



6th

**Annual International
Geriatrics & Gerontology
Conference**

20th – 21st March 2019
HILTON CAIRO HELIOPOLIS

Orthogeriatric Care: A Long Journey

Conference Board

Head of conference

Prof. Hala Samir Sweed

General Secretary of the conference

Dr. Maram M. Maher



16th – 22nd March 2019
Cairo – Egypt



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Welcome Message

Dear Colleagues,

The Geriatrics & Gerontology Department - Ain Shams University would like to invite you from all over the world in our 6th Annual International Conference that will be held in collaboration with the International Institute on Ageing United Nations-Malta (INIA).

The conference this year is held under the title "Orthogeriatric care: A Long Journey".

Collaborative orthogeriatric care between various specialties including «the geriatrician, the orthopedic surgeon, the physical therapist, the nutritionist and the social worker» has shown to improve outcomes of elderly patients with fragile fractures as it leads to lower medical complications, hospital stay, mortality rate and discharge to nursing homes as well as better rehabilitation results.

This conference aims to address orthogeriatric care as one of the optimum multidisciplinary models for geriatric care.

We welcome you all to the cradle of civilization and we hope you will enjoy this unique networking opportunity.

Prof. Hala Samir Sweed

Head of Geriatric & Gerontology Department



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Keynote Speakers

Dr. Terence Ong



Consultant physician and orthogeriatrician and secretary of British Geriatric Society Falls and Bone health, University of Nottingham, Department of Healthcare of older people, Nottingham University Hospitals, NHS Trust, UK.

Dr. Irfana Banu Musa



Consultant physician and orthogeriatrician at the department of Geriatric Medicine and Honorary Senior Lecturer at the University Hospitals of Leicester NHS Trust, UK.

Brian Lawlor; MD



Consultant psychiatrist, St. James Hospital & co-director of Global Brain Health Institute, Ireland. Professor of old age psychiatry, Trinity College, Dublin, Ireland.



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Magdalini Tsolaki; MD 

M.D. Neuropsychiatrist and professor,
Aristotle University of Thessaloniki, Chair of
Greek federation of AD, Greece.

Dr. Abdul Razak Abyad 

CEO, Abyad Medical Centre , Lebanon.
Chairman, Middle-East Academy for
Medicine of Aging President , Middle East
Association on age and Alzheimer .

Sonia Ouali Hammami; MD 

Chairman of Tunisian Geriatric Association ,
Internal Medicine department , Geriatric unit
CHU Bourguiba Monastir Research Lab,
Human Nutrition and Metabolic Disorder ,
University of Monastir.

Foreign Speakers

Dr. Tsatali Marianna 

Psychologist, Msc PhD
Greek Alzheimer Association Lecturer at the
International Faculty of Sheffield, City College,
Neurofeedback Center of Northern Greece

Dr. Stelios Zygouris 

Research Psychologist ,MSc
Aristotle University of Thessaloniki, Network
Aging Research - Heidelberg University, Senior
Atlantic Fellow for Equity in Brain Health.



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Wednesday 20th March 2019

Session 1: Orthogeriatric: Where are we ?
09:30 - 11:30

Chairpersons:
Prof. Hala Sweed Prof. Aisha Abo El-Folouh Prof. Irfana Banu Musa

09:30	Opening	Hala Sweed	15 min
09:45	Orthogeriatric and hip fracture care in the UK.	Irfana Banu Musa	30 min
10:15	Geriatric fractures cooperation prototype .	Aly El-Mofly	20 min
10:35	Orthogeriatric introduction and the role of the geriatrician	Ahmed Morlady	20 min
10:55	Comanagment care of old adults fractures	Radwan G. Metwally	20 min
11:15	Geriatric patient assessment and optimization with fragility fractures	El Zaher Hassan	20 min

11:35 Coffee break

Session 2: Gaps in Orthogeriatric
12:00 - 13:30

Chairpersons:
Dr. Terence Ong Prof. Shereen Mousa Prof. Tarek Okasha

12:00	Orthogeriatric care: The UK journey	Terence Ong	30 min
12:30	New and emerging therapies for Alzheimer disease, Orthogeriatric implication and the potential to reduce falls	Magdalini Tsolaki	20 min
12:50	Fear of fall	Tarek Okasha	20 min
13:10	Bridging the gaps	Hala Samir Sweed	20 min



