

MEAMA
Middle-East Academy for Medicine of Ageing

in Co-operation with
Order of Physicians-North Lebanon
Abyad Medical Center, Lebanon

supported by
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
Laboratory of Neurogeriatrics, Case Western Reserve University, School of Medicine

Merck Institute of Aging & Health, USA
Arab Scientists Organisation

a course with 4 sessions, each of 4 days, 2003/2005

session 1-1, October 2 - 5, 2003, Tripoli, Lebanon
Health care services for older people
demography, needs, health care structure and management

session 1-2, April 8 - 11, 2004, Tripoli, Lebanon
are for older patients: who should be referred to hospital?
which facilities need a hospital to meet the problems of older patients? common problems in older patients

session 1-3, September 30 - October 3, 2004, Bahrain
care for older patients : Healthy ageing

session 1-4, July 7 - 10, 2005, Tripoli, Lebanon
health care services for older people
providing services and training: evaluation of results and problems, future development

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

secretariat MEAMA
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MEAMA
Middle-East Academy for Medicine of Ageing
session 1.4, July 7 - 10 , 2005
care for older patients: healthy ageing

day 1, Thursday morning

chairperson : prof. Sijmen Duursma

expert : prof. Mile Ribbe

- 08.00-08.30 **introduction of participants and organizers; the role of the tutors**
A. Abyad, MD, MPH, AGSF, Tripoli, Lebanon
- 08.30-09.15 *teacher's state of the art lecture:* **the minimum data set in acute care compared to traditional records and prediction of outcome**
prof. Palmi Jonsson, Reykjavik, Iceland
- 09.15-09.45 *discussion*
- 09.45-10.00 *coffee break*
- 10.00-11.30 *participants state of the art lectures*
1. **epidemiology of ageing in developed countries**
dr
 2. **epidemiology of ageing in developing countries**
dr
 3. **factors influencing life expectancy in developed countries**
dr
 4. **factors influencing life expectancy in developing countries**
dr
- 15 minutes presentation + 5 minutes discussion each*
- 11.30-12.15 *teacher's state of the art lecture:* **education and training of general practitioners and team members**
prof. dr Miel Ribbe, Amsterdam, the Netherlands
- 12.15-12.45 *discussion*
- 12.045-14.00 *lunch*

day 1, Thursday afternoon

chairperson : dr Abdul Razzak Abyad

expert : prof. Hannes Stähelin

- 14.00-15.30 *participants group discussions*
- a. **ageing: a normal or a pathological process?**
 - b. **usual or successful ageing?**
 - b. **intrinsic versus extrinsic ageing?**
 - d. **ageing: individual versus public health aspects**
- 15.30-16.00 *reports of the groups' discussions and general discussion*
- 16.00-16.15 *tea break*
- 16.15-17.15 *teacher's state of the art lecture:* **the ageing gene and environmental susceptibility**
prof. Palmi Jonsson, Reykjavik, Iceland
- 17.15-18.00 *discussion*
- 20.00-22.00 *dinner*

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day 2, Friday morning

chairperson : prof. Palmi Jonsson
expert : prof. Sijmen Duursma

- 08.00-09.30 *participants group discussions*
a. and b. case 1 about a palliative care problem
c. and d. case 2 about a palliative care problem
- 09.30-09.45 *coffee break*
- 09.45-10.15 *reports of the groups' discussions and general discussion*
- 10.15-10.30 *coffee break*
- 10.30-11.30 *teacher's state of the art lecture* **WHO palliative care programme**
prof. dr Miel Ribbe, Amsterdam, the Netherlands
- 11.30-12.15 *discussion*
- 12.15-13.30 *lunch*

day 2, Friday afternoon

chairperson : dr Abdul Razzak Abyad
expert : prof. Miel Ribbe

- 13.30-14.30 *teacher's state of the art lecture* **Regional Development in Geriatrics**
Dr Abdulrazak Abyad
- 14.30-15.00 *discussion*
- 15.00-20.00 *free afternoon*
- 20.00-22.00 *dinner*

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day 3, Saturday morning

chairperson : prof. Hannes Stähelin
expert : prof. Palmi Jonsson

08.00-08.45 *teacher's state of the art lecture:* **stroke and rehabilitation after stroke**
AHMED HUSSEIN-UK

08.45-09.30 *discussion*

09.30-09.45 *coffee break*

09.45-11.15 *participants' state of the art lectures*

10. use of growth hormone and muscle function

dr

11. use of insulin like growth factor I and muscle function

dr

12. effect of muscle strength training in older people

dr

13. effect of 'active ageing' programmes in older people

dr

each lecture 15 minutes presentation + 5 minutes discussion

11.15-11.30 *coffee break*

11.30-12.15 *teacher's state of the art lecture:* **mobility and falls in older people**
prof. dr Sijmen Duursma, Utrecht, the Netherlands

12.15-12.45 *discussion*

12.45-13.30 *lunch*

day 3, Saturday afternoon

chairperson : prof. Sijmen Duursma
expert : dr Abdul Razzak Abyad

13.30-14.30 *interRai in the Middle East:* participants, prof. dr Miel Ribbe and prof. Palmi Jonsson

