

# Introduction To Medicine Of Older Adults For Healthcare Professionals

Geriatric Training For Non-Geriatrician



OCTOBER 23-27, 2022



# WELCOME MESSAGE



## DEAR COLLEAGUES,

On behalf of the Older Adult Health Services Directorate in Kuwait, I would like to welcome you all to our Geriatrics workshop; Introduction to Medicine of Older Adults for Healthcare professionals: Geriatric Training for Non-Geriatricians. The aim of this event is to help improve healthcare provided to the elderly population by using a holistic and evidence-based approach.

The demand for geriatric care is increasing given the increase in the elderly population worldwide, and more recently in Kuwait as well. In 2021, the elderly population constituted 2.6% of the general population, which is an increase from the 1.8 % recorded in 1972, and it will continue to increase. This highlights the importance of developing geriatric care, emphasizing on the importance of adapting our clinical practice to provide care that is more focused on their needs.

This workshop will take course over five days and will be a mixture of lectures and interactive workshops. It will be covering important topics such as neuropsychiatry, falls, frailty, and polypharmacy. Our speakers are a mixture of distinguished professionals in their respectful specialities who have taken the time to help deliver these lectures as well as facilitate the workshop, and to whom we are grateful and thankful for their participation.

We are also delighted that some of our speakers have joined us from our neighbouring countries in the GCC who will hopefully give us further perspective on the importance of improving geriatric care.

Putting together this workshop was nothing short of hard work, so I would also like to thank the working committees on all their efforts and dedication.

I hope you all enjoy the next few days and find it beneficial, and join us in implementing it into clinical practice, bettering the care delivered for the elderly in Kuwait.

Thank You

## Dr. Fatemah A Bendhafari

Director Of Older Adult Health Services Directorate  
Head Of Workshop Higher Committee  
Ministry Of Health - Kuwait

# HIGHER COMMITTEE



**Dr. Fatemah Bendhafari**

Director Of Older Adult Health  
Services Directorate Head Of  
Workshop Higher Committee



**Dr. Ghada Ahmed  
Ebrahim**

Director Of Public Relations  
And Media Department



**Dr. Nada Al-Raqum**

Senior Specialist Family  
Medicine In Older Adult  
Health Services Department

# ORGANIZING COMMITTEE



**Dr. Ibrahim Al-Hamadi**

Head Of Doctors' Sector In  
Older Adult Health Services  
Department



**Dr. Abeer Hamadah**

General Practitioner  
MSc. DCEM



**Ahmad Hassan  
Salman**

Registered Nurse

# SCIENTIFIC COMMITTEE



**Dr. Adel Al-Harbi**

Chairperson Of The Elderly  
Health Services At Al-jahra  
Health Region



**Dr. Maisam Mondani**

Chairperson Of The Elderly  
Health Services At Mubarak  
Al-kabeer Health Region

# Programme Speakers



## Dr. Hashim Bulbaid

Head Division Of Geriatric Medicine At King Abdulaziz Medical City Ministry Of National Guard- Riyadh



## Dr. Smara El-Feky

Regional Adviser Of Health Promotion And Health For Older People



## Dr. Hanadi Al-Hamad

Medical Director Of Rumaillah Hospital And Qatar Rehabilitation Institute, National Lead For The Healthy Ageing Strategy



## Dr. Fatema Al-Melaih

Project manager of elderly care in Emirates Health service



## Dr. Hamad Al-Sinawi

Senior Consultant old age psychiatrist at sultans Qaboos university in Oman



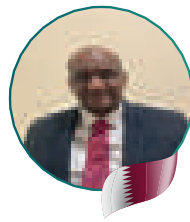
## Dr. Mani Chandran

Sr Consultant Geriatric Psychiatrist, Department Of Geriatric Medicine Hamad Medical Corporation



## Dr. Ali Al-Qattan

Consultant Geriatric Medicine, Head of the geriatric Unit Mubarak Hospital



## Dr. Osman Nimiri

Geriatric Consultant geriatrician, Department Of Geriatric Medicine Hamad Medical Corporation



## Dr. Nasser Al-Qurini

Consultant Family Medicine, Fellowship In Geriatric Medicine, Geriatric Oncology And Palliative Care



