

Interview Article Prepared At the Invitation of the Editorial Office of the Journal of Gerontology & Geriatric Research-Prof. Andrzej Brodziak

1. Please share a brief introduction about yourself?

I am a doctor, clinician. Throughout my long life I have worked in various positions, during recent decades as the head of hospital ward of internal diseases and the head of the university department of Medical University and for the last 15 years also the head of the Institute of Nursing. So, I combined the work of a doctor with a scientific research and teaching of medical and nursing students. The list of my scientific publications and the overview of my main research achievements is available on my homepage <https://www.angelfire.com/ga3/gean/homepage.htm> The brief overview of the career and my photo is available at <https://www.angelfire.com/planet/tedeus/short-CV.htm>

I did research scientific internships in Clinique de Maladies Mentales et d'Encephale de l'Hopital Sainte Anne (Paris, 1975-1976); Department of Psychology, Stanford University (Palo Alto, 1987). I worked also in Cumberland Infirmary Ward for Elderly Care, as Senior Consultant (Carlisle, UK, 2004).

2. What are your subject expertise and its importance in scientific research field?

My most important scientific achievement is the formulation of the model of neural circuits realizing the imagination, i.e. the rules of recall from memory of the human brain. I published this in a series of widely cited works titled: Neurophysiology of the mental image; A current model of neural circuitry active in forming mental images; Clinical significance of knowledge about the structure, function, and impairments of working memory [<https://pubmed.ncbi.nlm.nih.gov/11386038/> <http://www.ncbi.nlm.nih.gov/pubmed/24335907> <https://pubmed.ncbi.nlm.nih.gov/23645218/>]

I have developed numerous tools important for geriatrics and caring for the elderly, as well as for teaching of nurses on the basis of my elaborations in the field of neural sciences. Very useful for medical and nursing practice focused on the elderly are, in particular, my works such as: Guidelines for prevention and treatment of cognitive impairment in the elderly; In search of memory tests equivalent for experiments on animals and humans [<https://pubmed.ncbi.nlm.nih.gov/25708246/> <https://pubmed.ncbi.nlm.nih.gov/25524993/>];

The role of human endogenous retroviruses in the pathogenesis of autoimmune diseases [<https://pubmed.ncbi.nlm.nih.gov/22648263/>]

3. What is the future of the research interest and how it will contribute to human welfare & prosperity?

Considerations on the existential problems of older people on the basis of neural sciences and on observation of treated patients allowed me to propose practical techniques important for doctors, therapists and nurses focused on improving of the their mental state.

Among them, useful are life review methods, taking into account also loneliness of the elderly and their inclination to depression. Many of the tools proposed by me concern "life review" psychotherapy. This is illustrated by the titles of my papers such as:

The deepest personal truth - Why the ability to detect it is useful for nurses; Fates and furies: Using novels to support the education of nurses and family therapists; Prerequisites for psychiatric examination detecting the intention to commit suicide.

[<https://pubmed.ncbi.nlm.nih.gov/28910677/> <https://pubmed.ncbi.nlm.nih.gov/27940409/> <https://pubmed.ncbi.nlm.nih.gov/26276928/>]

4. Do you have any funding grant for the research subject you are expertise? What are the other major funding agencies with respect to the subject?

I should emphasize that, realizing my efforts I had no funding grants, except little, regular support from the side of my University.

5. What is the importance & future outcome of open access in the particular subject?

The possibility of publication of results of research, focused on technique improving the mental state of older people is essential. The publications in open access journal enables the wide application of the proposed and proven techniques by a numerous range of doctors, geriatricians and nurses.

6. Please share the details of articles published by you in your expertise?

I think it would be useful and interesting to discuss the message of my papers mentioned above and others published under the following titles:

- (1) The Simple, Intuitive Model of Neural Circuits, which Memorize Data, Recognize an Image and Recall it as Imagination
- (2) The structuralized interview for evaluation of medical and mental risk factors, which predispose to the early cognitive impairment and dementia,
- (3) Is it possible to support cognitive behavioral therapy, led remotely, by determining so-called therapeutic tasks?
- (4) Trajectories of symptoms, syndromes, state of health and the overall trajectory of life.
- (5) Monograph entitled: [Demographic crisis - causes and ways of counteracting in the light of own international research
- (6) The Good Wife - a television series suitable for life review psychotherapy, guided by nurses
- (7) How to develop a supportive, friendly worldview promoting positive public mental health and helping the psychotherapeutic counseling.
- (8) The Preliminary evaluation of influence of loneliness of older patients on their life satisfaction.
- (9) Attempt to evaluate sexual self-consciousness in selected groups of nurses.
- (10) A comparison of sexual self-consciousness of older patients and nurses undertaking health education regarding risk factors of cognitive impairment.
- (11) The Trial of the Evaluation of Sexual Self - Consciousness in Older People.

7. Please share your experience with our Journal?

I believe that the publication in the Journal of Gerontology & Geriatric Research of the following works contributed very much to the state of knowledge in the field of geriatrics and human welfare & prosperity:

White matter ischemia or endogenic, senile neurodegenerative process?

Medical and mental target risk factors for dementia prevention.

Mysterious wave of severe poisonings in Poland by new psychoactive substances.

The publication of data on trajectories of depressive symptoms in older adults and risk of dementia gives rise to broadening this issue on problems of patient's overall life trajectories.

What can be done in the face of growing social confusion which spreads in most Western countries and threatens public mental health?

Nurses towards older people and own ageing.

Theoretical background and procedure for life review psychotherapy conducted by nurses in relation to older people.

In search for symptoms of impaired function of glymphatic system in older people.

Is Naivete the key feature and target of improving mental health in ageing population.

How to arrange the remembrance of own life for the benefit of successful aging.

Theoretical background and procedure for life review psychotherapy conducted by nurses in relation to older people.

Disturbances of sleep among older people and its influence on cognitive performance.

Assessment of gullibility of older patients is important for their safety and health.

Article elaborated by

Prof. Andrzej Brodziak, M.d., Ph.D

Lecturer at University of Applied Sciences, Nysa, Poland

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