



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Medicina Clinica e della Disabilità

2627-3-I0101D016

Aims

Learning Outcomes

Upon successful completion of the course, students will be able to:

1. Knowledge and Understanding
Acquire comprehensive knowledge of the pathophysiological mechanisms of ageing, the major chronic diseases and disabilities affecting older adults, including orthopaedic conditions across the lifespan, and the fundamental principles of clinical and nursing management for these populations.
2. Applying Knowledge and Understanding
Develop the ability to recognize and interpret the signs and symptoms associated with chronic diseases, disability, and orthopaedic disorders in older adults, and to understand the impact of ageing and pathological conditions on quality of life and the continuum of care.
3. Making Judgements
Develop critical appraisal skills for assessing the clinical condition of frail older adults, enabling the formulation of individualized, evidence-based nursing care plans tailored to specific healthcare needs. Students will also develop these competencies in the management of complex orthopaedic conditions occurring throughout the lifespan.
4. Communication Skills
Develop effective communication skills to establish therapeutic relationships with older adults, adult patients, family caregivers, and members of the multidisciplinary healthcare team, promoting information sharing and active participation in the care process.
5. Lifelong Learning Skills
Develop the ability for independent learning and continuous professional development in the field of geriatric nursing and clinical care, with particular attention to orthopaedic disorders across the lifespan and emerging scientific evidence.

Contents

The course aims to enable students to:

- Describe the clinical features of the major geriatric diseases and syndromes affecting older adults, including their impact on physiological homeostasis and the related therapeutic approaches.
 - Describe the clinical features of the major congenital and acquired orthopaedic disorders that may alter body function, together with their therapeutic management.
 - Explain the underlying pathophysiological mechanisms of these conditions.
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- Provides students with the knowledge and competencies required to identify and address the nursing care needs of older adults through the nursing process and multidimensional assessment tools, applying these principles within geriatric, orthopaedic, and rehabilitation settings across the continuum of care.

Detailed program

Detailed Course Programme

Internal Medicine – Geriatrics

- Demography and biology of ageing
- Comprehensive Geriatric Assessment (CGA)
- Chronic disease management and end-of-life care
- Frailty and clinical instability
- Delirium and acute confusional states
- Orthogeriatrics: integrated models of care
- Physiological and pathological brain ageing: dementia
- Falls in older adults
- Hypokinetic syndrome
- Sarcopenia
- Ethical issues in the care of older adults
- Healthcare and social care services for older people

Musculoskeletal Disorders and Orthopaedics

- Congenital and developmental musculoskeletal deformities
- General principles of scoliosis
- Slipped capital femoral epiphysis
- Musculoskeletal trauma
- Fractures in the growing skeleton: general principles
- Developmental dysplasia of the hip
- Congenital clubfoot
- Osteoporosis and fragility fractures
- Fracture classification and management
- Osteosynthesis: principles of surgical fracture fixation
- Fracture healing and postoperative management
- Management of the trauma patient
- Skeletal traction
- Principles of bandaging and cast immobilization
- Overview of spinal disorders and low back pain
- Osteoarthritis: definition, clinical presentation, diagnostic imaging, and treatment

Disability Nursing

The Disability Nursing module aims to enable students to:

- Describe the clinical characteristics of the major geriatric diseases and syndromes affecting older adults.
- Recognize the underlying pathophysiological mechanisms and identify appropriate therapeutic and nursing management strategies.
- Identify the clinical manifestations of the conditions discussed through the interpretation of assessment data,

signs, and symptoms, using these findings to formulate nursing diagnoses, expected outcomes, and evidence-based nursing interventions.

Topics

- Frailty in older adults: conceptual framework based on the core principles of geriatrics and an introduction to the Chronic Care Model
- Comprehensive Geriatric Assessment (CGA): methods and assessment tools
- Principles of self-care in older adults living with chronic conditions
- Nursing management of multimorbidity, with particular emphasis on chronic cardiovascular and metabolic diseases and issues related to polypharmacy
- Cognitive impairment, including the nursing management of dementia and delirium across different clinical presentations
- Nursing management of actual and potential problems related to nutrition and hydration
- Nursing management of urinary and bowel dysfunction
- Nursing care for musculoskeletal disorders across the lifespan
- Orthogeriatric nursing management
- Pain management
- Prevention and management of infection
- Oral health assessment and management
- Fall prevention
- Immobility syndrome
- Sarcopenia
- Therapeutic patient education and medication management

Prerequisites

Defined by the teaching regulations

Teaching form

Teaching is primarily delivered through face-to-face lectures, complemented by individual and/or group learning activities, educational videos, and narrative-based learning resources. All teaching activities are conducted in person. Internal Medicine 3 lectures are delivered on campus Monza and simultaneously streamed via distance-learning technology to students attending from remote campuses.

Textbook and teaching resource

Please refer to the individual module syllabi.

Semester

3° Academic Year, 1° semester

Assessment method

Internal Medicine

The assessment consists of a written examination including:

- 10 multiple-choice questions (5 in Geriatrics and 5 in Musculoskeletal Disorders), each with one correct answer;
- 2 open-ended questions, one in Geriatrics and one in Musculoskeletal Disorders.

Open-ended questions are marked on a scale from **0 to 10 points** each, with a minimum passing score of **12/20**. Each correct answer to the multiple-choice questions is awarded **1 point**, with a minimum passing score of **6/10**.

Disability Nursing

The assessment consists of:

- 10 multiple-choice questions, each with one correct answer;
- 4 short open-ended questions based on a clinical nursing case related to the course content.
Each open-ended question is marked on a scale from **0 to 5 points**, with a minimum passing score of **12/20**. Each correct answer to the multiple-choice questions is awarded **1 point**, with a minimum passing score of **6/10**.

Students must achieve a passing grade in **both modules** to pass the integrated course.

The examination duration is **90 minutes**.

No mid-term assessments are scheduled.

Office hours

By appointment via email with the course lecturers or the course coordinator, Sandra Merati:(sandra.merati@unimib.it).

Sustainable Development Goals

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