

**MEAMA**  
**Middle-East Academy for Medicine of Ageing**  
*In Co-operation with*  
**Abyad Medical Centre- Lebanon**  
**Middle East Longevity Institute – Lebanon**  
**Multimedia University MMU-Australia**

**Supported by**  
**AZM & SAADE ASSOCIATION**  
**Order Of Physicians - North Branch – Lebanon**  
**Social Service Association, Lebanon**  
European Academy for Medicine of Ageing  
European Union Geriatric Medicine Society  
Geriatric Medicine Section of the European Union of Medical Specialists  
European Region of the International Association of Gerontology  
Arab Scientists Organisation

**A course with 4 sessions, each of 4 days, 2008/2010**  
Each session will receive Category 1 - highest category CME credit based on reciprocal accreditation with (the QA&CPD program of) the Royal Australia College of General Practitioner. The total number of credits will be calculated with the final program

**Session 1, Nov 6- 9, 2008, Tripoli, Lebanon**  
***Principles of Geriatrics & Gerontology***

**Session 2, April 2- 5, 2009**  
***Geriatrics Syndromes, Conditions & Rehabilitation***

**Session 3, Nov 4- 7, 2009**  
***Health Care Services for the Elderly***

**Session 1- 4, Apr 1- 4, 2010**  
***Pyschogeriatrics and Health Promotion***

**Graduation**

At the end of the course of 4 sessions participants will receive a certificate and will be graduated as 'members of the MEAMA'. A network to stimulate the development and maintenance of services for health related problems in elderly people in the Middle - East Area.

**Information and subscription**

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# **MEAMA**

*Middle-East Academy for Medicine of Ageing*  
**Session 2-3, Nov 4 - 7, 2009**  
*Health care Services for the Elderly*

**Day 1 and Day 2 attendance of the conference sessions of the health care services track**

**MEAMA**  
*Middle-East Academy for Medicine of Ageing*  
**Session 2-3, Nov 4 - 7, 2009**  
*Health care Services for the Elderly*

**Nov 6<sup>th</sup> 2009, Day 3**

**Morning**      **A-Oncogeriatrics**

**Chairperson : Prof. Sijmen Duursma**  
**Expert        : Prof Miel Ribbe-The Netherland**

- 09.00-09.15 **Introduction Participants and organisers and the role of the tutors**  
*Dr. A. Abyad., Lebanon*
- 09.15-10.00 **Teacher's state of the art lecture:**  
Epidemiology and care challenges of cancers in the elderly  
Prof Giovanni GAMBASSI –Italy
- 10.00-10.15 **Discussion**
- 10.15-11.30 **Participant's group discussion: Management of patients suffering of:**  
A- Breast cancer  
B- Prostate cancer  
C- Lung cancer  
D- Colonic cancer
- 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:**  
Importance of practising a comprehensive geriatric assessment before treating any cancer in an old adult  
*Prof. Dr Maurits VANDEWOUDE-Belgium*
- 12.45-13.00 **Discussion**
- 13.00-14.00 **Lunch**

**Afternoon**      **B: Pain Assessment &control**

**Chairperson: Dr Mona Al Sheikh-Bahrain**  
**Expert        : Prof Miel Ribbe-The Netherland**

- 02.00-02.45 **Teacher's state of the art lecture:**  
Pain mechanisms and pain assessments in patients without or with cognitive impairment  
*Prof Giovanni GAMBASSI –Italy*
- 02.45-03.0 **Discussion**
- 03.00-03.20 **Coffee Break**
- 03.20-04:20 **Participant's state of the art lectures**
1. Critical analysis of the WHO pain control strategy
  2. Pharmacological characteristics of non opiod pain control drugs
  3. Pharmacological characteristics of opioids
  4. Practice of opioids rotation
- 15 minutes presentation + 5 minutes discussion each*

04.20-05.20 **Teacher's state of the art lecture:**  
New WHO guidelines for pain control  
*Prof Giovanni GAMBASSI –Italy*

05.20-05.30 **Discussion**

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## **MEAMA**

***Middle-East Academy for Medicine of Ageing***

**Session 2 - 3, Nov 4 - 7, 2009**

***Health care Services for the Elderly***

**Nov 7th , 2009, day4**

**Morning**

**C: Palliative Medicine**

**Chairperson: Prof. Sijmen Duursma**

**Expert : Dr Mona Al Sheikh-Bahrain**

09.00-09.45 **Teacher's state of the art lecture:**  
Palliative medicine: control of symptoms at the end of life  
*Prof Miel Ribbe-The Netherland*

09.45-10.00 **Discussion**

10.15-11.30 **Participant's group discussion: Management of patients suffering of:**  
A- Breathless  
B- Delirium  
C- Colic occlusion  
D- Brain oedema

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:**  
Hydration and nutrition at the end of life  
*Prof Miel Ribbe- The Netherland*

12.45-13.00 **Discussion**

13.00-14.00 **Lunch**

**Afternoon** **B: Ethical issues of geriatric care** **Chairperson: Dr Mona Al Sheikh-Bahrain**  
**Expert : Prof. Palmi V Jonsson- Iceland**

02.00-02.45 **Teacher's state of the art lecture:**  
Main ethical principles; importance of the religious and cultural contexts  
*Prof. Sijmen Duursma The Netherland*

02.45-04.0 **Discussion**

03.00-03.20 **Coffee Break**

03.20-04:20 **Participant's group discussion**

5. Discuss how to advice your patients and help them writing advance planning care

6. DNR who determine it? Who apply it ? what are the expected outcome?
7. Differences between active Active euthanasia ? vs. Deep intravenous sedation ? vs. ?assisted suicide

04.20-05.00 ***reports of the groups' discussions and general discussion*** Teacher's state of the art

**G: Evaluation of the session and future planning**

05.00-05.30 **Group discussions: Evaluation of the session:**  
A+B - organisation, methods, tutors, presentations by teachers and students  
C+D-how to strengthen MEAMA network

05.30-05.45 **Reports of the groups' discussions**

04.55-06.00 **closing remarks**