



INTERNATIONAL COOPERATION PROGRAM



*Department of Medicine - Pontifícia Universidade Católica - RJ, Brazil*

*Speech & Hearing Sciences Department - Lamar University, Texas, USA*

### **First Annual Introduction on Gerontology Course**

**Dates:** May 17, 20, 21, and 23, 2019.

**Local:** Auditorium - Pontifícia Universidade Católica – Rio de Janeiro, RJ, Brazil

**Address:** Estrada da Gávea, 36 – Bairro Gávea - Rio de Janeiro - RJ  
RJ, 22451-263, Brazil

**Participants:** 10 students from the Speech & Hearing Sciences Department - Lamar University, Texas, USA. 10 students from Pontifícia Universidade Católica - RJ, Brazil.

#### **Course Objectives:**

At the end of the course, students should be able to:

1. Define frailty and identify key risk factors to health and independent living among the elderly.
2. Discuss the impact of ethnicity, culture, social events, and political events on healthcare needs of the elderly.
3. Identify and explain the significance of geriatric syndromes in assessment and management of the frail elderly.
4. Maintain, restore, and optimize the elder's level of function and wellness in the presence of chronic illness and physiological decline.
5. Discuss the impact of multiple co-morbid conditions on quality of life for the elderly.
6. Utilize evidence-based practice when caring for elderly in a variety of settings.

**PROGRAM SCHEDULE (09:00-12:00)**

05/17/2019

**Course Introduction**

Prof. Lilian Felipe and Prof. Roberto A. Lourenço

**Lecture 1: The Aging Population, Demographics, and Epidemiological Transition**

Prof. Tarso L. Mosci

**Lecture 2: Physiology of Aging**

Prof. Tarso L. Mosci

05/20/2019

**Lecture 3: Fragility Syndrome in the Elderly**

Prof. Roberto A. Lourenço

**Lecture 4: Sarcopenia**

Prof. Roberto A. Lourenço

05/21/2019

**Lecture 5: Falls and disturbances of balance and gait**

Prof. Flávia Malini

**Lecture 6: Broad Geriatric Assessment**

Prof. Sergio Telles R. Filho

05/23/2019

**Lecture 7: Aging, Speech Therapy, and Otorhinolaryngology**

Prof. Márli de Borborema Neves

**Lecture 8: Cognitive Aspects of Hearing Loss and Balance in a Geriatric Population**

Prof. Lilian Felipe

**Course Conclusion**

Prof. Lilian Felipe and Prof. Roberto A. Lourenço