

Newsletter 4
März 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.

This newsletter can also be downloaded from our website.
www.sfgg.ch/de/ueber-uns/netzwerk-junge-geriater

Hot Topic:

Saving the Swiss Health System

Schweizerische Ärztezeitung 2019;100 (6): 182-183

A change of culture is needed.... This is what David Bosshart, director of the Gottlieb Duttweiler Institute says in this interview. One of the reasons that relevant change has not happened yet, is the fragmentation of interests due to increasing specialisation, with everyone aiming to grow in productivity. All these different interests undermine any quick solution. And then of course there are the increasing demands of the patients! But after reading the article I still don't know what the solution is.

So: how can the Swiss Health System be saved? The pharmaceutical companies decide what substances to develop, this seems to guide what we treat. For instance there is much concern for blood pressure and hypercholesterinemia, with a large proportion of the elderly on antihypertensives and statins. But does it really benefit the individual? That is where geriatric medicine comes in: treating the individual. Less is sometimes more. Looking at the bigger picture can help assign the available money more sensibly. And: thinking about when to stop: deprecise medication, making courageous decisions when to not push a diagnosis because it doesn't benefit the patient. And most of all: a change of of the supermarket mentality.

We need to start the conversation to change our health culture. All the players will need to make changes before changes are forced upon us.



Jane Morgillo

What are our patients reading about?

Eating enough protein in older age

Caroline Kiss, Ernährungsberaterin, SRF App

<https://www.srf.ch/kultur/wissen/eiweissbedarf-im-alter-senioren-sollten-mehr-proteine-essen>

I was so happy to read this article! It makes the general public aware of the normal loss of muscle mass with age and the need to combat that. It's also really practical with information about what has how much protein in it. For instance: eat an egg a day, as a good start. Spread the protein-intake over all three meals, making sure to add some protein for breakfast (for instance an egg...).

And for whoever's interested: here's the link to the Eidgenössisches Ernährungskommission's report on Ernährung im Alter:

<https://www.eek.admin.ch/eek/de/home/pub/ernaehrung-im-alter.html>



Jane Morgillo

From us

The new hospital building for the geriatric department in Basel is opening soon

Deputy head of department Gaudenz Tschurr, one of our Young Swiss geriatricians, is very excited about the move scheduled in April. The outdoor training facilities look fantastic!



News from

Meeting of Friends, Madrid

Ramón y Cajal Hospital, 8th February 2019

On the 8th of February the Geriatrics department of Ramón y Cajal Hospital in Madrid celebrated its 25th Anniversary with “A meeting of friends”. Some of the most prominent figures of European Geriatrics were present to perform a series of interesting, thought provoking conferences.

The scientific part of the journey started with the topics of Nutrition (Prof Tommy Cederholm), Sarcopenia (Prof Maurits Vanderwoude) and Frailty (Prof Francesco Landi). This was followed by a session on Geriatric Care were Orthogeriatrics (Prof Finbarr Martin), Palliative Care (Prof Nele van der Noortgate) and Medication Use (Prof Denis O’Mahony) were discussed.

The second part of the day started with presentations around the subject of Geriatric research: Research in Nursing Homes (Prof Alfonso Cruz-Jentoft), Danish centenarians cohort studies (Prof Karen Andersen-Ranberg), and ideas on increasing participation of older people in research (Prof Antonio Cherubini).

The theme for the meeting’s closure was Insights in Geriatrics with the topics of Geriatrics in Nursing Homes (Prof Kaisu Pitkala), General Internal Medicine plus (Prof Cornel Sieber) and the future of Aging (Prof Jean-Pierre Michel), giving some hope to geriatricians to come.

Not only was the scientific level extremely high, but also the speakers managed to plant new ideas in the younger generations of geriatricians present at the meeting. We will be waiting for more “Meetings of friends”.



Marianna Javier

Journal Club

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

Deprescribing Medications for Chronic Diseases Management in Primary Care Settings: A Systematic Review of Randomized Controlled Trials

H. Dills et al. / JAMDA 19 (2018) 923e935

I was very interested in this review, as deprescribing is a somewhat neglected subject of research. The authors concluded that "deprescription may be successful and effective in select classes of drugs, (...) complemented by close clinical follow-up to detect early signs of exacerbation of chronic diseases." Disappointingly however the review also suggests that "deprescription may (...) not lead to expected outcomes such as improved falls rate, cognition, and quality of life, or a lower admission rates."

When I think how often I hear from patients that they feel they have to take too many tablets, I can't imagine that reducing the amount doesn't improve quality of life. Of course deprescribing medication that is needed such as diuretics in heart failure will worsen quality of life. So a differentiated approach is needed.

Review: Substance-Use Disorders in Later Life

D.L.Longo, N Engl J Med 2018;379:2351-60.

A very interesting review on an important subject. We need to bear in mind that older adults may be impaired with amounts (for instance of alcohol) that they tolerated in younger years. Impairment can be more occult as the elderly are generally retired and are not as visible. Living alone is a risk factor.

So: always inquire sensitively into the alcohol intake of your elderly patient.



Jane Morgillo

Good Books

[Have you read this yet?](#)

Die magische Welt von Alzheimer

By Huub Buijssen

A beautiful book written by an Dutch gerontopsychologist drawing on his personal experiences with his parents. His aim is to help us understand the person living with dementia better and so improve our relationship with them. A very positiv book. The only down side is that the book is only available in Dutch and German, as far as I could find out.



Editors of this Newsletter: Jane Morgillo

Jane Morgillo

Coming up

Symposiums, congresses and other

Switzerland

9. Kongress der Jungen Hausärzte 27th April 2019

Kongresszentrum KKThun

Includes a workshop with one of our members, Dominic Bertschi. A close collaboration with the young family doctors in Switzerland is one of our priorities.

A very interesting congress that we recommend. Do meet up with us 😊

SGAIM Frühjahres-Kongress, Basel 5th-7th June 2019

„Innovation“

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

Netzwerk Akutgeriatrie 28th August 2019

in Kantonsspital Winterthur

Geriatrieforum 27th September 2019

Waid Hospital, Zürich

International Congresses

Wien, 25nd-27nd April 2019

Österreichisch- 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”

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”

Editors of this Newsletter: Jane Morgillo

Paris, November 2019

JASFGG (Journée annuelle Société Française de Gériatrie et Gérontologie)



European Geriatric Medicine Society

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