UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Long-term Care

2021-3-I0101D016

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 hypertiroidism. 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

CLINICAL NURSING.

Know the main characteristics of aging and the management of problems related to the chronicity of the elderly person
• Contextualize the concept of "frailty" in the elderly and the importance of multidimensional assessment (VMD) using the main assessment scales
• identify the main nursing diagnoses, outcomes and interventions within the intra-hospital and territorial care path.
• identify the main typical manifestations of the frail and disabled person
• identify the main nursing diagnoses, outcomes and interventions for people with fractures.

Contents

The course aims to:

• Describe the clinical picture of the main pathologies and geriatric syndromes related to the elderly person that can intervene on the body by altering its balance and indicate its therapeutic approach

• teach how to illustrate the pathophysiogical mechanisms that determine the diseases and geriatric syndromes

• 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 nursing process, contextualizing the assistance situations in the field of geriatric care, orthopedic and rehabilitation.

Detailed program

INTERNAL MEDICINE - GERIATRICS

Demography and Biology of the aging. Comprehensive Geriatric Assessment (CGA). Chronicity: frailty and clinical instability end-of-life. Delirium. Orthogeriatrics cafe: the co-menaged 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 patologies and lower back pain. Artritis: definition, diagnosis, imaging and therapy.

CLINICAL NURSING

The frail elderly: framework and reflection through the cornerstones of geriatrics and hints of the Chronic Care Model. Selfcare in the person with chronic pathology The multidimensional assessment of the frail elderly. The management of falls, cognitive deterioration and delirium. Problems related to the need to feed and hydrate, urinary and intestinal elimination, problems of the oral cavity; pharmacological management in the elderly, pain management and fractures in the elderly, immobilization syndrome and notes on sarcopenia.

Prerequisites

Teaching form

Frontal lessons, teledidactis:
During the Covid-19 emergency period, lessons will take place in mixed mode: partial presence and asynchronous / synchronous videotaped lessons

Textbook and teaching resource

· Antonelli Incalzi R, Manuale di Geriatria, Edizioni EDRA

· Manuale di competenze in Geriatria (risorsa online: https://www.sigg.it/manuale-di-competenze-in-geriatria/)

· 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

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

Semester

3rd Year, 1st Semester

Assessment method

In the Covid-19 emergency period the oral exams will only be online. They will be carried out using the WebEx platform and a public link will be provided on the e-learning page of the course to maintain publicity for the exams

INTERNAL MEDICINE

Hybrid test: Multiple-choice questions and two open questions inherent Geriatrics Medicines and Disorders of the Locomotor apparatus. To pass the test the student will needs that the answers to both the open questions with at least a sufficient mark.

CLINICAL NURSING

Nursing written test: 14 multiple choice quizzes and three open questions. To pass the test, you must pass the 12 point cut off and have answered the open questions sufficiently.

Office hours

On appointment