## Dr. Razan Al-jasem

Specialist Geriatric Medicine And Internal Medicine, Mubarak Hospital



## Dr. Huda Al-Duwaisan

Consultant Family Medicine, Head of the Yarmouk Primary Health Care Clinic



## Dr. Thamer Al-Eisa

Consultant, Head of Division, Endocrinology, Diabetes and Metabolism Jaber Al-Ahmad Hospital



# Multidisciplinary Team Speakers



**Dr. Mariam Al-Awadhi**  
Neurologist Ibn Sina Hospital



**Dr. Ammar Al-Sayegh**  
Psychiatry senior specialist



**Dr. Ibrahim Al-Hamadi**  
Head of Doctors' sector in older  
adult health service department



**Mariam Al-Hadad**  
Pharmacy Specialist



**Sara Al-Faqaan**  
Nutritionist



**Fatemah Al-Qsaier**  
Nutritionist



**Bashayer Al-Kandari**  
Occupational Therapy



**Loulwa Al-Askar**  
Physical Therapist



**Khaldah Al-Maraqi**  
Chief Nursing Officer In  
Older Adult Health Services  
Department



**Saud Al-Suhaibi**  
psychotherapis



**Ahmed Al-Saeed**  
Social worker



**Sulaiman Abdullah**  
Head of Speech Therapists -  
PMRH - Kuwait

# Introduction To Medicine Of Older Adults For Healthcare Professionals

Geriatric Training For Non-Geriatrician

## Introduction:

The number of Older Adults is increasing worldwide. According to the WHO, between the years 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%.

In Kuwait, the total number of Older Adults in 2021 was 122,004 which constitutes 2.6% of the general population. In 1972, the percentage of Older Adults in Kuwait was 1.8%. This indicates that within the past 50 years the percentage of Older people had almost doubled.

The increasing number of Older Adults mandates skill training, education of healthcare professionals, and the development of a clear plan to close the gap between the latest guidelines and current practice.

## Key message:

The importance of continuous medical education in updating the evidence-based knowledge of healthcare professionals and building the skills needed in their practice. The diversity of the training and information delivery modes involved in the workshop ensures that information is circulated and shared between participants in a mutual learning process that involves feedback, interaction and pooling of knowledge.

## Objectives:

The aim of this workshop is to:

- ▶ Provide the latest evidence-based medical updates regarding common geriatric healthcare problems using a holistic method of care.
- ▶ Train healthcare workers on performing the clinical skills and different assessment tools necessary for the evaluation and management of Older Adults in an efficient timely manner.
- ▶ Develop and improve effective communication skills with the older adult and his caregivers across different socioeconomic and cultural backgrounds.
- ▶ Train health care workers on how to Educate and support older adult patients and their caregivers to enable a shared management plan through a patient (and family) centered approach to care.
- ▶ Train health care practitioners in how to educate and counsel older adults and their caregivers on disease prevention and health promotion.
- ▶ Train participants on how to formulate a personalized care plan in coordination with other members of the interdisciplinary team involved in the care of older adults.
- ▶ Initiate channels of continuous collaboration with GCC countries to exchange relevant cross-cultural experiences and best practices.

## Expected Outcomes:

By the end of the workshop, the participants will be able to

- ▶ Understand the person-centered model of care in clinical decision making.
- ▶ Utilize latest evidence-based tools and models when managing geriatric health care problems.
- ▶ Implement a personalized care plan in coordination with other health care providers within the interdisciplinary team involved in the care of older adults.
- ▶ Implement healthcare plans targeted towards preventing health problems or maintaining health.
- ▶ Apply the acquired skills and tools needed for functional assessment, management treatment and counseling of various health conditions related to older adults.
- ▶ Acquire strategies for effective communication, education and support of the older adult and his caregivers.
- ▶ Identify channels of continuous collaboration with GCC countries to exchange relevant expertise.



## The Target Audience

General Practitioners, Social Workers,  
Psychotherapists, Physiotherapists,  
Pharmacists, Occupational Therapists,  
Nutritionists, Health Care Eduators And Nurses.





