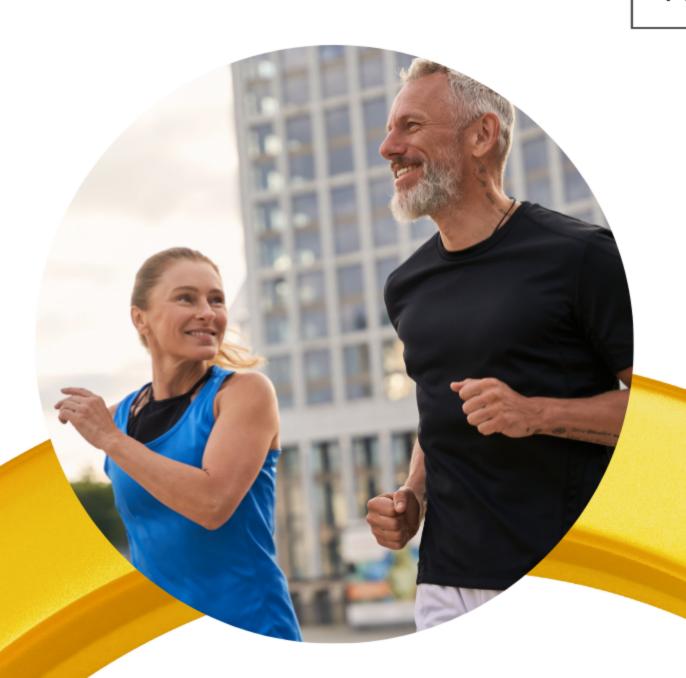
2024 —— 2025

ADVANCED TRAINING



Ageing and Health

2nd Edition

ADVANCED EDUCATION FOR THE FUTURE

SINCE 1977

nms.unl.pt



When and where?



February 20th to May 29th, 2025



NOVA Medical School



What will you learn?

- Provide students aiming to work in the health sector with basic concepts, knowledge, and skills for a holistic approach to elderly care
- Promote skills in integrating theoretical and practical knowledge to develop a multidisciplinary perspective on the phenomenon of ageing
- Foster creativity and critical thinking, enabling students to make flexible and appropriate decisions to address the new challenges of an ageing society



What will you learn?

- Understand the complexity of the ageing phenomenon
- Characterize biological ageing
- Identify and describe geriatric syndromes
- Recognize the importance of comprehensive geriatric assessment, with a focus on elderly functionality, fall risks, and nutritional status
- Develop an integrated care plan involving the social and health sectors that can be implemented to promote elderly health



What will you learn?

- Apply essential conceptual tools for planning, intervention, and evaluation Characterize biological ageing
- Identify and critically analyze the various problematic dimensions related to ageing
- Assess the needs of senior citizens and develop appropriate responses to address those needs



Who can enroll?

This course is open to all professionals working in or interested in the health sector





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