

Report of the 11th Annual Conference of IAGMH, GERON 2015

The 11th Annual Conference of IAGMH, GERON 2015, was held at Hotel Surya Palace, Vadodara on 11th, 12th, 13th September, 2015.

A day long CME programme titled 'MANAGING BEHAVIOURAL AND PSYCHOLOGICAL PROBLEMS OF DEMENTIA (BPSD): AN UPDATE ' was organized on 11th September, 2015.

The CME was inaugurated by Dr. S. C. Tiwari, Founder President, IAGMH. Dr. Indira Sharma, President, IAGMH gave the welcome address.

A galaxy of speakers addressed the audience and the audience participated enthusiastically during the sessions.

Session 1: BRAIN, COGNITION AND BEHAVIOUR: A COMPLEX INTERACTION

1. Cognitive reserves and Neuro-vulnerability in the Elderly Population- **SC Tiwari**, Lucknow
2. Neurobiological theories for dementia: An overview- **E. Mohandas**, Trissur
3. Mild Cognitive Impairment: Detection and Management- **Indira Sharma**, Varanasi

Session 2: BPSD AND THERAPEUTIC ISSUES

1. Pseudo dementia and pseudo-pseudo-dementia- **Hitesh Khurana**, Rohtak
2. Agitated older patient: How to manage?- **Venugopal Jhanwar**, Varanasi

Session 3: THERAPEUTIC ISSUES IN BPSD

1. BPSD and use of Anti-dementia drugs- **OP Singh**, Bardhaman
2. Antipsychotics use for treating BPSD- **Srikant Srivastava**, Lucknow
3. Status of Geriatric Mental health in Nepal with reference to memory clinics- **Dr Nidesh Sapkota**, Nepal

Session 4: BPSD AND CHALLENGES FOR CAREGIVERS

1. Problem behaviours in dementia: caregiver experiences- **Dr Shailesh Mishra**, Mumbai
2. BPSD: Role of care giver- **Om Prakash**, New Delhi
3. 'Double patients': Managing psychological problems in caregivers of dementia
Alka Subramanyam, Mumbai

The two day programme of GERON 2015 was rich in scientific content and had a variety of interesting topics and very renowned speakers from all over the country as well as from abroad.

The theme of the conference was **"Ageing with dignity- looking at unmet needs"**.

The conference was inaugurated at the hands of Shri H. S. Patel, Commissioner, Vadodara Municipal Corporation. In his speech, he expressed the need to address issues of old age earnestly.

Dr. T. S. S. Rao was installed as the President of IAGMH for the years 2015-2017. His presidential address was "Biopsychology of love and sexual relationships in elderly- issues in management." He gave a comprehensive review of the issues involved in sexual relationships of the elderly and discussed management of various problems related to the same.

The theme symposium followed the presidential address.

Theme Symposium : AGEING WITH DIGNITY: LOOKING AT THE UNMET NEEDS

1. Geriatric Mental Health: Current status and strategies to meet unmet needs-
Dr SC Tiwari, Lucknow
2. Meeting the needs of Sleep Related Mental Health Disorders in USA through Vedanta. Wake Up Clinicians - **Dr Uday Nanavaty**, USA
3. Evidence Based Preventive Strategies for Psychiatric Issues in Old Age-**Dr Sahul Ameen**.

Various award sessions were held in the afternoon.

Prof. (Dr.) Shiv Gautam Oration Award in Geriatric Mental Health 2015 : Was received by

Dr.Om Prakash, Associate Professor of Psychiatry, Institute of Human Behaviour & allied Sciences (IHBAS), Dilshad Garden, New Delhi 110095.

IAGMH - INTAS AWARDS 2015: (First ,Second and Third) were received by

1. **IAGMH INTAS AWARDS 2015:(First)**_A Study of quality of sleep, quality of life and cognition in elderly: Normal, Depressed & with Mild Neurocognitive Disorder :**Jadhav Samiksha D, Singh Shipra, Subramanyam Alka A, Kamath Ravindra M** ,Department of Psychiatry, T. N. Medical College and B.Y.L. Nair Ch. Hospital, Mumbai, Maharashtra, India.
2. **IAGMH INTAS AWARDS 2015:(Second)**_Influence of pre-existing cognitive deficits on symptom profile and motoric subtypes of delirium: **Sandeep Grover, Subho Chakrabarti, Ajit Avasthi** Department of Psychiatry Postgraduate Institute of Medical Education & Research, Chandigarh 160012, India
3. **IAGMH INTAS AWARDS 2015:(Third)**_Short-term Course and Outcome of Late Life Depression: **Shrikant Srivastava, Ambrish Kumar, Hitesh Khurana, SC Tiwari, Shamsi Akbar**,.Department of Geriatric Mental Health KG Medical University, Lucknow.

Smt. Shweta Tiwari Memorial Young Researcher Award in Geriatric Mental Health was won by the following research paper :

Study of cognitive profile in elderly presenting with both depressive and cognitive symptoms: **Singh Shipra, Shanker Sunitha, Subramanyam Alka A & Kamath Ravindra M** ,Department of Psychiatry,B.Y.L. Nair Ch. Hospital & T. N. Medical College ,Mumbai.

There was a session on 'Ageing' which included essential issues like 'Life after death of Spouse' by Dr. Bhavesh Lakdawala, 'Psychosomatic Symptoms in elderly female population' by Dr. Khyati Mehtalia and 'Recent Advances in Understanding Ageing' by Dr. Aleem Siddiqui.

State of the Art Lectures included lectures by Dr. Nilesh Shah 'Grandpa Let's go to school', Dr. Chittaranjan Andrade on 'Targets for Drug development in Alzheimer's disease' and 'Dr. Mrugesh Vaishnav on 'Inappropriate Sexual behaviours in dementia: an evidence based review.

There was also a debate on 'Compulsory retirement of elderly is justified' which involved an enthusiastic participation from everybody present.

GERON 2015 was really an academic feast for two days and saw an active participation from the audience.