



2023 SUMMER SCHOOLS,
MEDICAL SCHOOL,
UNIVERSITY OF CRETE



**“Summer School Dementia for medical students:
Improving knowledge/developing skills of pregraduate students to manage dementia”**

Scientific coordinator:

Ioannis Zaganas, Assistant Professor of Neurology

Coordinating Department / Laboratory:

Neurology Department, University Hospital of Heraklion, Crete (Chair P. Mitsias)

Departments / Laboratories participating:

University of Crete

Neurology Department (Ioannis Zaganas, Panayiotis Mitsias)

Internal Medicine Department (Symeon Panagiotakis)

Social Medicine Department (Ioanna Tsiligianni)

Psychiatry Department (Maria Basta, Panayiotis Simos, Emmanouil Papastefanakis)

Pharmacology Department (Ioannis Charalampopoulos)

Radiology Department (Efrosini Papadaki)

Nuclear Medicine Department (Sofia Koukouraki)

Pathology Department (Anastasios Koutsopoulos)

Other Institutions

Aristotle University of Thessaloniki (Magda Tsolaki)

National and Kapodistrian University of Athens (Elisabeth Kapaki, Nikolaos Scarmeas)

Mount Sinai School of Medicine, New York, USA (Nikolaos Robakis)

Johns Hopkins Medicine, Baltimore, USA (Constantine Lyketsos)

Alzheimer Association of Heraklion Alilegii

General Description:

The prevalence of dementia is increasing in our times, posing a burden for modern societies and their health systems. Current medical students, as the physicians of the future, will be called to cope with the increasing number of patients with dementia.

The summer school “Dementia for medical students” aims to expose medical students to the challenges of detecting cognitive dysfunction and caring for patients with neurodegenerative disorders. This offers an opportunity to showcase the interdisciplinary approach employed in dementia care to optimize health outcomes. At the same time, students will be educated on the most recent developments in research for neurodegenerative disorders.

The structure of the program entails both clinical practice and hands-on laboratory experience and lectures by distinguished scientists running in parallel. A total of 16 medical students will be practicing in groups in the departments involved in this summer school (Neurology, Internal Medicine, Psychiatry, Radiology, Nuclear Medicine, Social Medicine) and the Laboratories of the University of Crete, Medical School (Neurogenetics/Neurodegenerative Disorders, Pharmacology, Pathology). At the same time, the group will attend courses at 1-4pm, by experts in the field of dementia.

Learning objectives:

At the end of this summer schools, students should be able to:

- 1) Screen for cognitive impairment**
- 2) Differentiate between mild cognitive impairment and dementia**
- 3) Diagnose Alzheimer’s disease, Lewy Body Dementia, Vascular Dementia and Frontotemporal Dementia**
- 4) Detect reversible causes of dementia**
- 5) Formulate management plans for different causes of dementia**

The summer school “Dementia for medical students” was organized for the first time by the School of Medicine of UoC on July 4 -15th, 2022 with the participation of 14 medical students from various countries (Belgium, Cyprus, Germany, Italy, and Poland). The educational program described above was joined by a social program, including an educational excursion to Spinalonga, where students were introduced to the medical history of the island by a skilled guide. This Summer School program was highly successful as judged by the comments of participating students.

For more information please visit:

<https://www.ioanniszaganas.gr/summerschools/dementia.html>

Purpose of Training:

The trainees are expected to acquire knowledge, based on an interdisciplinary approach on the management of dementia, both in the community and in a hospital setting.

Who is it for:

Pre-graduate medical students

Duration / location:

10 days, mid-July 2023 (Monday July 10th – Thursday July 20th)

Scientific-Organizing Committee:

Ioannis Zaganas (Scientific Coordinator)

Panayiotis Mitsias (University of Crete)

Ioannis Charalampopoulos (University of Crete)

Elisabeth Kapaki (National and Kapodistrian University of Athens)

Nikolaos Robakis (Mount Sinai School of Medicine, NY, USA)

Nikolaos Scarmeas (National and Kapodistrian University of Athens)

Panayiotis Simos (University of Crete)

Magda Tsolaki (Aristotle University of Thessaloniki)

Educators:

