



Multidimensional strategies for the preservation of optimal functional capacity for a better ageing

Joint event by the
PROGRAMMING COST Action 21122
SPRIN-G Project of the EuGMS Global Europe Initiative –GEI-
and the Romanian Society of Geriatrics and Gerontology



Bucharest
6 to 8 June 2023



Pullman Bucharest
World Trade Center and ONLINE



WWW.COST-PROGRAMMING.EU

Dear colleagues,

In the following decades, the majority of the European countries will face the challenging reality of populations shifting towards older age. More and more people will live longer and, in order to preserve their functional capacity and enjoy an independent active life, seniors need specialized and integrated health care.

The COST Action PROMoting GeRIatric Medicine in countries where it is still eMergING (PROGRAMMING CA 21122) is a consortium project that aims to promote and improve geriatric medicine education among health care professionals especially in countries where geriatrics is still developing.

Romania has an important history and heritage in Geriatric Medicine and although Geriatrics and Gerontology is a recognized, distinct medical specialty, the network of trained health professionals is not well established. Following a similar event of the PROGRAMMING COST Action proceeding in Greece, the Romanian National Society of Geriatrics and Gerontology in collaboration with the European Geriatric Medicine Society (EuGMS) would like to invite you to the Bucharest event entitled "Multidimensional strategies for the preservation of optimal functional capacity for a better ageing".

The event will be a co-organisation with the SPRIN-G, Spring of Geriatrics of the EuGMS and will host a series of lectures and discussions that will highlight the complexity of health and social care for older people, the need for developing a structured network of specialists in geriatric care, national strategies and protocols aligned with the recommendations of recognized experts and professional organisations. Our goal is to involve policy makers, stakeholders, colleagues from different health care settings and specialties in our effort to raise awareness and improve the quality of care for older people.

Anna Marie Herghelegiu
Romanian National
Society of Geriatrics
and Gerontology

Marina Kotsani
Chair of the CA21122
PROGRAMMING

Dear friends,

This year, the SPRIN-G event will take place on June 6 and 7 in Bucharest. After a very successful first SPRIN-G last year in Rome on the "Impact of Nutrition on the trajectories of neuro-cognitive aging", we are focusing this year on "Multidimensional Strategies for the preservation of optimal functional capacity for a better aging".

SPRIN-G is part of EuGMS' Global Europe Initiative (GEI) efforts to create a new concept of events on major questions related to aging trajectories, bringing together local and international biomedical experts with public health policy makers and social actors, cultural and economic partners. As we did last year in Rome, during the Bucharest event, we will try to make an estimation of the needs in Romania concerning health policies and the training of health professionals on the subject that we develop during this meeting. In addition to conferences and round tables, we will have the opportunity to visit a long-term care unit in Bucharest and talk to patients and healthcare professionals.

This year, we have decided to organize the meeting jointly with the PROGRAMMING COST Action 21122, a European project created at the initiative of EuGMS, and which includes partners from 39 countries from all over Europe. This Action is very complementary to the objectives of the GEI since it aims to develop education and training in geriatrics for all health professionals, particularly in countries where geriatric medicine is less developed.

We hope you all enjoy this very exciting meeting.

Athanase Benetos

*EuGMS Immediate Past President
Coordinator of the GEI – Global Europe Initiative*

Scientific Committee in alphabetical order

Athanase Benetos
Marina Kotsani
Anna Marie Herghelegiu
Gabriel Ioan Prada

Organizing Committee in alphabetical order

Ioana Dana Alexa
Benedetta Bellotti
Athanase Benetos
Valer Ioan Donca
Marina Kotsani
Anna Marie Herghelegiu
Adina Carmen Ilie
Gabriel Ioan Prada
Sabrina Silvani

COST Action 21122 event

Local organizers: Romanian National Society of Geriatrics and Gerontology (SRGG)
in co-organization with
European Geriatric Medicine Society (EuGMS)

Bucharest 6-7 April 2023
Pullman WTC Hotel
10, Montreal Square

Multidimensional strategies for the preservation of optimal functional
capacity for a better ageing

Day 1 Tuesday 6/6/23

FOCUS GROUPS – upon invitation*

15:00- 17:00: Focus Groups on *Assessment of educational needs on geriatric medicine*

- Secondary and Primary Care

Moderators (Romania): Ana Gabriela Prada, Catalina Nuta

Room Vienna

- Long Term Care

Moderators (Romania): Anna Marie Herghelegiu, Ovidiu Bajenaru

Room Montreal

*Participation in the focus groups' session is limited to 20 persons and is only possible upon specific invitation by the organizing committee.

