



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Infermieristica della Disabilità

1920-3-I0101D016-I0101D051M

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#### Aims

#### Contents

- The Fragile Elder: framing and reflection through the cornerstones of geriatrics and hints at the Chronic Care Model.
- Selfcare in the Elderly
- Multi-dimensional evaluation (CAM/RAS, ADL, IADL, MMNA, MNA, GDS)
- Care planning of the main problems of the frail elderly in the different care settings with reference to typical situations:
  - malnutrition, dehydration
  - urinary incontinence, fecal incontinence and constipation
  - risk of falling

- immobilization syndrome
- major orthopaedic problems in the elderly (femur fracture)
- delirium and dementia (management and relational aspects)
- therapeutic education in the elderly
- pain management in the elderly
- dental problems

## **Detailed program**

### **GENERAL OBJECTIVES**

The course aims to provide students with the knowledge and methods necessary to identify and respond to the nursing needs of the elderly person, using the care process and tools of multidimensional assessment, contextualizing them to the care situations in geriatric and rehabilitation.

### **SPECIFIC OBJECTIVES:**

- Contextualising the concept of frailty in the elderly: framing and reflections on taking charge in the different care settings
- Concepts of selfcare in the frail and elderly person
- Know the main geriatric evaluation scales
- Identify the main Nursing and Outcome Diagnoses and related Nursing Interventions for people with different care issues

### **CONTENTS**

- The Fragile Elder: framing and reflection through the cornerstones of geriatrics and hints at the Chronic Care Model.
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## Prerequisites

No

## Teaching form

Frontal lessons, use of videos and discussions on clinical cases

## Textbook and teaching resource

### Essential bibliography

Nebuloni G., (2017) *Assistenza infermieristica alla persona anziana*. CEA

Olenek K. (2003). Geriatric nursing assessment. A holistic approach to patient care incorporating the “giants of geriatric nursing” and patient psychosocial issues can improve nursing assessment. *Journal of gerontological nursing*. 29 (8): 5-9.

Smeltzer S.C., Bare B.G., Cheever K.H., Hinkler J.L. (2010) *Brunner-Suddarth. infermieristica medico-chirurgica*. Volume 1 e 2. Casa Editrice Ambrosiana

Zanetti E. (2003) *La valutazione in Geriatria Metodi e strumenti*. Carocci Faber .

### In-depth bibliography

Clegg A, Siddiqi N, Heaven A, Young J, Holt R. Interventions for preventing delirium in older people in institutional long- term care. *Cochrane Database of Systematic Reviews* 2014, Issue 1. Art. No.: CD009537. DOI:

10.1002/14651858.CD009537.pub2.

Linee guida nazionali per la promozione della salute orale e la prevenzione delle patologie orali in età adulta – Aggiornamento anno 2015 Ministero della salute

Linee Guida RNAO (2005) Prevenzione della stipsi nell'anziano Traduzione centro studi EBN

Linee Guida RNAO (2005) Promuovere la continenza Traduzione centro studi EBN

Martins S., Fernandes L. (2012) Delirium in elderly people: a review. *Frontiers in neurology* Vol. 3

Paulson C. M., Monroe T., Mion L. C. (2014) Pain Assessment in Hospitalized Older Adults With Dementia and Delirium *Journal of Gerontological Nursing*, 40(6): 10-15.

Piano Nazionale della Cronicità 15 settembre 2016

[Riegel B](#), [Jaarsma T](#), [Strömberg A](#).; (2012) A middle-range theory of self-care of chronic illness [Adv Nurs Sci](#). 35(3):194-204

Trifirò G., Incrasciotta Y., Caputi A.P. (2014) L'uso dei farmaci nel paziente anziano: quali criticità? *G Gerontol* 62:64-68

Vitali S., (2004) La metodologia Gentle Care *Giornale di Gerontologia* 52: 412-417

## Recommended Sitography

[www.aan.com](http://www.aan.com) Linee guida dell'A.A.N. (American Academy of Neurology)

[www.alzheimer.it](http://www.alzheimer.it)

## Semester

1st semester

## Assessment method

**Written test:** 14 closed multiple-choice questions with only one correct answer and three open-ended questions relating to a described clinical case, related to the topics covered. To pass the test, all answers to open-ended questions must be filled in correctly: 2 points are awarded if the answer is complete and 1 point if it is partially correct; for closed-ended questions, 1 point is awarded for each correct answer.

The sum of the points between open and closed questions must reach a score of 12 corresponding to the threshold of sufficiency (18/30).

## **Office hours**

By appointment

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