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Wednesday 20th March 2019

Session 3: Osteoporosis: Facts and Myths

13:30 - 15:00

Chairpersons:

Prof. Hany Helny

Prof. Hala Sweed

Prof. Mohamed El-Mahy

13:30	Modifiable risk factors in elders with integrated approach	Hany Helny	20 min
13:50	Fragility fractures of the upper limb	Mohamed El-Mahy	20 min
14:10	Update on pharmacological management in osteoporosis	Abdul Razak Abyad	20 min
14:30	The truth and myth behind vitamin D deficiency "evidence based lecture"	Mahmoud A. Mahrar	20 min

15:00 Coffee break

Session 4: Perioperative concerns

15:30 - 17:00

Chairpersons:

Prof. Sherif Wadea

Prof. Magdalini Tsolaki

Prof. Sarah Hamza

15:30	Extravascular lung water measurement : why, how & when	Sherif Wadea	20 min
15:50	Recent advances in arthroplasty in orthogeriatric patients	Wael Samir	20 min
16:10	Radiofrequency for aging spine pain	Amr Abd El-Fattah	20 min
16:30	Recent advances in trauma management in orthogeriatric patients	Mohamed El-Sayed Awad	20 min

Workshop 1

17:00 - 18:00

From ER to OR: Implementation of effective orthogeriatric model of care from emergency room to operating room

Workshop leader

Prof. Manar Mostafa

Assistant and facilitator

Dr. Adel Abbas

Dr. Walaa Yusif

18:00 Dinner



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Thursday 21st March 2019

Session 1: Geriatric giants and bone : Real challenge

09:30 - 11:00

Chairpersons:

Prof. Brain Lawlor

Prof. Hoda Faheem

Prof. Noha Sabri

09:30	The use of the 4 AT to improve the outcome for older people in acute care setting	<i>Brain Lawlor</i>	30 min
10:00	The fractures liaison service : Ain Shams perspective	<i>Mennatallah Shawkat Heba Gamal</i>	20 min
10:20	postoperative cognitive disorders following orthopaedic surgery	<i>Samia Ahmed Abdulrahman</i>	20 min
10:40	The new paradigm of comprehensive geriatric assessment	<i>Doha Rasheedy</i>	20 min

Session 2: Restoring function and independence

11:00 - 12:00

Chairpersons:

Prof. Nagwa Nassar

Prof. Somala Ebeid

Prof. Manal Al-Masry

11:00	Goal directed management for elderly	<i>Nayera Zaghoul Saber</i>	20 min
11:20	Highlights on environmental modifications for elderly	<i>Takwa Badr</i>	20 min
11:40	Ambulation and exercise safety after deep venous thrombosis	<i>Nermien Naim</i>	20 min

12:00 Coffee break



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Session 3: Prevention: the golden rule
12:30 - 13:30

Chairpersons:
Prof. Maha Hassam Prof. Manar Mostafa Prof. Mohamed Shawky

12:30	Post fall syndrome	Sonia Ouali Hammami	20 min
12:50	New technologies and their potential for cognitive and physical training . Can they empower older adults to move freely and safely?	Stelios Zygouris	20 min
13:10	Feeding muscle and bone	Mohamed Shawky Khater	20 min

Session 4: Caregiver and social network : The hidden patient
13:30 - 15:00

Chairpersons:
Prof. Tomadar Taha Prof. Abdul Razak Abyad Prof. Sonia Ouali Hammami

13:30	Caregiver support in Greece : The potential for orthogeriatric psychoeducation	Tsalali Marianna	20 min
13:50	The Dilemma of caregiver syndrome	Adel Taha Alloush	20 min
14:10	Geriatric services in Egypt	Moataz Abdul Moneim	20 min
14:30	Challenges and potentials of caregiving in Egypt , In light of Alrazy's six years pioneering initiative	Abeer EL-Naggar	15 min

15:00 Coffee break

Workshop 2
15:30 - 16:30

From inpatient to community:
How to achieve optimal discharge planning?

Workshop leader
Prof. Sarah Hamza

Assistant and facilitator
Dr. Maram Magdy
Dr. Magy Mokhtar

16:30 Dinner



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