

**Health Authority –Dubai & Middle East Academy for Medicine of Ageing**



**Advanced Postgraduate Course No. III**

**Session 3.2 –April 6-9**

**Prevention of Age –Related Disorders & Main Geriatrics Syndromes  
Update on Diagnosis & Management of Geriatrics Giants**

**2010/2012**

**Hosted by**

Health Center Department/PHC/Dubai Health Authority

**Location**

Sofitel City Center-Dubai

**Organised by**

Health Ministers Council for Cooperation Council

Abyad Medical Center, Lebanon <http://www.amclb.com>

Middle East Longevity Institute, Lebanon <http://www.amclb.com>

**Accredited by**

DHA (18 CME credit hour for the workshop and 5.5 hours for the Symposium)  
& 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

Medi+World International-Australia <http://www.mediworld.com.au>

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 1<sup>st</sup> 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.

## **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 Dubai.

### **Fees Schedule in US dollars**

	<b>Before 15<sup>th</sup> March</b>	<b>After 15<sup>th</sup> March</b>
<b>Workshop Registration +Accommodation +Local transport</b>	<b>1,800</b>	<b>2,000</b>
<b>Workshop Registration</b>	<b>600</b>	<b>800</b>
<b>Symposium Registration +Accommodation +Local transport</b>	<b>600</b>	<b>800</b>
<b>Symposium Registration</b>	<b>100</b>	<b>150</b>

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 **1800 US dollars**. For the symposium the fee including registration for the one day update, and accommodation for two nights, catering, transport during the update will be **600 US dollars**. The above rate is based on single occupancy for double occupancy you need to add \$ 100 per night. 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 before March 15<sup>th</sup> and \$ 150 after March 15<sup>th</sup> .

### **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:*

***Abyad Medical Center***

***Account number : 0827432***

***Blom bank***

***Tripoli-Lebanon***

***Azmi street branch***

***Swift BLC: BLOMLBBX***

***ABAN:***

LBP                      LB60 0014 0000 2901 3000 8274 3212

USD                      LB95 0014 0000 2902 3000 8274 3211

**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](mailto:aabyad@cyberia.net.lb)**

**<http://www.meama.com>, <http://www.amclb.com>**

**Or Dr Sajedah Shaltoni UAE**

**Mobile : 0509031306**

**E-Mail : [SMShaltoni@dha.gov.ae](mailto:SMShaltoni@dha.gov.ae)**

## **LOCATION AND ACCOMODATION**

The Workshop and the Symposium will take place at Sofitel City Center. Located next to Metro station, at only 10 minutes from Dubai International Airport and opposite to Dubai Creek Golf & Yacht Club. The City Centre Hotel & Residence managed by PULLMAN offers 318 contemporary rooms & suites and 112 fully furnished serviced deluxe apartments. Its 11 state-of-the-art meeting rooms and direct link to one of the largest mall in the region makes the hotel ideal for both business travelers and leisure guests.

*Day 1, April 6<sup>th</sup> Morning: From disease to geriatric syndromes and disability*

**Chairperson :** *Prof. Miel Ribbe (NI)*

**Expert :** *Dr. Abdul Abyad (LB)*

- 09.00-09.15 Introduction participants and organisers and the role of the tutors  
*Dr. A. Abyad, LB*
- 09.15-10.0 **Teachers' state of the art lecture:** From geriatric diseases to geriatric syndromes  
*Prof Jean Pierre Michel - CH*
- 10.00-10.15 **Discussion**
- 10.15-11.30 **Participants' group discussions**
- A: Explain the meaning of an index disease, a primary disease, co-morbidity and multimorbidity and explain the clinical importance of these definitions
- B: Precise the differences between a disease, a syndrome and a geriatric syndrome and explain the clinical importance of these definitions
- C: Enumerate the shared risk factors of the identified "true" geriatric syndromes and explain why it is clinically important to early recognize them
- D: What are for you the differences between frailty and disability?
- 11.00 **Coffee break**
- 11.30-12.00 **Reports of the groups' discussions and general discussion**
- 12.00-12.45 **Teacher's state of the art lecture:** ICF" e.g. "International Classification of Function  
*Prof Jean Pierre Michel - CH*
- 12.45-13.00 **Discussion**
- 13.00-14.00 **Lunch**

