



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Medicina Clinica e della Disabilità

1920-3-I0101D016

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#### Aims

INTERNAL MEDICINE –GERIATRICS:

Demography and biology of aging. Comprehensive assessment of the older subject and fall prevention. Principles of pharmacology applied to the elderly. Hydro-saline balance in the elderly. Chronicity, frailty, and clinical instability. Physiological and pathological brain aging.

Endocrinology: diabetes, hypo- and hypertiriodism. Incontinence and pressure sores. The network of services for the older patient. Ethical aspects of elderly care.

INTERNAL MEDICINE –ORTHOPEDICS

Knowledge and diagnosis of the main congenital pathologies and growth disorders. General principles of diagnosis and care of fractures from the emergency department to the definitive treatment and knowledge of the relative complications. Management of skeletal traction, cast and brace. Knowledge of the main aging pathologies such as arthritis, osteoporosis and fragility fractures

#### Contents

The course aims to:

- describe the clinical picture of the main diseases, which may act by altering the equilibrium of the organism, and to indicate the therapeutic approach
- teach how to indicate the physio-pathological mechanisms that determine the diseases

- understand the manifestations of the diseases - both signs and symptoms – whose role represents one of the main variables influencing nursing.

Furthermore, the course aims to provide students with the knowledge and procedures necessary to identify and to respond to the needs of nursing care of the person using the assistance process, contextualizing the assistance situations in the field of geriatric care and rehabilitation.

## Detailed program

### MEDICINA INTERNA - GERIATRICS

Demography and Biology of the aging. Comprehensive Geriatric Assessment (CGA). Chronicity: frailty and clinical instability. Delirium. Orthogeriatrics: the "care" integrated model. The aging brain, physiological and pathological: dementias. The falls in the elderly. Sarcopenia. Hypokinetic syndrome. Aspects of ethics in elder care. The service network for the elderly.

### INTERNAL MEDICINE –ORTHOPEDICS

Congenital opathologies and deformities. Developmental Hip Dysplasia. Clubfoot. Slipped Capital Femoral Epiphysis. Osteochondrosis. General principles of scoliosis. General principles of pediatric fractures. Adult fractures and wound: classifications and general principles. Care and treatment of fractures. General principles of osteosynthesis. Skeletal tractions. Osteoporosis – Fragility fractures. General principles about taping and casts and brace. Spine pathologies and lower back pain. Arthritis: definition, diagnosis, imaging and therapy.

## Prerequisites

## Teaching form

Frontal lessons

## Textbook and teaching resource

- ISTAT, *Anziani in Italia*, Il Mulino.
- Bosello O., Zamboni M., *Manuale di Gerontologia e Geriatria*, Piccin
- Grassi, Pazzaglia, Pilato, Zatti, *Manuale di Ortopedia e Traumatologia* ELSEVIER MASSON

Mongardi M. (2011) *In L'assistenza all'anziano. Ospedale, territorio, domicilio* McGraw Hill

## Semester

3 Year - 1 Semester

## **Assessment method**

## **Office hours**

On appointment

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