

Enhancing the Capacity of Health-Care Professionals to Promote Healthy Ageing Among Older Adults in Sri Lanka

Monica Christova (FHJ, MUG, Graz, AT)

H. Aftenberger (FHJ, Graz, AT), B. Joham (FHJ, Graz, AT),

C. Senavirathna (KDU, Colombo, SL), S. Souto Camba (A Coruna, SP)





- Global increase of aging-related health problems requires the work efforts of highly qualified healthcare (HC) professionals
- Fostering the potential for training adequately the HC professionals in the field of Healthy Aging and Geriatrics (management and prevention of ageing-related NCDs, healthy ageing, health literacy, assessment of elderly, frailty and fall risk and application of digital tools in geriatric care and rehabilitation)
- Combined academic efforts of 4 EU and the 6 SL partner universities towards enhanced capacity for educating specialists to provide modern healthcare to the senior citizens

Improve Capacity



University

Enrich the university curricula with new courses on Healthy Ageing and Geriatrics

Establish geriatric assessment labs at the universities



Hospitals

Enhance competencies of professional physiotherapists and nurses in health promotion of elderly.



Daily care centers

Raise awareness of healthy ageing among senior citizens.

E-Courses for Healthcare Professionals on Ageing and Geriatrics: Methods

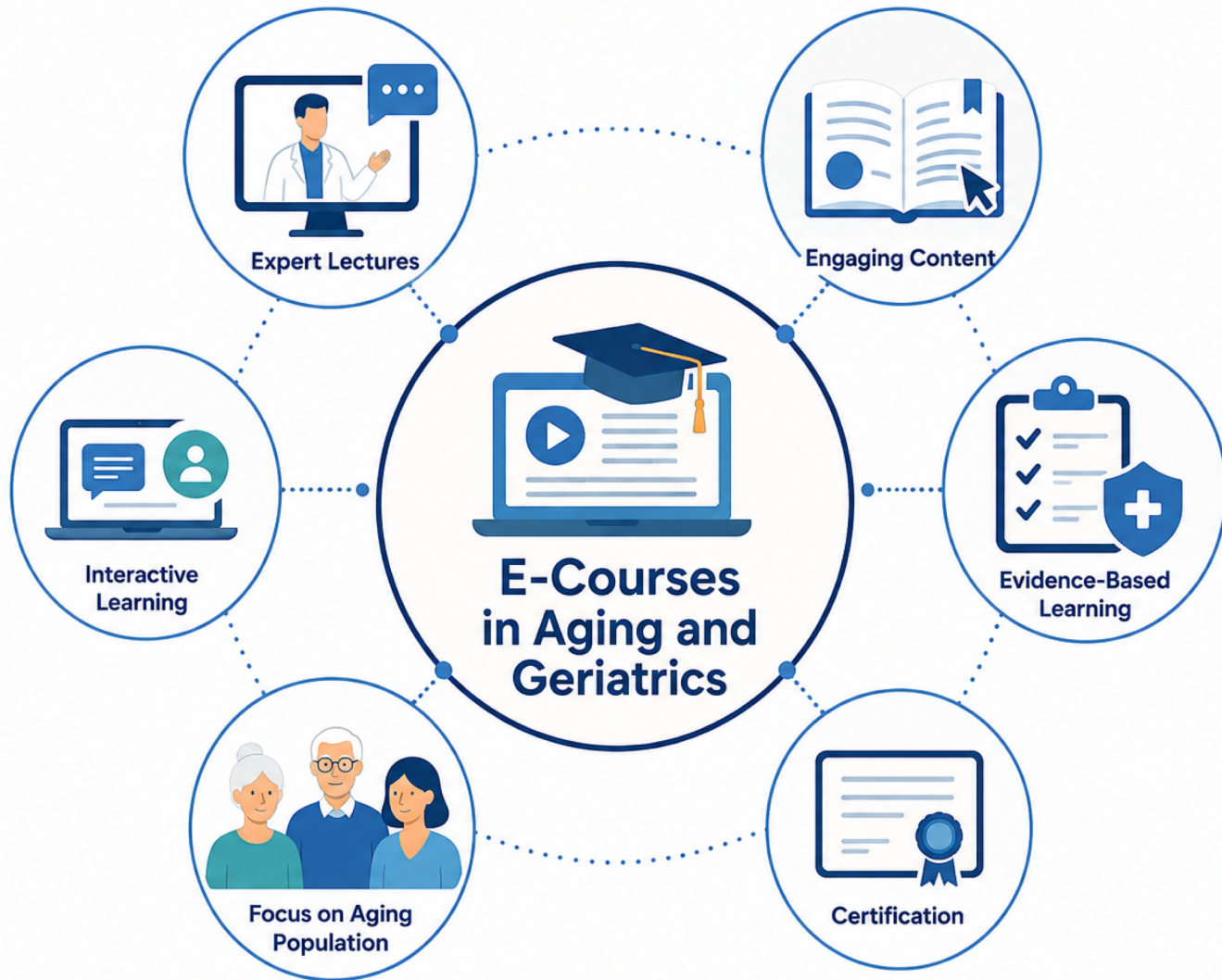


Course Contents

COURSES	MODULES
Precision Geriatric Care: Digital Health, Wearables & AI for Well-Being of Ageing Population	<ol style="list-style-type: none">1. Foundations of Precision Geriatric Care2. Wearables for Monitoring Older Adults3. AI & Remote Monitoring in Clinical Decision Making4. Implementation, Ethics & Sustainable Geriatric Digital Care
