



ALZHEIMER'S  
ASSOCIATION LEBANON



Alzheimer's Disease  
International

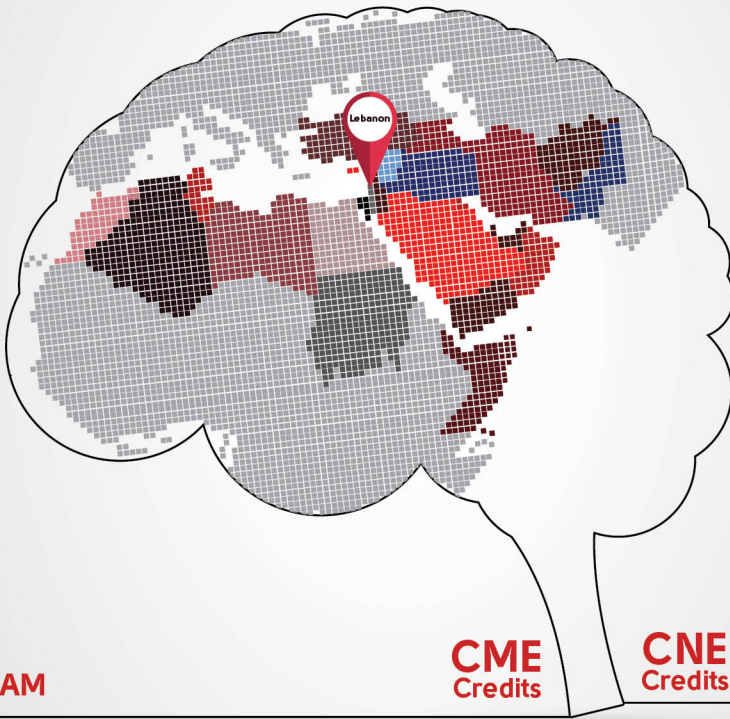
The global voice on dementia

Present the

3<sup>rd</sup>

# Middle East and North Africa Regional Conference of Alzheimer's Disease International

27 of September, 2019 - Monroe Hotel – Beirut



PROGRAM

CME  
Credits

CNE  
Credits





Dear Colleagues,

It is with great pleasure for us to welcome you to the 3<sup>rd</sup> Middle East and North Africa Regional Conference of Alzheimer's Disease International.

This meeting creates a unique opportunity to join together the worldwide federation of Alzheimer associations with major stakeholders in the care of Alzheimer's and dementia patients in the region.

As the worldwide population is aging, we are facing a multitude of challenges in the care of the older population and especially persons living with Alzheimer's and dementia. These challenges touch not only the patients themselves, but also their caregivers, the medical and paramedical bodies and the society at large. With an estimated 10% prevalence of dementia, every family will be directly or indirectly affected by dementia.

A multidisciplinary approach has become mandatory for enhanced treatment and care and this conference is intended to be a starting point to provide a holistic approach in the care of Alzheimer's and dementia patients. The most updated topics will be presented by renowned specialists in internal medicine, neurology, radiology, psychiatry, psychology, family medicine, geriatrics, nutrition, nursing, speech therapy, ergo therapy, physiotherapy and palliative care. In parallel, several workshops are planned for different specialties and audiences.

We hope to welcome you on September 27, 2019, in Beirut for a chance to be part of the improvement of Alzheimer's and dementia care in Lebanon and the region.

**Georges Karam**

President of Alzheimer's Association Lebanon



### Scientific Committee

- **Hind Abou Faysal**, Lebanese Society of General Practice
- **Georges Assaf**, Lebanese Society for Geriatric Medicine
- **Selim Atrouni**, Lebanese Society of Neurology / Alzheimer's Association Lebanon
- **Francois Azour**, Lebanese Psychiatric Society
- **Elie Estephan**, Lebanese Society for Geriatric Medicine / Alzheimer's Association Lebanon
- **Kamel Ezzedine**, Lebanese Society of Neurology
- **Tarek Feghali**, Lebanese Speech and Language therapists Association
- **Carole Francis**, Order of Nurses in Lebanon
- **Kamal Kallab**, Lebanese Society of Neurology / Alzheimer's Association Lebanon
- **Aimee Karam**, Lebanese Psychological Association
- **Georges Karam**, Alzheimer's Association Lebanon / Institute for Development Research, Advocacy and Applied Care / Lebanese Psychiatric Society
- **Elie Koueik**, Order of Physiotherapists in Lebanon
- **Elie Moubarak**, Lebanese Society of Internal Medicine / Lebanese Association of Palliative Care
- **Nabil Naja**, Lebanese Society for Geriatric Medicine / Alzheimer's Association Lebanon
- **Fatima Nasser**, Lebanese Occupational Therapists Syndicate
- **Krystel Ouaijan**, Lebanese Academy of Nutrition and Dietetics