## Methodology:

- ▶ The program is based on a blended and problem-based Adult educational format consisting of in-class training, technical presentations, simulated cases and interactive individual and group discussions, calling upon participants' own expertise and cross-cultural experiences. By the end of the workshop, each group will be given an assignment to be performed in accordance with a plan of action developed. Each participant will then be requested to report on the lessons learned.
- ▶ The program will be jointly designed and delivered by the ministry of health, GCC members and WHO regional representatives under the guidance of MOH Kuwait, delivered by the Directorate of Health Services for Older Adults.

## Assessment/evaluation methods and tools

- ▶ Pre and post test
- ▶ Questionnaire will be distributed to the participants to assess:
  - . the content of the workshop
  - . the performance of the facilitators/speakers
  - . the workshop environment
- ▶ Attendance

## Certification:

- ▶ This workshop is CME accredited (27 credits).
- ▶ Certificate of attendance will be awarded to the participants who fulfill the requirement of the workshop.

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01 **Introduction To Geriatric Medicine**

23-10-2022

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02 **Neuropsychiatry**

24-10-2022

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03 **Geriatric Giants**

25-10-2022

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04 **Gerontology: A multidisciplinary Approach**

26-10-2022

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05 **Home Visit: the multidisciplinary team**

27-10-2022

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# Introduction to Geriatric medicine

**Day 1** Chairperson: **Dr. Hanadi Al-Hamad** (Qatar)  
 Date 23/10/2022 Co-Chair: **Dr. Ibrahim Al-Hamadi** (Kuwait)

7:30 AM 8:00 AM	<b>Registration</b>
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## Opening Ceremony

8:00 AM 8:45 AM	Official welcome by MOH Presenter speech	MOH Presenter speech
	Speech of the Head of the higher organizing committee	Dr. Fatemah Bendhafari (Kuwait)
	Tour (Introduction to course, faculty and participants)	Dr. Nada Al-Raqum (Kuwait)
8:45 AM 9:00 AM	<b>Pre-test: 15 min</b>	
9:00 AM 9:10 AM	<b>Break</b>	
9:10 AM 9:55 AM	Normal Ageing Process	Dr. Osman Nimiri (Qatar)
9:55 AM 10:40 AM	Modifiable Midlife Risk Factors and their impact on Healthy Ageing	Dr. Hanadi Al-Hamad (Qatar)
10:40 AM 10:55 AM	<b>Break</b>	
10:55 AM 11:40 AM	Decade of Healthy Ageing (Virtual)	Dr. Samar El-Feky (WHO)
11:40 AM 12:25 PM	ICOPE (Virtual)	Dr. Samar El-Feky (WHO)
12:25 PM 1:40 PM	<b>Break</b>	

## Workshop Organizer: Dr. Abeer Hamadah

1:40 PM 2:40 PM	Comprehensive Geriatric Assessment (Group A)	Facilitator: Dr. Hashim Bulbaid (KSA) Co-Facilitator: Dr. Osman Nimiri (Qatar)
1:45 PM 2:45 PM	Common functional assessment tools in Geriatrics (Group B)	Facilitator: Dr. Ali Alqattan (Kuwait) Co-Facilitator: Dr. Razan Al-Jassim (Kuwait)
2:45 PM 3:45 PM	Comprehensive Geriatric Assessment (Group B)	Facilitator: Dr. Osman Nimiri (Qatar) Co-Facilitator: Dr. Hashim Bulbaid (KSA)
2:45 PM 3:45 PM	Common functional assessment tools in Geriatrics (Group A)	Facilitator: Dr. Osman Nimiri (Qatar) Co-Facilitator: Dr. Hashim Bulbaid (KSA)
3:45 PM 4:00 PM	<b>Evaluation</b>	

# Neuropsychiatry

**Day 2**

Date 24/10/2022

Chairperson: **Dr. Abdullah AlOzairi** (Kuwait)

Co-chair: **Dr. Maisam Mandni** (Kuwait)

