

تحت رعاية معالي وزير الصحة
المؤتمر السنوي الأول للجمعية السعودية لطب كبار السن

THE 1ST ANNUAL SAUDI GERIATRICS SOCIETY CONFERENCE

Meeting Older Adults health Care
Challenges in the Era of COVID-19



29th - 30th
OCTOBER

Friday & Saturday
14:00 - 19:30 10:00 - 15:30

AGENDA

For Registration...



SCAN

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AGENDA SUMMARY

| DAY 1 OCTOBER 29, 2021 | |
|---|---|
| 13:15 – 13:45 | Exhibition |
| Opening Ceremony Moderated By Dr. Abdullah Alsuhail | |
| 13:50 – 13:53 | Holy Quran |
| 13:53 – 13:55 | National Anthem |
| 13:55 – 14:00 | Welcome Message Chairman, Board of Directors SGS Dr. Sultan Alamri |
| 14:00 – 14:05 | Speech H.E. Deputy MOH for Curative Services Dr. Tareef Alaama |
| 14:05 – 14:10 | Honoring |
| 14:20 – 20:20 | Theme 2 ,1, and 3 |
| 20:25 – 21:00 | Exhibition |
| DAY 2 OCTOBER 30, 2021 | |
| 09:30 – 10:00 | Exhibition |
| 10:00 – 11:00 | Theme 4 |
| 11:00 – 15:40 | Theme 5, and 6 |
| Closing Remarks | |
| 15:45 – 15: 50 | Conference Recommendations Deputy Chairman, Board of Directors SGS Dr. Waleed Alkeridi |
| 15:50 – 15: 55 | Honoring |
| 15:55 – 14:30 | Exhibition |



Dear Colleagues,

It is my great honour to welcome you to participate in the 1st Saudi Geriatrics Society Conference on October 2021 ,30-29 under the auspices of Minister of Health H.E. Fahad Al-Jalajel.

Due to the evolving public health situation surrounding Coronavirus (COVID19-) pandemic, the SGS Board has decided to host this conference online.

The theme of the conference "Meeting Older Adults health Care Challenges in the Era of COVID19-" has been carefully chosen and will feature an elite of local and international experts. The presentations will provide opportunities for discussions and exchange of ideas and information among conference participants.

The Scientific Committee, headed by Dr. Raneem Miliani has developed a comprehensive scientific program that includes many high quality sessions and aims to meet the interests of all audiences. A special thank you to her and to everyone of the committee members Dr. Waleed Alkeridi, Dr. Ahmed Shawki, and Dr. Mohammad Khoshaim for their significant contribution to the program.

To put together a streamlined program of this magnitude delivered online is not a small task. I want to thank the head of the organizing committee Dr. Abdullah Alsuhail as well as all the committee members, Dr. Waleed Alkeridi, Dr. Nisreen Jastaniah, Dr. Maysoon Alamoud, and Miss Nora Alnujaim for their enthusiasm and tremendous efforts to prepare for this conference.

I would also like to express my gratitude and extend my deepest thanks to all our speakers, session chairs, partners, sponsors, and you, our participants.

Please save the date and I look forward to welcoming you to the first SGS Conference.

With best wishes,

Sultan Alamri, MD

Chairman, Saudi Geriatrics Society





We are delighted to invite you to the 1st annual Saudi geriatric society conference (elderly health care challenges in the era of COVID-19) which will be held on 29th-30th October 2021 as a virtual meeting.

Many subjects will be covered by this conference to cover the assessment needed of our Saudi geriatric society members.

The conference will cover the following Themes common geriatric disorders, Older Adults and pandemic, Acute care of older adults, Pressure Injuries, Wound management, Approach to falls in older adults and, Diabetes in Older Adults.

All clinicians invited to our conference physicians, nurses, pharmacists, psychiatrists, psychologists, social workers, spiritual counselors, physiotherapists, respiratory therapists, occupational therapists, Dietitians, and case managers.

Welcome to your conference.

Abdullah AlSuhail, MD

Chair of Organization Committee



Dear Colleagues,



I am pleased to welcome you to the First Annual Saudi Geriatrics Society Meeting. It is an event occurring during these challenging times with the COVID-19 pandemic in an effort to highlight the remarkable contribution of science to the health of older adults.

As a society, our goal is to educate physicians and health care workers on the best state-of-the-art practices in the care of older adults in Saudi Arabia.

