



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Internal Medicine 1

2526-5-H4101D333-H4101D115M

Aims

The integrated course in Clinical Medicine aims to accompany the student, throughout the fifth and sixth years of the study path, in a process of clinical maturation that leads him from the acquisition of the fundamentals of the internal medicine approach to the conscious and complex management of the real patient.

The general objective of the course is to provide the student with the theoretical and practical-applicative skills necessary to address the main clinical conditions of adults and the elderly according to an integrated, person-centered and multidisciplinary approach.

In particular, the course aims to:

- Consolidate the physiopathological and clinical knowledge acquired in the early years, applying it to the real contexts of clinical medicine, through the diagnostic and therapeutic framework of the main internal medicine, oncological, infectious, cardiovascular, respiratory, hematological, hepatogastroenterological and geriatric pathologies;
- Promote the ability of clinical reasoning, encouraging the development of diagnostic hypotheses, the critical interpretation of clinical, laboratory and instrumental data, and the conscious selection of the most appropriate investigations and treatments, even in situations of uncertainty and complexity;
- Educate in the medicine of complexity, providing the tools for the global assessment of the patient affected by multimorbidity, frailty and biological and social vulnerability, with particular attention to the elderly, the cancer patient, the subject with advanced chronic diseases and with palliative needs;
- Develop an ethical, communicative and relational sensitivity, essential for the management of the doctor-patient relationship, for the sharing of decision-making paths, for the advance planning of care, and for effective interaction with family members and with the interprofessional team;
- Promote interdisciplinarity and collaboration, through participation in multidisciplinary clinical discussions, co-teaching between specialists, simulation of complex clinical cases, and continuous comparison between different areas of medicine (internal medicine, geriatrics, oncology, infectious diseases, palliative medicine and specialist medicine);
- Prepare for the clinical responsibility that awaits the future doctor at the end of the training course, through teaching that integrates theoretical knowledge with concrete experience, oriented towards the safety of care, precision medicine, risk assessment and personalization of interventions.

Through a progressive and integrated teaching curriculum between the fifth and sixth years, the course aims to

transform the student from an observer of clinical cases to an active protagonist in the diagnostic-therapeutic process, preparing him for the final exam but above all for daily medical practice.

Contents

The contents covered in the integrated course include:

- Internal Medicine: cardiovascular diseases (heart failure, AF, arrhythmias), endocrine-metabolic diseases (diabetes, dyslipidemias), electrolyte disorders, anemias, autoimmune and rheumatological diseases, approach to the complex internal medicine patient.
- Geriatrics: geriatric syndromes (frailty, delirium, falls, sarcopenia, malnutrition), multidimensional assessment, polypharmacy and deprescribing, care planning and treatment goals.
- Medical Oncology: staging and precision medicine, main neoplasms (breast, ovary, lung, prostate, kidney), integrated and multidisciplinary management, simultaneous treatments.
- Hematology: leukemias, lymphomas, coagulation and platelet disorders, principles of treatment and management of toxicities.
- Infectious Diseases: sepsis, endocarditis, fever of unknown origin, infections in immunosuppressed patients, infections from multiresistant germs.
- Cardiology: coronary syndromes, prevention, management of cardiac amyloidosis, dual anti-aggregation, gender-specific approach.
- Pulmonology: COPD, respiratory failure, interstitial lung disease, thoracic tumors, non-invasive ventilation.
- Gastroenterology: hepatitis, cirrhosis and its complications, liver cancer, inflammatory bowel disease, pancreatitis.
- Palliative Care: identification of need, management of complex symptoms, communication and ethical aspects.

Detailed program

During the fifth year, the student will be introduced to the clinical management of the complex patient through the study of the main internal, hematological, oncological and geriatric pathologies. The program is divided into the following modules:

Internal Medicine 1

- Clinical approach to the internal medicine patient
- Management of cardiovascular diseases of internal medicine interest (with particular focus on heart failure)
- Infectious diseases (sepsis, endocarditis, meningitis, pneumonia, pyelonephritis)
- Fever of unknown origin: differential classification
- Comorbidity and integrated management of complex patients

Geriatrics

- Aging: definitions, theories and epidemiological data
- Multimorbidity, comorbidity and disability in the elderly
- Geriatric syndromes: frailty, delirium, falls, sarcopenia, malnutrition
- Geriatric multidimensional assessment and care planning
- Pharmacology of the elderly: polypharmacotherapy, deprescribing, appropriateness criteria (STOPP/START, Beers)

Medical Oncology A

- Staging principles, precision medicine, multidisciplinary team
- Tumors lung neuroendocrine
- Pleural mesothelioma

- Early breast cancer
- Ovarian cancer
- Kidney cancer

Blood Diseases C (Hematology)

- Fundamentals of clinical hematology
- Mechanisms of action of chemotherapeutics, immunotherapies and biological therapies
- Acute and chronic leukemias, lymphomas
- Coagulation and platelet disorders
- Relational and communication aspects in the management of the hematological patient

Prerequisites

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

Teaching form

Lectures

Teaching under the supervision of the University

Co-teaching

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' Italiana di Gerontologia e Geriatria • 2019 Edra - Masson

Semester

Second semester

Assessment method

The exam will take place within the Medical Clinic exam of the 6th year

Written exam (multiple-choice quiz), followed by an oral exam on topics covered during the lectures or present in the program, and discussion of a clinical case.

For the Erasmus students, the examination will be oral in English or in Italian if specifically required

Office hours

By appointment
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Sustainable Development Goals

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