

## COURSE SYLLABUS

### (1) GENERAL

<b>SCHOOL</b>	<b>HEALTH SCIENCES - MANAGEMENT AND ECONOMICS SCIENCES</b>		
<b>DEPARTMENTS</b>	<ul style="list-style-type: none"> <li>▪ SOCIAL WORK</li> <li>▪ NUTRITION AND DIETETICS SCIENCES</li> <li>▪ BUSINESS ADMINISTRATION AND TOURISM</li> </ul>		
<b>LEVEL OF STUDY</b>	<b>GRADUATE</b>		
<b>COURSE CODE</b>	<b>CDDA-A02</b>	<b>SEMESTER</b>	<b>A</b>
<b>COURSE TITLE</b>	<b>Interdisciplinary Approach to Healthy and Active Aging</b>		
<b>INDEPENDENT TEACHING ACTIVITIES</b>	<b>TEACHING HOURS WEEKLY</b>	<b>CREDIT UNITS (ECTS)</b>	
Theory - Lectures	39	7.5	
<b>COURSE TYPE</b>	General knowledge - Mandatory		
<b>PREREQUISITE COURSES:</b>	No		
<b>LANGUAGE OF TEACHING and EXAMINATIONS:</b>	Greek		
<b>THE COURSE IS OFFERED TO ERASMUS STUDENTS</b>	No		
<b>COURSE WEBSITE (URL)</b>	<a href="https://eclass.hmu.gr/courses/SW355/">https://eclass.hmu.gr/courses/SW355/</a>		

### (2) LEARNING OUTCOMES

<b>Learning Outcomes</b>
<p><b>Knowledge</b></p> <ul style="list-style-type: none"> <li>▪ understanding global trends in population aging;</li> <li>▪ knowledge of the challenges that older people and their carers may face</li> <li>▪ knowledge of the policy framework of active aging (concepts and identifiers, etc.)</li> <li>▪ understanding the contribution of behavioral, psychological and social determinants of health;</li> </ul> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>▪ application of knowledge for the implementation of actions to promote the health of the elderly</li> <li>▪ implementation of practices in the care of the elderly</li> <li>▪ critical examination of the challenges faced by the elderly</li> <li>▪ development of interventions and actions related to active and healthy aging</li> <li>▪ of creating innovative practices in the care of the elderly and in the self-management of their health</li> <li>▪ interdisciplinary collaboration in elderly care</li> </ul>
<b>General Skills</b>
<ul style="list-style-type: none"> <li>▪ Adaptation to new situations</li> <li>▪ Decision making</li> <li>▪ Autonomous work</li> <li>▪ Teamwork</li> <li>▪ Work in an interdisciplinary environment</li> <li>▪ Respect for diversity and pluralism</li> <li>▪ Demonstration of social, professional and ethical responsibility</li> <li>▪ Promotion of free, creative and inductive thinking</li> <li>▪ Solving problems</li> <li>▪ Observation and comparison</li> </ul>

- Oral and written communication skills

### (3) COURSE CONTENT

#### PURPOSE:

The purpose of the course is to familiarize students with the concept of active and healthy aging, the three (3) axes and the six (6) groups of health determinants (e.g. behavioral, such as diet and physical exercise, social, psychological, environment, services and structures). Students will be able to develop prevention actions and interventions to promote active and healthy aging in the elderly. Students will also learn how new technologies can contribute to active and healthy aging and create innovative practices in the care of the elderly and self-management of their health (autonomous and independent living). Finally, students will get to know what is and how the burden of caregivers of elderly people and people with dementia is treated, what palliative care is and the bioethical / ethical issues related to choices at the last stage of life

