



Hanze
University of Applied Sciences
Groningen

Symposium
Inauguration
Dr. Faith Ottery, MD, PhD
visiting professor

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Programme Wednesday 9 December 2015

Wiebengacomplex

13:15 – 13:30 **Welcome with coffee and tea**

A0.07

13:30 – 13:55 **The T of malnutrition**

Cees van der Schans PhD, PT, CE, professor of Healthy Ageing, Allied Health Care and Nursing, Hanze University of Applied Sciences Groningen

Functional decline due to ageing or a chronic disease is the result of a complex process interaction between various factors. Nutritional status seems to be one of the key central factors in this complex process. Adequate interventions should take into account the complexity of functional decline and is therefore a shared responsibility of various health care professionals.

13:55 – 14:40 **Anabolic competence: a new paradigm for malnutrition?**

Faith Ottery, MD, PhD, FACN, Co-Creator of PG-SGA and Co-Founder of PG-SGA/Pt-Global Platform

Anabolic competence can be defined as the state which optimally supports protein synthesis and lean body mass, global aspects of organ function, immune competence, and quality of life. Improving anabolic competence requires integrated programs that address the three aspects of anabolic competence, i.e. nutrition, exercise and the hormonal milieu.

14:40 – 15:05 **From late treatment to proactive prevention of malnutrition**

Harriët Jager-Wittenaar, PhD, RD, professor of Clinical Malnutrition and Healthy Ageing, Hanze University of Applied Sciences Groningen and Co-Founder of PG-SGA/Pt-Global Platform

Malnutrition is a common problem in both patients and the elderly. To improve outcomes, quality of life and healthy life years, proactive prevention, rather than late treatment is essential. However, is it possible to prevent malnutrition? How can professionals and patients collaborate to achieve this goal?

15:05 – 15:30 **Sûne Mûle: Oral Health in community dwelling elderly in the province of Friesland**

Hans Hobbelen, PhD, PT, professor of Healthy Lifestyle, Ageing and Health Care, Hanze University of Applied Sciences Groningen

Previous research of our research group indicated that oral health in elderly is insufficient and in frail elderly it is really poor. Oral health is important for total wellbeing and a decrease of the quality of oral health can contribute to malnutrition, frailty and dependency. The aim of Sûne Mûle is to innovatively improve oral health in elderly.

At 16:00 the official inauguration of Faith Ottery as visiting professor starts in the same building in room A0.42.