



Vice Dean for Community Service and Environmental Development



Assiut university

### Seminar about Elderly care

**The date of the meeting: From 3-8/8/2019**

**Meeting location: - The Association of All People for Development and People's Rights**

**Organized by: Faculty of Nursing**

**Scientific sponsorship: Prof. Dr. Samah Mohamed Abdullah, Dean of the College**

**Scientific supervision: Prof. Mervat Ali Khamis, Vice Dean for Community Service and Environmental Development**

**Lecturers:- Community Health Nursing Department in partnership with the Department of Elderly Nursing**

**Number of participants: 15 members**

**Objectives:-**

**The general objective of the course evaluation is to evaluate the participants' reactions to the training course, which is important to address errors and improve performance in the future**

**Outlines:-**

- 1- The importance of caring for the elderly**
- 2- Ways to provide health care for the elderly**
- 3- Providing information and training elderly companions to provide health care for them**

**Recommendations:-**

**A proposal to conduct training courses in this field in nursing homes in associations in the governorate due to admiration for the role and lecturers**





Vice Dean for Community Service and Environmental Development



Assiut university

### **Seminar on accident prevention**

**The date of the meeting: From 17/12/2020**

**The venue of the meeting: - The Senior Staff Club developed in the Sharia Association**

**Organized by: Faculty of Nursing**

**Scientific sponsorship: Prof. Dr. Samah Mohamed Abdullah, Dean of the College**

**Scientific supervision: Prof. Mervat Ali Khamis, Vice Dean for Community Service and Environmental Development**

**Lecturers: Dr. Hanan Abdullah Abu Zaid (Assistant Professor, Department of Elderly Nursing)**

**Target group: elderly club Senior employees Developer by the association legitimacy**

**Objectives:**

**Protection from accidents that exposed she has elderly and deal with her the way correct during exposure she has**

**Number of participants: 31 elderly people and their companions**

**Outlines:-**

- 1- Factors and reasons behind the occurrence of the elderly**
- 2- Is there a relationship between chronic diseases and frequent falls among the elderly?**
- 3- How to prevent the elderly from frequent falls and falls inside the house**

**Recommendations: Repeating such seminars, especially on topics related to the elderly, and improving them**



Vice Dean for Community Service and Environmental Development



Assiut university





Vice Dean for Community Service and Environmental Development



Assiut university

### **Seminar on nutrition for the elderly**

**The date of the meeting: From 17/12/2019**

**Meeting location: Senior Citizens Club developed by the Sharia Association**

**Organized by: Faculty of Nursing**

**Scientific sponsorship: Prof. Dr. Samah Mohamed Abdullah, Dean of the College**

**Scientific supervision: Prof. Mervat Ali Khamis, Vice Dean for Community Service and Environmental Development**

**Lecturers: Dr. Saida Abdel Hamid**

**Target group: The elderly in the Senior Citizens Club developed by the Shariah Assembly**

#### **Objectives:**

**Spreading health awareness about the peaceful nutrition of the elderly, of course, due to physiological changes**

**Number of participants: 31 elderly people and their companions**

#### **Outlines:**

**1- The concept of healthy nutrition for the elderly**

**2- Factors affecting food intake in the elderly**

**3- The most important nutritional needs of the elderly**

**4- Tips and nutritional advice to improve the nutritional behavior of the elderly**

**Recommendations: - Repeating the work of such seminars, especially on topics related to the health of the elderly and its advancement**







Vice Dean for Community Service and Environmental Development



Assiut university

## **Symposium on common physiological problems among the elderly**

**The date of the meeting: From 17/12/2019**

**Meeting location: Senior Citizens Club developed by the Sharia Association**

**Organized by: Faculty of Nursing**

**Scientific sponsorship: Prof. Dr. Samah Mohamed Abdullah, Dean of the College**

**Scientific supervision: Prof. Mervat Ali Khamis, Vice Dean for Community Service and Environmental Development**

**Lecturers: Dr. Hana Mukhtar Ibrahim**

**Target group: The elderly in the Senior Citizens Club developed by the Shariah Assembly**

**Objectives: how to deal with elderly to overcome On Many from problems Mental for them.**

**Number of participants: 31 elderly people and their companions**

**Outlines:-**

**The symposium included the following topics:**

**1- Urinary incontinence in the elderly**

**\* Definition of urinary incontinence**

**\* Physiological changes associated with urinary incontinence and risk factors**

**\* Types of urinary incontinence**

**\* How to prevent urinary incontinence**

**2- Sleep disturbances**

**\* Types of sleep disorders**



Vice Dean for Community Service and Environmental Development



Assiut university

**\* Causes of sleep disturbances**

**How to prevent sleep disorders?**

**Recommendations: - Repeating the work of such seminars, especially on topics related to the health of the elderly and its advancement**







Vice Dean for Community Service and Environmental Development



Assiut university

## **Symposium on osteoporosis**

**The date of the meeting: From 17/12/2019**

**Meeting location: Senior Citizens Club developed by the Sharia Association**

**Organized by: Faculty of Nursing**

**Scientific sponsorship: Prof. Dr. Samah Mohamed Abdullah, Dean of the College**

**Scientific supervision: Prof. Mervat Ali Khamis, Vice Dean for Community Service and Environmental Development**

**Lecturers: Dr. Saida Abdel Hamid**

**Target group: The elderly in the Senior Citizens Club developed by the Shariah Assembly**

### **Objectives:-**

**Increase health awareness about Osteoporosis and ways to overcome and treat it**

**Participants: 31 elderly people and their companions**

### **Outlines:-**

- 1- Definition of osteoporosis**
- 2- Identify the factors that contribute to osteoporosis**
- 3- How to prevent osteoporosis?**
- 4- Learn how to diagnose osteoporosis**

**Recommendations: - Repeating the work of such seminars, especially on topics related to the health of the elderly and its advancement**