UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Riabilitazione in Età Geriatrica

2526-3-I0201D146-I0201D158M

Aims

Conduct the student to an observation and assessment of the fragile patient and the elder that overcome the limit of the chronic, for the planning of a maintenance, reactivation and / or rehabilitation intervention.
Know the characteristics of the elderly to make them promoters of self-sufficiency and autonomy.

Learning outcomes
**Knowledge and understanding

• Know the theoretical foundations of geriatric rehab and its historical evolution.
• Understand biological and sociocultural differences affecting the health of the elderly/fragile person
• Identify fraily-specific risk factors in different pathologies
**Applying knowledge and understanding

• Apply rehabilitation principles in designing personalized rehabilitation interventions
• Integrate knowledge learned into individual rehabilitation projects
• Adapt therapeutic strategies considering also gender differences
**Making judgements

• Critically analyze pathologies considering onset, symptoms and treatment effectivenessIn omplexity of treatment of the Frail Patient
• Autonomously evaluate when and how to apply rehabilitation of strength and power
**Communication skills

• Communicate effectively with patients and colleagues using appropriate and sensitive language
• Present clinical cases highlighting relevant aspects of geriatric medicine
**Learning skills

• Develop capacity for continuous updating on geriatric issues in healthcare
• Autonomously integrate new knowledge on the topic rehabilitation into professional practice

Contents

Fragility
Geriatric assesment
Evaluation scales
the P.A.I.
Prevention Reactivation Rehabilitation
The Home-Based Physiotherapist
The Community Physiotherapist
Adapted Physical Activity. AFA
Pain and prevention in the frail patient

Detailed program

Know the theoretical foundations of Geriatric rehabilitative medicine.
Multiple pathology and multidimensional assessment
UVG and service network
Geriatric assessment and assessment scales
Autonomy and self sufficiency
Dementia
The rehabilitative treatment: characteristics, objectives, limits
Reactivation and Motor rehabilitation
Cognitive rehabilitation
Social animation
Teamwork Home treatment and clinic treatment

Prerequisites

Knowledge of rehabilitation of major orthopedic and neurological diseases.

Teaching form

1 lesson of 3 hours of Lectureships that is conducted as didactic delivery.
2 Exercises of 6 hours taking place as interactive teaching with special supports for interactive teaching (e.g., Wooclap), and presentation/discussion of clinical cases.
1 Laboratory activity of 3 hours that is conducted as interactive in-presence teaching.

Textbook and teaching resource

ASSISTENZA E RIABILITAZIONE GERIATRICA di Marco Trabucchi, G.Casale O. Bonaccorso, A.Guaita ed.

FRANCOANGELI / Sanità**

ASSISTENZA GERIATRICA OGGI di F.Cavazzuti, G.Cremonini -Casa editrice Ambrosiana

MUOVERSI PER NON SUBIRE IL TEMPO di Francesconi K e Gandini G. EDI-ERMES
Slides

Semester

2nd semester

Assessment method

described in teaching sy

Office hours

By appointment
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Sustainable Development Goals

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