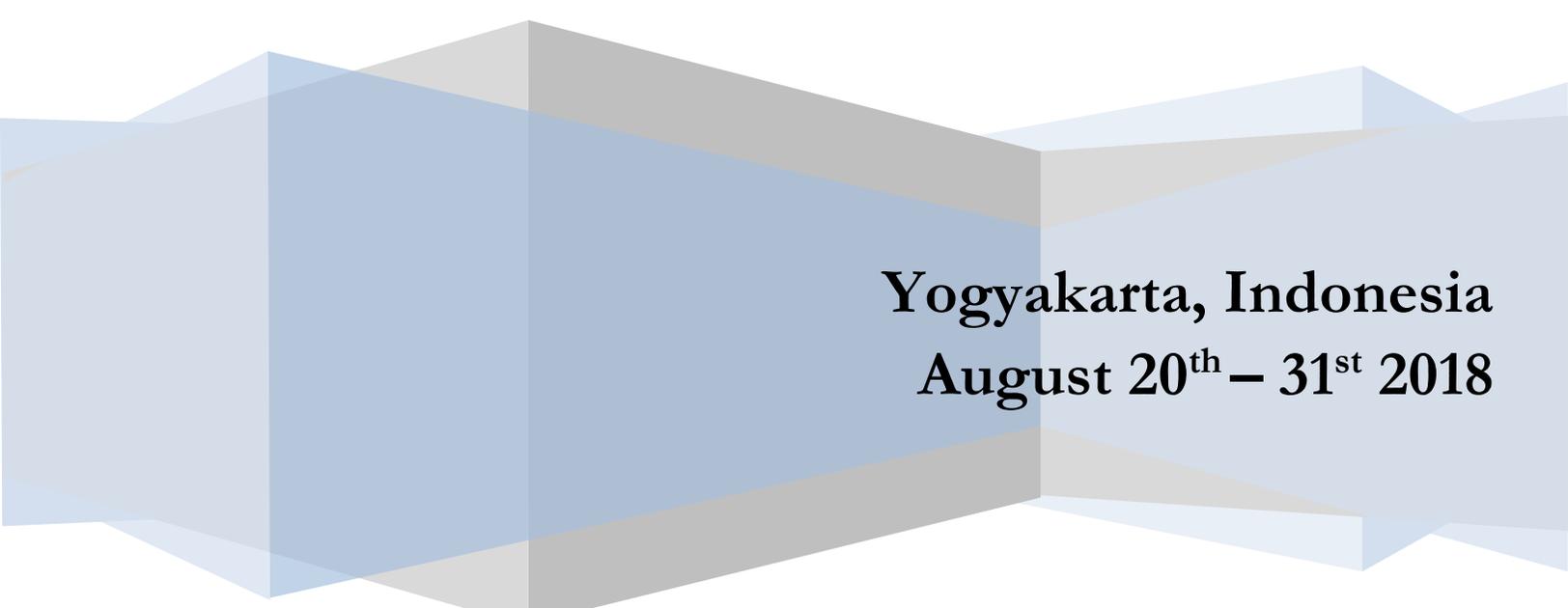


5th UGM Dental Summer Course  
Call for Summer Course

# Summer Course in Gerodontology

SUSTAINING HIGH QUALITY OF LIFE  
(QOL) OF ELDERLY THROUGH  
MULTIDISCIPLINARY-HOLISTIC  
DENTAL CARE

Universitas Gadjah Mada



**Yogyakarta, Indonesia  
August 20<sup>th</sup> – 31<sup>st</sup> 2018**

## Term of References

# SUMMER COURSE IN GERODONTOLOGY: SUSTAINING HIGH QUALITY OF LIFE (QOL) OF ELDERLY THROUGH MULTIDISCIPLINARY-HOLISTIC DENTAL CARE

## INTRODUCTION

According to the World Population Prospects: A Revision 2017, the number of elderly people is expected to more than double by 2050, expected to more than triple by 2100 from 2017. The global population over the age of 60 has grown faster than all young people (Chinese Academy of Sciences et al. (2010)). National Institute of Health along with National Institute of Aging (WHO, 2011) also stated that between 2010 and 2050, the number of older people in less developed countries is projected to increase more than 250 percent, compared with a 71 percent increase in developed countries.

Asia's profiles on elderly population resemble the world's population demographic profiles. Asian developed country, like Japan, has lower birth rate and increasing life expectancies (Japan's demographic profile). As developing country, Indonesia also projected to face demographic problems. In 2016, Indonesia's population growth was 1.14, lower than in the world (1.18). Lower birth rate put Indonesia in demographic dividend or demographic bonus where working-age population number is higher than dependent population (children and elderly).

Along with demographics changing, "epidemiologic transition" also shift the disease pattern of Indonesian as well as world's population. It is characterized by the waning of infectious and acute diseases and the emerging importance of chronic and degenerative diseases. Over the next 10 to 15 years, people in every world region will suffer more death and disability from such non-communicable diseases, such as cancer, diabetes and hypertension (WHO, 2011).

Several strategic policies should be taken as demographic changing also imply to many aspects, such as social, economy, psychological, as well as medical and dental problems. For example, Japan has fundamental problems on ratio of working age and population ratio and fertility rate. The Japanese government has policies to increase productivity and increasing health care for elderly population (National Bureau of Asian Research, 2012). Another country will be facing the same problems on next 10 to 30 years, including European countries, US, India, and China.

Indonesia must overcome the potential challenges from demographic bonus and middle-class growth to be able to take the advantages. Considering Indonesia's middle-class population structure, policies to support worker skill development and technology awareness through education is needed. From 2015 to 2019, Indonesia enters third stages of National Long-Term Development Plans that is emphasized on establishing the development in the entire sectors by emphasizing the competitiveness that is based on the superior natural resources and competent human resources as well as increasing ability of sciences and technology (Law of Republic of Indonesia Number 17 Year 2007).

Increasing of population along with economic growth and increasing ability of sciences and technology is predicted to increase lifespan thus elevates number of elderly with ability to access health service and awareness on high quality of life. In dental clinic, elderly patients may present with several systemic and social conditions that must be taken account in deciding treatment plan. Sometimes interdisciplinary approach must be considered to provide the best care for elderly patients. Considering the importance of knowledge on dental treatment for geriatric patients, Faculty of Dentistry Universitas Gadjah Mada has provided Gerodontology subject from 2011.

Many countries already deal with elderly population along with their medical and dental problems. “5<sup>th</sup> Dental Summer Course on Gerodontology: Interdisciplinary Approach to Improve Health Care Quality of Elderly” program held by Faculty of Dentistry Universitas Gadjah Mada was not designed merely to give an insight on Indonesian elderly population but also an opportunity to transfer the knowledge among participant on how delivering the best care for elderly patients. Experts from medical, dental, pharmacy, nutrition, psychology, and sociology are invited to share their experiences. A series of field study to historical places and villages is provided as well to give the better understanding about Indonesian elderly population nowadays. By the end of this program, participants will have knowledge and experience on elderly population profiles in Indonesia, oral management as well as determining treatment plan for elderly patients.

## TOPICS

Field	Topics	Code
<b>Medical</b>	Elderly profiles from medical aspects: age related changes (biology and physiological) of the body system	M1
	Demographic aspect	M2
	Epidemiology of systemic health and medical state in elderly population	M3
	Frequent health problems and multiple morbidity in older adults	M4
<b>Dental</b>	Gerodontology curriculum—learning from Japan	D1
	Elderly profiles from dental aspects: age related changes (biology and physiological) of the oro-facial system	D2
	Epidemiology of oral health and dental state in elderly population	D3
	Oral manifestations of common medical conditions and oral mucosal diseases or disorders in the elderly	D4
	Oral management and oral diseases in elderly with several medical conditions	D5
<b>Pharmacy</b>	Drug use in elderly	P1
<b>Social</b>	Human social mechanism	S1
<b>Psychology</b>	Psychological problems on elderly	Y1
	Elderly profiles from psychological and social aspects	Y2
	Psychology of aging and intelligence	Y3
<b>Communication</b>	Communication skills: Active, respectful, and empathetic communication with elderly adults; communication with persons with sensory and/ or cognitive impairment	C1
<b>Nutrition</b>	Nutritional aspects in the ageing individuals	N1
<b>Nursery</b>	Organization of a safe treatment environment for elderly	E1
<b>Public Policy</b>	Policy of Elderly Treatment in Japan	L1

	WHO policies on senior population	L2
<b>Integrative Approach</b>	Geriatric assessment	I1
	Interprofessional communication and interdisciplinary management of elderly patient	I2
	Case study	I3
<b>Field Trip</b>	Observing Indonesian elderly daily life as “abdi dalem” (king’s servant)	F1
	Geriatric medical assessment	F2
	Visiting nursing house (Panti Budhi Dharmo)	F3
	Visiting Puskesmas (integrated health service in Indonesia)	F4
<b>Hands on</b>	Handling geriatric patients	H1
	Practicing communication with geriatric patients	H2

## LEARNING OUTCOMES

After completing the course, the participants are expected to be able to:

1. Describe elderly profiles from medical, dental, psychological, and social aspects.
2. Describe epidemiology and demographic aspect of elderly population in the world, Asia, as well as participant’s country
3. Identify and analyze problems in elderly population, from dental, medical, psychological, and social aspects.
4. Practice an active, respectful, and empathetic communication with elderly adults.
5. Practice communication with persons with sensory and/ or cognitive impairment.
6. Practice interdisciplinary management on elderly patient.

## CURRICULUM

Day \ Topics	1	2	3	4	5	6	7	8	9	10
M1										
M2										
M3										
M4										
D1										
D2										
D3										
D4										
D5										
P1										
S1										
S2										
Y1										
Y2										
Y3										
C1										
N1										

Day \ Topics	1	2	3	4	5	6	7	8	9	10
E1										
L1										
L2										
I1										
I2										
I3										
F1										
F2										
F3										
F4										
H1										
H2										
Assessment										

## DELIVERY METHODS

All course is conducted in English using following methods:

1. Classical method in classroom
2. Field trip
3. Discussion
4. Panel of expert seminar

Upon completing the course, participants will be granted **3 credit units certification**.

## EVALUATION METHODS

Evaluation for this program will be performed through group essay after every related topics (Orientation and Introduction, Issues and Problems Related to Elderly Population, Observing Medical Assessment of Geriatric Patient, and Managing Elderly Patients) and individually at the end of this course. Participants will also perform assessment on elderly population in field trip. The results of subjective and objective examination as well as other aspect assessments are analyzed together in small group discussions to determine suggested treatment planning. By the end of this course, all participants in group will orally present their case study and exhibit a simple poster regarding the presented case and treatment plan. Poster printing will be facilitated by committee and at the end of this course an award will be presented for group with the best poster and oral presentation.

## PARTICIPANTS

Students of dentistry (3<sup>rd</sup> year or above) and dental hygienist undergraduate (2<sup>nd</sup> year or above) program are eligible to enroll to this program. This course also opened for fresh graduate dentist and dental hygienist (maximum 1 year after graduation, proved by graduation certificate). Maximum number of participants is 40 persons.

## FEE

International Students → 725 USD

Indonesian Students → 6.000.000 IDR

Mandiri Bank account number: 1370011100092 (UGM KG KF LAIN-LAIN) (**swift code: BRIIMDJA**)

- Include: tuition, accomodation, meals (breakfast + lunch + dinner), city tours, field trip and community service
- Exclude: transfer tax, airfare, and travel insurance

**Scholarship** (free course fee) will be given for **five overseas students** by competitive scheme. Detail information can be found on enrollment section below.

## ENROLLMENT

Required documents to enroll the programs are:

- Application form
- Letter of recommendation from Dean or Supervisor of origin university (for undergraduate students)
- Graduation certificate (for fresh graduates)
- Curriculum vitae with photo
- Motivational letter
- A copy of Passport
- A copy of international student health insurance (optional but strongly recommended)

Please upload the application documents and bank transfer invoice on our website: **summercourse.fkg.ugm.ac.id**. Application will be considered failed if payment is not received by the payment due date. Refund of 50% is eligible for cancellation before the cancellation due date and no refund policy is applied if cancellation is informed after the cancellation due date. Please refer to **IMPORTANT DATES** for the due.

### Scholarship Enrollment

Participants who wish for scholarship can write a one page essay on the importance of interdisciplinary management on dental elderly patient. The file should be uploaded together with other required documents on **summercourse.fkg.ugm.ac.id**. Participants whose wish are granted will receive a notification prior the course (check important dates).

## ACCOMODATION

Shared room for each two participants in 3-star hotel.

## IMPORTANT DATES

Application and payment due	:	July 26 <sup>th</sup> , 2018
Cancellation due	:	August 2 <sup>nd</sup> , 2018
Arrival	:	August 26 <sup>th</sup> , 2018
Course	:	August 27 <sup>th</sup> – September 7 <sup>th</sup> , 2018
Departure	:	September 8 <sup>th</sup> , 2018
Scholarship enrollment due	:	June 26 <sup>th</sup> , 2018
Scholarship announcement	:	July 3 <sup>rd</sup> , 2018

## CONTACT

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Phone number : **+62 813-2858-2336** or by email to **summercourse.fkg@ugm.ac.id**

## REFERENCES

Afif S. The Raising of Middle Class in Indonesia: Opportunity and Challenge, University of Southern California, USA.

Bkkbn.go.id

Bps.go.id

Law of Republic of Indonesia Number 17 Year 2007

The National Bureau of Asian Research, 2012, Implications of Japan's Changing Demographics

Urban Development and Livelihood Opportunities for Youth Delegation of the Republic of Indonesia.

The 4th APMCHUD Working Group 2: Slum Upgrading Indonesia

World Health Organization, 2011, Global Health and Aging, National Institute of Health and National Institute of Aging

## DETAILED PROGRAM

Pre-Event Sunday, Aug 19th 2018			
Time	Event	Description	Location
	Arrival		
Day 1 Monday, Aug 20th 2018			
Time	Event	Description	Location
08.30 -08.50	Opening ceremony	Opening remarks from Dean Faculty of Dentistry UGM	Faculty of Dentistry UGM
08.50 - 09.15	Introduction and program orientation		Faculty of Dentistry UGM
09.15-11.15	Lecture M1 and discussion	Delivered by classical method in class room	Faculty of Dentistry UGM
11.15-11.45	Photo session	Photo group at the south side of dental hospital	South side of dental hospital
11.45-12.30	Lunch break		
12.30-14.00	Lecture M2 and M3 and discussion	Delivered by classical method in class room	Faculty of Dentistry UGM
14.00-14.15	Short break		
14.15-15.45	Lecture M4 and discussion	Delivered by classical method in class room	Faculty of Dentistry UGM
15.45-16.45	Lecture P1 and discussion	Delivered by classical method in class room	Faculty of Dentistry UGM
16.45-17.00	Closing day 1		
Day 2 Tuesday, Aug 21st 2018			
Time	Event	Description	Location
08.30-10.30	Lecture Y1 and Y2 and discussion	Delivered by classical method in class room	Faculty of Dentistry UGM
10.30-10.45	Short break		
10.45-11.45	Lecture Y3 and discussion	Delivered by classical method in class room	Faculty of Dentistry UGM
11.45-12.30	Lunch break		
12.30-13.30	Lecture C1 and discussion	Delivered by classical method in class room	Faculty of Dentistry UGM

13.30-16.30	Hands-on H2	Practicing communication skills with geriatric patient	Faculty of Dentistry UGM
16.30-16.45	Closing day 2		
<b>Day 3 Wednesday, Aug 22nd 2018</b>			
<b>Time</b>	<b>Event</b>	<b>Description</b>	<b>Location</b>
09.00-17.00	Field trip F1 and city tour		
<b>Day 4 Thursday, Aug 23rd 2018</b>			
<b>Time</b>	<b>Event</b>	<b>Description</b>	<b>Location</b>
09.00-15.00	Field trip F2	Geriatric assessment at Internal Medicine Division of Sardjito Hospital	Internal Division, Sardjito Hospital
15.00-16.00	Discussion and wrapping up the observation of medical assessment in geriatric patients	Participants discussing about interprofessional communication and interdisciplinary management of elderly patient	Sardjito Hospital
16.00-18.00	Free time		
19.00-21.00	Convivial Night	Participants will be picked up from hotel at 18.30	Auditorium Faculty of Dentistry UGM
<b>Day 5 Friday, Aug 24th 2018</b>			
<b>Time</b>	<b>Event</b>	<b>Description</b>	<b>Location</b>
08.30-10.30	Lecture N1 and discussion	Delivered by classical method in class room	Reading room Faculty of Dentistry UGM
10.30-10.45	Short break		
10.45-11.45	Lecture E1 and discussion	Delivered by classical method in class room	Reading room Faculty of Dentistry UGM
11.45-12.30	Lunch break		
12.15-13.00	Lunch break		
12.30-15.30	Hands-on H1	Participants practicing on the handling of geriatric patient	Dental hospital
15.30-15.45	Closing day 5		
<b>Day 6 Saturday, Aug 25th 2018</b>			
<b>Time</b>	<b>Event</b>	<b>Description</b>	<b>Location</b>
07.00-09.00	Trip to pine forest		
09.00-12.00	Lecture D2, D3, D4, and discussion	Delivered by classical method	Mangunan Pine Forest
12.00-13.00	Lunch break		
13.00-13.30	Briefing for week 2 activities		Mangunan Pine Forest
13.30-20.00	City tour		

<b>Day 7 Sunday, Aug 26th 2018</b>			
Time	Event	Description	Location
08.30-17.00	City tour		Tentative
<b>Day 8 Monday, Aug 27th 2018</b>			
Time	Event	Description	Location
08.30-09.30	Lecture D1 and discussion	Delivered by classical method in class room	Reading room of Faculty of Dentistry UGM
09.30-10.30	Lecture L1 and discussion	Delivered by classical method in class room	Reading room of Faculty of Dentistry UGM
10.30-11.30	Lecture S1 and discussion	Delivered by classical method in class room	Reading room of Faculty of Dentistry UGM
11.30-12.00	Photo session with the lecturers		
12.00-13.00	Lunch break		
13.00-14.00	Lecture L2 and discussion	Delivered by classical method in class room	Reading room of Faculty of Dentistry UGM
14.00-17.00	Field trip F3	Visiting Budi Dharmo nursing house	Budi Dharmo nursing house
<b>Day 9 Tuesday, Aug 28th 2018</b>			
Time	Event	Description	Location
08.00-12.00	Field trip F4	Visiting Puskesmas (Integrated health service in Indonesia)	Puskesmas Depok III
12.00-13.00	Lunch break		
13.00-16.00	Student discussion	Preparing poster presentation	UGM Library
<b>Day 10 Wednesday, Aug 29th 2018</b>			
Time	Event	Description	Location
08.30-10.30	Lecture P1	Delivered by classical method in class room	Reading room of Faculty of Dentistry UGM
10.00-12.00	UGM Orientation		Around UGM
12.00-13.00	Lunch break		
13.00-17.00	Student discussion	Preparing poster presentation	UGM Library
<b>Day 11 Thursday, Aug 30th 2018</b>			
Time	Event	Description	Location
08.00-17.00	Free time	Participants are allowed to use this period of time to	

		finish their tasks, preparing group presentation, or having leisure time.	
<b>Day 12 Friday, Aug 31<sup>st</sup> 2018</b>			
<b>Time</b>	<b>Event</b>	<b>Description</b>	<b>Location</b>
08.30-10.30	Lecture D5	Delivered by classical method in class room	Reading room of Faculty of Dentistry UGM
10.30-11.00	Short break	Participants may prepare their presentation	
11.00-12.00	Presentation Session 1	Participants presenting their case study in group	Auditorium Faculty of Dentistry UGM
12.00-13.00	Lunch break		
13.00-14.00	Presentation Session 2	Participants presenting their case study in group	Auditorium Faculty of Dentistry UGM
14.00-15.00	Closing ceremony		
15.00-20.00	Merchandise shopping and farewell dinner		Malioboro Street
<b>Post Event Saturday, September 1<sup>st</sup> 2018</b>			
<b>Time</b>	<b>Event</b>	<b>Description</b>	<b>Location</b>
	Departure		

**APPLICATION FORM for INDIVIDUAL APPLICATION**  
**Summer Course in Gerodontology: Sustaining High Quality of Life (QoL) of Elderly**  
**Through Multidisciplinary-Holistic Dental Care**

No: <i>please do not fill in this area</i>			
<b>I. PERSONAL INFORMATION</b>			
<i>Please attach your photo here</i>	First name		
	Middle name		
	Last name		
	Gender		
	Nationality		
	Place of birth		
	Date of birth (ex: 22 <sup>nd</sup> May, 1999)		
	Email		
	Mobile phone number		
	Emergency contact number		
Home address			
Affiliation (ex**University)		Country of issue	
Pasport number		Airport of departure	
<b>II. FAMILY INFORMATION</b>			
<b>Name</b>	<b>Relationship</b>	<b>Age</b>	<b>Occupation</b>
<b>III. ACOMPANYING PERSON</b>			
Relationship with participant :			
Title (Prof./Dr./Mr./Ms)		First name	
Middle name		Last name	
Gender		Nationality	
Place of birth		Date of birth (ex: 22 <sup>nd</sup> May, 1999)	
Email			
Mobile phone number		Emergency contact number	

Home address			
Affiliation (ex**University)		Country of issue	
Pasport no.		Airport of departure	
<b>IV. APPLICANT'S RESPONSIBILITIES</b>			
<p>If accepted as a participant, I agree:</p> <ol style="list-style-type: none"> <li>1) <i>to follow the Dental Summer Course to the best of my ability and abide by the rules of the training institution, hospital, university, or college in which I undertake course;</i></li> <li>2) <i>to refrain from engaging in political activities, or any form of employment for profit or gain;</i></li> <li>3) <i>to return to my home country upon completion of my Dental Summer Course and to resume study in my country;</i></li> <li>4) <i>not to extend the length of my Dental Summer Course or my stay for personal conveniences;</i></li> <li>5) <i>not to bring any family members (dependents) to Indonesia;</i></li> <li>6) <i>to accept that the Indonesian Government is not liable for any damage or loss of my personal property;</i></li> <li>7) <i>to accept that the Indonesian Government will not assume any responsibility for illuar negeriess, injury, or death arising from extracurricular activities, willful misconduct, or undisclosed pre-existing medical conditions; and</i></li> <li>8) <i>to carry out such instructions and abide by such conditions as may be stipulated by the Indonesian Government in respect of my Dental Summer Course program.</i></li> </ol> <p><i>I fully understand that my status as a participant may be terminated if I fail to make satisfactory progress, or for any other cause as determined by the Government of the Republic of Indonesia.</i></p>			
<b>Applicants Name</b>		<b>Signature</b>	
<b>Date</b>			