



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Medicina Interna 3

2324-3-I0101D016-I0101D050M

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#### Aims

##### INTERNAL MEDICINE - GERIATRICS

Demography and biology of ageing. Comprehensive assessment of the elderly and prevention of falls. Principles of pharmacology applied to the elderly. Salt and water replacement in the elderly. Chronicity: frailty and clinical instability. Cerebral, physiological and pathological ageing. Endocrinology: diabetes, dysthyroidism. Incontinence and pressure ulcers. The network of services for the elderly. Aspects of ethics in the care of the elderly.

##### DISEASES OF THE LOCOMOTIVE APPARATUS

Knowledge and identification of the main congenital and developmental pathologies. General concepts and treatment of fractures from first aid to definitive treatment and knowledge of the related complications. Management of transskeletal tractions and casts or braces. Knowledge of the main pathologies in the elderly such as osteoarthritis, osteoporosis and fragility fractures.

#### Contents

The course aims to:

- Describe the clinical picture of the main geriatric pathologies and syndromes related to the elderly that can affect the body by altering its balance and indicate the therapeutic approach
- Describe the clinical picture of the main congenital and acquired orthopedic pathologies that can affect the body by altering its balance and indicate the therapeutic approach
- know how to indicate the pathophysiological mechanisms that determine them
- know the manifestation of the pathologies treated: anamnestic data - signs and symptoms - as they are recognizable as one of the main variables influencing nursing care.

## **Detailed program**

### **INTERNAL MEDICINE - GERIATRICS**

Demography and biology of ageing. Multidimensional Assessment of the Elderly (VMD). Chronicity and the end of life. Frailty and clinical instability. Delirium and confusional state. Orthogeriatrics: integrated "care" model. Cerebral, physiological and pathological ageing: dementias. Falls in the elderly. Sarcopenia. Hypokinetic syndrome. Aspects of ethics in the care of the elderly. The network of services for the elderly.

### **DISEASES OF THE LOCOMOTIVE APPARATUS**

Congenital and congenital deformities. Epiphysiolysis. Traumas – Wounds: definitions and generalities. General concepts on fractures in the accreting skeleton

Congenital dysplasia of the hip. Congenital clubfoot. Osteoporosis – Fragility fractures. Fractures: classification and general concepts. Osteosynthesis: general concepts of the surgical treatment of fractures. The traumatized patient: transskeletal traction. General concepts on scoliosis. General concepts on bandages and plaster casts. Basics of pathology of the spine - low back pain. Fracture management and healing. Osteoarthritis: definition, clinic, radiographic imaging, therapy. Coxarthrosis and femoroacetabular impingement. Gonarthrosis. Definition and general concepts of distortions. Ankle and knee sprains: diagnosis and treatment.

## **Prerequisites**

No

## **Teaching form**

Lectures, Teledidactics

## **Textbook and teaching resource**

Antonelli Incalzi R, Manual of Geriatrics, EDRA Editions

- Skills manual in Geriatrics (online resource: <https://www.sigg.it/manuale-di-competenze-in-geriatria/>)
- ISTAT, Elderly in Italy, Il Mulino.
- Bosello O., Zamboni M., Manual of Gerontology and Geriatrics, Piccin
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- Grassi, Pazzaglia, Pilato, Zatti, Manual of Orthopedics and Traumatology ELSEVIER MASSON
- In-depth scientific articles on the recommendation of the teacher

## **Semester**

3rd year, 1st semester

## **Assessment method**

### INTERNAL MEDICINE

Hybrid test: closed-ended multiple choice test (with direct answer of which only one is correct) and two open questions concerning Geriatrics and Diseases of the Locomotor Apparatus. To pass the test it is necessary that the answers to both open questions are sufficient and that the closed-answer questions (3 points for each correct answer) reach a cut off of 12 points.

## **Office hours**

On appointment

## **Sustainable Development Goals**

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

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