



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Long-Term Care and Geriatric Nursing

2324-3-I0101D016-I0101D051M

---

#### Aims

- Know the main characteristics of aging and the management of problems related to the chronicity of the elderly person
- Contextualize the concept of frailty and disability in the elderly and the importance of multidimensional assessment (VMD) through knowledge of the main assessment scales
- Identify the main manifestations, data, signs and symptoms of the frail and disabled person
- Identify the main nursing diagnoses, outcomes and nursing interventions within the intra-hospital and community care pathway.
- Identify key nursing diagnoses, outcomes and interventions for people with musculoskeletal disorders.

#### Contents

The course aims to provide the student with the knowledge and methods necessary to identify and respond to the nursing care needs of the elderly person, using the care process and the tools of multidimensional assessment, contextualizing them to care situations in the geriatric field, orthopedic and rehabilitation, in every care setting.

Specifically, the synthetic contents aim 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

- Knowing how to recognize the pathophysiological mechanisms that determine them
- Know the manifestation of the pathologies treated, signs and symptoms as they are recognizable as the main variables influencing nursing care

## Detailed program

The frail elderly: overview and reflection through the cornerstones of geriatrics and hints of the Chronic Care Model.  
The multidimensional assessment of the frail elderly: methods and tools.

Hints of self care in the elderly with chronic pathology.

Management of cognitive impairment and delirium in the various manifestations.

Problems related to the alteration of processes related to nutrition and hydration, urinary and intestinal problems and problems of the oral cavity.

In-depth study of therapeutic education and management of therapy in the elderly and caregivers, pain management and infectious risks.

The management of falls, fractures or damage to the musculoskeletal system in the elderly, immobilisation syndrome, and problems related to sarcopenia.

## Prerequisites

No

## Teaching form

Lectures, narratives, discussions of clinical cases and group work.

## Textbook and teaching resource

### TEXTS

Nebuloni G., (2017) Nursing assistance to the elderly CEA

Smeltzer S.C., Bare B., Hinkle J., Cheever K. (2017) Brunner - Suddarth Medical-Surgical Nursing, Vol. 1-2. Milan: Casa Editrice Ambrosiana, V ed (chapter fractures)

### FURTHER ARTICLES

ESPEN Guideline on Hospital Nutrition (2021) Thibault R. et al available from <https://www.sinpe.org/documenti/LG%20ESPEN%20SINPE%20ASAND%20La%20Nutrizione%20Ospedaliera.pdf>

Ministry of Health (2015) National guidelines for the promotion of oral health and the prevention of oral diseases in adulthood

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>

Olenek K. (2003). Geriatric nursing assessment. A holistic approach to patient care incorporating the “giants of geriatric nursing” and patient psychosocial issues can improve nursing assessment. *Journal of gerontological nursing*. 29(8):5-9.

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), (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/on-urinary-incontinence-in-adults>

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

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

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>

Trifirò G., Incrasciotta Y., Caputi A.P. (2014) The use of drugs in the elderly patient: what critical issues? *G Gerontol* 62:64-68

[www.aan.com](http://www.aan.com) Guidelines of the A.A.N.

## **Semester**

3rd year, 1st semester

## **Assessment method**

### **DISABILITY NURSING**

Nursing written test: 14 closed-ended multiple choice tests of which only one is correct and four open questions relating to a brief clinical case of assistance relating to topics covered in the classroom.

To pass the module it is necessary to answer in a congruent and exhaustive way to the open questions evaluated with a score from 0 to 4 for each single question (cut-off 8 for passing open questions) and 1 point for each correct answer to closed-ended questions (cut-off -off 9): Passing the Nursing module 17 total points.

## **Office hours**

On appointment

## Sustainable Development Goals

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

---