



UNIVERSITY OF WARMIA AND MAZURY IN OLSZTYN
Faculty of Medicine

Course syllabus – part A

USOS Code: 48SJO-GETRI
ECTS: 1.00
Cycle: 2026

Geriatrics
Geriatrics

Legal acts specifying learning outcomes:
311/2023;

Discipline: Medical Sciences

Course status: Obligatory

Group of courses: B - major course

ISCED Code: 0912

Field of studies: Medicine

Field: Medicine

Learning profile: -

Form of studies: full-time

Level of studies: uniform master's studies

Year/Semester: 4th year, Medicine in English

Classes types: Lecture; Classes;

Classes: Lecture (8h); Classes (22h);

Language: ANG

Introductory subject: internal diseases, clinical pharmacology, physiology, pathophysiology

Prerequisites: internal diseases, clinical pharmacology, physiology, pathophysiology – knowledge of these subjects

Organized by the unit:

Coordinators responsible for the course:

Małgorzata Stompór,
malgorzata.stompor@uwm.edu.pl

Additional notes:

ćwiczenia prowadzone metodą opartą na prezentacji i dyskusji przypadków klinicznych

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SUBJECT MATTER CONTENT:

Classes – 1. Practical bedside training – comprehensive geriatric assessment, interpretation of assessment results, and planning of diagnostic and therapeutic management, care, health promotion, and disease prevention (including infection control), tailored to identified clinical and geriatric issues (falls, incontinence, pressure ulcers, chronic wounds, frailty syndrome, fractures/osteoporosis, and hospitalization risk). Specifics of physical examination and history-taking in elderly patients. 2. Practical bedside training – history-taking and cognitive function assessment in patients with dementia, delirium, and/or depression; planning diagnostic, therapeutic, and care strategies. Analysis of pharmacotherapy and associated risks in patients with major psychogeriatric issues (dementia, depression, delirium). Behavioral disturbances associated with dementia. 3. Practical bedside training – assessment of treatment potential; use of scales and questionnaires to evaluate frailty syndrome. Discussion on the issue of futile therapy, as well as the planning and implementation of palliative care for elderly patients. Overview of relevant medical law regarding an elderly patient's capacity to provide informed consent for treatment or care, and procedures to follow when a patient lacks the capacity to provide such consent. 4. Medical Simulation Center - Active learning and situational simulation methods regarding the aging process: case studies of elderly patients with geriatric issues (atypical disease presentation, gastrointestinal disorders, polypharmacy/polypharmacy), accompanied by educational discussion. - practical sessions using manikins to demonstrate various stages of pressure ulcers, familiarization with types of dressings, planning chronic wound treatment using TIMERS and PUSH strategies, and practical application of dressings - use of an educational game (gamification) to simulate symptoms of dementia, followed by an educational discussion.

Lecture – 1. GERIATRICS AND GERIATRIC CARE. Introduction. Underlying principles and the status of geriatrics in Poland. Demographics, the definition of old age, types of aging, and economic and care-related challenges. 2. HOSPITALIZATION AND LONG-TERM CARE. Geriatrics versus palliative care and long-term care. Types of long-term care available in Poland and systemic gaps in this area. 3. DISTINCTIVE FEATURES OF ILLNESS IN OLD AGE. Key differences in the course of disease processes between younger and older individuals; challenges in diagnosing and treating the elderly; fundamentals of polypharmacy and polypharmacotherapy. 4. FRAILTY SYNDROME. Definition, pathophysiology, diagnosis, prevention, and treatment. 5. THERAPEUTIC DECISIONS IN OLD AGE. Overview of tools (scales) used to assess prognosis in elderly patients. The issue of futile therapy versus therapeutic nihilism. 6. HEALTH PROMOTION IN GERIATRICS. Successful aging; prevention of sarcopenia. Nutrition, physical activity, rehabilitation and functional improvement, preventive vaccinations, and cancer prevention. 7. DEMENTIA. Types of dementia, etiopathogenesis, incidence, diagnosis, and treatment. Challenges associated with caring for patients with dementia. 8. DELIRIUM. Etiopathogenesis, prevalence, prevention, and treatment.

TEACHING OBJECTIVE:

Preparation for providing comprehensive care to elderly patients and planning their medical and nursing management. Acquiring skills in conducting a Comprehensive Geriatric Assessment (CGA) and performing physical and history-taking examinations on elderly patients. Familiarizing students with the genetic and environmental determinants of aging, the pathophysiology of the aging process, and demographic issues. Introducing students to disease syndromes and homeostatic imbalances common in the elderly, potential communication challenges involving the patient and their family, and the so-called "geriatric giants" (major geriatric syndromes), including those within the realm of psychogeriatrics. The course aims to highlight the need to improve the geriatric patient's functional status and quality of life in old age, while also fostering an attitude of respect and empathy among students toward the elderly. Topics covered include health promotion in old age, as well as futile therapy and elements of palliative care for conditions with a poor prognosis. Students are introduced to the issues and consequences associated with polypharmacotherapy and polypharmacy. The course also covers relevant aspects of medical law, specifically regarding the assessment of a patient's capacity to provide informed consent for treatment or care, and the appropriate course of action when a patient lacks the competence to give such consent.

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_WG+++++, M/NMA_P7S_UW+++

Symbols for outcomes related to the field of study:

K.1.+, K.2.+, K.4.+, KA7_UW2+, KA7_UK1+, KA7_UU6+, B.U10.+, C.U17.+, D.U2.+, D.U6.+, D.U8.+, D.U17.+, E.U1.+, E.U7.+, E.U12.+, E.U13.+, E.U16.+, E.U18.+, E.U20.+, E.U21.+, E.U22.+, E.U24.+, E.U27.+, E.U31.+, E.U35.+, G.U6.+, B.W26.+, C.W37.+, C.W38.+, C.W39.+, C.W48.+, D.W4.+, D.W10.+, D.W14.+, D.W15.+, E.W1.+, E.W7.+, E.W8.+, E.W10.+, E.W11.+, E.W12.+, E.W20.+, E.W27.+, E.W28.+, E.W35.+, G.W5.+, KA7_WG4+, KA7_WG15+

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

Symbols for outcomes related to the field of study:

Classes – ['W1', 'U1', 'K1'] – practical training – patient presentation – interview and physical examination

Lecture – ['W1', 'U1'] – information lecture – use of multimedia presentations

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) – ['W1', 'U1', 'K1'] – students' individual work; group work; proposed diagnostics, treatment and planned care

REQUIRED LITERATURE:

1. **Geriatric Medicine, An Issue of Medical Clinics of North America, 1st Edition**
John Morley; Elsevier; 2011; Pages: ; Tome: ;

2. " Case - Based Geriatrics. A Global Approach"

Victor A. Hirth , Darryl Wieland, Maureen Dever-Bumba;
Mc Graw Hill Medical; 2011; Pages: ; Tome: ;

3. Case - Based Geriatrics. A Global Approach"

Victor A. Hirth , Darryl Wieland, Maureen Dever-Bumba;
Mc Graw Hill Medical; 2011; Pages: ; Tome: ;

4. Learning Geriatric Medicine. A Study Guide for Medical Students

Singler K., Polidori M. C.,; Springer Cham; 2018; Pages: ;
Tome: ;

5. Gearitrics at Your Fingertrip 2022

David B. Reuben; American Geriatrics Society; 2022;
Pages: ; Tome: ;

COMPLIMENTARY LITERATURE:

1. JHU press

Mace N., Rabins P.; "The 36-Hour Day: A Family Guide to
Caring for Persons with Alzheimer Disease, Related
Dementing Illnesses, and Memory Loss in Later Life";
2011; Pages: ; Tome: ;



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Detailed description of ECTS credits awarded - part B

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ECTS: 1.00

Cycle: 2026

Geriatrics

Geriatrics

1. Contact hours with the academic teacher:

- participation in: Lecture	8 h
- participation in: Classes	22 h
- consultation	2 h
Total:	32 h

Independent work of a student:

Total: 0 h

contact hours + independent work of a student Total: 32 h

1 ECTS credit = 25-30 h of an average student's work, number of ECTS

ECTS Points = 32 h : 25 h/ECTS = 1.00 ECTS

Average: 1.00 ECTS

- including the number of ECTS credits for contact hours with the direct participation of an academic teacher - 1.00 ECTS pts

- including the number of ECTS credits for hours of independent work of a student - 0.00 ECTS pts