

WORKSHOP

Bone, muscle and joints in elderly - The role of primary care



28 MAI'19

Anfiteatro Teresa Gamito
Edif. 1 - Campus de Gambelas
Universidade do Algarve

ORGANIZAÇÃO



Program

10H00 – 10H30 - **Welcome message**

Dr. Paulo Morgado (President of ARS)

Dr. Nuno Marques (President of ABC)

Session 1- Moderated by Miguel Arriaga CENIE-DGS

10H30 -10H50 – **Aging in the Algarve - What is the real dimension of the problem**

Sandra Pais (Coordenadora CENIE)

10H50 -11H20 - **Inactivity as a main challenge to improve health in elderly**

Bostjan Simunic

11H20 -11H30 - **Questions**

11H30 -12H00 - **Exercise as Medicine for Osteoporosis**

Karen Hind

12H00 -12H30 - **Diagnóstico da Fragilidade no idoso: o desafio!**

Nicole Chaves

12H30 -12H40 - **Questions**

12H40 -14H00 - **Lunch** (refeitório do Campus de Gambelas)

Session 2- Moderated by Sandra Pais CENIE-UALG

14H00 -14H30 – **Osteoartrose em Cuidados de Saúde Primários - O Papel do Médico de Família**

Rui Lourenço

14H23 -15H00 - **The importance of primary care in the exercise approach to osteoarthritis in elderly population**

Jonathan Quicke

15H00 – 15H30 - **Riscos da Polimedicação no Idoso**

Renato dos Santos

15H30 -15H40 - **Questions**

15H40 **Net-working Coffee**

O workshop é gratuito, mas de inscrição Obrigatória através do seguinte link:

[International Workshop](#)

ou

abc@abcmedicalg.pt



Save date

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Bone, Muscle and Joints in Elderly- The role of primary care

Exercise is an unquestionable variable to consider in the management of several chronic disease, evolving joints (Osteoarthritis), Bone (Osteoporosis) and muscular (Sarcopenia) as we grow older. The challenge to maintain function in elderly population is enormous, as we have to manage treatment mainly with non-pharmacological approaches, once for instance there are still no know modifying drugs for osteoarthritis which is among the leading reasons of medication consumption (analgesics for pain).

Primary care, has a huge role in the management of chronic diseases in elderly and in the prescription and orientation to exercise in order to improve functional, increase strength and muscular mass and decrease joint pain. The role of health care professionals in motivating patients to be more physically active has been recognized.

The workshop promoted by the CENIE Project, ARS_Algarve and ABC, has the aim to share best practices regarding exercise and the management of Osteoarthritis and sarcopenia. How can health professionals and medical doctors motivate patients do improve their adherence to exercise.

Speakers

KAREN HIND - Durham University / United Kingdom

Was appointed to the Department of Sport and Exercise Sciences of Durham University in the United Kingdom in September 2018. Following a Doctoral Fellowship in the School of Medicine, University of Leeds. Is a Certified Clinical Densitometrist and a member of Leadership Committee of the International Society for Clinical Densitometry (ISCD).

BOŠTJAN ŠIMUNIČ -Institute for Kinesiology Research / Slovenia

Principal researcher in the Institute for Kinesiology Research. His research fields are: Methods for skeletal muscle contractile properties assessment, Effects of aging and physical inactivity on skeletal muscles, Development and evaluation of public health intervention programs, Development and evaluation of rehabilitation procedures after injuries and illnesses.

JONATHAN QUICKE - Keele University / United Kingdom

Academic Clinical Lecturer in Physiotherapy with a focus on osteoarthritis and long-term conditions at the “Primary Care Centre Versus Arthritis” at Keele University in the United Kingdom. His senior musculoskeletal clinical roles have included working in general practice, outpatients, and interdisciplinary pain management programmes for people with complex and chronic pain.

SANDRA PAIS - Universidade do Algarve / Portugal

Docente e investigadora da UALG. Membro do European Innovation Partnership on Active and Healthy Aging (EIP-AHA); e de várias Task Forces do European League Against Rheumatism (EULAR). Coordenadana atualmente dois Projetos Europeus: CENIE (2017-2019) e “Programa para uma Sociedade Longeva” (2019-2021).

RUI LOURENÇO – UCSP de Quarteira / Portugal

Médico de Família. Consultor em MGF. Assistente Graduado Sénior em MGF. Tutor clínico em MGF no Mestrado Integrado de Med. da Universidade do Algarve. Orientador de formação de Médicos internos de MGF. Investigador médico - GP Champion - no projeto europeu JIGSAW-E

NICOLE CHAVES – DGS / PORTUGAL

Licenciada em Psicologia. Desde 2015 colabora na Direção-Geral da Saúde na Divisão de Saúde Sexual, Reprodutiva, Infantil e Juvenil; Divisão de Estilos de Vida Saudável e Núcleo sobre Género e Equidade em Saúde. Atualmente é técnica Superior na Divisão de Literacia, Saúde Bem-Estar e responsável técnica pela Joint Action ADVANTAGE.

RENATO E. PROENÇA DOS SANTOS – ARS_Algarve / Portugal

Médico de Familiar. Assessor do Conselho Diretivo da ARS Algarve. Faz parte do Núcleo de Monitorização e Análise de Medicamentos e MCDT, da Equipa de Coordenação Regional dos Cuidados Continuados Integrados do Algarve e do Grupo de Coordenação Regional do Programa de Prevenção e Controlo de Infecções e Resistência aos Antimicrobianos. Comissão Nacional de Farmácia e Terapêutica