The scientific committee team has put together a diverse and excellent educational program to meet the current needs. Over two days, we will cover six themes. From the challenges in the care of older adults to their evaluation and management of chronic medical conditions, including the most common geriatric illnesses such as frailty, falls, and wound care. Our objectives are to improve physicians' clinical skills in assessing and treating older adults in all settings and apply the most updated evidence-based practice in geriatrics. Also, we dedicated part of the program to the public to provide professional health education about home healthcare services.

I am grateful to the national and international speakers participating in our meeting to share their knowledge, recent research, and technology with their colleges to improve care for older adults.

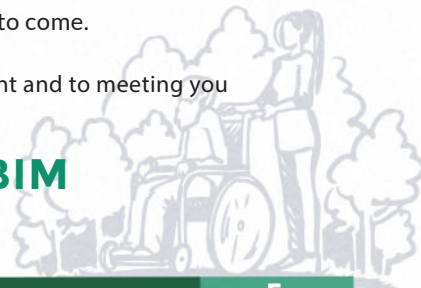
Thank you to my scientific team Dr. Walid Alkeridy, Dr. Ahmed Shawky, and Dr. Mohammed Khushiem. Also, thanks to Dr. Sultan Alamri and the organizing committee for their endless support.

With great effort and teamwork, I am confident that this event will continue to be a successful and fruitful meeting in the years to come.

We are looking forward to a great and successful event and to meeting you all virtually!

Raneem Milyani, MD, ABIM

Chair of Scientific Committee



SCIENTIFIC COMMITTEE

Chair Raneem Milyani, MD



Raneem Milyani, MD

American Board of Internal
Medicine & Geriatrics
Chairman of Scientific Committee
Saudi Geriatric Society Consultant



Walid Alkeridy, MD

(MBBS, MSc, FRCPC, ABIM)
Assistant professor & consultant
Internal medicine, Geriatric
Medicine, and Behavioural
Neurology & Dementia



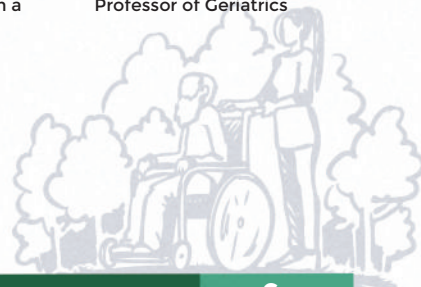
Mohammed Khusheim, MD

(MBBS, MPH, ABIM, FRCPC)
Internist and Geriatrician with a
Masters in Public Health.



Ahmed Mohammedin, MD

Consultant and Assistant
Professor of Geriatrics



ORGANIZING COMMITTEE

Chair

Dr. Abdullah AlSuhail



Dr. Abdullah AlSuhail

Palliative care chairman, KFMC
Palliative and geriatric consultant



Maysoon Alamoud, MD

Family Medicine and
Epidemiology Specialist



Walid Alkeridy, MD

(MBBS, MSc, FRCPC, ABIM)
Assistant professor & consultant
Internal medicine, Geriatric
Medicine, and Behavioural
Neurology & Dementia



Miss : Norah Alnujaim

Administrative Assistant Saudi
Geriatrics Society



Raneem Milyani, MD

American Board of Internal
Medicine & Geriatrics
Chairman of Scientific Committee
Saudi Geriatric Society Consultant



Nisreen Jastaniah, MD

Geriatrics and Palliative
Care Consultant

THE SPEAKERS



Taref Alaamma, MD
FACP FRCP CPE Deputy
minister for curative service



Sultan Alamri, MD
Chairman of Saudi
Geriatrics Society
Associate Professor in Family
Medicine and Geriatrics,KAU



Abdullah ALSuhail, MD
Palliative care chairman, KFMC
Palliative and geriatric consultant



NICOLAS LECLENIER
PhD.Ing, GLOBAL MEDICAL
AFFAIRS LEAD, DIRECTOR
GSK Vaccines R&D



Ved Singh
MD, in Internal Medicine, Area
Medical Director for Emerging
Markets at GSK



Roger Wong, MD
(CM, BMSc, MD, FRCP,
FACP, FCAHS)
Vice Dean, Education
Clinical Professor, Division
of Geriatric Medicine
Faculty of Medicine
The University of British Columbia



Hashim Balubaid, MD
Consultant Internal Medicine
and Geriatrician..
Section head of Geriatric
Medicine.
KAMC. Riyadh



Walid Alkeridy, MD
(MBBS, MSc, FRCP, ABIM)
Assistant professor & consultant
Internal medicine, Geriatric
Medicine, and Behavioural
Neurology &
Dementia



Ahmed Alshehri, MD
Family Medicine and geriatric
Medicine consultant , Trainer
and decision maker of higher
Military Medical committee at
PSMMC, Riyadhah



Mohammed Khusheim, MD
(MBBS, MPH, ABIM, FRCP)
Internist and Geriatrician
with a Masters in Public
Health.

