

Aging and Age-Related Disorders from a Biological, Epidemiological and Clinical perspective

15.0 hp



Jan 15 th	
14.30 – 14.55	Course presentation – D Rizzuto
Opening Key-lectures	
15.00 – 15.55	Aging and age-related disorders - clinical perspectives - M Eriksdotter
16.00 – 16.55	Biology of Aging - L Ferrucci
17.00 – 17.55	Epidemiology of Aging: an overview - L Fratiglioni

Topic 1 16 th -24 th Jan		Chronic diseases, multimorbidity and polypharmacy A Calderón Larrañaga & DL Vetrano	
Jan 16 th			
15.45 – 15.55	General Intro - A Calderón Larrañaga & DL Vetrano		
16.00 – 18.00	Multimorbidity and polypharmacy in old age - A Marengoni		
Jan 17 th		Self-study	
Jan 18 th			
16.00 – 16.50	Defining and measuring multimorbidity - A Calderón Larrañaga		
17.00 – 17.50	Clinical relevance of multimorbidity - D Vetrano		
18.00 – 18.50	Clinical management of multimorbidity - C Muth		
Jan 19 th 14.00 – 17.00		Group work - F Triolo & G Beridze Format: Critical appraisal of different papers on the assessment and definitions of multimorbidity in groups	
Jan 22 nd			
14.00 – 15.15	Polypharmacy: definitions, assessment, and epidemiology - J Wastesson		

15.30 – 16.45	Clinical implications of polypharmacy - G Onder
Jan 23rd 12.30 – 15.30	Group work - J Wastesson & M Szilcz Format: Real-life case of polypharmacy
Jan 24rd	Self-study

Topic 2 25th Jan -2nd Feb		Cognitive function and Dementia E Laukka & G Grande	
Jan 25th			
14.00-14.45	General intro to the course module (E Laukka, G Grande)		
15.00-16.30	Overview on dementia, Alzheimer´s disease and treatment approaches (Per Nilsson)		
Jan 26th	Self-study		
Jan 29th			
14.00-15.30	Clinical aspects of dementia: from preclinical stages to overt dementia (G Grande)		
15.30-17.00	Neuroimaging markers of dementia (G Kalpouzos)		
Jan 30th 14.00-16.30	Group work – Methodological challenges in dementia research <ol style="list-style-type: none"> 1. Melodem and methodological challenges (G Grande) 14.00-14.30 2. Group discussion (M Valletta; A Dove) 14.30-16.00 3. Reporting from groups and concluding remarks: 16.00-16.30 		
Jan 31st 14.00-16.00	Fluid biomarkers for AD – N Ashton		
Feb 1st	Self-study		
Feb 2nd 14.00-16.00	Group work – Blood-based biomarkers of dementia <ol style="list-style-type: none"> 1. Short introduction: 14.00-14.30 (G Grande & E Laukka) 2. Group discussion 14.30-16.00 (M Valletta; A Dove) 3. Reporting from the groups and concluding remarks 16.00-16.30 (G Grande; E. Laukka; M. Valletta; A Dove) 		

Topic 3 5th - 13th Feb		Frailty, sarcopenia, physical function, and falls D Vetrano & C Trevisan	
Feb 5th			
15:45-15:55	General Intro – DL Vetrano & C Trevisan		
16:00-18:00	Physical function and falls – M Montero-Odasso		
Feb 6th	Self-study		
Feb 7th			
16:00-17:55	Physical function assessment (standard + IT instruments): A Zucchelli		

18:00-18:55	Sarcopenia: T Cederholm
Feb 8th 16:00-19:00	Group work - Sarcopenia (DL Vetrano & A Carballo Cosla)
Feb 9th	
13:30-14:55	Frailty: C Trevisan
15:00-16:25	Falls: AK Welmer
Feb 12th 16:00-19:00	Group work - Frailty C Trevisan & C Tazzeo
Feb 13 th	Self-study

Exam 1
14th - 19th Feb

Topic 4 20 th – 28 th Feb	Life-course determinants of health, aging, and resilience N Agahi & S Dekhtyar
Feb 20th	
09.00-10.00	Intro: N Agahi & S Dekhtyar
10.00-12.00	Mechanisms underpinning health inequalities throughout life. M Kelly-Irving
Feb 21st	Self-study
Feb 22nd	
09.00-10.15	Life course epidemiology: models and central concepts. M Ericsson
10.45-12.15	Time trends in health & longevity. S Fors
Feb 23rd 09.00-12.00	Group work 1: Life course epidemiology (T Lopes De Oliveira, N Agahi); Format: small groups of participants (read/discuss according to pre-prepared questions); reconvene to present in 2 larger sub-groups led by junior, with support from N Agahi; 3h
Feb 26th	
13.00-14.30	Psychosocial resilience. E Soares Mantere
15.00-16.30	Physical resilience. R Melis
Feb 27th 13.00-16.00	Group work 2: Resilience (A Marseglia, S Dekhtyar); small groups of participants (read/discuss according to pre-prepared questions); reconvene to present in 2 larger sub-groups led by junior, with support from S Dekhtyar. 3h
Feb 28th	Self-study

Topic 5 29 th Feb – 8 th Mar		Medical and social geriatric care A Calderon & J Agerholm	
Feb 29th			
16.45 - 16.55	General Intro - A Calderon & J Agerholm		
17.00 - 19.00	Challenges and opportunities in health and social eldercare: A Hendry		
Mar 1st			
14.00 - 15.15	Person-centered care (definitions and examples): J Öhlén		
15.30 – 16.45	Integrated care (definitions and examples): J Agerholm		
Mar 4rd	Self-study		
Mar 5th 14.00 - 17.00	Group work – J Agerholm & M Doheny Topic: Welfare states and successful experiences across Europe		
Mar 6th			
16.00 - 16.50	Care coordination from the patient perspective: P Nilsson		
17.00 - 17.50	Informal caregiving to older people: L Dahlberg		
18.00 - 18.50	Working conditions in health and social eldercare: H Wijk		
Mar 7th	Self-study		
Mar 8th 14.00 - 17.00	Group work - A Calderon & M Kirvalidze Topic: The ICOPE and IPCHS frameworks from WHO		

11th -22nd Mar		Final Exam	
11th -14th Mar	Exam preparation		
15th Mar	Exam submission		
19th Mar	Feedback from other students		
21st-22nd Mar	Presentation		