

A EUROPEAN COLLABORATIVE
AND INNOVATIVE PARTNERSHIP
TO PROMOTE PHYSICAL
ACTIVITY AFTER STROKE EVENT

MY WAY

TRAIN THE TRAINERS COURSE FOR HEALTH CARE PROFESSIONALS AND PHYSICAL ACTIVITY PROFESSIONALS

ROME, 16-17 NOVEMBER 2021

CENTRO CONGRESSI
UNIVERSITÀ LA SAPIENZA
VIA SALARIA 113



Co-funded by the
Erasmus+ Programme
of the European Union



16 NOVEMBER 2021 - MORNING SESSION

8:30 - 9:00AM

Arrival - Registration of the participants

MY WAY: PROJECT SCENARIO

9:00 - 9:20

Opening and Welcome
C. Villani, V. Santilli

9:20- 9:40

The Erasmus+ Sport programme
D. Forgione

9:40- 10:00

The project MY WAY
M. Ilardi

10:00 - 10:20

Physical activity in stroke patients
M. Paoloni

10:20 - 10:40

Stroke epidemiology in the EU
A. Skarbaliene

COFFEE BREAK

11:00 - 11:20

European initiatives against stroke: ESPRM
P. Boldrini

11:20 - 11:40

Variability of presentation
A. Mestrovic

11:40 - 12:00

Non neurological clinical aspects of
post stroke patients
E. Kouidi

12:00 - 12:20

Q&A

12:20 - 12:40

Patients association experience
J. Dobrkovská

12:40 - 13:00

Experiences (patients' testimonies)

LUNCH

16 NOVEMBER 2021 - AFTERNOON SESSION

MY WAY: ACTIVITIES

14:00 - 14:20	Analysis of the local contexts results <i>A. Skarbaliene</i>
14:20 - 14:40	Identification of good practices I <i>E. Kouidi</i>
14:40 - 15:00	Identification of good practices II <i>E. Kouidi</i>
15:00 - 15:20	Golden Rules I (for patients) <i>I. Kovářová</i>
15:20 - 15:40	Golden Rules II (for HCP) <i>K. Baotic</i>
15:40 - 16:00	Q&A

COFFEE BREAK

16:20 - 17:20	Golden rules workgroups
17:20 - 17:40	Workgroups returns
17:40 - 18:00	Wrap-up and conclusion of the day

17 NOVEMBER 2021 - MORNING SESSION

8:30 - 9:00AM

Arrival - Registration of the participants

MY WAY ON THE FIELD

9:00 - 9:20

Risk stratification and safety
E. Kouidi

9:20- 9:40

Monitoring and follow up
V. Cor

9:40- 10:00

Exercise for Balance and flexibility
A. Bernetti

10:00 - 10:20

Walking, swimming, endurance activities
A. Bernetti

10:20 - 10:40

Resistance training
F. Agostini

COFFEE BREAK

11:00 - 11:20

Motivation, education and psychological aspects
I. Kovářová

11:20 - 11:40

Communication and multidisciplinary
M. Paoloni

11:40 - 12:00

Technology
M. Mangone

12:00 - 12:20

The role of family/local community
J. Dobrkovská

12:20 - 12:40

Patients preference

12:40 - 13:00

Q&A

LUNCH

17 NOVEMBER 2021 - AFTERNOON SESSION

MY WAY: TRAIN THE TRAINERS ACTIVITY

14:00 - 14:20

Train the trainers activity
M. Ilardi

14:20 - 14:40

Train the trainers tools
M. Ilardi

14:40 - 15:00

Administrative aspects
D. Forgione

15:00 - 15:20

The EU requirements
D. Forgione

15:20 - 15:40

Local training specificities

15:40 - 16:00

Q&A

COFFEE BREAK

16:20 - 17:20

Local training workgroups

17:20 - 17:40

Workgroups returns

17:40 - 18:00

Evaluation, Wrap-up and conclusion of the day

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TO PROMOTE PHYSICAL
ACTIVITY AFTER STROKE EVENT

MY WAY

FACULTY

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