8:00 AM 8:15 AM	<b>Registration</b>	
8:15 AM 9:00 AM	Dementia	Dr. Hamad Al-Sinawi (Oman)
9:00 AM 9:45 AM	Management of BPSD (Behavioral & Psychological Symptoms of Dementia)	Dr. Mani Chandran (Qatar)
10:00 AM 10:10 AM	<b>Break</b>	
10:10 AM 10:55 AM	Delirium	Dr. Mani Chandran (Qatar)
10:55 AM 11:40 AM	Depression and Anxiety	Dr. Hamad Al-Sinawi (Oman)
11:40 PM 11:55 PM	<b>Break</b>	
11:55 PM 12:40 PM	Sleep Disturbance in Elderly	Dr. Razan Al-Jassim (Kuwait)
12:40 PM 01:25 PM	<b>Break</b>	

## Workshop Organizer: Dr. Abeer Hamadah

1:25 PM 2:25 PM	Basic cognitive assessment and memory rehabilitation (Group A)	Facilitator: Dr. Hashim Bulbaid (KSA) Co-Facilitator: Dr. Hamad Al-Sinawi (Oman)
1:25 PM 2:25 PM	Caring for a person with Dementia: Caregiver education and support (Group B)	Facilitator: Dr. Hanadi Al-Hamad (Qatar) Co-Facilitator: Dr. Mani Chandran (Qatar) Co-Facilitator: Dr. Osman Nimiri (Qatar)
2:25 PM 3:25 PM	Basic cognitive assessment and memory rehabilitation (Group B)	Facilitator: Dr. Hamad Al-Sinawi (Oman) Co-Facilitator: Dr. Hashim Bulbaid (KSA)
2:25 PM 3:25 PM	Basic cognitive assessment and memory rehabilitation (Group B)	Facilitator: Dr. Hamad Al-Sinawi (Oman) Co-Facilitator: Dr. Hashim Bulbaid (KSA)
3:25 PM 3:40 PM	<b>Evaluation</b>	



# Geriatric Giants

**Day 3**

Date 25/10/2022

Chairperson: **Dr. Hashim Bulbaid (KSA)**

Co-Chair: **Dr. Adel Al-Harbi (Kuwait)**

8:00 AM 8:15 AM	<b>Registration</b>	
8:15 AM 9:00 AM	Frailty and Sarcopenia	Dr. Razan Al-Jassim (Kuwait)
9:00 AM 9:45 AM	Falls (instability)	Dr. Hashim Bulbaid (KSA)
9:45 AM 10:00 AM	<b>Break</b>	
10:00 AM 10:45 AM	Incontinence	Dr. Ali Alqattan (Kuwait)
10:45 AM 11:30 AM	Osteoporosis and Bone Health	Dr. Thamer Al-Eisa (Kuwait)
11:30 AM 11:45 AM	<b>Break</b>	
11:45 AM 12:30 PM	Constipation	Dr. Ali Alqattan (Kuwait)
12:30 PM 1:45 PM	<b>Break</b>	

## Workshop Organizer: Dr. Abeer Hamadah

1:45 PM 2:45 PM	Falls Assessment (Group A)	Facilitator: Dr. Hashim Bulbaid (KSA) Co-Facilitator: Dr. Ibrahim Al-Hamadi (Kuwait)
1:45 PM 2:45 PM	Rehabilitation Tools (Group B)	Facilitator: Loulwa Al-Askar, PT (Kuwait) Bashayer Al-Kandari, OT (Kuwait)
2:45 PM 3:45 PM	Falls Assessment (Group B)	Facilitator: Dr. Nasser Al-Qurani (Kuwait) Co-Facilitator: Dr. Hashim Bulbaid (KSA)
2:45 PM 3:45 PM	Rehabilitation Tools (Group A)	Facilitator: Loulwa Al-Askar, PT (Kuwait) Bashayer Al-Kandari, OT (Kuwait)
3:45 PM 4:00 PM	<b>Evaluation</b>	

# Gerontology: A Multidisciplinary Approach

**Day 4**

Date 26/10/2022

Chairperson: **Dr. Fatemah Bendhafari** (Kuwait)

Co-Chair: **Dr. Nada Al-Raqum** (Kuwait)