THE SPEAKERS



Nisreen Jastaniah, MD
Geriatrics and Palliative Care
Consultant



Fahad Alwahhabi, MD
MBBS, CCFP (SEM)
Consultant family
medicine Adjunct
Assistant professor
alfaisal University



Yousef Alshehri, MD
Consultant Geriatric
Psychiatry
Psychiatry Department
Prince Sultan Military
Medical City



Wael Alqarawi, MD
Consultant Cardiologist and
Electrophysiologist
Assistant Professor
King Saud University and
King Fahad Cardiac Center



Ziad Rayes, MD
MBBS, CCFP(SEM)
Consultant family medicine
Adjunct
Assistant professor
alfaisal University



Mrs. Badria Alajmi
Wound Care Nurse Specialist



Ahmed Mohammedin, MD
Consultant and Assistant
Professor of Geriatrics



Ali Alameer, MD
Swedish Board of Geriatric
Medicine



Maram Alfozan, MD
Consultant Geriatric
Medicine
King Abdulaziz Medical City
Ministry of National Guard
Riyadh



Maysoon Alamoud, MD
Family Medicine and
Epidemiology Specialist

THE SPEAKERS



Hichem Aljarboui, MD
Geriatrics specialist



Hussein Raef, MD
Consultant Endocrinologis



David Kendler, MD
Prof. of medicine
(Endocrinology), University of
British Columbia, Vancouver,
Canada



Maher Aljadid, MD
(MBBS, DMR, JBPMR, FAFRM(Hon))
Consultant and Clinical Professor
Physical Medicine and Rehabilitation
Prince Sultan Military Medical City
Chairman of Saudi Board of PMR
Saudi Commission for Health
Specialities
Riyadh, Saudi Arabia



Yousef Alsaleh, MD
Associate Professor of
Endocrinology
King Saud bin Abdulaziz
University for Health Sciences
Riyadh, KSA



**Hermes Joes Florez,
MD, PhD**
Professor and Chair of Public
Health Science Associate Dean
for Population Health Director,
Institute for Healthy Aging Medical
University of South Carolina



Raneem Milyani, MD
American Board of Internal
Medicine & Geriatrics
Chairman of Scientific Committee
Saudi Geriatrics Society
Consultant



Willy Valencia, MD
(MD, MSc, ABIM)
Geriatric Medicine -
Endocrinology, Diabetes
& Metabolism
Associate Professor



**Edgar Ramos Vieira,
PT, PhD**
PT, MSc, PhD
Associate Professor, FIU
Department of Physical Therapy
Investigator, Miami VA GRECC
Editor-in-Chief, Physical &
Occupational Therapy in
Geriatrics

THEME 1

Older Adults and Pandemic: Key Learning Messages

Moderator: Mohamed Alshehri, MD - Nabil Almouaalamy, MD

| TIME | TOPIC | SPEKAER |
|---------------|--|---------------------|
| 14:20 - 14:50 | Older Adults and Pandemic: Strategies and Challenges in Management of Older Adults During COVID-19 | Roger Wong, MD |
| 14:50 - 15:10 | Challenges in Implementing Acute Care of Older Adults Model in The Current Health Care System | Hashim Balubaid, MD |
| 15:10 - 15:20 | Prayer and break | |
| 15:20 - 15:45 | Delirium Prevention and Management | Walid Alkeridy, MD |
| 15:45 - 16:10 | Ethical Dilemmas in Caring of Older Adults Patients | Ahmed Alshehri, MD |
| 16:10 - 16:20 | Q & A | |

