



KERALA CHAPTER



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Academy of Family Physicians of India

**GSICON 2024**

37<sup>th</sup> National Annual Conference of Geriatric Society of India

Dept. of Geriatric Medicine  
Amrita Institute of Medical Sciences, Kochi



# 37<sup>th</sup> National Annual Conference of Geriatric Society of India

**Theme**

**Decade of Healthy Aging:  
Paradigms and Innovations**

## GSICON 2024 WORKSHOPS

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**FOR MORE DETAILS**

**Dr Aswin Surjit**  
94464 71672

**Soumya TS**  
90800 78447







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**Theme**

**Decade of Healthy Aging:  
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## **WORKSHOP ON COMPREHENSIVE GERIATRIC ASSESSMENT**

*Workshop for Doctors in different  
aspects of Geriatric care .*



**13  
DECEMBER**



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**9 AM TO 1 PM**

Order No.: C 6/28206/MC/CME

Date: 30-11-2024

CME Credit: 0.75 hours each

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# Enhancing Geriatric Care: Comprehensive Geriatric Assessment

## Objectives:

- Understand the components and importance of comprehensive geriatric assessment (CGA).
- Learn practical skills to implement CGA in clinical practice.
- Discuss case studies and engage in collaborative problem-solving.

## I. Introduction (20 minutes)

- Welcome and Registration
- Overview of Workshop Objectives
- Icebreaker Activity: Share experiences with geriatric patients.

## II. Understanding Comprehensive Geriatric Assessment (45 minutes)

- Presentation: What is CGA?
- Definition and components (medical, psychological, functional, social)
- Importance in improving patient outcomes
- Discussion: Current challenges faced by GPs in geriatric care

## III. Key Components of CGA (60 minutes)

- Breakout Sessions: Focus on each component
- Medical Assessment: Chronic disease management and medication review
- Functional Assessment: ADLs, IADLs, and mobility
- Cognitive Assessment: Screening tools (mini cog)
- Psychosocial Assessment: Mental health screening, social support
- Group discussions: Sharing tools and resources

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#### IV. Practical Application (60 minutes)

- Role-Playing Scenarios: 4 stations
- Participants to conduct mock CGA interviews using case studies.
- Feedback and Debrief: Discuss findings and approaches.

#### V. Interdisciplinary Approach to CGA (30 minutes)

- Presentation: Collaborating with other healthcare professionals (nurses, social workers, pharmacists)
- Discussion: Developing referral networks and resources.

#### VI. Q&A and Closing Remarks (15 minutes)

- Open floor for questions
- Key takeaways and resources for further learning
- Feedback survey distribution

### Expert Faculties

- Dr. Priya Vijayakumar , HOD and Professor
- Dr. Divyamol Sasidharan, Assistant Professor
- Dr. Anusree A S, Senior Resident
- Dr. Pallavi Mohan, JR III
- Dr. Asmi Sainil, JR II
- Dr. Arth Nischal, JR I
- Ms Niveditha - Dietician
- Ms Silpa - MSW



***Secure your spot today and join us for this invaluable workshop!***

**Target Audience:**  
Doctors and healthcare providers working with geriatric population

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**Theme**

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Paradigms and Innovations

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## WORKSHOP ON Falls & Fall Prevention

Order No.: C 6/28206/MC/CME

Date: 30-11-2024

CME Credit: 0.75 hours each

*Workshop for Doctors in different  
aspects of Geriatric care .*



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FOR MORE DETAILS

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94464 71672 90800 78447



# Preventing Falls in Older Adults: Assessment and Intervention Strategies

## Duration:

3 Hours

## Objectives:

- Understand the risk factors and consequences of falls in older adults.
- Learn how to conduct a comprehensive fall risk assessment.
- Explore effective interventions to prevent falls.

## Agenda:

### I. Introduction (15 minutes)

- Overview of Workshop Objectives
- Brief Icebreaker: Share a personal experience related to falls in older adults.

### II. Understanding Falls in Older Adults (30 minutes)

#### Presentation:

- Statistics and impact of falls
- Common causes and risk factors (e.g., medical conditions, environmental hazards, medications)
- Discussion: Participants share observations from their practices.

### III. Comprehensive Fall Risk Assessment (45 minutes)

- Presentation: Key components of a fall risk assessment
- History taking: past falls, medications, vision, etc.
- Physical examination: strength, balance, gait

#### Interactive Activity:

- Demonstration of assessment tools (e.g., Timed Up and Go test)
- Participants practice assessments in different scenarios

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#### IV. Interventions for Fall Prevention (45 minutes)

Presentation:

- Evidence-based interventions (exercise programs, home modifications, medication management)
- Referral to physical therapy and community resources

Group Activity:

- Case studies where participants develop intervention plans based on assessed risks.