#### CONTENT:

1. Introduction to active and healthy aging (definitions, population aging, myths about aging, age discrimination, concepts and determinants of active and healthy aging).
2. The role of psychological factors in active and healthy aging (self-esteem, self-efficacy, management skills, mental resilience, post-traumatic growth)
3. Prevention and Health Promotion in the elderly (Health assessment, challenges, vulnerability, geriatric syndromes and neuropsychiatric disorders in old age)
4. Innovative practices in the care and improvement of the autonomous and independent living of the elderly
5. Social determinants of health and their effects on active and healthy aging (social support, Intergenerational connection programs in the elderly as policies for healthy aging and social cohesion)
6. Behavioral determinants of health: The role of nutrition in cognition
7. Services and structures to promote healthy and active aging (Access to health and healthcare) and health literacy
8. Supervision – Guidance in the writing of students' papers
9. New technologies and their contribution to healthy aging
10. The burden of carers of older people and people with dementia
11. The palliative care approach today. Bioethical dimension and applications
12. Presentations of students' works
13. Presentations of students' works

### (4) TEACHING and LEARNING METHODS - EVALUATION

<b>METHOD OF DELIVERY</b>	Live and distance lectures	
<b>USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES</b>	<ul style="list-style-type: none"> <li>▪ Course support through the e-class online platform.</li> <li>▪ Use of PowerPoint to deliver the lectures</li> <li>▪ Use of Video-tutorials for a better understanding of the material taught</li> <li>▪ Use of Email and digital communication/social media (e.g. fb, Skype, Viber, zoom, Webex, google meet) to communicate with students)</li> </ul>	
<b>TEACHING ORGANIZATION</b>	<b>Activity</b>	<b>Semester Workload</b>
	Lectures and Interactive teaching	39
	Study and analysis of articles - bibliography - Independent Study	101
	Assignment	60
	<b>Total Course</b>	<b>200</b>

<b>STUDENT EVALUATION</b>	The evaluation language is Greek. The assessment method is based on a final written examination (70%) with multiple choice, True/False, matching, fill-in-the-blank and/or very short answer questions and a written experiential assignment (30%). The writing instructions are given by the responsible teacher of the course and posted on eclass. Around the middle of the semester, supervision is provided - guidance in the writing of the assignments and at the end of the semester a presentation is made to the class.
---------------------------	---

