



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Long-Term Care

2223-3-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 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

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 pathologies of the musculoskeletal system

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 pathophysiological 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 care: the co-managed 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.

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 wasting and delirium in the various manifestations. Problems related to the alteration of the processes of eating and hydrating, urinary and intestinal elimination, problems of the oral cavity; pharmacological management in the elderly, the management of pain and fractures or damage to the musculoskeletal system in the elderly, immobilization syndrome, pain management and notes on sarcopenia.

Prerequisites

Teaching form

Lectures, narrations, clinical case discussions and group work.
Teledidactics.

Textbook and teaching resource

- Antonelli Incalzi R., (2012) *Medicina Interna per Scienze infermieristiche*, Piccin - Nuova Libreria.
- 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

Registered Nurses' Association of Ontario (RNAO), (2005), *Promoting continence using prompted voiding*, in *Nursing Best Practice Guideline Revised*

<https://siu.it/linee-guida/non-oncologiche/2018%20non%20oncologiche/sull-incontinenza-urinaria-negli-adulti>
<https://siu.it/linee-guida/non-oncologiche/2018%20non%20oncologiche/sull-incontinenza-urinaria-negli-adulti>

Registered Nurses' Association of Ontario (RNAO) (2005) *Prevention of constipation in the older adult population*. *Nursing Best Practice Guidelines Program*

<https://www.infermieriattivi.it/risorse-sito/download-sito/13-area-medica.html?download=143:gestione-stitichezza-2006-pdf>

Registered Nurses' Association of Ontario (RNAO), (2009), *Oral Health Nursing Assessment and Intervention*, in *Nursing Best Practice Guideline Revised*

Registered Nurses' Association of Ontario (RNAO) (2006) *Screening for delirium, depression and dementia in older adults*.

Available from: <http://www.rnao.org/Page.asp?PageID=924&ContentID=818>

National Institute for Health and Care Excellence. *Delirium: diagnosis, prevention and management*. Issued: July 2010. NICE clinical guideline 103.

Available from: <http://www.nice.org.uk/nicemedia/live/13060/49909/49909.pdf>

Linea guida ESPEN sulla Nutrizione Ospedaliera (2021) Thibault R. et al reperibili da <https://www.sinpe.org/documenti/LG%20ESPEN%20SINPE%20ASAND%20La%20Nutrizione%20Ospedaliera.pdf>

Semester

3rd Year, 1st Semester

Assessment method

INTERNAL MEDICINE

Written test: 10 multiple choice quizzes of which only one is correct and two open questions relating to clinical aspects of Geriatrics and Locomotor System Diseases.

To pass the test it is necessary that the answers to both open questions are sufficient and for the closed questions a minimum of 4 correct answers out of 10.

DISABILITY NURSING

Written test Nursing: 14 multiple choice quizzes of which only one is correct and four short open questions referring to a short clinical case of topics covered in the classroom.

To pass the test, it is necessary to pass for open questions (cut-off 8) and for closed questions (cut-off 9) for a total of 17 points

Office hours

On appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY | REDUCED INEQUALITIES
| PEACE, JUSTICE AND STRONG INSTITUTIONS
