

**Course syllabus – part A**
Geriatrics**48SJ-GER****ECTS: 2.00****CYCLE: 2023L****SUBJECT MATTER CONTENT****LECTURE**

1. Distinctness of old-age diseases. Major differences in the course of diseases at a young and old age; issues encountered in diagnostics and treatment of elderly people, e.g. basic knowledge of polypragmasy and polypharmacotherapy 2. Physiological ageing. Physiological changes associated with human ageing and practical application of knowledge of differential diagnosis and treatment of ailments and diseases typical of old age. 3. Types of ageing. Successful ageing. Definition of old age, ageing, classification of the old age period according to the WHO, types of ageing. Necessary conditions for successful ageing. 4. Demographic issues. Long-term care in geriatrics. Geriatrics and palliative and long-term care. Types of long-term care in Poland and systemic deficits in this regard. 5. Health promotion in geriatrics. The issues of anti-ageing medicine and proper diet, prevention of sarcopenia, dementia, falls and infections at an old age. 6. Frailty syndrome. Definition, pathogenesis, symptoms, treatment/prevention and consequences of the frailty syndrome 7. Therapeutic decisions at an old age. The tools facilitating decisions at an old age – completing the causative therapy and replacing it with palliative care and quality of life improvement. 8. Demography and hospitalisation. Organisation of geriatric care – an integrated model of interdisciplinary care, forms of care in Poland. Economic, care-related and hospitalisation-related issues at an old age.

CLASSES

Day 1: CGA – comprehensive geriatric assessment – practical training: discussing the different nature of old-age illness with clinical cases of Internal Disease Ward patients as examples. Day 2: dementia, delirium and depression at an old age – clinical cases. Behaviour disorders in dementia, old-age sleep disorders, care-related issues – clinical cases. Day 3: Bedsores, prevention and treatment. Clinical cases of patients in the Care and Treatment Facility. End-of-life procedures. Legal issues emerging when a patient cannot grant informed consent for treatment.

SEMINAR

Discussing geriatric issues by the clinical case method. 1. Urological issues, including urinary incontinence, urinary retention, and urinary tract infections in elderly people. 2. Gastric issues and reproductive organ descent and prolapse. Dysphagia and appetite disorders, constipation and diarrhoea, faecal incontinence geriatric patients; genital disorders in elderly women, mainly female genital prolapse. 3. Falls, gait disturbances, fainting in elderly people. Causes, prevention, consequences. 4. "Pharmacohazardology" – issues of polypragmasy and treatment complications at an old age. 5. Practical training at the Centre for Medical Simulation. Bedsores – practice in applying specialist dressings. Delirium – gamification – using games to practice diagnostics, treatment and prevention of delirium.

TEACHING OBJECTIVE

Preparing for comprehensive care of an elderly patient, planning therapeutic and nursing procedures in geriatric patients. Acquiring the ability to conduct a comprehensive geriatric assessment (CGA). Familiarising the students with the genetic and environmental factors

Legal acts specifying learning outcomes:**3112022****Disciplines:** medical sciences**Status of the course:** Obligatoryjny**Group of courses:** B - przedmioty kierunkowe**Code:** ISCED 0912**Field of study:** Medicine**Scope of education:****Profile of education:** General academic**Form of studies:** full-time**Level of studies:** uniform master's studies**Year/semester:** 4/8**Types of classes:** Lecture, Classes, Seminar**Number of hours in****semester:** Lecture: 8.00, Classes:

12.00, Seminar: 10.00

Language of instruction: English**Introductory subject:** internal diseases, clinical pharmacology, physiology, pathophysiology**Prerequisites:** internal diseases, clinical pharmacology, physiology, pathophysiology – knowledge of these subjects**Name of the organisational unit****conducting the course:** Katedra Medycyny Rodzinnej i Chorób Zakaźnych**Person responsible for the realization of the course:** dr n. med. Małgorzata Stompór**e-mail:** malgorzata.stompor@uwm.edu.pl**Additional remarks:**

affecting old age, pathophysiology of old age, demographic issues. Familiarising the students with the medical conditions and disorders of systemic balance in elderly people, possible issues in communication with elderly patients and their families, so-called “major geriatric issues”, including psychogeriatric issues. The objective of geriatrics as a subject is – on the one hand – to raise awareness of the need to improve the geriatric patients’ function and their quality of life at an old age, and on the other – to develop a respectful and empathic attitude of students towards elderly people. It highlights the issue of health promotion at an old age, as well as persistent therapy in diseases with a poor prognosis. The students are familiarised with the issue and consequences of polypharmacotherapy and polypragmasy.

DESCRIPTION OF THE LEARNING OUTCOMES OF THE COURSE IN RELATION TO THE DESCRIPTION OF THE CHARACTERISTICS OF THE SECOND LEVEL LEARNING OUTCOMES FOR QUALIFICATIONS AT LEVELS 6-8 OF THE POLISH QUALIFICATION FRAMEWORK IN RELATION TO THE SCIENTIFIC DISCIPLINES AND THE EFFECTS FOR FIELDS OF STUDY:

Symbols for outcomes related to the discipline:

M/NMA_P7S_UW+++ , M/NMA_P7S_WG+++

Symbols for outcomes related to the field of study:

