



Berzelius symposium 88

Personalized Geriatric Medicine

Improving prevention, assessment and management of multimorbid elderly people

20–22 August 2014 in Stockholm • Sweden

The symposium is under the patronage of Her Majesty Queen Silvia of Sweden



The symposium is arranged by the Swedish Society of Medicine
in cooperation with the European Union Geriatric Medicine Society and
the Swedish Association of Geriatric Medicine



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Welcome to the symposium on

Personalized Geriatric Medicine

Improving prevention, assessment and management of multimorbid elderly people

Since age is the most important risk factor for diseases and/or injuries, multimorbidity is very common in elderly people. Elderly patients dominate in most areas in modern health care: in primary care and hospital care, and in nursing homes. Demographic prognoses in Sweden estimate that people 85 years and older will increase by 80% during the next 15 years, 2020–2035. The situation is similar in most countries.

The knowledge area Geriatric Medicine deals with health problems related to ageing. There is an extensive scientific and textbook literature in Geriatric Medicine. Still, geriatric principles of integrated and coordinated care of elderly people over time are not part of the strategic planning of health care in any country. Instead, the care organization and the medical records are fragmented and education/training in geriatric medicine is seriously lacking for all staff groups. All this contribute to fragmented care with a lack of integrated diagnostics, treatment and critical follow-up over time giving rise to low quality of care at high costs for elderly patients.

During this symposium we will discuss, problematize and critically appraise the present care of elderly people from an individual perspective with the aim to highlight the potential of Geriatric Medicine to improve health care. This will be done by mixing overview presentations of central areas of Geriatric Medicine with an individual perspective, focusing on the unique individual clinical phenotype, responders, number needed to treat etc. The program will focus on individual management of multimorbid elderly people over time in relation to medical quality, patient safety, guidelines/care programs, education/training including CME/CPD, team composition and staff working methods in a care organization suited for elderly people, the medical record as a tool for interactive integrated health analysis, research methods for treatment in heterogenous groups, advance directives and other ethical aspects etc.

We hope that the symposium will attract scientists, physicians from many other medical specialties, other health care staff groups, stakeholders, policy makers etc. You are all cordially invited to participate and interact!

Welcome to Stockholm in August 2014!

Organizing committee

Gunnar Akner, Yngve Gustafson and Per Tornvall

Invited speakers

Professor Masahiro Akishita
Department of Geriatric Medicine
University of Tokyo, Japan

Professor Hidenori Arai
Department of Human Health Sciences
Kyoto University Graduate School of Medicine, Kyoto, Japan

Professor Alfonso Cruz-Jentoft
Geriatric Unit
University Hospital Ramón y Cajal, Madrid, Spain

Professor Linn Getz
Dept of Public Health and General Practice
Norwegian University of Science and Technology, Trondheim, Norway

Professor William Hazzard
Division of Gerontology & Geriatric Medicine
University of Washington, Seattle, Washington, USA

Professor Finbarr Martin
King's College
Guys and St Thomas' NHS Foundation Trust, London, UK

Professor Desmond O'Neill
Centre for Medical Gerontology
Trinity Center, Dublin, Ireland

Professor Kaisu Pitkälä
Department of General Practice and Primary Health Care
University of Helsinki, Finland

Professor David Reuben
Division of Geriatrics
UCLA Medicine, Los Angeles, USA

Professor Olav Sletvold
Department of Neuroscience
St. Olavs hospital, Trondheim, Norway

Professor Mary Tinetti
Yale University
New Haven, Connecticut, USA

Professor Ken Toba
National Center for Geriatrics and Gerontology
Nagoya, Japan



Preliminary programme

Wednesday, 20 August 2014

09.00 Symposium registration

09.30–10.00 Formal opening.

Welcome and introduction. *Gunnar Akner*, chair, organizing committee

10.00–12.30 **Theme: From group to individual elderly people**

State-of-the-art-presentations (30 minutes each)

- **Demography:** How big is the silver tsunami? What challenges does it imply?
- **Gerontology vs Geriatric Medicine:** How does knowledge on normal aging translate to management of individual elderly, multimorbid patients?
- **Science to practice:** Translation of data from treatment trials to individual elderly, multimorbid patients: Number needed to treat (NNT), number needed to harm (NNH) etc.

Discussion together with lecturers

12.30–14.00 **LUNCH**

14.00–17.30 **Theme: Prevention in elderly people**

State-of-the-art-presentations (30 minutes each)

- **Frailty:** What is the evidence for frailty as a phenotype? Are there valid and reliable screening tools? What is the implication for an individual to be classified as frail? Management at different levels of frailty? What is the degree of reversibility?
- **Screening:** What is the evidence to support risk screening procedures in elderly people, such as screening for malnutrition, risk of falling, pressure wounds, cognitive impairment, malignances etc? Are there any risks involved with connecting screening results to standardized care plans or check lists in elderly people?
Should we also screen for 'health factors' and not only 'risk factors'?
- **End-of-life:** How to manage prevention in elderly, multimorbid people towards end-of-life? When is suitable time to question different types of prevention?

