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### **How to apply experiences for a healthy lifestyle - a Pilot Project**

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**Background and Aim:** The aim of the study was to ascertain the level of knowledge of various age groups of the population and possibilities for the prevention of senior-age pathologies. In the case of adolescents and younger adults developing positive and humanistic approach towards older inhabitants was taught using simulation methods.

**Methods:** A group of 30 listeners was familiarized with the subject matter through age-adapted lectures. For pupils and adolescents a lecture with emphasis on osteoporosis and arteriosclerosis was prepared, whereas for adults and younger senior citizens a lecture providing basic information about metabolic syndrome, dementia, depression, incontinence, and the possibilities for its prevention was done. At the start and at the end of the lecture the audience answered a questionnaire. Then they underwent training in the form of a competition/game using simulation models of ageing syndromes.

**Results:** A total of 1463 people followed the lecture, the largest age group of 1259 respondents consisted of pupils of the final year at primary and secondary-school ranging from 12 to 18 years of age, 69 students of the faculty of education aged 20 to 26, the adult group included 78 respondents 27 to 55, and the senior citizen group consisted of 57 respondents ranging from 64 to 83. The best results in long-term effect of the educational event were performed in the students' groups questioning prevention of early stages of osteoporosis 47% and food containing highest amounts of calcium 48%.

**Conclusions:** Low level of awareness amongst the population of the necessity of lifelong prevention of arteriosclerosis and osteoporosis was found. The positive change in attitude and behavior caused by the education event with simulation was evident in both the groups questioned - pupils from primary and secondary schools and the group of students of the faculty of education.