14.30-15.00 *discussion*

20.00-22.00 *dinner*

MEAMA
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session 1.4, July 7 - 10 , 2005
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day 4, Sunday morning

chairperson : prof. Palmi Jonsson
expert : prof. Sijmen Duursma

- 08.00-09.30 *participants' state of the art lectures*
5. **screening of malnutrition in older people**
dr
6. **change in body composition with age**
dr
7. **value of anthropomorphic measures in clinical practice**
dr
8. **recognition and treatment of dehydration in older people**
dr
each lecture 15 minutes presentation + 5 minutes discussion
- 09.30-09.45 *coffee break*
- 09.45-10.45 *teacher's state of the art lecture:* **nutrition in older people**
prof. Hannes Stähelin, Basel, Switzerland
- 10.45-11.30 *discussion*
- 11.30-11.45 *coffee break*
- 11.45-12.15 *teacher's state of the art lecture:* **how to start a society for gerontology?**
dr Abdul Razzak Abyad, Tripoli, Lebanon
- 12.15-12.45 *discussion*
- 12.45-14.00 *lunch*

day 4, Sunday afternoon

chairperson : prof. Sijmen Duursma
expert : prof. Palmi Jonsson

- 14.00-15.30 *group discussions*
e. **clinical assessment of vitamin status in older people**
f. **the role of the nursing staff in detecting malnutrition**
g. **the role of social isolation in malnutrition**
h. **the role of exercise and physical activity in nutrition**
- 15.30-16.00 *reports of the groups' discussions and general discussion*
- 16.00-16.30 *teacher's state of the art lecture:* **the Mini Nutritional Assessment**
prof. Hannes Stähelin, Basel, Switzerland
- 16.30-16.45 *discussion*
- 16.45-17.30 *group discussions: evaluation of the whole course and advises for the second course*
i. **organisation, methods, presentations by teachers and participants**
k. **advises for participants, teachers and organizers for the next course**
- 17.00-17.25 *reports of the groups' discussions*
- 17.35-17.30 *closing remarks*
- 19.00-22.00 *award ceremony and farewell dinner*

Background: The number of older people is growing and they frequently have health-related problems with a mixture of physical, mental, social and behavioural aspects. In the past, these problems were seen only in a few older people and the families were able to take care of their parents or old relatives. However, societies are changing as a result of the demographic and cultural developments and they face the increasing possibilities of modern medicine.

The organisers of the Middle-East Academy for Medicine of Ageing organise this course with support of the European Academy for Medicine of Ageing, the European Union of Geriatric Medicine, the Geriatric Medicine Section of the European Union of Medical Specialists and the International Association of Gerontology.

The aim of the Middle-East Academy for Medicine of Ageing:

- To improve knowledge and skills of professionals, physicians, nurses and health care officers, in health related problems in older people, starting with a special interest in community care in the Middle-East area.
- To harmonise the attitudes and goals of future opinion leaders in approaching the health related problems of older people in the Middle-East area.
- To establish a network among physicians, nurses and health care officers, responsible for the health care of older people and those responsible for medical and nurse students instruction, as well as general physicians caring for aged people.
- To stimulate scientific interest in the health related problems in older people.

Benefit of application: The course will increase knowledge and skills in the management of health related problems in older people in the Middle-East area. Participants will be trained in searching literature, presenting state of the art lectures, discussion with opinion leaders and chairing and reporting groups discussions. Each participant will be evaluated individually, to reach a maximum improvement of experiences and skills. The certificate of the course will be a valuable document for the participants' career.

Executive board:

Dr. A. Abyad, Abyad Medical Center, Tripoli, Lebanon.

Prof. Dr. S.A. Duursma, president GMS-EUMS, Utrecht, the Netherlands.

Dr. Tawfik A M Khoja, Director General, Council of Health Ministers for GCC States

Dr. F. Ameen, Ministry of Health , Bahrain.

Dr. F.Antun , FRCPsych-Lebanon

Prof M.W. Ribbe , Free University medical center VUMC, The Netherlands

Prof. Omer El Rufaei, UAE University, United Arab Emirates

Applications: In order to create a network throughout the Middle East area, the executive board invites applicants from all eastern countries of the Middle-East area. Since the number of participants is limited to 40, the board will select participants based on their current or future positions and curriculum vitae, to get participants from as many of countries as possible. This enables the organising committee to admit a balanced international group of participants coming from different countries and with different cultural backgrounds.

Dates: The last session of the first course is taking place in Tripoli between July 7th to 10th , 2005. The 2nd Course will start in April 2006.

Tuition and other expenses: The tuition fee for the entire course of 4 sessions, each of 4 days, amounts to \$ 1000. The fee for separate sessions amounts \$ 300 per session. The costs for food, accommodation and transportation will be approximately \$ 500 per session of 4 days. No other expenses are expected to arise. Extra nights will be charged directly by the hotel.

If you are interested to attend You need to fill 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

Or you can send a check addressed to Abyad Medical Center

Scholarships: The organisers try to arrange a few scholarships for applicants who are not able to pay the full price for the tuition fee and the costs for food and accommodation.

Location of the course: The final session of the first course will be located at the **Quality Inn, Tripoli, Lebanon.**

For further information please contact:

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Web site : <http://www.me-jaa.com/MEAMA.htm>

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Application form

Surname:

First name:

Title: Prof. Dr. other: Mr Mrs

Organisation:

Postal address:

Zip-code: City:

Country:

Telephone: Fax:

E-mail:

Position:

Function:

health care education management

physician nurse administrator

Curriculum vitae : as enclosure

Reason of application :
.....

Session applying to One session

Four session

date :, 2003

signature :

return to Secretariat MEAMA

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