Discussion together with lecturers

19.00 **Reception at the Stockholm City Hall** hosted by a member of the Presidency of the City Council and co-hosted by Stockholm's County Council.

Thursday, 21 August 2014

09.00–12.30 **Theme: Diagnostics of individual elderly multimorbid patients over time**

State-of-the-art-presentations (20 minutes each)

- **Case report:** Presentation of an elderly, multimorbid person.
- **Examination:**
 - Recommended methods focusing on 'what' and 'how'.
 - Comprehensive Geriatric Assessment (CGA): What components should be included in CGA and how may the results be recorded and visualized?
 - Is there a difference between follow-up and monitoring?
 - Is there a role for remote monitoring?
 - What is the importance of knowing the elderly patient's psychosocial context regarding evaluation?
- **Evaluation:**
 - How to connect repeated examinations to support evaluation over time?
 - How to present / overview the health situation in elderly multimorbid people?
 - How to evaluate the effect(s) of various long-time treatments, such as prescription drugs.
 - Evidence for specificity of individual treatment components vs. effect(s) of combinations of treatment components in elderly, multimorbid patients?

Discussion together with lecturers

12.30–14.00 **LUNCH**

14.00–17.30 **Theme: Management of individual elderly multimorbid patients over time**

State-of-the-art-presentations (20 minutes each)

- **Decision making:** When and how to treat: Scientific evidence for treatment effects in people 65 years and over. How to deal with defined (often short) treatment time periods in clinical trials and long-time treatments of individual elderly, multimorbid patients?
- How to evaluate treatment effects over time:
How frequent evaluation time-points?
- How common are adverse drug reactions in elderly people?
Which ADR occur? How to differentiate ADRs from symptoms due to diseases and/or injuries?

Discussion together with lecturers

19.00 Conference dinner

Friday, 22 August 2014

09.00–12.30 **Theme: Organization of elderly care**

State-of-the-art-presentations (15–20 minutes each)

- **Geriatric care units:** What is the evidence for a health care organization designed according to health problems in elderly, multimorbid people, such as for example Geriatric Medicine Management Units (GEMUs)? Program for all-inclusive care for the elderly (PACE)?
Which outcomes are improved compared with conventional care?
What is the magnitude of the improvement for different outcomes?
What is the cost for such designated elderly care compared with conventional care?
- **Team:** How should a geriatric team be educated/trained and organized?
Which competencies should be present? Should we strive for multicompetent team members?
- **Education:** How should basic education, specialist education and continual education in Geriatric Medicine be organized for physicians and other health care staff categories?
- **Quality control?** Which methods for quality management and control are most appropriate?
- **Role of Geriatric Medicine:** Should Geriatric Medicine be considered an academic discipline focusing on research and education/training or should it also be part of the health care organization?

Discussion together with lecturers

12.30–14.00 **LUNCH**

14.00–15.00 **Theme: "My suggestions for the future regarding care for the elderly**

Five personal opinions.

15.00 **Final remarks and future plans**



Welcome with poster abstracts at the symposium

Abstract: max length 44 lines with Times New Roman 12 p.

Please send to annie.melin@sls.se not later than 10th June 2014

Poster boards at the symposium:

There will be boards available with approx size of 90 cm wide x 120 cm. If you already have a poster in a larger size, two boards can be used.

A schedule for the poster presentations will be available and handed out at the time of registration or shortly thereafter.

General information



The Society's building in Stockholm



When & Where?

20–22 August 2014 at the Swedish Society of Medicine (SSM), Klara Östra Kyrkogata 10 in Stockholm, Sweden.

Registration 10 July 2014, is deadline for registration.

Please register on-line at the website

<http://www.sls.se/geriatricmedicine> or send

email to annie.melin@sls.se

Registration fees Participation fee 3500 SEK · Late registration (after 20 July, 2014) 4000 SEK · symposium dinner 500 SEK

Payment Please pay the registration fee through **PayPal** on the symposium website <http://www.sls.se/geriatricmedicine>. We can also send you an **invoice** for the registration fee.

More information: annie.melin@sls.se

Cancellations Cancellation of your participation has to be made in writing and sent to annie.melin@sls.se. For cancellations received before July 10, 2014, a cancellation fee of SEK 500 will be charged. After this date, a cancellation fee corresponding to the registration fee will be charged.

Lunches and coffee are included in the participation cost and will be served in the on-site restaurant at the SSM.

Accommodation Please book your room through this on-line service: <http://www.mcistockholm.se/hotels>

Your hotel costs are to be settled directly with the hotel.

All major credit cards are accepted.

To and from the airport

Train: *Arlanda Express* is the fastest way into town from Stockholm-Arlanda Airport. It only takes 20 minutes from the airport to the Central Station in Stockholm.

Airport buses & taxi takes approx. 45 minutes.



The conference Hall



The on-site Restaurant

Wednesday, 20 August 2014 at 7 p.m.