## Speakers

- **Rafah Aboulhosn**, Lebanese American University - Pharmacy
- **Hamed Al Sinawi**, Oman Alzheimer's Society
- **Georges Assaf**, Lebanese Society for Geriatric Medicine
- **Abed Al Wahab Al Frikh**, Alice Ramez Chagoury School of Nursing Lebanese American University, Order of Nurses in Lebanon
- **Paola Barbarino**, Alzheimer's Disease International
- **Hala Darwish**, American University of Beirut, Hariri School of Nursing, Department of Psychiatry, Order of Nurses in Lebanon
- **Elie Estephan**, Lebanese Society for Geriatric Medicine / Alzheimer's Association Lebanon
- **Hanadi Saad Jaafar**, Al Sarafand Technical Institute, Order of Nurses in Lebanon
- **Kamal Kallab**, Lebanese Society of Neurology / Alzheimer's Association Lebanon
- **Georges Karam**, Alzheimer's Association Lebanon / Institute for Development Research, Advocacy and Applied Care / Lebanese Psychiatric Society
- **Maroun Karam**, Saint George Hospital University Medical Center - Radiology
- **Rita Khoury**, Institute for Development Research, Advocacy and Applied Care / Saint George Hospital University Medical Center
- **Elie Kouiek**, Order of Physiotherapists in Lebanon
- **Elie Moubarak**, Lebanese Society of Internal Medicine / Lebanese Association of Palliative Care
- **Fatima Nasser**, Lebanese Occupational Therapists Syndicate
- **Krystel Ouaijan**, Lebanese Academy of Nutrition and Dietetics
- **Roy Raad**, Saint George Hospital University Medical Center - Radiology
- **Berna Rahi**, Lebanese American University
- **Ahmad Rifai Sarraj**, Order of Physiotherapists in Lebanon
- **Cynthia Roukoz**, American University of Beirut Medical Center, Department of Psychiatry, Lebanese Psychological Association
- **Reem Salem**, Clemenceau Medical Center, Order of Nurses in Lebanon
- **Christelle Youssef**, Lebanese Speech and Language Therapists Association (ALO)
- **Maria Zakaria**, Lebanese Speech and Language Therapists Association (ALO)



27<sup>TH</sup> OF SEPTEMBER, 2019

**08:00-09:00 Registration**

**09:00-10:45 Introduction Session**

09:00-09:15 Opening **Georges Karam**

09:15-09:45 Policy from a Global Perspective  
**Paola Barbarino**

09:45-10:05 What is Alzheimer's/Dementia?  
**Kamal Kallab**

10:05-10:25 Ethical Issues in Dementia Care  
**Hamed Al Sinawi**

10:25-10:45 A Testimonial from a Nurse as a Caregiver for her Mother  
**Hanadi Jaafar**

**10:45-11:15 Coffee Break**

**11:15-13:25 Issues in Dementia Care**

11:15-11:35 Frailty  
**Georges Assaf**

11:35-11:55 Fighting Malnutrition in Alzheimer's  
**Krystel Ouaijan**

11:55-12:15 Behavioral Disturbance in Alzheimer's from a Nursing  
Perspective **Abed El Wahab Al Firikh**

12:15-12:35 Depression and Anxiety in Alzheimer's and their Caregivers  
**Rita Khoury**

12:35-12:55 Danger of Polypharmacy in Alzheimer's  
**Rafah Aboulhosn**

12:55-13:10 Imaging: Role of PET  
**Maroun Karam**

13:10-13:25 Imaging: Role of MRI  
**Roy Raad**

**13:30-14:30 Luncheon Panel: The Old Gold in Alzheimer's Treatment  
Elie Estephan**



- 14:30-16:30**      **Prevention**
- 14:30-14:40      Prevention of Decline through Day Care Programs  
**Georges Karam**
- 14:40-15:00      Nutrition in Preventing Cognitive Decline **Berna Rahi**
- 15:00-15:20      Impact of Physical Activity in Preventing Cognitive Decline  
**Elie Kouiek**
- 15:20-15:40      Protecting Cognitive Function and Delaying Dementia  
**Hala Darwish**
- 15:40-16:00      Palliative Care in Dementia Care **Elie Moubarak**
- 16:00-16:30      Role of Ergotherapy **Fatima Nasser**

**16:30-17:00**      **Coffee Break**

- 17:00-19:00**      **Round Table**  
**Services Available in Lebanon, Legal Rights, Need for Dementia National Plan**  
**Ministry of Public Health**  
**Ministry of Social Affairs**  
**Ministry of Justice**  
**World Health Organization**  
**Alzheimer's Disease International**  
**Alzheimer's Association Lebanon**



## AUDITORIUM

09:30-11:30



Addressing Dementia Related Challenging Behavior Using Non-Pharmacologic Interventions.

Open for Caregivers

**Hala Darwish,  
Reem Salem**

11:30-13:30



Optimizing Physical and Cognitive Health in Patients with AD

**Ahmad Rifai Sarraj**

14:30-16:30



Caregivers: Best Practices at Home, Home Safety, Stimulating Activities at Home, etc.

Open for Caregivers

**Roula Ounaisy**

## BLACK ROOM

09:30-11:30



Addressing Functionality through Occupational Therapy Interventions

**Fatima Nasser**

10:30-13:30



Neuropsychological Screening of Patients with Probable Neurocognitive Disorders

**Cynthia Roukoz**

14:30-16:30



Multidisciplinary Approach for the Management of Dysphagia in Alzheimer

**Krystel Ouaijan,  
Christelle Youssef,  
Maria Zakaria**







## ACKNOWLEDGEMENT

Lundbeck



**AM** ABELA  
MARKETING ME



Benta Pharma Industries



Since 1997



KFF Healthcare

Minerva  
Adult Care

**PHARMALINE**  
Improves Quality of Life  
Member of Mallo Group



## REGISTRATION FEES

• Lebanese Health Professionals	LBP 50,000
• Students*	LBP 25,000
• Nurses*	LBP 25,000
• Registration per workshop	LBP 125,000
• Foreign Participants	LBP 300,000 (USD 200)
• ADI Members**	LBP 225,000 (USD 150)

*The registration fee entitles the attendee to the following:*

Access to the scientific sessions and exhibition areas, CME credits, Certificate of attendance, Lunch and coffee breaks

\* Pre-registration is mandatory by latest the 10<sup>th</sup> of September, 2019 by sending an email to Ms. Nadine El Gemayel at [executive5@trustandtraders.com](mailto:executive5@trustandtraders.com)

\*\* Upon submission of proof. This rate is only applicable for the conference fees