Neuroplasticity & Advanced Rehabilitation for Age-Related Cognitive and Motor Decline.	<ol style="list-style-type: none">1. Neuroplasticity in Ageing: Mechanisms and Modulators2. Assessments of Neuroplasticity3. Evidence-based Interventions4. Neuroplasticity-driven Programs in Neurorehabilitation
Psychosocial Longevity Strategies: Positive Ageing, Community Design & Behavioural Health	<ol style="list-style-type: none">1. Foundations of Psychosocial Longevity, Positive Ageing and Psychological Resilience,2. Behavioural Health Strategies for Longevity3. Community Design and Age-Friendly Environments4. Social Participation and Community Engagement5. Integrated Psychosocial Interventions for Geriatric Patients
Advanced geriatric Palliative Care and End-of-Life Communication in Multicultural Settings	<ol style="list-style-type: none">1. Principles of Geriatric Palliative Care2. Comprehensive Assessment and Symptom Management3. Communication at the End of Life4. Multicultural and Ethical Dimensions5. Interdisciplinary Care and Rehabilitation Perspectives

Each course= 1 SL credits (15 hours lectures/ 35 hours autonomous work)

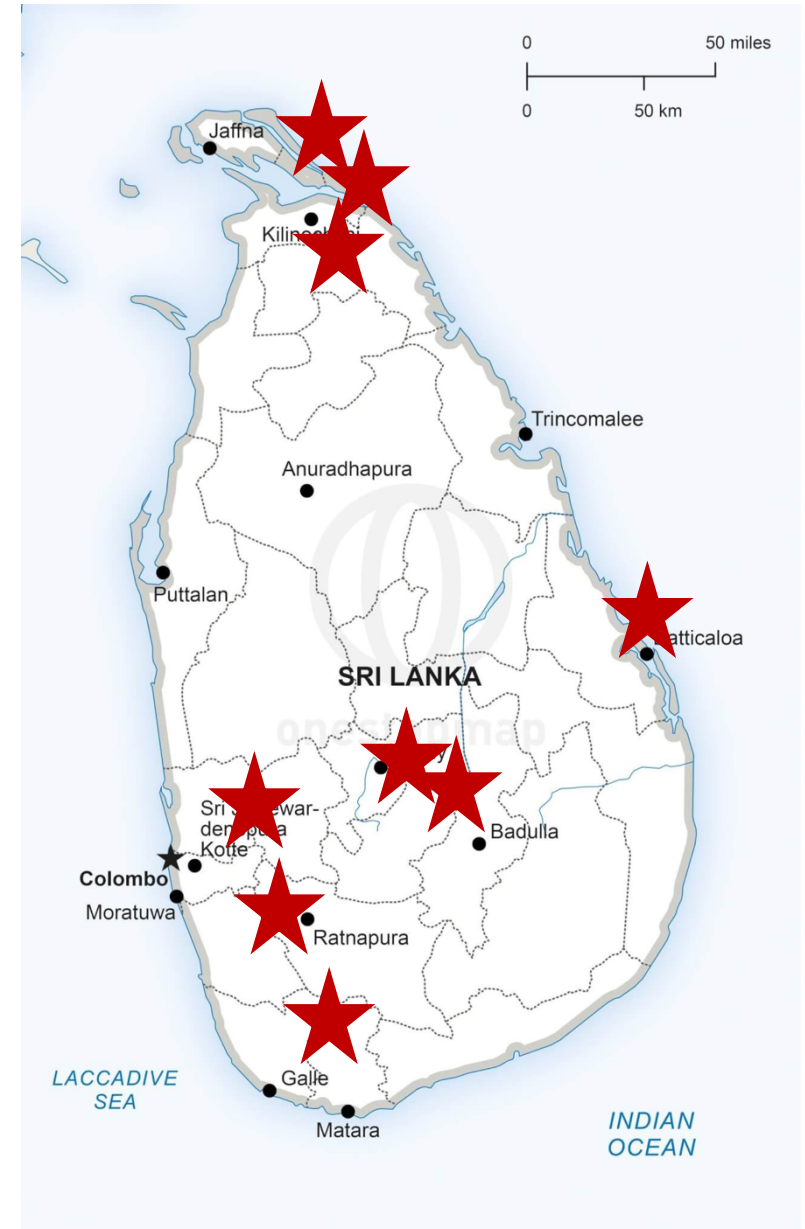
Didactic Methods



- Short lectures
- Clinical cases
- Videos and podcasts
- Short educational videos
- Reflective exercises and guided clinical reasoning
- Work with clinical studies, guidelines
- Mini- quizze

Implementation

- Moodle Platform
- Workshops at 9 partner hospitals
- Target groups: nurses, public health nursing officers, physiotherapists, occupational therapists, nutritionists, community health specialists, geriatric medicine- and care specialists



Barriers and Facilitators



- Agreement on course contents
- User-friendly & free platform
- Certificates: university approval

with thanks to all
project partners!



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