



CME CREDITS



AMERICAN  
UNIVERSITY OF BEIRUT  
MEDICAL CENTER  
المركز الطبي في الجامعة الأميركية في بيروت

The 4<sup>th</sup> Annual GEM Workshop Geriatrics Skills  
Enhancement in Primary Care

## **Navigating Neurological Challenges in Older Adults: Empowering Primary Care**

November 28–December 1, 2023

---

**Syllabus**

# Message from the Organizing Committee

Dear Colleagues,

It is with great pleasure that we welcome you to the Fourth Annual Geriatric Skills Enhancement in Primary Care (GEM) workshop, taking place from November 28 to December 1, 2023, at the American University of Beirut. Building on the success of our previous workshops, we are thrilled to unveil this year's theme: "Navigating Neurological Challenges in Older Adults: Empowering Primary Care."

As we gather in these challenging times, we recognize the increasing prevalence of neurological disorders among our aging population. This theme is a response to the pressing need to equip primary care physicians with the knowledge and skills to provide comprehensive care for older patients facing neurological challenges. The aging process often brings forth a spectrum of neurological conditions, from cognitive impairment and dementia to movement disorders and neuropathies. Early recognition, accurate diagnosis, and holistic management are essential to improving the quality of life for our older patients.

Our journey during this year's GEM workshop will delve into the intricate world of neurological disorders. We will explore strategies for early detection, delve into the latest advancements in treatment modalities, and discuss the critical role of interdisciplinary care in addressing these complex conditions.

We are proud to feature distinguished speakers from the American University of Beirut, Faculty of Medicine. Their insights and expertise will provide you with valuable tools and insights to enhance your practice and elevate the care you provide to our older patients. Join us at the Fourth Annual GEM workshop, where we will collectively explore the neurological frontier in geriatric care, ensuring a better quality of life for our older patients. We look forward to your participation and the opportunity to learn, grow, and improve the delivery of care to our aging population.



**Georges Assaf, MD, MPH**

Activity Director  
Clinical Assistant Professor of Family Medicine  
Geriatrics and Sleep Medicine  
Director of Quality  
Department of Family Medicine  
American University of Beirut Medical Center  
Adjunct Assistant Professor—The University of Illinois at Chicago



**Nazem Bassil, MD**

Associate Activity Director  
Clinical Associate professor of Medicine  
Internal Medicine, Geriatrics, Palliative Care  
Department of Internal Medicine  
American University of Beirut Medical Center

## General Information

Geriatric care constitutes a significant portion, approximately 65%, of the healthcare provided in primary care. Given this substantial presence, it is crucial to equip healthcare providers with the necessary knowledge and skills to deliver appropriate care to older adults. In 2010, approximately 8% of the world's population was aged 65 years or over, and this percentage is projected to double, reaching 16%, by the year 2050. Lebanon has witnessed a rapid increase in its older population, making it one of the countries in the region with the highest proportion of older adults.

The evolving demographic landscape necessitates a transformation in medical care to meet the unique needs of the older population effectively. Primary care providers stand at the forefront of geriatric care, making it imperative for them to possess fundamental knowledge and skills in geriatric principles. This knowledge ensures the delivery of safe and effective care to our older adults.

With this context in mind, the workshop has been designed to empower primary care physicians and other healthcare professionals with the knowledge and skills required to recognize and address common issues and challenges faced by older adults. Each year, we focus on a specific theme related to geriatrics to ensure that participants are well-prepared to navigate the evolving landscape of senior healthcare. For this year's workshop, we have chosen to center our theme on neurological disorders in geriatrics, aligning our educational efforts with the changing healthcare needs of the aging population.

## The Aim of the Workshop

To improve primary care physicians' knowledge, and skills in managing complex medical problems in older adults.

