UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Long-Term Care and Geriatric Nursing

2526-3-I0101D016-I0101D051M

Aims

Know the main characteristics of aging and how to manage problems related to the chronicity of the elderly person. (Knowledge)
Contextualize the concept of frailty and disability in the elderly, highlighting the importance of multidimensional assessment (VMD) and knowing the main evaluation scales used. (Knowledge and understanding)
Identify the main signs, symptoms and clinical data associated with the fragile person, with disabilities and orthopedic problems. (Autonomy of judgment)
Plan and apply the main nursing diagnoses, outcomes and nursing interventions related to intra-hospital and territorial care for elderly people with problems of chronicity and frailty. (Communicative and operational skills)
Planning and applying nursing diagnoses, outcomes and specific interventions for people with diseases of the locomotor system. (Communicative and operational skills)
Develop awareness of their own training needs through clinical reasoning through the analysis of clinical cases, the use of active teaching methodologies, exercises and brainstorming in the classroom (Learning ability)

Contents

The course aims 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 tools of multidimensional assessment, contextualizing them to the care situations in the geriatric, orthopedic and rehabilitation, in every healthcare setting.

Detailed program

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 the 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

There are 10 2-hour lectures conducted mainly in delivery mode: some lectures at the discretion of the lecturer include individual and/or group exercises, instructional videos and narrative contributions. All activities are conducted in presence.

Textbook and teaching resource

TEXTS
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
AIFA _(2015) Beers Criteria. The American Geriatric Society (AGS) updates the list of potentially inappropriate drugs. Available from:
https://www.aifa.gov.it/-/criteri-di-beers-la-societa-geriatrica-americana-ags-aggiorna-la-lista-dei-farmaci-potenzialmente-inappropriati

Minister of Health Decree 77/2022 https://www.camera.it/temiap/2024/01/29/OCD177-6952.pdf

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

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

Ministry of Health (2024) National Chronicity Plan - Update 2024

Montero-Odasso et al. (2022) World guidelines for falls prevention and management for older adults:
a global initiative. Age and Ageing; 51: 1-36

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-guida/non-oncologiche/2018%20non%20oncologiche/sull-incontinenza-urinaria-negli-adulti

Registrered Nurses' Association of Ontario (RNAO) (2005), Prävention von Verstopfung bei älteren Erwachsenen. Nursing Best Practice Guidelines Program
Verfügbar unter: 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 auf Delirium, Depression und Demenz bei älteren Erwachsenen. Verfügbar unter: 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
https://www.aan.com Linee guida dell'A.A.N. (American Academy of Neurology)

https://siu.it/linee-guida/non-oncologiche/2018%20non%20oncologiche/sull-incontinenza-urinaria-negli-adulti

Semester

3° Academic Year, 1° academic semester

Assessment method

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. There are no ongoing to starts.

Office hours

By appointment by sending an email to the individual teachers or the Teaching Coordinator

Sustainable Development Goals

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