*Day 1, afternoon: The different meanings of "Prevention"*

**Chairperson:** *Dr. Hashim Bulbaid-Saudi Arabia*

**Expert :** *Prof. Palmi Jonsson (IC)*

- 02.00-02.45 **Teacher's state of the art lecture:**  
The multiple aspects of preventive medicine based on clinical examples  
*Prof M Ribbe (NL)*
- 02.45-03.0 **Discussion**
- 03.00-03.20 **Coffee Break**
- 03.20-04:40 **Participants' state of the art lectures**
1. Promoting healthy ageing: the key features
  2. Basis of neuro- and cardio vascular preventions
  3. Mediterranean diet and the quality of life
  4. Prevention of pressure sores
- 15 minutes presentation + 5 minutes discussion each*
- 04.40-05.30 **Teacher's state of the art lecture**  
*Diagnosis and Management of Pressure Ulcer*  
*Prof M Ribbe (NL)*
- 05.30-05.45 Discussion**

*Day 2, morning: Cardiac Ageing*

**Chairperson:** *Dr. Hashim Bulbaid-Saudi Arabia*

**Expert** : *Prof. Jean Pierre Michel - CH*

08.00-08.45 **Teacher's state of the art lecture:** Diagnosis and management of Heart Failure  
*Prof. Giovanni Gambassi-Italy*

08.45-09.00 **Discussion**

09.00-10.30 **Participant's state of the art lectures:**

1. Morbidity and mortality of ischaemic heart disease:
2. Myocardial infarction : treatment at the acute phase:
3. Aged heart and stress:
4. Silent myocardial infarction : is it a true assertion in the elderly ?

*15 minutes presentation + 5 minutes discussion each*

10.30-10.50 **Coffee break**

10.50-11.40 **Students' group competition (2 groups are discussing and reporting on the same topic:**

**Establish a prevention program for cardiac and neurological disorders**

Group A and B - Community dwelling old adults

Group C and D - Institutionalized old patients

11.40-12.00 **Report of the two groups + Awards of the 2 best program presentations**

12.00-12.45 **Teacher's state of the art**  
**New and classical risk factors for coronary artery disease**

*Prof. Giovanni Gambassi-Italy*

12.45-01.00 **Discussion**

13.00-14.00 **Lunch**

*Day 2, afternoon: Osteoporosis and Fractures*

**Chairperson** : *Prof. Miel RIBBE (NL)*

**Expert** : *Prof. Giovanni Gambassi-Italy*

02.00-02.45 **Teacher's state of the art lecture:** Prevention of osteoporotic fractures  
*Pr Palmi JONSSON (IC)*

02.45-03.00 **Discussion**

03.00-04.0 **Teacher's state of the art lecture:**  
The best management of fracture of hip fractures: ortho-geriatric programs of care  
*Pr Palmi JONSSON (IC)*

04.00-04.30 **Coffee break**

04.30-05.15 **Participant's Group Discussion**

Pre-operative assessment of old patients

General vs. loco-regional anaesthesia

Spinal fractures: diagnosis, management and predictive value

Long term outcomes of hip vs upper limb fractures

05.15-06.00 **Reports of the groups' discussions and general discussion**

*Day 3, morning: Endocrine Disorder*

**Chairperson** : *Dr A. Abyad –Lebanon*  
**Expert** : *Prof. Jean Pierre Michel CH*

09.00-09.45 **Teacher’s state of the art lecture:** **Diabetes as a model of premature Ageing**  
*Dr Hashim Bulbaid-Saudi Arabia*

09.45-10.00 **Discussion**

10.00-11.00 **Participant’s state of the art lectures:**

1. Feet care of diabetic patients
  2. Physical exercise in diabetic patients
  3. How to recognise early signs of hypopituitarism:
  4. How to recognise early signs of hypocorticism:
- 10 minutes presentation + 5 minutes discussion each*

11.00-11.30 **Coffee break**

11.30-12.15 **Teacher’s state of the art lecture:** **Management of thyroid disorders in the Elderly**  
*Dr Hashim Bulbaid-Saudi Arabia*

12.15-12.30 **Discussion**

*Day 3, afternoon: Hormonal Deficiency*

**Chairperson** : *Prof. Palmi V Jonsson-Iceland*  
**Expert** : *Prof. Giovanni Gambassi-Italy*

01.30-02.15 **Teacher’s state of the art lecture:** **Hormonal substitution in older women and men**  
*Dr A. Abyad-lebanon*

02.15-02.30 **Discussion**

02.30 - 03.30 **Students' group discussions : (90 min.)**

- I) Oestrogen replacement : yes / no / when
- J) Androgen replacement : yes / no / when
- K) Anti-ageing hormone replacement : growth hormone
- L) Anti-ageing hormone replacement : DHEA and melatonin

03.30-03.45 **Coffee break**

03.45-04.15 *reports of the groups' discussions and general discussion*

04.15-05.00 **Teacher’s state of the art lecture:** **Hormonal rejuvenation – Growth Hormone**  
*Dr A. Abyad-lebanon*

04.45-05.15

**General overview of the session program: key messages summarized by the students, comments by the teachers**

**General discussion**

**Closing remarks**

05.45-06.0 **Evaluation of the session and of the teachers**

**Dubai Health Care Authority & Middle East Academy for Medicine of Ageing  
Symposium  
Dubai –UAE  
Seven CME points from the Royal College of General Practitioner  
Sat 9<sup>th</sup> April**

<b>Updates on Diagnosis and Management of Geriatric Giants</b>
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**Sat 9<sup>th</sup> April**

**08:45 AM - 09:00 AM    Opening Ceremony**

*Moderator: Prof Jean Pierre Michel*

**09:00 AM – 09:45 AM**

**Innovations in Comprehensive Assessment of the Elderly**  
*Prof Meil Ribbe – The Netherlands*

**09:50 AM – 10:35 AM**

**Recent Advances in the Diagnosis and Management of Alzheimer’s Disease**  
*Dr A. Abyad, MD, MPH, MBA, AGSF , AFCHS - Lebanon*

**10:40 AM – 11:25 AM**

**Diagnosis and pharmacologic Management of Delirium**  
*Prof Hashim Bulbaid - Saudi Arabia*

**11:30 AM – 12:00**

**Refreshment Break**

*Moderator: Dr. Dr A. Abyad, MD, MPH, MBA, AGSF , AFCHS*

**12:00 AM – 12:45 PM**

**Sarcopenia and Frailty**  
*Prof Jean Pierre Michel – Switzerland*

**12:45 PM – 13:30 PM**

**Innovations in Osteoporosis Diagnosis and Management**  
*Prof. Palmi V Jonsson - Iceland*

**13:35 PM – 14:20 PM**

**Recent advances in the management of hypertension**  
*Prof. Giovanni Gambassi - Italy*

**14:20 PM – 15:00 PM**

**Innovations in Stem Cell Therapy**  
*Dr. med. Christoph Ganss - Germany*

**15:00 PM**

**Symposium Adjourns**

**MEAMA**  
***Middle-East Academy for Medicine of Ageing***  
**Application form**

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**REGISTRATION FORM**

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

First Name:	Middle Name	Last Name
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**CLINICAL FIELD:**

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| <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](mailto:aabyad@cyberia.net.lb)