UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Medicina Clinica e della Disabilità

2526-3-I0101D016

Aims

1. Knowledge
   Acquire in-depth knowledge of the pathophysiological characteristics of aging, the main chronic diseases and disabilities of the elderly, including orthopedic problems at every stage of life, and the fundamental principles of clinical and healthcare management of this population.
2. Understanding
   Develop the ability to interpret the signs and symptoms associated with chronic diseases, disabilities, and orthopedic problems in older adults, and understand the impact of age and pathological conditions on their quality of life and care pathway.
3. Independent Judgment
   Develop the ability to critically assess the clinical conditions of frail older adults, developing personalized intervention plans adapted to specific care needs. Develop these skills even when dealing with complex orthopedic problems at different stages of life.
4. Communication Skills
   Acquire effective communication skills to establish trusting relationships with the elderly, adults, family members, and the multidisciplinary team, facilitating information sharing and active participation in the care process.
5. Learning Skills
   Promote autonomy in the study and ongoing in-depth study of issues related to the clinical and care management of the elderly, with particular attention to orthopedic issues, including in other life stages, and to new scientific evidence in the field.

Contents

The course aims to:
• Describe the clinical picture of the main pathologies and geriatric syndromes related to the elderly person that may affect the body by altering its balance and indicate the therapeutic approach

• Describe the clinical picture of the main pathologies of a congenital and acquired orthopedic nature that may affect the body by altering its balance and indicate the therapeutic approach
• Know how to indicate the physiopathological mechanisms that determine them
The aim of the integration of the disability nursing module is to provide the student with the necessary knowledge and modalities to identify and respond to the nursing needs of the elderly person, using the assistance process and the tools of multidimensional assessment, contextualizing them to the care situations in the geriatric, orthopedic and rehabilitation, in every healthcare setting.

Detailed program

INTERNAL MEDICINE - GERIATRICS
Demography and biology of aging.
Multidimensional assessment of the elderly (VMD).
Chronicity and the end of life.
Fragility and clinical instability.
Delirium has been confused.
Orthogeriatrics: integrated "care" model.
Brain aging, physiological and pathological: dementia.
Falls in the elderly. Hypokinetic syndrome
The sarcopenia..
Aspects of ethics in the care of the elderly.
The service network for the elderly.

DISEASES OF THE LOCOMOTOR SYSTEM
Congenital and congenital deformity.
General concepts on scoliosis
Epiphysiolysis. Trauma -
General concepts on fractures in the growing skeleton
General concepts on hip dysplasia. Congenital clubfoot.
Osteoporosis - Fractures from fragility.
Fractures: classification and general concepts.
Osteosynthesis: general concepts of surgical treatment of fractures.
Fracture management and healing
The traumatized patient: transcheletric traction.
General concepts on bandages and pinstripes.
Pathology of the spine - lumbalgia..
Osteoarthritis: definition, clinical, radiographic imaging, therapy

NURSING OF THE DISABLED
The contents of the lessons aim to:
• Describe the clinical picture of the main pathologies and geriatric syndromes related to the elderly person that may affect the body by altering its balance
• Know how to recognize the physiopathological mechanisms that determine them and indicate their therapeutic/ care approach
• To know the manifestation of the pathologies treated through the data, signs and symptoms as recognizable as the main variables useful to identify nursing diagnoses
SUBJECTS DEALT WITH:
The elderly fragile: framing and reflection through the cornerstones of geriatrics and hints of the Chronic Care Model. The multidimensional assessment of the elderly fragile: methods and tools.
Self care hints in the elderly person with chronic pathology.
Cognitive decay, management of different forms of dementia and delirium in different manifestations.
Problems related to the alteration or risk of alteration of the processes related to nutrition and hydration, the

functionality of the urinary and intestinal tract, the locomotor system in the elderly.
Management of orthogeriatric problems
Management of pain, infectious risks and oral diseases
Risk management of falls, immobilization syndrome, and sarcopenia.
Therapeutic education and management of drug treatment

Prerequisites

Defined by the teaching regulations

Teaching form

The lessons are carried out mainly in a paying mode integrating some lessons with individual and/or group exercises, teaching videos, and narrative contributions. All activities are carried out in presence. The classes of Internal Medicine are held in presence with use of Teledidattica for remote locations

Textbook and teaching resource

TEXTS
Antonelli Incalzi R, Geriatrics Manual, EDRA Editions

Bosello O., Zamboni M., Manual of Gerontology and Geriatrics, Piccin

Competence Manual in Geriatrics (online resource: https:///www.sigg.it/manuale-di-competenze-in-geriatrica/)

Grassi, Pazzaglia, Pilato, Zatti, Orthopaedic and Traumatology Manual ELSEVIER MASSON

Nebuloni G., (2017) Nursing care for the elderly CEA

Smeltzer S.C., Bare B., Hinkle J., Cheever K. (2017) Brunner - Suddarth Medical-surgical nursing, Vol. 1-2. Milan: Publishing House Ambrosiana, V ed (chapter fractures)
IN-DEPTH ARTICLES
ESPEN Hospital Nutrition Guideline (2021) Thibault R. et al available from https://www.sinpe.org/documenti/LG%20ESPEN%20SINPE%20ASAND%20The%20Nutrition%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 Asseessment 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-guide/non-oncologiche/2018%20non%20oncologicals/on-incontinence-urinary-in-adults
https://siu.it/linee-guide/non-oncological/2018%20non 20oncology/on-incontinence-urinary-adults
Registrered Nurses' Association of Ontario (RNAO) (2005) Prevenzione della costipazione nella popolazione adulta più anziana. Programma di linee guida per le migliori pratiche infermieristiche
Disponibile da: 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 per delirio, depressione e demenza negli anziani.
Disponibile presso: http://www.rnao.org/Page.asp"PageID=924&ContentID=818

Trifirò G., Incrasciotta Y., Caputi A.P. (2014) L'uso dei farmaci nel paziente Anziano: quali criticità" G Gerontol 62:64-68

www.aan.com Linee Guida dell'A.A.N. (Accademia Americana di Neurologia)

Semester

3 Academic Year, 1 semester

Assessment method

INTERNAL MEDICINE
Hybrid test: multiple choice closed-choice test (with direct answer of which only one correct) and two open questions concerning geriatrics and diseases of the locomotor system. To pass the test, the answers to both open questions must be sufficient and the closed-ended questions (3 points for each correct answer) must reach a cut off of 12 points.

NURSING OF THE DISABLED
Written Nursing Test: 14 multiple choice closed-ended tests, of which only one is correct and four open-ended questions related to a short clinical care case related to topics dealt with in the classroom.
To pass the module it is necessary to answer in a congruent and exhaustive way the open questions evaluated with score from 0 to 4 for each individual question (cut-off 8 for passing open questions) and 1 point for each correct answer to closed-ended questions (cut-off 9): Passing Nursing module 17 total points.

Allocated time 90 minutes

There are no ongoing tests.

Office hours

By appointment via email with the teachers or with the teaching coordinator

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Sustainable Development Goals

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