UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Internal Medicine 3

2526-3-I0101D016-I0101D050M

Aims

Knowledge:
• Principles of demography, biology of aging, physiology, and diseases of the elderly.
• Global assessment indicators and prevention strategies (falls, frailty).
• Fundamentals of geriatric pharmacology: pharmacokinetic and pharmacodynamic changes.
• Salt and water metabolism, characteristics of brain aging, endocrine conditions, and osteoarticular diseases.
• Organization of dedicated services, ethical aspects of care, management techniques for orthopedic emergencies.
Understanding:
• Demographic and biological dynamics of aging and their impacts.
• Risk factors and prevention strategies for falls and frailty.
• Interpretation of clinical data and age-related physiological changes.
• Clinical implications of endocrine and osteoarticular conditions.
• Role of an integrated service network and ethical considerations in care.
Ability to apply:
• Assess pathologies and risks in the elderly and plan preventive interventions.
• Manage orthopedic emergencies and immobilization techniques.
• Adopt multidisciplinary and ethical approaches.
• Coordinate integrated care services, improving the quality of life of the elderly.

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

Detailed program

INTERNAL MEDICINE - GERIATRICS
Demography and biology of aging. Multidimensional assessment of the elderly (VMD). Chronicity and end of life. Clinical fragility and instability. Delirium and confusion. Orthogeriatrics: integrated "care" model. Brain aging, physiological and pathological: dementia. 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 LOCOMOTOR SYSTEM
Congenital and connatal deformities. Epiphysiolysis. Trauma - Wounds: definitions and generalities. General concepts on fractures in the growing skeleton
Congenital hip dysplasia. Congenital clubfoot. Osteoporosis - Fractures from fragility. Fractures: classification and general concepts. Osteosynthesis: general concepts of surgical treatment of fractures. The traumatized patient: transcheletric traction. General Concepts on Scoliosis. General Concepts on Bandages and Pinstripes. Background on Spine Pathology - Lumbago. Fracture management and healing. Osteoarthritis: definition, clinical, radiographic imaging, therapy. Coxarthrosis and femoral-acetabular conflict. Gonarthrosis. Definition and general concepts of sprains. Ankle and knee sprains: diagnosis and therapy.

Prerequisites

Defined by the teaching regulations

Teaching form

The course is taught through lectures, during which the instructor encourages discussion and critical reflection on the syllabus topics. Teaching activities are divided into eight two-hour lessons, delivered in person at the Monza campus, with synchronous distance learning at the Lecco, Faedo Valtellino (SO), and Bergamo campuses.

Textbook and teaching resource

Antonelli Incalzi R, Geriatrics Manual, EDRA Editions

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

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

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

ISTAT, Seniors in Italy, Il Mulino.

Scientific articles about the teacher

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. 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