UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Geriatrics

2324-5-H4101D333-H4101D114M

Aims

The aim of the course is to provide the student with basic information about the ageing process, the epidemiological data related to it and the impact that these processes have on the individual's life expectancy. The course also aims to provide the students with knowledge on the most important geriatric syndromes, including the diagnostic criteria, and on both the management and the prevention, following a comprehensive geriatric and multidisciplinary approach. Information will also be provided to support the interaction among the geriatrician with the other specialists and the components of the care team.

Contents

Ageing

Epidemiological data about aging regarding Italy and population abroad.

Definition of multimorbidity, comorbidity and patient’s complexity.

Impact of multimorbidity on health and quality of life of older people.

Expected epidemiological projections regarding aging and multimorbidity.

Physical disability, cognitive impairment and mood disorders

Definition, epidemiology and diagnosis of physical disability

a. tools to evaluate physical disability

Definition, epidemiology and diagnosis of cognitive impairment.

a. tools to evaluate cognitive impairment

Definition, epidemiology and diagnosis of depression in older people.

a. Tools to assess mood disorders.

Usefulness of the evaluation of physical disability, cognitive impairment and mood disorders to assess life expectancy and functional prognosis in elderly patient with multimorbidity.

Principles of preventing hospital-acquired disability and rehabilitation principles of elderly with multimorbidity

Geriatric syndromes

a. frailty syndrome: epidemiology, assessment tools, and its impact on the patient prognosis, prevention and treatment in older people.

b. Delirium: epidemiology, assessment tools, and its impact on the patient prognosis, prevention and treatment in older people.

c. Falls and fear of falling syndrome: assessment tools, and its impact on the patient prognosis, prevention and treatment in older people.

d. Protein-caloric malnutrition: assessment tools, and its impact on the patient prognosis, prevention and treatment in older people.

e. Sarcopenia: epidemiology assessment tools, and its impact on the patient prognosis, prevention and treatment in older people.

Drugs and the elderly

a. drug use in elderly people

b. Concepts of polypharmacy

c. Inappropriate drug prescription

d. Beers, STOPP and START criteria

The principles and the usefulness of Comprehensive Geriatric Assessment

The bio-psycho-social components as determinants of health status in older patients.

Utility of comprehensive geriatric assessment to capture the clinical complexity of older patients.

Utility of comprehensive geriatric assessment to evaluate patient’s life-expectancy and the risk of hospital-acquired complications.

Detailed program

Ageing

What is ageing?

Aging theories

Difference between Multimorbidity and Comorbidity

Elderly patient health complex and use of medical resources.

Impact of multimorbidity on health and quality of life of older people.

Expected epidemiological projections regarding aging and multimorbidity.

Tools to assess multimorbidity and comorbidities: advantages and limitations.

Physical disability, cognitive impairment and mood disorders.

What is physical disability, cognitive impairment and mood disorders?

Disabled, demented and depressed older patient and consumption of healthcare resources.

Impact of disability, cognitive impairment and depression on health and quality of life of older people.

Expected epidemiological projections in relation to ageing, disability, cognitive impairment and depression.

Scales to assess disability, depression and cognitive impairment: advantages and limitations.

Utility of the evaluation of physical disability, cognitive impairment and mood disorders to assess the prognosis of older patients with multimorbidity.

The hospital-acquired disability.

Principles of rehabilitation of older people with multimorbidity in hospital.

Geriatric syndromes

a. What are geriatric syndromes?

b. What is the difference between the chronological and the biological age?

c. Frailty syndrome: assessment tools and impact on the prognosis of older patients,

d. Reversibility and prevention of frailty: is it possible?

f. Delirium: what is delirium?

g. Psychomotor subtypes of delirium:

h. The diagnosis of delirium: available assessment tools

i. Impact of delirium on the prognosis of older patients

j. Prevention of delirium

k. Pharmacological and non-pharmacological treatment of delirium

l. What is fall: definition and epidemiology

m. Fear of falling syndrome: definition and epidemiology

n. Fall risk assessment tools

o. Complications of fall. The prognosis of older multifaller patients

p. Preventing falls at hospital and at home

q. Protein-caloric Malnutrition (PCM): what is it?

r. Epidemiology of PCM and tools to assess the PCM 's impact on the prognosis of elderly patient

s. Prevention of PCM

t. Treatment of PCM

u. Sarcopenia: what is sarcopenia?

v. Epidemiology of sarcopenia at hospital, at home and in nursing homes

w. Assessment tools and classification criteria of sarcopenia

x. Impact of sarcopenia on prognosis of elderly patient

y. Prevention and treatment of sarcopenia

Drugs and the elderly

a. The concept of polypharmacy

b. Inappropriate drug prescription: definition

c. Beers criteria, STOPP and START criteria

d. Cholinergic load and risk of cognitive impairment in older patients

e. Polypharmacy and drug-associated complications in older patients

Principles and utility of the Comprehensive Geriatric Assessment

a. What is the comprehensive geriatric assessment?

b. How comprehensive geriatric assessment can be used to to detect the clinical complexity of older patient?

c. How comprehensive geriatric assessment may be useful to evaluate the quoad vitam prognosis and to predict the onset of hospital complications?

d. Hospital discharge and following care path planning

Prerequisites

For students of the 5th year of the Master course in Medicine and Surgery

Teaching form

Lessons will be provided in presence, unless different indications by the Italian Ministry of Health (for instance, due the COVID pandemic)

Textbook and teaching resource

Hazzard's Geriatric Medicine and Gerontology, 7e, McGraw-Hill Education

Manuale di geriatria di Antonelli - Incalzi, Cesari, Leosco, Pedone, Ungar, Volpato - Societa' Italuana di Gerontologia e Geriatria • 2019 Edra - Masson

Semester

Second half

Assessment method

Written examination (multiple choice and open-ended questions).
For the Erasmus students, the examination will be oral in English or in Italian if specifically required

Office hours

By appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING