

Newsletter 5
June 2019



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.

From us:



Interview with Gaudenz Tschurr, deputy head of the Geriatric department in Basel

In April 2019 the new building of the Felix-Platter- hospital was opened under a new name: University Geriatric Medicine Felix Platter (Universitäre Altersmedizin Felix Platter).

Gaudenz, as deputy head, what was the greatest challenge regarding the execution of the building and the move?

In the preparation it was difficult to imagine how the business would run in the new building and what its requirements would be. All the same many processes had to be adjusted und completely redefined. When the move had successfully been completed all the staff and the patients were in the new building. For most of the employees the change was just beginning: where is what, how do the new processes work and who is responsible for what. It was and still is a big challenge to ensure that all the staff can access the necessary information.

How has what Felix Platter has to offer changed with the move? Has the number of beds risen?

Overall the number of beds in the University Geriatric Medicine department has risen in all three areas: acute geriatric, rehabilitation and gerontopsychiatric beds. But as the Chrishona Clinic, which was a rehabilitation clinic has been integrated into our department, the total number of rehabilitation beds in Basel and agglomeration has gone down.

The Outdoor- Physical- Training Course looks phantastic in the photos. Is it really that good?

The outdoor course can be used under supervision of a therapist. That means it is training possibility for patients that are already mobile safely and independantly. At present the weather ist too hot to do training outside, the shad-giving trees are still missing.

What is the highlight of the new building for you personally?

The best thing about the new building is that everyone and everything is under one roof. That means you meet colleagues in the corridor, the meeting points on the wards or in the bistro and can discuss things directly. The exchange of ideas and information has become less complicated.

What do you miss about the old building?

The old building had a large rooftop terrasse and a lovely garden seeting area where we used to have lunch. The new building has a lot less outdoor seating. I also miss the view of the surrounding hills.

What do the patients say?

Meanwhile most feedback is overwhelmingly positiv. Initially however there were many complaints about the new building, when direct comparisons to the old building were made (as above). It's still a little difficult for patients and relatives to find their way around. But we are working on improving our signalling.

And finally: what feelings predominate in the new Felix Platter?

By now all the staff have adjusted to the new bulding and have overcome the initial difficulties. Most staff really like the new hospital, their new workplace very much.

Interview taken and translated by:



Jane Morgillo

News from

9. Kongress der Jungen Hausärzte

Kongresszentrum Thun, 27th April 2019

The Young Swiss Geriatricians at the 9th congress of the young GP's

For the 9th time already the congress of the young Swiss GP's took place this year; in just a few years this group has developed from a insider tip to an inspiring and important policy hot spot for young and upcoming GP's with over 1000 members! The Young Swiss Geriatricians were very happy to be present for a first time with a stand and, thanks to Dominic Bertschi, with an exciting workshop on geriatric medicine, generating much interest! The foundation for further fruitful collaboration, complicity and exchange was laid!



That on the same day contact with the young pharmacists could be established seems programatic... The future is young!

News from

SGAIM Congress

Basel 5th-7th June



With great enthusiasm the Young Swiss Geriatrician team served coffee and socialized at their stand. Another valuable opportunity to promote the ideals, goals and purposes of geriatric medicine and conect with each other.



Gaudenz Tschurr and Dominic Bertschi held a great workshop on delirium in the ER.

*What are our
patients reading
about?*

The Basics of Dying Well

«Das Einmaleins des guten Sterbens»

Sonntagszeitung 7th April 2019

Nowadays lay people can book courses in “Last Aid” (Letzte Hilfe). These originate from Germany and have been held in Switzerland, foremost in Zürich but also in other cantons for the past 1 ½ years. While most people have been to a first aid course in their lives, most people shy away from thinking about death. These courses aim to start the conversation on dying well. They inform about the processes in death and help people to think about what they can do to ease their loved ones when dying.

www.zhref.ch/themen/palliative-care/letzte-hilfe-kurs

Courses are held in Zürich, Aarau, Basel-Stadt, Graubünden and Bern. Courses are planned in Zug, St. Gallen and canton Waadt.



Jane Morgillo

Journal Club

[Abstracts from current geriatric and general medicine journals](#)

Mild Cognitive Impairment that Does Not Progress to Dementia: A Population-Based Study

JAGS February 2019–VOL. 67, NO. 2

In population studies, most individuals with mild cognitive impairment (MCI) do not progress to dementia in the near term, but rather remain stable MCI or revert to normal cognition. This study attempts to characterize the differences between stable MCI, progressors and reverters, following them over a 5-year period. MCI subgroups with different 5-year outcomes had some distinct characteristics suggesting different underlying causes. The progressors, unlike the reverters, had a profile broadly typical of Alzheimer’s disease; the stable MCIs had other, including vascular, morbidity. Stroke was however associated with progressive MCI. These data shed light on the heterogeneity of MCI in the population.

Jane Morgillo & Annette Ciurea

Thoughts

The Challenges of working in another country

As I get closer to restarting my medical practice, I begin to wonder how it will be to work in Switzerland. This would be the fifth country I work at, all with different languages and cultures and I have never been afraid of Medicine, Medicine is always the same. People, we are not. We have different ways of relating and behaving.

Like many Spanish trained geriatricians I am used to closeness. It is not strange to us to kiss our patients when they're leaving the clinic, hug them good-bye when they're being discharged after a difficult admission, or hold their hands when they're struggling to breathe. Somehow we believe physical contact soothes and warms people when they are suffering, and from my point of view is also a way to thank them for what they've taught us.

I remember the first week in the last country I worked at, I asked my boss: can I hold patients' hands? He told me to do as I felt. I managed not to have to change what came natural to me. A hug and a kiss always seemed to be welcomed and thanked for, even by so-called "cold cultures".

And now I have the same question all over again: can I hold their hands?



*Marianna Javier specialized in Geriatrics in Spain. After a working experience as a Geriatrician in the UK, she is now living in Basel where she currently learns German. **Her special interest include Frailty, Preoperative care of Older People and Orthogeriatrics, and Medical Education.***

Coming up

Symposiums, congresses and other

Switzerland

Netzwerk Akutgeriatrie 28th August 2019

in Kantonsspital Winterthur

Geriatrieforum 27th September 2019

Waid Hospital, Zürich

International Congresses

Frankfurt, 5th – 7th September 2019

DGG (Deutscher Geriatriekongress)

Geriatric: Jung und Grenzenlos

Participation of the Network of young Geriatricians Switzerland!! Do meet up with us 😊

Krakow, 25nd – 27nd September 2019

EuGMS (European Geriatric Medicine Society)

“Evidence Based Medicine in Geriatrics”

Paris, 25th November 2019

JASF GG (Journée annuelle Société Française de Gériatrie et Gérontologie)



European Geriatric Medicine Society

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