## General Learning Objectives

**After this activity, attendees will be able to:**

- Deliver comprehensive geriatric care by leveraging the interdisciplinary knowledge and skills acquired from the sessions. This involves integrating insights from various disciplines like neurology, cardiology, psychiatry, and more into clinical practice, effectively addressing the complex healthcare needs of older adults.
- Apply evidence-based practices in geriatric medicine, ensuring that their clinical decisions and care interventions are grounded in the latest research findings, clinical guidelines, and best practices.
- Demonstrate patient-centered communication and care approaches, showcasing their ability to engage older patients in shared decision-making, prioritize individual preferences, and create a healthcare experience that aligns with the values and goals of each patient.
- Diagnose and develop treatment plans for conditions like Alzheimer's disease, Parkinson's disease, and neuropathies but also address their comprehensive care, including psychosocial aspects and quality of life considerations.
- Identify and apply strategies for mindfulness, meditation, anxiety and depression management, obesity control, pain management, and optimize sleep quality, all of which contribute to enhanced overall health and well-being in older adults.

## Target Audience

This workshop is targeted at primary care physicians, physicians in all specialties, and other health professionals who care for older adults.

## Date and Location

November 28–December 1, 2023

This workshop will be held remotely via Webex.

## Workshop Features

- Four 3–hour online sessions over 4 days
- Interactive learning
- Interprofessional approach
- Continuing Medical Education Credits from the Lebanese Order of Physicians (LOP) Local Accreditation
- This activity also complies with the Lebanese Order of Physicians (LOP) in Lebanon’s continuing education guidelines.

## Accreditation Statement

This Workshop has been approved for Lebanese Order of Physicians and Order of Nurses in Lebanon credits.

## Grantor Acknowledgement

The HPDC acknowledges partial support of this program in the form of an unrestricted educational grant from: **The Munib and Angela Masri Foundation** ([www.masrifoundation.org](http://www.masrifoundation.org))

## Registration Fee

- \$100 for members of the Lebanese Order of Physicians (LOP)
- \$50 for members of the Order of Nurses in Lebanon (ONL) or other Lebanese professional syndicates.
- \$300 for non–members of Lebanese professional syndicates.
- Medical students, residents, and fellows can register for free.

**Join us virtually for an enlightening exploration of various topics, including neurological challenges in older adults, to empower your primary care practice.**



# Program Agenda

## Day 1: Tuesday, November 28, 2023

11:30 AM–12:00 PM

Welcome and introduction



12:00–12:50 PM

Keynote Session

**Overcoming Life's Challenges: A Remarkable Journey**  
**Mr. Munib R. Masri, MS**

Munib R. Masri is an AUB graduate with a master's degree in Energy Studies. Since graduating in 2018, Munib has been supporting the regional work of the Munib & Angela Masri Foundation, which is an independent, non-profit institution established in 1970 and works in various fields of development, including education, health, scientific research, culture, and economic empowerment. The Masri Foundation also works in partnership with various institutions across Palestine, Jordan, and Lebanon. Munib's journey through a life-altering injury and chronic pain has given him profound insight into the healthcare system, enhanced by his experiences with global medical centers and specialized neurophysics therapy in Australia. Embodying resilience and innovation, Munib's personal exploration into pain management and recovery adds a deeply informed perspective to the GEM workshop at AUBMC, offering valuable lessons on navigating neurological challenges in older adults.

1:00–1:50 PM

**Alzheimer's Disease: Latest Insights and Care Strategies**

Samir Atweh, MD

**Learning Outcomes**

- Distinguish between Alzheimer's disease, and age-related cognitive changes.
- Describe the complex processes leading to dementia.
- Provide an overview of evidence-based approaches to identify, evaluate, and care for patients with AD.
- Discuss considerations for future treatments.

2:00–2:50 PM

**Managing Parkinson's Disease in Primary Care**

Raja Sawaya, MD

**Learning Outcomes:**

- Recognize the motor and non-motor symptoms of Parkinson's disease.
- Discuss treatment options and their impact on older patients' quality of life.
- Address the psychosocial aspects of Parkinson's care.