## (5) RECOMMENDED-BIBLIOGRAPHY

### - Suggested Bibliography:

- Aksović N, Bjelica B, Joksimović M, Skrypchenko I, Filipović S, Milanović F, Pavlović B, Ćorluka B, Pržulj R. (2020). Effects of aerobic physical activity to cardio-respiratory fitness of the elderly population: systematic overview. *Pedagogy of Physical Culture and Sports*, 24(5), 208-1. <https://doi.org/10.15561/26649837.2020.0501>
- Beard JR et al. (2016). *The World Report on aging and health: a policy framework for healthy ageing*. *Lancet*, 387, 2145-54.
- Bülow MH, Söderqvist T. Successful ageing: a historical overview and critical analysis of a successful concept. *J Aging Stud*. 2014 Dec; 31:139-49. doi: 10.1016/j.jaging.2014.08.009. Epub 2014 Oct 7. PMID: 25456631.
- Byles JE, Rahman MM, Princehorn EM, Holliday EG, Leigh L, Loxton D, Beard J, Kowal P, Jagger C. (2019). Successful aging from old to very old: a longitudinal study of 12,432 women from Australia. *Age Aging*. 48(6), 803-810. doi: 10.1093/ageing/afz116. PMID: 31566675
- Calder PC, Carding SR, Christopher G, Kuh D, Langley-Evans SC, McNulty H. (2018). A holistic approach to healthy aging: how can people live longer, healthier lives? *J Hum Nutr Diet.*, 31(4):439-450. doi: 10.1111/jhn.12566. Epub 2018 Jun 3. PMID: 29862589.
- Davern M, Winterton R, Brasher K, Woolcock G. (2020). How can the lived environment support healthy aging? A spatial indicators framework for the assessment of age-friendly communities. *International Journal of Environmental Research and Public Health*, 17(20), 7685.
- Efthymiou A, Kalaitzaki A, Rovithis M. (2023) Cultural Adaptation of a Health Literacy Toolkit for Healthcare Professionals Working in the Primary Care Setting with Older Adults. *Healthcare (Basel)*: 11(5):776. doi: 10.3390/healthcare11050776
- Efthymiou A, Rovithis M, Kalaitzaki A. (2022). The Perspectives on Barriers and Facilitators in Communication by Healthcare Professionals and Older Healthcare Users: The Role of Health Literacy. Vol. 2022, *Journal of Psychology and Psychotherapy Research*.
- Eisenmann Y, Golla H, Schmidt H, Voltz R, Perrar KM. Palliative Care in Advanced Dementia. *Front Psychiatry*. 2020 Jul 21;11:699. doi: 10.3389/fpsy.2020.00699. PMID: 32792997; PMCID: PMC7394698. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7394698/>
- June, A., & Andreoletti, C. (2020). Participation in intergenerational ServiceLearning benefits older adults: A brief report. *Gerontology and Geriatrics Education*, 41(2), 169-174. doi:10.1080/02701960.2018.145752
- Kalaitzaki, A., Rovithis, M., Dimitropoulos, A., Koukouli, S., Linardakis, M., Katsiri, E., Rikos, N., Vasilopoulos, G., Tsolas, G., Papachristou, A., Dimitrantzou, A., Katsiris, D., & Stavropoulou, A. (2023). Promoting self-management of chronic diseases and independent living through technology: A study of self-reported needs, priorities, and preferences. *medicine*, 59(8), 1493; <https://doi.org/10.3390/medicina59081493>
- Kalaitzaki, A., Tamiolaki, A., & Tsouvelas, G. (2022). From secondary traumatic stress to vicarious posttraumatic growth amid COVID-19 lockdown in Greece: the role of health care workers' coping strategies. *Psychological Trauma: Theory, Research, Practice, and Policy*, 14(2), 273-280. <https://doi.org/10.1037/tra0001078>
- Kalaitzaki, AE, Tsouvelas, G., & Koukouli, S. (2021). Social capital, social support and perceived stress in college students: The role of resilience and life satisfaction. *Stress & Health*, 37(3), 454-465. doi:10.1002/smi.3008. Epub 2020 Nov 27.

Kleopa D, Panayiotou A, Kouta C, Middleton N. (2023). Developing and field testing the Neighborhood Observational Tool for auditing urban community environments (CyNOTes) in the city of Limassol, Cyprus, *Cities & Health*, 7(5), 779-794, DOI:[10.1080/23748834.2023.2192895](https://doi.org/10.1080/23748834.2023.2192895)

Kotsani M, Kravvariti E, Avgerinou C, Panagiotakis S, Bograkou Tzanetakou K, Antoniadou E, Karamanof G, Karampeazis A, Koutsouri A, Panagiotopoulou K, Soulis G, Stolakis K, Georgiopoulos I, Benetos A. (2021). The Relevance and Added Value of Geriatric Medicine (GM): Introducing GM to Non-Geriatricians. *J Clin Med.*, 10(14), 3018. doi: 10.3390/jcm10143018. PMID: 34300184; PMCID: PMC8304813

Livingston G, et al. (2020). Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. *Lancet*, 8;396(10248):413-446.

Mazurek J, Szcześniak D, Urbańska K, Dröes RM, Rymaszewska J. (2019). Met and unmet care needs of older people with dementia living at home: Personal and informal carers' perspectives. *Dementia*. 18(6):1963–75.

Rovithis, M., Kalaitzaki, AE, Stavropoulou, A., Rikos, N., Kelesi-Stavropoulou, M., Faso-Barka, G., Linardakis, M., & (2022). Work related burnout syndrome, information satisfaction and concern of safety among Greek nurses during the first wave of COVID-19 outbreak. *Frontiers of Nursing*, 9(3), 285-293. <https://doi.org/10.2478/fon-2022-0036>

Rudnicka, E., Napierała, P., Podfigurna, A., Męczekalski, B., Smolarczyk, R., & Grymowicz, M. (2020). The World Health Organization (WHO) approach to healthy ageing. *Maturitas*, 139, 6-11.

