

Leyden Academy

ON VITALITY AND AGEING



Universiteit Leiden

Master's Degree Vitality and Ageing

FOR PIONEERS OF TOMORROW'S MEDICAL CARE



LEIDEN UNIVERSITY MEDICAL CENTER



THE FUTURE OF MEDICINE

The number of elderly people in the world is growing every day. Thanks to advances in medical care that address the cumulative damage sustained by the ageing body, death has been banished to old age. However, the ageing process itself can be treated if enough is invested in maintenance and repair. In that way, the length and quality of our lives can be continually improved. We look forward to a future with more years lived in good health. But despite our best efforts, life will still end with a period of poor health and disabilities. Care for the elderly is different from care for children and adults, as it usually involves the treatment of multiple concurrent conditions. The result is both overtreatment and paradoxically undertreatment. Elderly require a different - more holistic - treatment strategy. Current academic and clinical practice is insufficiently equipped to translate this essential paradigm shift into action. In order to address this need, the Leyden Academy developed the Master Vitality and Ageing.

CORE ATTRIBUTES OF THE MASTER

- High academic level
- Intensive educational programme
- Challenging international environment
- Holistic view of medicine
- Interdisciplinary approach
- Personal development

CORE ATTRIBUTES OF THE STUDENTS

- Great capacity for abstract thought
- Above average initiative
- Eager to learn
- Broad view of the profession
- Scientific interest
- Capacity for self reflection

THE MASTER

Vitality and Ageing is an advanced master, tailored specifically to medical professionals who have completed their basic academic degree and have proven affiliation with vitality, ageing and the care for elderly. No matter what your future area of specialisation is, this master is an excellent stepping stone towards modern medical practice. It focuses on the biological and social aspects of the ageing process (gerontology) as well as on the medical aspects of the care for elderly people (geriatrics). The organisation and management of the care process is also closely examined. Additionally, the programme leaves ample room for academic development. Such initiatives are notably absent from modern medical curricula, making this internationally accredited Master of Science degree unique. Leyden Academy attracts esteemed scientific staff from all over the world in order to guarantee the highest level of education. The Master Vitality and Ageing aims to train independent thinkers and as such also provides the ideal basis for a PhD trajectory.

THE STUDENTS

Applications will be accepted from motivated students with above average interest in ageing and geriatrics who realise that the question of ageing – after eradicating child mortality and greatly reducing death during middle age – is the greatest challenge for the current generation of doctors and other healthcare professionals. Students come from various countries, as the problems are common to all societies. They are eager to extend their knowledge of ageing, improve their basic medical skills and develop themselves personally. Successful completion of the master programme enables students to shape the future of medical care, for example as a PhD-candidate or an academic physician.

CORE ATTRIBUTES OF LEYDEN ACADEMY

- International academic stature
- Intensive supervision
- Internationally renowned lecturers
- A multitude of medical disciplines
- Interdisciplinary programme
- Individual guidance



LEYDEN ACADEMY

Leyden Academy on Vitality and Ageing is a knowledge centre with an international education and research programme in the field of ageing, vitality and geriatric medicine. Leyden Academy offers vocational courses to master students and professionals, given by leading international academics. With this education it hopes to contribute to its main goal: to advance the quality of life of older people. Leyden Academy is a joint venture of Leiden University, Leiden University Medical Center (LUMC) and Vereniging AEGON. The Academy was founded in November 2008 by Rudi Westendorp. He is both Executive Director of the Leyden Academy and professor of Medicine at the LUMC.

CAREER PROSPECTS

- Alumni of the master programme have the following opportunities:
- A medical career in specialised or non-specialised area (e.g. general practice or internal medicine)
 - A scientific career, e.g. PhD
 - A policy career, e.g. at an international health organisation



PROGRAMME STRUCTURE

The programme of the Master Vitality and Ageing lasts one academic year and is divided into three thematic trimesters: gerontology, geriatrics and healthcare structure. Basic skills including clinical research, management and leadership receive attention in the curriculum.

Since cooperation and communication are crucial skills in medicine, the programme pays special attention to written and verbal

communication, teamwork and debating and presenting. Personalised tutoring has been developed with these goals in mind.

The intensive, international nature of the programme means that students are expected to do more than merely absorb facts. A substantial part of the development occurs outside of the lecture halls, during meetings involving arts, culture, society and elderly themselves.

CURRICULUM

TRIMESTER 1	TRIMESTER 2	TRIMESTER 3
GERONTOLOGY	GERIATRICS	HEALTHCARE STRUCTURE
The ageing process	Multi-morbidity and geriatric giants	Models of care
Biological determinants of ageing and development	Healthy longevity and vitality	Structure and finance of healthcare
Demography of ageing		Governance
Anthropology of ageing		
ACADEMIC DEVELOPMENT		
Writing and debate		
CLINICAL RESEARCH		
Principles of clinical research, study designs, evidence based medicine		
MANAGEMENT AND LEADERSHIP		
Business administration and capita selecta		
FINAL ASSIGNMENTS		
Scientific essay	Writing a research article	Professional collaboration

For detailed information of the various courses please visit our website. There you can also download our study guide.

FACTS AND INFORMATION

Terms of admission

The Master Vitality and Ageing starts every year in September and ends in June the next year. Each year, up to 20 students will be admitted to the programme. A selection committee will review the applications. The requirements for application are:

- An international acknowledged Master degree (e.g. in medicine or health care. Excellent students that have not yet attained a master degree can follow (parts of) the master programme. For more details please contact us at info@leydenacademy.nl.
- Exceptional good skills, motivation and commitment
- Scientific interest
- Good knowledge of the English language. For detailed requirements check: <http://en.mastersinleiden.nl/arrange/english-language-tests>

The Master Vitality and Ageing

The Master Vitality and Ageing has been accredited by the Dutch-Flemish Accreditation Organisation (NVAO). Students who successfully complete the master programme will receive the internationally accredited title of Master of Science from Leiden University. Leiden University is the oldest university in The Netherlands, founded in 1575. Leiden has a lively city centre with a rich cultural and social scene. The city is close to Amsterdam, Schiphol (Amsterdam Airport) and The Hague.

Costs and scholarships

There are three costs associated with the master:

- Study-related costs (tuition fees, books, teaching materials, internship costs, etc.)
- Living expenses during your stay in the Netherlands
- Travel expenses from and to your city or home country

The tuition fee is dependent on different factors; please visit: <http://en.mastersinleiden.nl/programmes/vitality-and-ageing/en/introduction>. If you are selected to participate in the master programme, you can apply for scholarships to cover a part of the study-related expenses. Please visit our website for details. Living expenses during your stay in the Netherlands are your own responsibility. Travel costs are not covered by the scholarship. Many countries have state funds and private funds for this kind of expenses.

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