



St. Luke's College of Medicine

William H. Quasha Memorial, St. Luke's Medical Center
E. Rodriguez, Sr., Blvd., Quezon City, Philippines



Southeast Asia Academy of Geriatrics (Pr. Prasert Asantachai)
2nd Master Class on Aging (organized by Dr. Miguel Ramos)
Philippines May 27- 29, 2019
NUTRITION, SARCOPENIA, FRAILITY and AGING

1 st day afternoon		
Timing		Key words ONLY to guide the speakers
11:30	Lunch	
	Chairpersons: Miguel RAMOS et Prasert ASSANTACHAI	
12:30	Welcome	
	Individual presentation of the organizers, speakers and participants	<i>(what is your main interest in participating in this Master Class)</i>
	Knowledge evaluation of the participants	
13:30-14:00	State of the Art Lecture I (Ted Talk style 18 min/ 12 min Q&A) Nutrition, ageing and longevity	<i>age-related physiological changes that affect nutritional status; define and differentiate malnutrition from undernutrition; appreciate their prevalence in community-dwelling old adults, hospital admission/discharge and nursing homes; enumerate the principal causes medical, psychologic, sociologic, economic and (...) of malnutrition and under nutrition</i>
14:00-14:30	State of the Art Lecture II (Ted Talk 18 min/ 12 min Q&A) Picking up from the consensus report of Asian Working Group: Sarcopenia in ASIA 2014	<i>Evolution of skeletal muscle mass, strength and function with ageing (include also nervous system and vascular ageing); history of sarcopenia definitions; clinical diagnosis and more recent diagnostic technics; prevalence with age/sex using various definitions/technics; Primary & secondary causes of sarcopenia (...)</i>
Tea break including physical exercises for all participants (14:30-14:45)		

14:45-15:15	State of the Art Lecture III (Ted Talk 18 min/ 12 Q&A) The frailty process	<i>Definition of frailty; description of the frailty process; diagnostic criteria (Fried and Rockwood); critical analysis of both of them; demonstrate that frailty is a pre-disability stage and is in relation with many geriatric “giants”</i>
15:15-15:45	State of the Art Lecture IV (Ted Talk 18 min/12 min Q&A) Evidence on Interventions in geriatric frailty	<i>Based on the previous lectures, present the latest randomized control interventions – nutrition, physical exercises, multi-modal interventions which can reverse sarcopenia and frailty and indeed prevent age-related disability.</i>
15:45-16:15	State of the Art Lecture V “Iatrogenic Disability” in Hospitalized Elderly Patients, are we doing enough ?	<i>Increase awareness that hospitalization is a major cause of functional decline in the elderly . Review the Literature on Functional Decline during Hospitalization and the process of care or clinical pathways supported by hospital structure. What can we do to help improve current situation in our own setting . (Survey result)</i>
Tea break including physical exercises for all participants (16:15-16:30)		
16:30-18:30	Clinical Case Break Out Session (5 groups)	Case 1: Malnutrition Case 2: Diabetes Case 3: Hip Fracture Case 4: Chronic Kidney Disease Case 5: Delirium and cognitive frailty
18:30 – 18:45	Picture Taking	
Dinner with all the participants (19:00)		

2nd Day morning		
08:00-8:30	State of the Art Lecture VI (18 min Ted Talk/ 12 min QA) Nutrition requirement changes with aging	<i>Aging and changes in total energy requirements, proteins, minerals, vitamins and oligo elements; disease-modifying needs in total and specific requirements; hydration and dehydration; example of “healthy” and well balanced diets in your cultural background.</i>
08:30-09:00 09:00-09:30 09:30-10:00	Case presentation: Nutrition Issues In Hospitalized elderly patients	Case 1: Malnutrition Case 2: Diabetes Case 3: Hip Fracture
COFFEE/TEA BREAK 10:00-10:15		
10:15-10:45 10:45-11:15		Case 4: Chronic Kidney Disease Case 5: Delirium and cognitive frailty

11:15-12:00	Nutrition Issues in Community dwelling elderly	
Lunch (12:00-13:30)		
13:30-14:00	Screening for drug related frailty	
14:00-14:30	Round Table Discussion on the use of Artificial Nutrition in End of Life	<i>Exchange of experts views based on personal experiences, cultural differences, ethical and religious beliefs, health policies , health economics in each country.</i>
Tea break including physical exercises for all participants (14:30-14:45)		
14:45- 16:45	Oral Research presentation I (Break Out session)	Group 1
		Group 2
		Group 3
		Group 3
		Group 4
		Group 5
<u>Dinner</u>		

3rd Day morning		
08:00-08:30	The Future of Research in Frailty	
08:30-09:00	Falls ; a preventable adverse outcome of malnutrition, frailty and sarcopenia	
Tea break / Faculty meeting (Agenda : MCA 2020 and Harmonization of Post Grad Training in Geriatric Medicine in East Asia /SEA)		
09:45-10:45	Oral Research Presentation	Top 5 researches
10:45-11:00	Awarding Ceremonies	
11:00-11:30	Certification for all delegates and reflection	
11:30	Closing ceremony	