#### V. Collaborative Approach and Resources (30 minutes)

Discussion:

- Importance of interdisciplinary collaboration (e.g., physical therapists, occupational therapists)
- Share local resources for fall prevention (community programs, educational materials).
- Q&A Session: Address participant questions and concerns.

#### VI. Wrap-Up and Evaluation (15 minutes)

- Key takeaways and resources for further learning
- Distribution of feedback forms
- Closing remarks

### Expert Faculties

- Dr. Priya Vijayakumar
- Dr. Divyamol Sasidharan
- Dr. Arun David
- Dr. Pallavi Mohan
- Dr. Asmi Sainil
- Dr. Arth Nischal



***Secure your spot today and join us for this invaluable workshop!***

**Target Audience:**  
Doctors and healthcare providers working with geriatric populations

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## Theme

### Decade of Healthy Aging: Paradigms and Innovations

Geriatric Emergency Workshop:  
Order No.: C 6/28205/MC/CME  
Date: 30-11-2024  
CME Credit: 2 hours

## WORKSHOP ON Geriatric Emergencies

*Workshop for Doctors in different  
aspects of Geriatric care .*



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# FACULTIES



**13 DECEMBER 2024**

**09:00 AM - 04:20 PM**

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**Dr Aswin Surjit**  
**94464 71672**

**Soumya TS**  
**90800 78447**

# SESSION DETAILS

9:00 AM	Introduction & Pretest for 15 mins
9:20 AM	Opening Session: Approach to Geriatric Emergencies - An Overview of Physiological Changes in the Elderly Presented by Dr. Pratibha
9:45 AM	Prebrief + Demo Code + Debrief Conducted by Dr. Vimal / Dr. Ajith
10:45 AM	Coffee Break
11:00 AM	<b>Group Rotations: Divide into 3 groups for stations (each station of 60 minutes) - 3 rotations</b>  •Station 1: RS CVS Cohort Led by Dr. Ajith •Station 2:CNS Cohort Led by Dr. Pratibha / Dr. Varsha Communications skills in Geriatric care •Station 3: Falls Cohort Led by Dr. Vimal
1:00 PM	Lunch Break (60 minutes) after 2 rotations
2:00 PM	3rd rotation
3:00 PM	Airway Management in Geriatric EM Presented by Dr. Vimal
3:30 PM	Tea Break (15 minutes)
4:00 PM	Post Test and Feedback Conducted by Dr. Varsha
4:25	Summary and Closure All Faculty





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Paradigms and Innovations

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## WORKSHOP ON Geriatric Critical Care

Order No.: C 6/28206/MC/CME

Date: 30-11-2024

CME Credit: 0.75 hours each

*Workshop for Doctors in different  
aspects of Geriatric care .*



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Indian Society Of Critical Care Medicine  
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# EXPERTS & FACULTIES



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9 AM - 9: 25 AM

9:30 AM - 9: 55 AM

10 AM - 10: 25AM

10:30 AM- 11:10 AM

## TOPICS COVERED

- **Fluid Resucitation in Geriatric Critically Ill patients :**  
Dr Jaicob Varghese , Rajagiri Hospital , Kochi
- **Electrolyte disturbances in Geriatric ICU patients :**  
Dr Cuckoo Sarah Kuruvilla , Medical Trust Hospital , Kochi
- **Delirium in Geriatric ICU Patients:**  
Dr Sreevalsan T V , Welcare Hospital, Kochi

## PANEL DISCUSSION

### End of Life Care in Geriatric ICU Patients

**Moderator :** Dr Jojo K John, Medical Trust Hospital

#### Panelists :

- Dr Ranjith Unnikrishnan, Apollo Adlux Hospital
- Dr Anuroop Balagopal , Aster Medicity
- Dr Sreevalsan T V, Welcare Hospital
- Dr Nita George - VPS Lakeshore

## TEA BREAK



11:30 AM - 1:15 PM

## STATIONS

- **HFNC :** Dr Melwin George , Mr Allan Binny & Team Rajagiri
- **Noninvasive ventilation:** Dr Nita George & Team VPS Lakeshore
- **Ventilation Basics:** Dr Sandhya S & Team Medical Trust
- **Ventilation COPD & ARDS:** Dr Anuroop Balagopal & Team Aster Medcity

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Paradigms and Innovations

Order No.: C 6/28206/MC/CME

Date: 30-11-2024

CME Credit: 0.75 hours each

## WORKSHOP ON

### Geriatric Sleep Medicine - The Essentials

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Faculty  
**Dr. Nitika Dang**  
Founder  
NAO Health



13 December 2024



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# SESSION DETAILS

**2:00 - 2:20 PM**

**Understanding Sleep Changes with Aging**

**2:25 - 3:25 PM**

**Sleep Disorders in the Elderly ( OSA, Insomnia, RLS )**

**3:35 - 4:20 PM**

**Patient hook up for overnight PSG- hands on training**

**4:25 PM**

**Coffee Break**

**4:40 - 5:00 PM**

**Circadian Rhythm and Aging**

**5:00 - 5:20 PM**

**Impact of Sleep on Physical Health**

**5:20 - 5:40 PM**

**Mental Health and Sleep**

**5:45- 6:10 PM**

**Sleep and Cognitive Decline**

**Q&A for 5 mins post each session**



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Kerala Nursing and Midwives Council (KNMC) has granted 5.5 CNE credit hours with No. C/102563/2024/NC-CNE dated 25/11/2024.



