

XVI EAMA ADVANCED POSTGRADUATE COURSE IN GERIATRICS

1st Training Session Programme

Principles of Geriatric Care

**AC Hotel by Marriott
Nice, France
January 26 – 30, 2026**

Please note that the Faculty and the EAMA Board Members teach out of pleasure, they do not receive financial compensation for this course.

MONDAY, January 26, 2026

- 12.30 - 13.30 **Light Lunch**
Hotel AC by Marriot Nice
- 13.30 - 14.20 **Welcome Address:** Münzer T, St. Gallen (CH)
Presentation of Board Members: EAMA Board Members
Session Outline: Singler K, Nuremberg (DE) De Breucker S. Brussels (BE) and Münzer T, St. Gallen (CH)
- 14.20 - 14.30 Introduction of longitudinal project

Human Longevity

Chairperson: Singler, K (DE)
Participant Co-Chair: Chen Y. (FR)

- 14.30 - 15.10 **Expert's State of the Art Lecture**
Studies on Human Longevity / Geroscience
Adnot, S., Paris (FR)
- 15.10 - 15.30 **Discussion**
Participants and Faculty with the Expert
- 15.30 - 16.00 **Break**
- 16.00 - 17.00 **Participants' State of the Art Lectures: Old people in my country: data and challenges**
max. 8 min. + 7 min. discussion
- 16.00 - 16.15 1.Country A Switzerland – Ragazzoni L. (CH)
16.15 - 16.30 2.Country B UK - Rawle M. (UK)
16.30 - 16.45 3.Country C Finland – Schroderus K. (FI)
16.45 - 17.00 4.Country D Italy - Rivasi G. (IT)
- 17.00 - 17.30 **Panel discussion**
- 17.30 - 19.00 **Presentation of new participants – “Wanted- Poster” – Round Münzer T.**
- 19.30
Dinner

TUESDAY, January 27, 2026

Biophysiology of Ageing

Chairperson: Gordon, A (UK)

Participant Co-Chair: Ragazonni L. (CH)

- 08.30 - 09.10 **Expert's State of the Art Lecture**
Cellular senescence
Simm A, Halle (DE)
- 09.10 - 09.30 **Discussion**
Participants and Faculty with the Expert
- 09.30 –09.45 **Break**
- 09.45 - 10.45 **Participants' State of the Art Lectures: Biogerontology**
Ageing of max. 8 min. + 7 min. discussion
- 09.45 - 10.00 5. Immune system - Ornago A. M.(SE)
10.00- 10.15 6. Bone system - Villain C. (FR)
10.15- 10.30 7. Vascular system - Häselser-Ouart K. (DE)
10.30 –10.45 8. Kidney - Castejón Hernández S. (ES)
- 10.45 - 11.00 **Break**

Healthy Ageing

- 11.00 - 11.40 **Expert's State of the Art Lecture: Longitudinal Studies**
Concepts of Healthy Ageing Facts and Research Questions
Röcke C, Zurich (CH)
- 11.40 - 12.00 **Discussion**
Participants and Faculty with the Expert
- 12.00 - 13.00 **Introduction to the fishbowl method**
Gordon A, London (UK)
- 13.00 - 13.45 **Lunch**

Geriatric Assessment

Chairperson: Bonin-Guillaume, S. (FR)

Participant Co-Chair: Dupont J. (BE)

- 13.45 - 14.25 **Expert's State of the Art Lecture**
From Geriatric Assessment to Longevity Assessment: Concepts, Content, and Instruments. - Landi F, Rome (IT)
- 14.25 - 14.45 **Discussion**
Participants and Faculty with the Expert
- 14.45 - 15.00 **Break**

TUESDAY, January 27, 2026

15.00 - 15.10 **Introduction to Participants' Working Groups and Museum Walk**

15.10 - 16.10 **Participants' Working Groups**

Geriatric assessment of older person`s needs in:

- A. Primary Care
- B. Hospital Care
- C. Rehabilitation
- D. Long Term Care

16.10 - 16.30 **Break**

16.30 - 17.10 **Museum walk**

Prof. Singler K, Prof? Bonin-Guillaume S.

4 X 10 minutes

17.10 - 17.30 **Break**

17.30 - 18.10 **Expert's State of the Art Lecture**

Longitudinal Studies

A. Calderon, Stockholm (SE)

18.10 - 18.30 **Discussion**

Participants and Faculty with the Expert

18.30– 18:40 **Introduction to OSCE**

Singler, K. Fürth (DE)

18:40-19:00 **OSCE preparation time**

19:00-20:15 Dinner

20:15-22:00 **OSCE**

WEDNESDAY, January 28, 2026

Multimorbidity, Frailty and Resilience

Chairperson: Rostoft S. (NO)

Participants Co-Chair: Condreau S. (CH)

- 08.30 - 09.10 **Expert's State of the Art Lecture**
Multimorbidity in older people
Vetrano D.L, Stockholm (SE)
- 09.10 - 09.30 **Discussion**
Participants and Faculty with the Expert
- 09.30 – 09.50 **Break**
- 09.50- 10.50 **Participants' State of the Art Lectures**
Advantages and challenges of geriatric assessment in:
max. 8 min. + 7 min. discussion
- 09.50 – 10.05 9. Stroke - Ozkok S. (TR)
- 10.05 - 10.20 10. Cancer – Poisson J. (FR)
- 10.20 - 10.35 11. Cardiac Interventions – den Hollander M. (NL)
- 10.35 – 10.55 **Break**
- 10.55 – 12.00 **Introduction to Longitudinal project:**
Singler K. (DE) and Münzer T (CH)
- 12.00-12.40 **Communication with older persons**
Schögl, M. Zürich (CH)
- 12.40- 13.00 **Discussion**
Participants and Faculty with the Expert
- 13.00-13.10 Grouppicture
&
Select your Longitudinal Quality project on the flipcharts

Afternoon and Evening Free

THURSDAY, January 29, 2026

Preventing Disability

Chairperson: De Breucker S. (BE)

Participants Co-Chair: Unseld M. (AT)

- 08.30 - 09.10 **Expert's State of the Art Lecture**
Rehabilitation
Achterberg, W, Leiden (NL)
- 09.10 - 09.30 **Discussion**
Participants and Faculty with the Expert
- 09.30 - 10.00 **Introduction to the Flashlight Method**
Singler K, Nürnberg (DE)
- 10.00 - 10.30 **Break**
- 10.30 – 11.30 **Participants' State of the Art Lectures**
Disability prevention in persons with max. 8 min. + 7 min. discussion
- 10.30 - 10.45 13. Immune Suppression Therapy – Caudal M. (FR)
10.45 - 11.00 14 osteoarticular disease – Buzaco R. (PT)
11.00 - 11.15 15. vascular disease – Aam S. (NO)
11.15 -11.30 16. kidney disease -Evans B. (UK)
- 11.30 - 11.50 **Break**
- 11.50 -12.10 **Mentoring** – Singler K. (DE) and Schögl M. (CH)
- 12.10 -13.20 **Action learning set**
- 13.20 - 14.30 **Lunch**
- Chairperson: Vallet H. (FR)
Participants Co-Chair: Gonzalez Senac N. (ES)
- 14.30 - 15.10 **Expert's State of the Art Lecture**
Needs of Older people in healthcare
Thomas, Münzer, St. Gallen (CH)
- 15.10 - 15.30 **Discussion Participants and Faculty with the Expert**
- 15.30 - 16.00 **Break**
- 16.00 - 18.30 **From the idea to the project**
Improving Quality of Geriatric Care in my Clinical Environment

20.00 **Dinner MEET AT THE LOBBY AT 19.30**

FRIDAY, January 30, 2026

Other Faces of Geriatrics

Chairperson: Schögl M. (CH)

Participant Co-Chair: Ekblad L. (FI)

- 08.45 - 09.25 **Expert's State of the Art Lecture**
The model of integrated care-from research to implementation
Vernon, M. (UK)
- 09.25 - 09.45 **Discussion**
Participants and Faculty with the Expert
- 09.45- 10.15 **Break**
- 10.15 - 10.30 **Introduction to Participants' Working Groups**
- 10.30 - 11.40 **Participants' Working Groups**
Challenges of integrated care: how to overcome...
Group A
Group B
Group C
Group D
- 11.40 - 12.10 **Expert's State of the Art Lecture**
From Frailty to Resilience
Romero-Ortuño R. Dublin (IR°)
- 12.10 - 12.30 **Discussion**
Participants and Faculty with the Expert
- 12.30 - 13.30 **Lunch**
- 13.30 - 14.00 **Expert's State of the Art Lecture**
Ethnicity, Culture and Ageing: Perspectives from the field of Dementia Care
Oyebode, J (UK)
- 14.00 - 14.20 **Discussion**
Participants and Faculty with the Expert
- 14.20 - 14.50 **Break**
- 14.50 - 15.30 **Participants' review of the week including Wednesday afternoon (5 participants)**
Cotobal Rodeles, S. (ES), Colboc, H. (FR), Walesby, K (UK), Pekhonen, L.M. (FI),
Smolka V. (DE)
- 15.30 - 15.50 **Outlook on Session 2**
Rostoft S, Oslo (NO), Bonin-Guillaume S, Marseilles (FR)
- 15.50-16.30 **Closing remarks** Singler K, Nuremberg (DE), De Breucker S., Brussels (BE), Münzer T,
St. Gallen (CH)
- 19.30 **Apéro and Farewell dinner**

Chairperson: Martinez-Velilla N. (ES)

Participant Co-Chair: Jansen S. (NL)