UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Geriatrics

2425-5-H4101D333-H4101D114M

Aims

The lessons aim to provide the student with basic information on aging, related epidemiological data, and the impact of aging processes on life expectancy, also from a gender perspective. The course also aims to provide the student with knowledge about the most important geriatric syndromes, their identification methods, diagnostic criteria, management, and prevention, according to a multidimensional and multidisciplinary approach. Additionally, cultural tools will be provided to facilitate interaction between the geriatrician and other specialists and members of the care team.

Contents

The course will provide students with the foundational knowledge to understand the pathophysiological mechanisms underlying aging. It will equip them with the skills to distinguish between biological age and chronological age in the elderly, to comprehend the differences between disability and multimorbidity, to guide a syndromic diagnosis aimed at assessing the person as a whole (holistic approach), to determine a prognosis independent of specific pathologies, and to identify therapeutic goals (extending survival vs. quality of life/functional status). Additionally, students will gain the necessary competencies to decide on appropriate pharmacological and non-pharmacological treatments for patients and the fundamentals of pharmacological deprescription.

Detailed program

Aging

What is meant by aging?
Theories of aging.

Difference between multimorbidity, comorbidity, and disability.
Complex elderly patient and consumption of healthcare resources.
Impact of multimorbidity on the health and quality of life of the elderly.
Expected epidemiological scenarios in relation to aging and the presence of multimorbidity.
Examples of classification of multimorbidity.
Scales for assessing multimorbidity and comorbidity: advantages and limitations.

Physical Disability, Cognitive Impairment, and Mood Disorders

What is meant by physical disability, cognitive impairment, and mood disorders?
Disabled, demented, and depressed elderly patients and consumption of healthcare resources.
Impact of disability, cognitive impairments, and depression on the health and quality of life of the elderly.
Expected epidemiological scenarios in relation to aging and the presence of disabilities, cognitive impairments, and depression.
Scales for assessing disability, cognitive impairments, and depression: advantages and limitations.
Utility of assessing physical disability, cognitive impairments, and mood disorders in the prognostic evaluation of elderly patients with multimorbidity.
Concept of hospital-acquired disability syndrome.
Principles of rehabilitation and reactivation of the multimorbid elderly in hospital.

Geriatric Syndromes

What is meant by geriatric syndromes?
What is meant by chronological age and biological age?
Frailty syndrome: assessment tools and impact on the prognosis of elderly patients.
Reversibility and prevention of frailty: is it possible?
Delirium: what is meant by delirium?
Psychomotor subtypes of delirium.
Diagnosis of delirium: available assessment tools.
Impact of delirium on the prognosis of elderly patients.
Prevention of delirium.
Pharmacological and non-pharmacological treatment of delirium.
What is meant by falls: definition and epidemiology.
Fear of falling syndrome: definition and epidemiology.
Tools for assessing fall risk.
Complications of falls and prognosis of the elderly multifaller.
Prevention of falls in hospitals and at home.
Protein-calorie malnutrition (PCM): what is meant by PCM?
Epidemiology of PCM and assessment tools.
Impact of PCM on the prognosis of elderly patients.
Prevention of PCM.
Treatment of PCM.
Sarcopenia: what is meant by sarcopenia?
Epidemiology of sarcopenia in hospitals, at home, and in long-term care facilities.
Assessment tools and classification criteria for sarcopenia.
Impact of sarcopenia on the prognosis of elderly patients.
Prevention and treatment of sarcopenia.

Medications and the Elderly

The concept of polypharmacy.
Definition of inappropriate prescribing.
Beers Criteria, STOPP and START Criteria.
Cholinergic load and risk of cognitive impairment in the elderly.
Polypharmacy and complications in the elderly.

Principles and Utility of Comprehensive Geriatric Assessment (CGA)

What is meant by comprehensive geriatric assessment?
How can comprehensive geriatric assessment help intercept the clinical and surgical complexity of the elderly patient?
How can comprehensive geriatric assessment help define prognosis quoad vitam and predict the onset of hospital complications?
Planning hospital discharge and subsequent care pathways.

Prerequisites

Basic knowledge of medical and surgical pathologies and the principles of pharmacology

Teaching form

lectures, exercises, activity under the Teacher supervision, copresence of Teachers of different clinical areas

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 semester

Assessment method

see general Syllabus of the Course

Office hours

By appointment with email to the teacher (giuseppe.bellelli@unimib.it)

Sustainable Development Goals

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