



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Internal Medicine 3

2223-3-I0101D016-I0101D050M

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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 hyperthyroidism. 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 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: anamnestic data - 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 frail elderly person and with comorbidities 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 patologies and lower back pain. Arthritis: definition, diagnosis, imaging and therapy. Hip arthritis and femoroacetabular impingement. Knee arthritis. Articular sprain: definition and general principles. Ankle and knee sprains: diagnosis and therapy

## **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

Scientific article on the recommendation of the teacher

## **Semester**

3rd Year, 1st Semester

## **Assessment method**

During the Covid-19 emergency period, oral exams will take place electronically. If carried out orally, the WebEx platform will be used and the public link will be shown on the e-learning page of the course; if carried out in written mode with the PROCTORING RESPONDUS system, students will carry out the test remotely with connection from a mobile device.

### **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 need that the answers to both the open questions with at least a sufficient mark.

## **Office hours**

On appointment

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY

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