Ioannis Zaganas (University of Crete, Heraklion, Crete, Greece)

Panayiotis Mitsias (University of Crete, Heraklion, Crete, Greece)

Panayiotis Simos (University of Crete, Heraklion, Crete, Greece)

Sofia Koukouraki (University of Crete, Heraklion, Crete, Greece)

Maria Basta (University of Crete, Heraklion, Crete, Greece)

Ioannis Charalampopoulos (University of Crete, Heraklion, Crete, Greece)

Ioanna Tsiligianni (University of Crete, Heraklion, Crete, Greece)

Efrosini Papadaki (University of Crete, Heraklion, Crete, Greece)

Symeon Panagiotakis (University of Crete, Heraklion, Crete, Greece)

Anastasios Koutsopoulos (University of Crete, Heraklion, Crete, Greece)

Emmanouil Papastefanakis (University of Crete, Heraklion, Crete, Greece)

Elisabeth Kapaki (National and Kapodistrian University of Athens)

Nikolaos Scarmeas (National and Kapodistrian University of Athens)

Magda Tsolaki (Aristotle University of Thessaloniki)

Nikolaos Robakis (Mount Sinai School of Medicine, New York, USA)

Constantine Lyketsos (Johns Hopkins Medicine, Baltimore, MD, USA)

Draft educational program (detailed by day):

Through zoom or in person, 3-hour classes, at 1pm each day (except for the first day: 9 am), with the aim to be interactive:

Week 1, Day 1	Welcome, Neurological examination, group allocation (I. Zaganas) Dementia: definitions, clinical picture (I. Zaganas)
Week 1, Day 2	Dementia: an overview (N. Scarneas) Dementia beyond the cognitive pathology (C. Lyketsos)
Week 1, Day 3:	Alzheimer's Disease (I. Zaganas) Molecular pathophysiology of Alzheimer's disease (N. Robakis)
Week 1, Day 4:	Frontotemporal dementia (E. Kapaki) Lewy body dementia (I. Zaganas)
Week 1, Day 5:	Vascular Dementia (P. Mitsias) Neuroimaging in dementia (E. Papadaki) Nuclear medicine in dementia (S. Koukouraki)
Week 2, Day 1:	Current and emerging genetic and other biomarkers in dementia (I. Zaganas) Neuropsychological evaluation (E. Papastefanakis, P. Simos) Cognitive training (E. Papastefanakis, P. Simos) The role of sleep in cognitive disorders (M. Basta)
Week 2, Day 2:	Frailty and its relation to dementia in the elderly (S. Panagiotakis) The role of primary/family care in dementia (I. Tsiligianni),
Week 2, Day 3:	Research on dementia pathophysiology (I. Charalambopoulos) Treatment research landscape in dementia - future therapeutic expectations (M. Tsolaki)
Week 2, Day 4:	Final Test (I. Zaganas) Evaluation section (Students) Concluding Remarks (I. Zaganas)

Students will be also rotate to various Laboratories and Departments of the University of Crete and the University Hospital of Heraklion (in the Pathology Department to see brain tissue slides, in the Nuclear Medicine Department to see the PET/SPECT facilities, the Radiology Department to visit the MRI facility, the Neurology Department, the Psychiatry Department, the Internal Medicine Department, the Day Center for Alzheimer, Research Laboratories in the Medical School of the University of Crete etc).

2 ECTS (European Credit Transfer and Accumulation System) Credits will be awarded

Draft social program (excursions, evenings, dinners, etc.):

During the summer school, one dinner and one excursion (with minimal fee) will be programmed, with the participation of students and educators.

For information on Heraklion: www.heraklion.gr/en

Student selection process (maximum number of students, evaluation criteria):

Maximum number of 16 students

5th and 6th year medical students

Evaluation of CV and motivation letter by the scientific committee

Application procedure:

Online application (by email to zaganas@uoc.gr)

Deadline: March 31st, 2023

Tuition costs per participant:

400 euros per student (includes welcome dinner but does not include travel, accommodation, and an optional excursion with lunch)

Additional comments:

Accommodation and travel cost not included in the tuition fees; however, we aim to provide relevant information to participants.