## Day 2: Wednesday, November 29, 2023

12:00–12:50 PM

### Managing Delirium in Older Adults: Early Recognition and Multidisciplinary Interventions

Hassan Doumiati, MD

#### Learning Outcomes

- Recognize early signs of delirium, differentiating it from other cognitive disorders.
- Conduct comprehensive delirium assessment.
- Implement multidisciplinary interventions.
- Develop individualized care plans for older adults with delirium, incorporating non-pharmacological interventions and medication management as appropriate.

1:00–1:50 PM

### Mindfulness and Meditation: Holistic Approaches to Promote Mental Health and Resilience in Older Populations

Maya Romani, MD

#### Learning Outcomes

- Understand the principles of mindfulness and meditation and their impact on mental health.
- Explore the scientific evidence supporting the use of mindfulness and meditation for older adults.
- Learn practical mindfulness and meditation techniques suitable for older adults, considering physical limitations and cognitive changes.
- Discuss the potential applications of mindfulness and meditation in managing age-related conditions such as dementia and chronic pain.

2:00–2:50 PM

### ECG Essentials for Geriatric Care: Understanding and Interpreting Electrocardiograms in Older Adults

Maurice Khoury, MD

#### Learning Outcomes:

- Recognize age-related ECG variations commonly observed in older adults and distinguish them from pathological changes.
- Identify common arrhythmias and conduction disorders that affect older patients and learn their clinical implications.
- Discuss the importance of ECG monitoring and its role in risk assessment for cardiovascular events in older populations.

---

## Day 3: Thursday, November 30, 2023

12:00–12:50 PM

### Neuropathies in Older Patients

Hassan Doumiati, MD

#### Learning Outcomes

- Recognize common neuropathies seen in aging populations.
- Discuss diagnostic tools for neuropathies.
- Identify treatment options for neuropathies..

1:00–1:50 PM

### Managing Anxiety and Depression in Older Patients

Rita Khoury, MD

#### Learning Outcomes

- Recognize the prevalence of anxiety and depression in older adults.
- Learn effective strategies for screening and diagnosis.
- Discuss tailored treatment approaches for this population.

**2:00–2:50 PM**

**Obesity in Older Adults: Effective Strategies for Weight Management**

Marlene Chakhtoura, MD

**Learning Outcomes**

- Recognize key risk factors for obesity in older adults, including age-related changes in metabolism and lifestyle factors.
- Describe the short-term and long-term consequences of obesity in older adults.
- Apply evidence-based strategies for obesity management in older patients.

---

**Day 4: Friday, December 1, 2023**

**12:00–12:50 PM**

**Pain Management in Patients with Neurological Conditions**

Rana Yamout, MD

**Learning Outcomes**

- Recognize pain challenges in neurological disorders.
- Discuss tailored pain management approaches.
- Address ethical considerations in pain management.

**1:00–1:50 PM**

**Sleep Disorders in Older Adults: Diagnosis and Treatment**

Farid Talih, MD

**Learning Outcomes**

- Identify common sleep disorders in the aging population.
- Explore diagnostic tools and strategies for sleep disorder management.
- Discuss the impact of sleep on overall health and cognitive function.

**2:00–2:50 PM**

**Aspiration Pneumonia in Older Adults: Prevention and Management**

Umayya Musharrafieh, MD

**Learning Outcomes**

- Recognize the risk factors and common causes of aspiration pneumonia in older adults.
- Discuss the clinical presentation and diagnostic criteria for aspiration pneumonia in older adults.
- Outline the appropriate management approaches, including antibiotic therapy and supportive care.
- Describe evidence-based strategies for the prevention of aspiration pneumonia in older patients, including dietary modifications and positional interventions.

**3:00–3:15 PM**

**Closing Remarks.**

## Contact Information

**Healthcare Professional Development Center**

**Tel:** +961-1-350 000 ext 4717/4752

**Fax:** +961-1-744 467

**Email:** [hpdc@aub.edu.lb](mailto:hpdc@aub.edu.lb)

**Web:** <http://hpdc.aub.edu.lb>