8:00 AM 8:15 AM	<b>Registration</b>	
8:15 AM 9:00 AM	Parkinson's Disease	Dr. Mariam Al-Awadhi (Kuwait)
9:00 AM 9:45 AM	Polypharmacy	Maryam Al-Haddad (Kuwait)
9:45 AM 10:00 AM	<b>Break</b>	
10:00 AM 10:45 AM	Personalized and person-centered method of care	Dr. Huda Al-Duwaisan (Kuwait)
10:45 AM 11:30 AM	Introduction to Geriatric Oncology	Dr. Nasser Al-Qurani (Kuwait)
11:30 AM 11:45 AM	<b>Break</b>	
11:45 AM 12:30 PM	Nutrition for Older Adults	Sara Al-Faqaan / Fatma Al- Qsaier (Kuwait)
12:30 PM 01:45PM	<b>Break</b>	

## Workshop Organizer: Dr. Abeer Hamadah

1:45 PM 2:45 PM	Physical activity recommendations for older adults (Group A)	Facilitator: Loulwa Al-Askar, PT (Kuwait) Bashayer Al-Kandari, OT (Kuwait)
1:45 PM 2:45 PM	Communication skills (Group B)	Facilitator: Dr. Hamad Al-Sinawi (Oman) Co-Facilitator: Dr. Maisam Mandni (Kuwait)
2:45 PM 3:45 PM	Physical activity recommendations for older adults (Group B)	Facilitator: Loulwa Al-Askar, PT (Kuwait) Bashayer Al-Kandari, OT (Kuwait)
2:45 PM 3:45 PM	Communication skills (Group A)	Facilitator: Dr. Hamad Al-Sinawi (Oman) Co-Facilitator: Dr. Maisam Mandni (Kuwait)
3:45 PM 4:00 PM	<b>Evaluation</b>	

# Home Visit: The Multidisciplinary Team

**Day 5**

Date 27/10/2022

Chairperson: **Dr. Ali Al-Qattan** (Kuwait)

Co-Chair: **Dr. Ayman Al-Ozairi** (Kuwait)

8:00 AM 8:15 AM	<b>Registration</b>	
8:15 AM 9:00 AM	Home visit: Who is it for? And what to look for?	Dr. Fatima Al- Melaih (UAE)
9:00 AM 9:45 AM	Delivering home care: Role of care provider	Physician: Dr. Fatima Al-Melaih (UAE) 10 min Nurse: Matron Khaldah Al-Maraqi (Kuwait) 10 min Social Worker: Mr. Ahmad Saeed (Kuwait) 10 min Psychologist: Saud Alsuhaibi (Kuwait) 10 min
9:45 AM 10:00 AM	<b>Break</b>	
10:00 AM 10:45 AM	Delivering home care: Role of care provider	PT: Ms. Loulwa AL-Askar (Kuwait) 10 min OT: Ms. Bashayer Al- Kandari (Kuwait) 10 min Speech Therapy: Sulaiman Abdullah (Kuwait) 10 min Dietitians: Sara Al-Fagaan / Fatemah Al- Qaseer (Kuwait) 10 min
10:45 AM 11:30 AM	Telecare- is it worthwhile?	Dr. Fatima Al- Melaih (UAE)
11:30 PM 12:45 PM	<b>Break</b>	


## Workshop Organizer: Dr. Abeer Hamadah


12:45 PM 2:45 PM	Stations	
	1- Skin and wound care	Facilitator: Matron Khaldah Al-Maraqi (Kuwait) -20 min
	2- Bedridden assessment	Facilitator: Dr. Hashim Bulbaid -20 min Co-Facilitator: Nurse
	3- Home safety and assistive devices	Facilitator: Bashayer Al-Kandari (Kuwait) -20 min
	4- Mobility at home	Facilitator: Loulwa Al-Askar (Kuwait) -20 min
	5- Social and psychological well-being	Facilitator: Dr. Ammar Al-Sayegh (Kuwait) -20 min
	6- Abuse	Facilitator: Dr. Ibrahim Al-Hamadi (Kuwait) -20 min Co-Facilitator: Dr. Abeer Hamadah
3:45 PM 4:00 PM	<b>Evaluation</b>	



# VENUE

Kuwait Institution Of  
Medical Association - KIMS

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وزارة الصحة



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