## ***Empowering Care: One-Day Workshop for Nursing & Allied Healthcare Professionals***

Friday, 13th December  
9 Am to 1 PM  
2 Pm to 5 PM  
IMA House, Kochi



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## MORNING SESSION

# WORKSHOP FOR NURSING & ALLIED HEALTHCARE PROFESSIONALS



Friday, 13th December

9 Am to 1 PM

2 Pm to 5 PM

IMA House, Kochi

## TOPICS COVERED

Effective Communication  
Strategies with Elderly Patients  
with Cognitive Impairments/  
Dementia

Prevention and Treatment of  
Pressure Ulcers (bedsores) in  
Older Adults

Optimizing Nutrition and  
Hydration for Aging Patient

Join our essential workshop for nurses and  
paramedics to master general and specialty  
care techniques, including bedsores  
management, Communication in Dementia,  
and nutrition in the elderly

Don't miss out on this vital training  
opportunity!

## FACULTIES

### Prof. Sreedevi. P.A

Department of Mental Health Nursing  
Amrita College of Nursing



### Prof.(Dr.) Sunil Moothedath

Department of Child Health Nursing  
Amrita College of Nursing



### Prof. Nidhin Elias

Department of Community Health  
Nursing  
Amrita College of Nursing



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## WORKSHOP FOR NURSING & ALLIED HEALTHCARE PROFESSIONALS

Friday, 13th December  
2 Pm to 5 PM  
IMA House, Kochi



### AFTERNOON SESSION

## FACULTIES

### TOPICS COVERED



**Catheter care, Colostomy & Tracheostomy**



**CARE of bedridden patients including oral care and head to foot care.**

We are excited to announce a crucial workshop at GSICON 2024 tailored specifically for nurses and paramedics including tracheostomy, catheter care & colostomy

Don't miss this opportunity to enhance your skills and knowledge in providing exceptional care for the elderly. Register now and be a part of this essential workshop!

**Mr. Vipin Paul N P**

Nursing Head  
Arike Palliative Care



**Ms. Sheeba. Jose. K**

Nursing officer  
secondary palliative care  
PHC Netor



### Course Coordinator

**Dr. Bobby Sarah Thomas**

Director & Consulting Physician  
Kancare Assisted Living Solutions



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# WORKSHOP FOR NURSING & ALLIED HEALTHCARE PROFESSIONALS

FRIDAY, 13<sup>TH</sup> DECEMBER 2024, 9 AM TO 5 PM , IMA HOUSE, KOCHI

*Kerala Nursing and Midwives Council (KNMC) has granted 5.5 CNE credit hours for this workshop with Order No. C/102563/2024/NC-CNE dated 25/11/2024.*

TIME	TOPIC OF THE SESSION	FACULTY/ RESOURCE PERSON
09:00 AM–10:00 AM	Optimizing Nutrition and Hydration for Aging Patient	<b>Prof. Nidhin Elias</b> Department of Community Health Nursing Amrita College of Nursing
10:00 AM–11:00 AM	Prevention and Treatment of Pressure Ulcers (bedsores) in Older Adults	<b>Prof.(Dr.) Sunil Moothedath</b> Department of Child Health Nursing Amrita College of Nursing
11:00 AM-11:20 AM	Tea Break	
11:20 AM-01:00 PM	Effective Communication Strategies with Elderly Patients with Cognitive Impairments/ Dementia	<b>Prof. Sreedevi P. A.</b> Department of Mental Health Nursing Amrita College of Nursing
01:00 PM–02:00 PM	Lunch Break	
02:00 PM-03:45 PM	Catheter care, Colostomy care & Tracheostomy care	<b>Mr. Vipin Paul N. P.</b> Nursing Head Arike Palliative Care
03:45 PM–4:00 PM	Tea Break	
04:00 PM-05:00 PM	Care of bedridden patients including oral care and head to foot care.	<b>Ms. Sheeba Jose K.</b> Nursing officer, Secondary palliative care PHC Nettoor

13<sup>th</sup> December 2024, Friday  
9 AM to 5 PM  
IMA House, Kochi,  
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**DAYWISE SPOT REGISTRATIONS  
APPLICABLE**



## FOR MORE DETAILS

### Conference Secretariat

XXII 308 Aswathy, Shanthinikethan Gardens, Kavumpady Road,  
Muvattupuzha, Ernakulam District, Kerala. PIN 686661

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### Registration Queries

Dr Aswin Surjit

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