

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 - 14.30 **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)

Human Longevity

Chairperson : Van Munster B. (NL)

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**

19.30 **Dinner**

TUESDAY, January 27, 2026

Biophysiology of Ageing

Chairperson: Vetrano D.L. (SE)

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 - 10.00 **Break**
- 10.00 - 11.00 **Participants' State of the Art Lectures: Biogerontology**
Ageing of max. 8 min. + 7 min. discussion
- 10.00 - 10.15 5. Immune system - Ornago A. M.(SE)
10.15 - 10.30 6. Bone system - Villain C. (FR)
10.30 - 10.45 7. Vascular system - Häselser-Ouart K. (DE)
10.45 - 11.00 8. Kidney - Castejón Hernández S. (ES)
- 11.00 - 11.30 **Break**

Healthy Ageing

- 11.30 - 12.10 **Expert's State of the Art Lecture: Longitudinal Studies**
Concepts of Healthy Ageing Facts and Research Questions
Röcke C, Zurich (CH)
- 12.10 - 12.30 **Discussion**
Participants and Faculty with the Expert
- 12.30 - 12.45 **Introduction to the fishbowl method**
Gordon A, London (UK)
- 12.45 - 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**

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– 19.00 **OSCE preparation time**

19:00-20:15 Dinner

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

Singler K, Nuremberg (DE)

WEDNESDAY, January 28, 2026

Multimorbidity, Frailty and Resilience

Chairperson: Martínez-Velilla N. (ES)

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 - 10.00 **Break**
- 10.00 - 11.00 **Participants' State of the Art Lectures**
Advantages and challenges of geriatric assessment in:
max. 8 min. + 7 min. discussion
- 10.00 - 10.15 9. Stroke - Ozkok S. (TR)
- 10.15 - 10.30 10. Cancer – Poisson J. (FR)
- 10.30 - 10.45 11. Chronic Kidney Disease - Strickler M. (CH)
- 10.45 - 11.00 12. Cardiac Interventions – den Hollander M. (NL)
- 11.00 - 11.20 **Break**
- 11.20 - 12.00 **Expert's State of the Art Lecture**
From Frailty to Resilience
Clegg, A, (UK)
- 12.00 - 12.20 **Discussion**
Participants and Faculty with the Expert
- 12.20 - 12.50 **ICU care**
Schögl, M. Zürich (CH)

Afternoon and Evening Free

THURSDAY, January 29, 2026

Preventing Disability

Chairperson: Rostoft S. (NO)

Participants Co-Chair: Prendki V. (CH)

- 08.30 - 09.10 **Expert's State of the Art Lecture**
Rehabilitation
Achterberg, W, Zeist (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 - 11.45 **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 – Buzco 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)
- 12.00 -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 - 09.30 **Expert's State of the Art Lecture**
The model of integrated care-from research to implementation
Vernon, M. (UK)
- 09.30 - 10.00 **Discussion**
Participants and Faculty with the Expert
- 10.00- 10.30 **Break**
- 10.30 - 10.10 **Introduction to Participants' Working Groups**
- 10.10 - 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**
Medical care of older minority groups in Europe
Naqvi, H (UK)
- 12.10 - 12.30 **Discussion**
Participants and Faculty with the Expert
- 12.30 - 13.45 **Lunch**
- Chairperson: De Breucker S. (BE)
Participant Co-Chair: Unseld M. (AT)
- 13.45 - 14.30 **Introduction to Longitudinal project:**
Van Munster, B Groningen (NL)
Brainstorming session
Workshops
- 14.30 - 15.00 **Break**
- 15.00 - 15.30 **Participants' review of the week including Wednesday afternoon (5 participants)**
- 15.30 - 16.00 **Outlook on Session 2**
Rostoft S, Oslo (NO), Bonin-Guillaume S, Marseilles (FR)
- 16.00 - 17.00 **Closing remarks** Singler K, Nuremberg (DE), De Breucker S., Brussels (BE), Münzer T, St. Gallen (CH)
- 19.30 **Apéro and Farewell dinner**