Day 1 Tuesday 6/6/23

MAIN PROGRAM (OPEN TO ALL) -Room Mexico-

17:00-17:30: Welcome, coffee

17:30- 18:00: Welcome Address

Anna Marie Herghelegiu (Romania) – Athanase Benetos (France)

18:00-18:45: Healthy Ageing: spreading the concepts using the WHO "ICOPE" and well-being approaches (*20 min lecture and 25 min Q&A*)

Chairs: Anna Marie Herghelegiu (Romania) – Athanase Benetos (France)

Speaker: Finbarr C. Martin (UK)

18:45-19:30: The role of physical exercise in the prevention and treatment of cognitive impairment (*20 min lecture and 25 min Q&A*)

Chair: Anna Marie Herghelegiu (Romania) – Athanase Benetos (France)

Speaker: Nenad Bogdanovic (Sweden)

Day 2 Wednesday 7/6/23

MAIN PROGRAM (OPEN TO ALL) -Room Mexico-

13:30: Welcome, coffee

14:00-14:45: Looking back on life from old age - a philosophical perspective (*20 min lecture and 25 min Q&A*)

Chairs: Anne Ekdahl (Sweden) – Adina Carmen Ilie (Romania)

Speaker: Raymond Tallis (UK)

14:45-15:30: Historical perspective and current development of Geriatrics in Romania (*20 min lecture and 25 min Q&A*)

Chairs: Anne Ekdahl (Sweden) – Adina Carmen Ilie (Romania)

Speaker: Anna Marie Herghelegiu (Romania)

15:30-16:00: Break

16:00-18:00: Round Table: Developing a sustainable network of professionals involved in the care of older people by promoting geriatric medicine education in Romania

Chairs: Marina Kotsani (Greece), Valer Ioan Donca (Romania)

Participants- Romanian stakeholders (in alphabetical order):

- Prof. Ioana Dana Alexa
- Assoc. Prof. Ana Capisizu
- Elena Dobre
- Assoc. Prof. Anca Dohotariu
- Mariuca Ivan
- Dr. Traian Login
- Dr. Cerasela Maciuca
- Prof. Catalina Poiana
- Prof. Dr Catalina Tudose

18:00: Closing Remarks

Athanase Benetos (France) - Marina Kotsani (Greece)

REGISTRATION

Registration for the event is free. Pre-registration is necessary by sending your name (spelled in English) and email to secretariat@eugms.org. Following this you will receive the formal invitation by the e-COST platform that we kindly ask you to accept by clicking to the right link, in order to validate your participation in the event.

VIDEO RECORDINGS

Most of the event's sessions, will be videorecorded and videos will be accessible on the website and social media of the EuGMS <https://www.eugms.org>. Acceptance of this invitation implies consent for recording and appropriate dissemination.

PROGRAMMING COST Action 21122

“PRoMoting GeRiAtrIC Medicine in countries where it is still eMergING”

-Internal Meetings-

Tuesday 6/6/23

15:00- 17:00 Core Group

Thursday 8/6/23

08:30- 11:00 Management Committee

11:15- 12:15 Working Group 1

12:30- 13:30 Working Group 5

Private meetings for members of the Action's Core Group, Management Committee and Working Groups 1 and 5.

To discover more about the Action and our Working Groups please visit: <https://cost-programming.eu/>

Participants' affiliations (alphabetical order)

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PROGRAMMING CA Grant Holder Scientific Representative

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Ministry Of Labour and Social Protection- Head of the Social Services Policy Directorate 2019, Romania

Anca Dohotariu

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Senior Lecturer, Department of Clinical Sciences, Helsingborg, Lunds University.
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Finbarr C. Martin
EuGMS past president, Geriatrician and Emeritus Professor of Medical Gerontology
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