

Newsletter 1
September 2018



Netzwerk junge Geriater Schweiz
Réseau des jeunes gériatres suisses
Rete dei giovani geriatri svizzeri

Aiming to connect and inspire young and future geriatricians and shape geriatric medicine in Switzerland.

First steps in Montreux

Our network was launched with a stand and a presentation in Montreux. The coffee machine was a great crowd puller and led to many interesting conversations.

Congress Montreux

13th- 15th June 2018



EAMA

European Academy for Medicine of Ageing

The bigger picture

Becoming part of the EAMA family is a unique experience. Twice a year over a period of 2 years you meet with around 25 Geriatricians from all over Europe for a whole week. You listen to state of the art lectures from the Professors and Board members – hot topics are served like perioperative geriatric care, frailty, geriatric rehabilitation and many more. In addition, you will improve your skills by holding lectures on given topics, by chairing and being part of different groups. Besides that, there is time to enjoy the surroundings during the stay: Be it Nice, Cracow, Avila or Blankenberge. Every course leads to different places..

Go visit the homepage: www.eama.eu

Next course starting January 2019 - apply until End of October 2018



From left: Prof. Finnbar Martin (President of EUGMS, UK), Prof. Nele van den Noortgate (President of EAMA, B), Gaudenz Tschurr (Student, CH), Annette Ciurea (Student, CH), Prof. Anette Hylén-Ranhoff (Boardmember, NO), Prof. Karen Andersen (Boardmember, DK), PD Dr. Thomas Münzer (Boardmember, CH), Sylvain Nguyen (Student, CH).



EAMA Students and Teachers, Nice January 2018

Our Health is important

New Declaration of Geneva

From the Schweizerische Ärztezeitung 2018; 99(8)

In October 2017, the 68th General Assembly of the World Medical Association in the USA produced a new Declaration of Geneva that first replaced the Hippocratic Oath in 1948.

I was struck by an important novelty: “I will attend to my own health, my well-being and abilities in order to provide care of the highest standard.”

Doctors and other medical professionals have a higher than average rate of depression and burnout. Especially in a specialty like geriatric medicine, where quality of life is of paramount importance, we must take care of our own quality of life. So that our profession remains meaningful.

Operative risk of geriatric patients in cardiac surgery

Evaluation of prognostic value of the geriatric assessment

Zeitschrift für Gerontologie und Geriatrie 2018(51):399-403

Many geriatric patients require cardiac surgery. So far, risk scores such as EuroSCORE or STS-Score (Society of thoracic surgeons) have been used to identify patients at high risk. However, their usefulness in geriatric patients is in question. B. Frilling et al of the University of Hamburg studied a geriatric assessment including mobility, strength, cognition, depression and ADL's identify higher risk of mortality.

They concluded that the perioperative mortality of older patients in cardiac surgery is low. A limited functional status detected in the geriatric assessment is associated with an increased mortality. Impaired cognitive function is an independent predictor of postoperative mortality.

However, the mean age of their study group was 77 years. Therefore, I still don't know what to do with the 85+ age group....

Not every complaint needs a diagnosis

Hiding behind a diagnosis?

Schweizerische Ärztezeitung 2018;99(24):814-815

Prof.em.Dr.med Rolf Adler, former head of department of Internal Medicine, Inselspital Bern, calls us to attend to the individual history of the patient with an open mind. Some complaints can't very well be put in a diagnostic drawer (chronic fatigue syndrome, chronic pain, Burn-out). Sometimes doctors and patients hide behind diagnoses; it can help to put a label on something. But sometimes the label can hinder the doctor from really understanding the patient and the patient from making progress.

Making decisions at end of life

Geriatric Forum

der informierte @rzt Vol.8_Ausgabe 05_Mai 2018

Prof. Kressig (Basel) and PD Dr. Bossard (Zürich) discuss important subjects such as advanced directives (Patientenverfügung), legal representation of patients incapable of judgement (Urteilsunfähigkeit) and Advanced Care Planning.

Good Books

Have you read this yet?

Being Mortal

Medicine and What Matters in the End

Sterblich sein. Was am Ende wirklich zählt: über Würde, Autonomie und eine angemessene medizinische Versorgung

By Atul Gawande

The author, an American surgeon, writes about his first clumsy encounters with dying patients. Later, as an experienced doctor he ponders about death and the last years of life. He visits a geriatrician, and experiences how this approach broadens his point of view. He visits several long-term care facilities, that place the residents autonomy above all – an approach quite different to our old people’s homes in Switzerland.

Lighter as we go

Virtues, Character Strengths and Aging

By Mindy Greenstein and Jimmie C. Holland

“Lighter as we go” is a superbly informative and entertaining trigenerational discussion about who we are as we age... This is a great read for the young and old alike.

Coming up

Meetings, congresses and other

International Congresses

Berlin, 10th-12th October 2018,

European Geriatric Medicine Society

“Advancing Geriatric Medicine in a Modern World”

London, 14th-16th November 2018

British Geriatric Society Autumn Meeting

“Improving Health Care for older people”

Wien, 25nd-27nd April 2019

Oesterreichisch- Deutscher Geriatriekongress

“Die Erfindung des Alters”

Gothenborg, 23rd – 25th May 2019

IAGG-ER (International Association of Gerontology and Geriatrics European Region Congress

“Towards Capability in Ageing – from cell to society”

Switzerland

Zürich, Waid Hospital, Zürich, 28th September 2018

Geriatrieforum: “Koordinierte Versorgung für ältere Menschen“

Es werden das Programm INSPIRE (integriertes Versorgungsprogramm für ältere Menschen im Baselland), CareNet+ (Projekt Pro Senectute Bezirk Affoltern), Hospital at Home, Do Health Studie und mehr vorgestellt.

Zürich, Pflegezentrum Mattenhof Stadt Zürich, 11th Oktober 2018

4. Fachsymposium Palliative Care: „Wohin geht die Reise?“

Biel, Nationaler Palliative Care Kongress, 14th-15th November 2018

„Gemeinsam Sorge tragen“