



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Medicina Interna 3

2627-3-I0101D016-I0101D050M

Aims

Knowledge

Gain 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 care management of this population.

Understanding

Develop the ability to interpret the signs and symptoms associated with chronic diseases, disabilities, and orthopedic issues in older people, and to understand the impact of age and pathological conditions on their quality of life and care pathway.

Autonomy of judgment

Develop critical assessment skills for the clinical condition of frail older adults, developing personalized intervention plans tailored to specific care needs. Develop these skills even in the presence of complex orthopedic issues at different stages of life.

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 ten of 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

Written test: test with 10 closed questions (5 for Geriatrics and 5 for Diseases of the Locomotor System) with multiple choice of which only one is correct and two open questions, one for Geriatrics and one for Diseases of the Locomotor System.

The test evaluation involves assigning a score from 0 to 10 for each open-ended question (cut-off 12 out of 20) and 1 point for each correct answer of the 10 closed multiple-choice questions, of which only one is correct (cut-off 6 out of 10)

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