E.W12.+ , C.W37.+ , E.W7.+ , E.W20.+ , D.W14.+ , K.4.+ , KA7_UU4+ , E.W35.+ , E.W29.+ , KA7_UW8+ , KA7_UK1+ , E.W9.+ , K.2.+ , C.W48.+ , KA7_WG4+ , KA7_UU10+ , E.W8.+ , D.W4.+ , KA7_WG15+ , E.W27.+ , D.W15.+ , K.1.+ , E.W1.+ , E.W10.+ , E.W28.+ , C.W39.+ , C.W38.+ , D.W10.+ , B.W26.+ , KA7_UU6+ , G.W5.+ , KA7_UW2+ , E.W11.+ , KA7_UK5+ , E.W19.+

LEARNING OUTCOMES:

Knowledge:

W1 – The students are familiarised with comprehensive care of elderly patients; the principles of comprehensive geriatric assessment (CGA); the idea of interdisciplinary geriatric care; the principles of human body ageing in various aspects; distinctness of the nursing procedures and organisation of care in geriatric patients; genetic and environmental factors affecting the old age, pathophysiology of old age, demographic issues. Medical conditions and disorders of systemic balance in elderly people, possible issues in communication with elderly patients and their families; major geriatric issues, including psychogeriatric issues; the end-of-life issue and the principles of pain treatment and the issue of futile therapy in diseases with poor prognosis; rules of health promotion in geriatrics. The students are familiarised with the issue and consequences of polypharmacotherapy and polypragmasy.

Skills:

U1 – The students can list the rules of comprehensive care of elderly patients; perform a comprehensive geriatric assessment (CGA) with multiple scales and questionnaires; apply the knowledge of the distinctiveness of care procedures in geriatric patients; identify, diagnose and treat the main medical conditions and disorders of systemic balance in elderly people; talk to elderly patients and their families, including passing information about a poor prognosis; identify drug-related complications and drug interactions; perform an assessment of an elderly patient’s functional status and qualify him/her to home or hospital care; follow a procedure if a patient cannot grant informed consent for treatment; identify complications and consequences of polypharmacotherapy and polypragmasy.

Social competence:

K1 – The students are competent in being guided by the patient’s good, particularly by abstaining from futile therapy

TEACHING FORMS AND METHODS:

Lecture(W1;):information lecture – use of multimedia presentations

Classes(W1;U1;K1;):practical training – patient presentation – interview and physical examination

Seminar(W1;U1;K1;):Seminar – discussing geriatric issues by the clinical case method

FORM AND CONDITIONS OF VERIFYING LEARNING OUTCOMES:

Lecture (Written test) - credited test covering the contents of lectures, seminars and practical training. A single-choice test; obtaining a credit requires at least 60% of correct answers. -

Classes (Colloquium practical) - students' individual work; group work; proposed diagnostics, treatment and planned care -

Seminar (Part in the discussion) - students' individual work; group work; proposed diagnostics, treatment and planned care -

BASIC LITERATURE:

1. John Morley, *Geriatric Medicine, An Issue of Medical Clinics of North America, 1st Edition*, Wyd. Elsevier, R. 2011

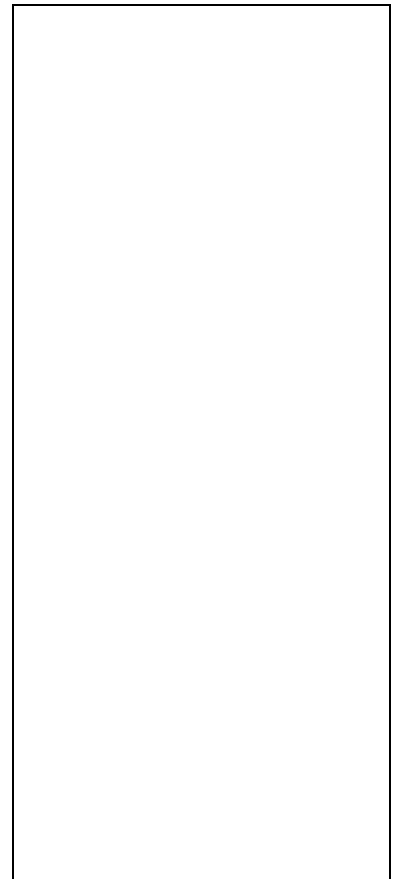
2. Victor A. Hirth , Darryl Wieland, Maureen Dever-Bumba, *Case - Based Geriatrics. A Global Approach*", Wyd. Mc Graw Hill Medical, R. 2011

3. Singler K., Polidori M. C., *Learning Geriatric Medicine. A Study Guide for Medical Students*, Wyd. Springer Cham, R. 2018

4. David B. Reuben, *Geriatrics at Your Fingertip 2022*, Wyd. American Geriatrics Society, R. 2022

SUPPLEMENTARY LITERATURE:

1. Mace N., Rabins P., *JHU press*, Wyd. "The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life", R. 2011



Detailed description of ECTS credits awarded - part B

48SJ-GER

ECTS: 2.00

CYCLE: 2023L

Geriatrics

The number of ECTS credits awarded consists of:

1. Contact hours with the academic teacher:

- participation in: Lecture	8.0 h
- participation in: Classes	12.0 h
- participation in: Seminar	10.0 h
- consultation	2.0
Total:	32.0 h.

2. Independent work of a student:

preparing for seminars and practical training	9.00 h
preparing for written and practical credited test	9.00 h

Total: 18.0 h

contact hours + independent work of a student Total: 50.0 h

1 ECTS credit = 25-30 h of an average student's work, number of ECTS credit = 50.0 h : 25.0 h/ECTS = 2.00 ECTS on average:
2.0 ECTS

- including the number of ECTS credits for contact hours with the direct participation of an academic teacher: 0,00 ECTS points,

- including the number of ECTS credits for hours of independent work of a student: