



# AFMEE Africa, Middle East and Europe

## e-TRIGGER

e-TRaining In Gerontology and GERiatrics

**Call for applications to participate as Trainees in the AFMEE  
(Africa – Middle East – Europe) IAGG e-TRIGGER course starting 25 May 2023**

**\*\* Registration is Free of Charge in 2023 ! \*\***

*Participants who successfully pass 10 of the 12 CME quizzes will receive a diploma from the IAGG-World.*

*For more information on the Online training course, visit the following website: <https://iagg-fge.org/>*

**M. Barbagallo -IT (Chairperson) , S. Alsuwaidi - UAE, D. Aslan -TK, M. Coume - SN, R. Gouiaa - TN, J. Hoffman - ZA,  
M. Khater - EG, S. Maggi - IT, M. Snoussi - TN, E. Stephan - LN, N. Veronese - IT, D. Zekry – CH.**

**Send your application to Fiona Ecartot : [trigger.iagg@gmail.com](mailto:trigger.iagg@gmail.com)**

Date	Topic	Date	Topic
May 2023	<b>Healthy Ageing</b> <ul style="list-style-type: none"> <li>A greying world</li> <li>Definition of Healthy Aging</li> <li>Lifestyle interventions to promote healthy ageing: the WHO-ICOPE Program</li> </ul>	November 2023	<b>Nutritional and metabolic disorders</b> <ul style="list-style-type: none"> <li>Screening and assessment of malnutrition</li> <li>Physiological hormesis and hormetins</li> <li>Epidemiology and Management of Diabetes</li> </ul>
June 2023	<b>Relevance and management of sarcopenia and frailty</b> <ul style="list-style-type: none"> <li>Sarcopenia</li> <li>Physical frailty as a pre-disability stage</li> <li>Social Frailty</li> </ul>	December 2023	<b>Mental Health</b> <ul style="list-style-type: none"> <li>Impact of loneliness on mental health</li> <li>Depression</li> <li>Delirium</li> </ul>
July 2023	<b>Health care systems</b> <ul style="list-style-type: none"> <li>Primary health care and geriatric medicine</li> <li>Importance of long term care in national health systems</li> <li>Use of digital technology in daily clinical practice</li> </ul>	January 2024	<b>Vitamin D, osteoporosis and falls</b> <ul style="list-style-type: none"> <li>Hypovitaminosis D</li> <li>Osteoporosis</li> <li>Falls</li> </ul>
August 2023	<b>Comprehensive geriatric assessment</b> <ul style="list-style-type: none"> <li>Definition, efficacy and safety of Comprehensive Geriatric Assessment (CGA)</li> <li>Interdisciplinary team work in geriatric medicine</li> <li>Applications of CGA in oncogeriatrics</li> </ul>	February 2024	<b>Three special issues</b> <ul style="list-style-type: none"> <li>Ageism and elder abuse</li> <li>Oral care</li> <li>Palliative care and the problem of dying</li> </ul>
September 2023	<b>Chronic disease management</b> <ul style="list-style-type: none"> <li>Prevention of chronic diseases to control multimorbidity</li> <li>Polypharmacy and deprescribing</li> <li>Socio-economic relevance of chronic diseases</li> </ul>	March 2024	<b>Cardiovascular disorders</b> <ul style="list-style-type: none"> <li>Hypertension</li> <li>Heart failure</li> <li>Obesity</li> </ul>
October 2023	<b>Cognitive Impairment and Dementia</b> <ul style="list-style-type: none"> <li>Early diagnosis of cognitive decline and MCI</li> <li>AD and other dementias: diagnosis to treatment</li> <li>Living with Dementia – caregivers’ roles, socio-cultural factors</li> </ul>	April 2024	<b>Infectious diseases</b> <ul style="list-style-type: none"> <li>Vaccine preventable diseases</li> <li>Significance of vaccines</li> <li>Immunization, public health, economy &amp; well-being</li> </ul>