Reception at the Stockholm City Hall. The city of Stockholm and the Stockholm County Council invite you to a buffet dinner at the City Hall. Stockholm City Hall was designed by architect Ragnar Östberg in 1923. The building is beautifully situated on the waterfront in central Stockholm. It is mostly famous for the Nobel Prize festivities every year in December 10.

Included in the registration fee but pre-reservation is necessary.

Thursday, 21 August 2014 at 7.p.m.

Conference dinner at the SSM.

Price: SEK 500. Pre-reservation is necessary.



The City Hall of Stockholm is one of the most beautiful and well known buildings in the world and the most exclusive ballroom in Stockholm, frequently used for the yearly Nobel Banquet.

History of the building



In 1879, the Swedish Society of Medicine moved from what was then the home of Karolinska Institute at Norr Mälarstrand to its own premises in Jakobsgatan in Stockholm. It soon outgrew this location and a search for new premises was resumed. On Walpurgis night in 1889, six men were inside the Katarina lift at Slussen in Stockholm.



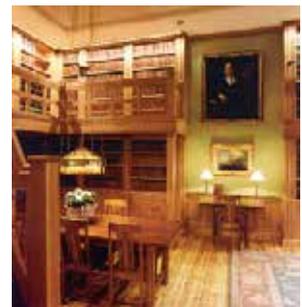
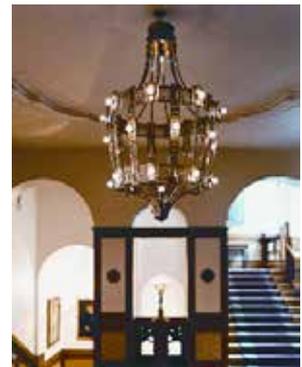
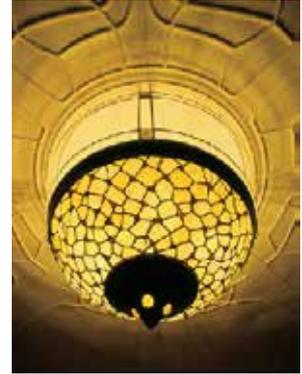
A fault developed in the machinery, causing the lift cage to fall. One of the passengers, Carl Westman, was injured, but a fellow passenger, Johan Rissler, a surgeon and member of the building committee of the Society of Medicine, immediately assisted him.

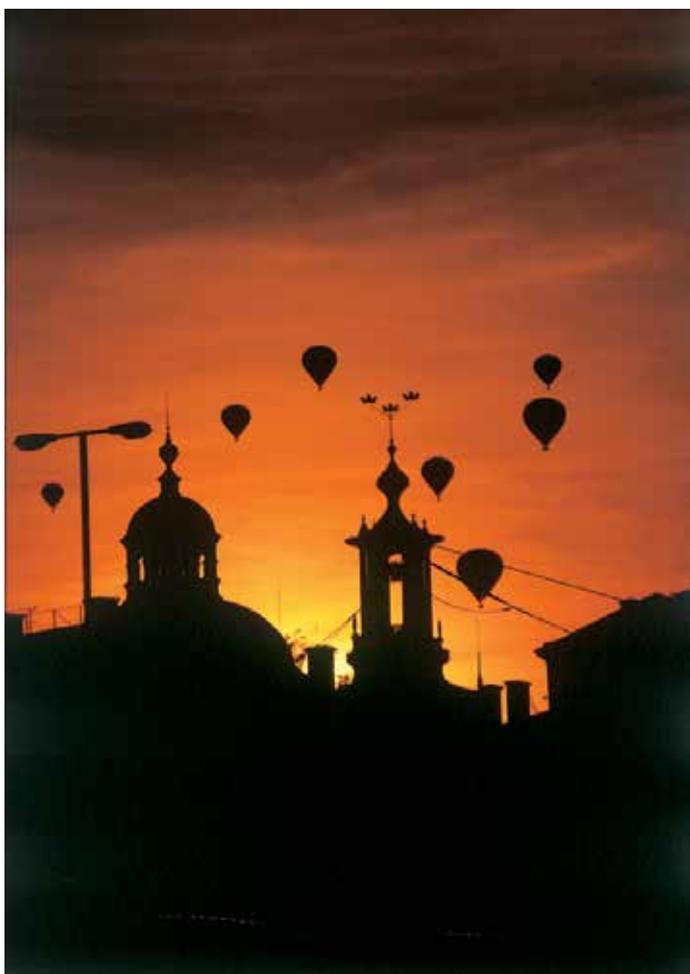
In 1904, the Society announced an architectural competition for a building on a site it had purchased in Klara Östra Kyrkogata. The winner was Carl Westman, and the building was finished two years later.



The Society's building which dates from 1906, was a breakthrough for the architect Carl Westman and the national romantic style architecture he favoured.

The building itself is work of art – from its facade of handmade brick and Christian Eriksson's granite reliefs in the entrance to its mosaic floors, carved balustrades, chandeliers, and ventilation grilles – all Westman signatures. The building today is a Swedish, turn of the century architectural treasure.





More about Sweden <http://www.visitsweden.com/sweden/>



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