discussing and reporting on the same topic:2 on A and 2 on B)
- The president of your hospital asks you to set up:**
- A: A syncope and fall clinic**
B: A pain clinic
- Please, tell us how you will estimate the number of patients you will welcome per week, precise the composition of your staff, precise the material you need to start this clinics, what outcome criteria you will establish and demonstrate that this new activity will be financially rewarding for your president**
- 10.00-10.30 **Coffee break**
- 10.30-11.30 **Report of the two groups + Awards of the 2 best program presentations**
- Establish a fall prevention program for**
- Group A and B – A syncope and fall clinic**
Group C and D – A pain clinic
- 11.30-12.15 **Teacher's state of the art lecture:**
International experiences of the organization and the outcomes of stroke networks of care
Arabia
Prof Hashim Bulbaid - Saudi
- 13.00-14.00 **Lunch**

Nov 28th,afternoon: Palliative Care Medicine

Chairperson : Prof Miel Ribbe - The Netherlands

Expert : Prof Issam Khafaja - Qatar

02.00- 02.45 **Teacher's state of the art lectures:**
The new WHO guidelines for palliative care
Prof. Giovanni Gambassi - Italy

02.45 - 03.00 **Discussion**

03.00-04.30 **Participants 'state of the art lectures:**

- **Management of somatic pain from cancer**
- **Management of diabetic neuropathy**
- **Management of intestinal dysfunctions**
- **Management of dyspnea at the end of life**
- **Management of renal failure at the end of life**
- **Management of agitation at the end of life**

04.30-05.00 **Coffee break**

05.00- 06.00 **Teacher's state of the art lecture:**
Usefulness of interRAI instruments for improving palliative care medicine

Prof Miel Ribbe - The Netherlands

Day 3, Tuesday 29th Morning: Health Care Trajectory

Chairperson : Prof Miel Ribbe - The Netherlands

Expert: Dr Marwan Ramdan - Qatar

08.15-09.00 **Teachers' state of the art lecture:**
From home to nursing home

Prof Jean Pierre Michel - CH

09.00-09.15 **Discussion**

09.15-10.45 **Participants' group discussions:**
A: How establishing a home care network?
B: Identify the quality of a good home health care manager
C: How can we support the natural carers?
D: Identify the expected quality outcomes of home care

10.45-11.00 **Coffee break**

11.00-11.30 **Reports of the groups' discussions and general discussion**

11.30-12.30 **Teacher's state of the art lecture:**
Who will care for the oldest old patients in the near future?

Prof Jean Pierre Michel - CH

12.30-12.45 **Discussion**

12.45-14.00 **Lunch**

Tuesday Nov 29th afternoon : Orthogeriatrics

Chairperson : Dr A Abyad -Lebanon

Expert: Prof Jean Pierre Michel - CH

02.00-02.45 **Teacher's state of the art lecture:**
Proteins, calcium and bone metabolism: usefulness and adequate requirements
Prof Pálmi V. Jónsson - Iceland

02.45-03.00 **Discussion**

03.00-04.00 **Participants' state of the art lectures:**
Hip fracture patients: why and how reducing the delay between the emergency admission and the entrance in the surgery room?

Peri-operative care of hip fracture patients

- Osteoporotic pathway: why and how organizing a follow up of hip fracture patients

- Short and long terms outcomes of hip fracture patients

15 minutes presentation + 5 minutes discussion each

04.00-04.30 **Coffee break**

04.30- 05.15 **Teacher's state of the art lecture:**
Importance of the multiple roles of Vitamin D, why is it important to reach the requested requirements

Prof Pálmi V. Jónsson - Iceland

05.15-05.30 **Discussion**

05.30-06.00 Evaluation of the session and future planning

Closing remarks

Conference day: Challenges in Long Term Care organization and management

Wednesday Nov 30th

Challenges in Long Term Care organization and management

08:45 AM - 09:00 AM Opening Ceremony

Moderator: Prof Issa AL Saliti - Qatar

09:00 AM – 09:30 AM

**Health care services for the elderly in the Middle east Current situation and
future aspirations**

Dr A. Abyad, MD, MPH, MBA, AGSF , AFCHS - Lebanon

09.30-11.00

Experiences of integrated care programs in the rest of the world:

- **Iceland:** *Prof. Palmi V Jonsson*
- **The Netherlands:** *Prof Meil Ribbe*
- **Switzerland:** *Prof Jean Pierre Michel*

11:00 AM – 11:30 Coffee break

Moderator: Prof Jean Pierre Michel-Switzerland - CH

11:30-01.00

Experiences of integrated care programs in the Middle East:

- **Qatar:** *Prof Marwan Ramadan*
- **Saudi Arabia:** *Prof Hashim Bulbaid*
- **United Arab Emirates:** *Dr Salwa AL Sawaidi*
- **Bahrain:** *Dr Fawzi Amin*

01:00-02.00 Lunch

PM

Moderator: *Dr Marwan Ramadan - Qatar*

Major medical Conditions in the elderly

- | | |
|-----------------------|--|
| 02:00-02:30 PM | Sarcopenia and Frailty
<i>Prof Jean Pierre Michel - Switzerland</i> |
| 02:30-03:00 | Innovations in Osteoporosis Diagnosis and Management
<i>Prof. Palmi V Jonsson - Iceland</i> |
| 03:00-03:30 | Update on the Management of Stroke
<i>Prof Hashim Bulbaid - Saudi Arabia</i> |
| 03:30-04:00 | Coffee break |
| 04:00-04:30 | Palliative Care in the Region
<i>Dr. Issam Khafaja - Qatar</i> |
| 04:30-05:00 | Update on Diagnosis and Management of Alzheimer
<i>Dr. A. Abyad, Lebanon</i> |
| 05:00- 06:00 | Setting up a new Geriatric Department: 4 examples
<i>Dr A. Abyad, Prof Miel Ribbe , Prof Jean Pierre Michel, Dr Marwan Ramadan</i> |

MEAMA
Middle-East Academy for Medicine of Ageing
Application form

REGISTRATION FORM

Print your name exactly as you want it to appear in your Certificate of Attendance

First Name:	Middle Name	Last Name

CLINICAL FIELD:

- | | | |
|-----------------------------------|---------------------------------|-------------------------------------|
| <input type="radio"/> health care | <input type="radio"/> education | <input type="radio"/> management |
| <input type="radio"/> physician | <input type="radio"/> nurse | <input type="radio"/> administrator |

Title : Prof. Dr. Mr. Ms.

Position : _____

Department : _____

Email : _____ **Mobile:** _____

Hospital : _____ **Fax:** _____

Country : _____ **Tel. No. (Home)** _____

Curriculum vitae : as enclosure

Reason of application :

Session applying to One session
 Four session

date :, 2011

signature :

Registration forms should be e-mailed or fax to MEAMA Secretariat,
 Abyad Medical Center. Tel & Fax :961 6 443 684/5/6 E-mail: aabyad@cyberia.net.lb;
hiba1956@hotmail.com