THEME 2

Common Geriatric Disorders

Moderator: Qasim Aljabr, MD; Waleed Alessa, MD

| TIME | TOPIC | SPEKAER |
|---------------|---|-----------------------|
| 16:20 - 16:40 | A Practical Method to Appraise Older Adults: Comprehensive Geriatric Assessment (CGA) | Mohammed Khusheim, MD |
| 16:40 - 17:00 | Approach to Common Geriatric Syndromes | Nisreen Jastaniah, MD |
| 17:00 - 17:20 | Clinical Course of Dementia: Complications, Interventions and Decisions Making | Fahad Alwahhabi, MD |
| 17:20 - 17:40 | Best Practice for The Treatment of Depression in Older Adults | Yousef Alshehri, MD |
| 17:40 - 17:50 | Prayer and break | |
| 17:50 - 18:10 | Atherosclerotic Cardiovascular Diseases in Older Adults | Wael Alqarawi, MD |
| 18:10 - 18:30 | Deconditioning and Frailty in Older Adults | Ziad Rayes, MD |
| 18:30 - 18:50 | Healthy aging and adult vaccination | Ved Singh, MD |
| 18:50 - 19:10 | Herpes Zoster: Epidemiology & BoD | Nicolas Lecrenier, MD |
| 19:10 - 19:20 | Q & A | |

CONFERENCE AGENDA

DAY 1

- CONTINUE -
Friday, October 29

THEME 3

Pressure Injuries and Wound Management

Moderator: Ziad Rayes, MD - Maram Alfozan, MD

| TIME | TOPIC | SPEKAER |
|---------------|--|--------------------------|
| 19:20 - 19:40 | Staging and Assessment of Pressure Ulcers | Badria Alajmi , WOC, CRN |
| 19:40 - 20:00 | Principles of Wound Management and Role of Nutrition | Ahmed Mohammedin, MD |
| 20:00 - 20:20 | Q & A | |

DAY 2

Saturday, October 30

THEME 4

صحة كبار السن

Moderator: Hashim Balubaid, MD; Khalid Alharkan, MD

| TIME | TOPIC | SPEKAER |
|---------------|------------------------------------|---------------------|
| 10:00 - 10:20 | الخدمات الصحية المتوفرة لكبار السن | Maysoon Alamoud, MD |
| 10:20 - 10:40 | نصائح الرعاية المنزلية لكبار السن | Ali Alameer, MD |
| 10:40 - 10:50 | Q & A | |

THEME 5 FALLS

Moderator: Walid Alkeridy, MD; Tahani Altamimi, MD

| TIME | TOPIC | SPEKAER |
|---------------|--|---------------------|
| 11:00 - 11:20 | Comprehensive Assessment of Falls | Maram Alfozan, MD |
| 11:20 - 11:40 | Technological Advances in Home Care and Falls Prevention | Hichem Aljarbou, MD |
| 11:40 - 12:10 | Osteoporosis and Aging | Hussein Raef, MD |
| 12:10 - 12:20 | Prayer and break | |
| 12:20 - 12:50 | Optimizing Care of Hip Fracture Patients | David Kendler, MD |
| 12:50 - 13:10 | Strategies of Rehabilitation of Older Adults | Maher Al Jadid, MD |
| 13:10 - 13:20 | Q & A | |

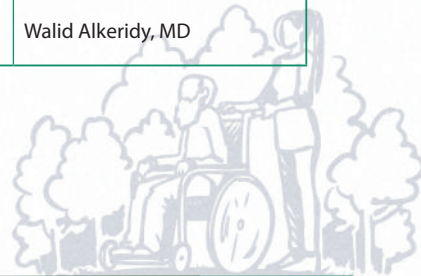
DAY 2 - CONTINUE -
 Saturday, October 30

THEME 6

Diabetes in Older Adults

Moderator: Ahmed Mohammedin, MD; Afaf Albalawi, MD

| TIME | TOPIC | SPEKAER |
|--|---|-----------------------------|
| 13:20 – 13:40 | Diagnosis of Diabetes in Older Adults | Yousef Alsaleh, MD |
| 13:40 – 14:10 | Clinical Practice Guidelines in Treating Diabetes in Older Adults | Hermes Joes Florez, MD, PHD |
| 14:10 – 14:30 | Treating Diabetes: From Oral Hypoglycemic to Insulin Therapy | Raneem Milyani, MD |
| 14:30 – 15:00 | Managing Complications of Diabetes in Later Life | Willy Valencia, MD |
| 15:00 – 15:30 | Living with Diabetes as an Older Adults: Lifestyle Interventions | Edgar Ramos Vieira PT, PHD |
| 15:30 – 15:40 | Q & A | |
| Closing Remarks by SGS Deputy Chairman | | Walid Alkeridy, MD |



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