Sapci AH, Sapci HA (2019). Innovative Assisted Living Tools, Remote Monitoring Technologies, Artificial Intelligence-Driven Solutions, and Robotic Systems for Aging Societies: Systematic Review *JMIR Aging*, 2(2):e15429 doi: 10.2196/15429

Triantafyllou, J. et al (2006), Eurofamcare, services for supporting family carers of older dependent people in Europe: characteristics, coverage and usage, the national survey report for Greece, Athens

Tun, SYY, Madanian, S., & Mirza, F. (2021). Internet of things (IoT) applications for elderly care: a reflective review. *Aging clinical and experimental research*, 33(4), 855-867.

Urtamo A, Jyväkorpä SK, Strandberg TE. (2019). Definitions of successful aging: a brief review of a multidimensional concept. *Acta Biomed*. 23;90(2), 359-363. doi: 10.23750/abm.v90i2.8376. PMID: 31125022; PMCID: PMC6776218.

Valero-Ramon Z, Louro P, Irio L, Dimitriadis I, Poiitis M, Toliopoulos T, Lagakis P, Petridis G, Papachristou N, Núñez-Benjumea FJ, Hors-Fraile S, Vakali A, Gounaris A, Shapiro D, Naranjo JC. , Levva S, Billis A, Traver V, Bamidis P. (2022). A Collective Intelligence Platform to Support Older Cancer Survivors: Towards the Definition of LifeChamps System and Big Data Reference Architecture. *Stud Health Technol Inform*, 6;290, 1008-1009. doi: 10.3233/SHTI220241.

WeDo project (2012). European quality framework for long-term care services. [https://www.50plus.gr/wp-content/uploads/2020/05/24171\\_WeDo\\_brochure\\_A4\\_48p\\_EL\\_WEB-GREEK.pdf](https://www.50plus.gr/wp-content/uploads/2020/05/24171_WeDo_brochure_A4_48p_EL_WEB-GREEK.pdf)

WHO (2020). Palliative Care. Available from: <https://www.who.int/news-room/fact-sheets/detail/palliative-care#:~:text=The%20global%20need%20for%20palliative%20care%20will%20continue,hospital%20admissions%20and%20the%20use%20of%20health%20services>

World Health Organization (2021). Global Campaign to Combat Ageism [Internet]. Geneva? 2021 [cited 2022 Jan 8]. Available from: <https://www.who.int/publications/i/item/9789240016866>

World Health Organisation. (2021) ELDER ABUSE. Available at: [https://www.who.int/healthtopics/elder-abuse#tab=tab\\_1](https://www.who.int/healthtopics/elder-abuse#tab=tab_1)

**- Related scientific journals:**

- Age and Aging
- Aging and Society
- Aging Research Reviews
- Aging and Disease
- Aging and Mental Health
- Aging Clinical and Experimental Research
- Alzheimer's & Dementia
- American Journal of Alzheimer's Disease & Other Dementias
- American Journal of Geriatric Psychiatry
- Archives of Gerontology and Geriatrics

- BMC Geriatrics
- Clinical Interventions in Aging
- Current Aging Science
- Dementia
- Dementia and Geriatric Cognitive Disorders
- European Journal of Aging
- Frontiers in Aging
- Geriatrics and Gerontology International
- Gerontology and Geriatric Medicine
- Interdisciplinary topics in gerontology and geriatrics
- International Journal of Aging and Human Development
- International Journal of Alzheimer's Disease
- International Journal of Geriatric Psychiatry
- International psychogeriatrics
- Journal of Alzheimer's Disease
- Journal of Aging and Health
- Journal of Aging Studies
- Journal of Cross-Cultural Gerontology
- Psychogeriatrics
- Psychology and Aging
- Quality in Aging and Older Adults
- Research on Aging
- The Gerontologist
- The journal of frailty and aging
- The journals of Gerontology. Series B, Psychological sciences and social sciences