

## Degree in Medicine And Surgery

Integrated teaching: **Internal Medicine and Aging**

SSD: **MEDS-05/A, MEDS-19/B**

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Total CFU: 4

Module: **Geriatrics**

SDS: **MEDS-05/A**

Professor [Veronese Nicola](#) (1 CFU) e-mail: [nicola.veronese@unicamillus.org](mailto:nicola.veronese@unicamillus.org)

Professor [Luisa Solimando](#) (2 CFU) e-mail: [luisa.solimandoi@unicamillus.org](mailto:luisa.solimandoi@unicamillus.org)

CFU: 3

Module: **Physical and Rehabilitation Medicine**

SDS: **MEDS-19/B**

Professor Serena Vincenza Capobianco e-mail: [serenavincenza.capobianco@unicamillus.org](mailto:serenavincenza.capobianco@unicamillus.org)

CFU: 1

### PREREQUISITES

Prior knowledge and skills in the following subjects are required for the integrated course in Internal Medicine and Geriatrics: human anatomy, histology and embryology, physiology and pathophysiology, general pathology, biology, biochemistry and molecular biology.

### LEARNING OBJECTIVES

The 'teaching of Geriatrics' aims to provide the student with diagnostic and therapeutic competence in the field of internist, and geriatric fundamental diseases in order to complete the professional profile as a future physician. In particular, it is proposed to deepen notions related to multimorbidity to poly pharmacotherapy in the elderly patient and the management of diagnostic processes and assessment patterns that are most frequently encountered in clinical practice.

The ability to perform a proper clinical history framing with clinical and objectivity assessment, the ability to set up a diagnostic procedure with hints of therapy will be required.

### LEARNING OUTCOMES

#### Knowledge and understanding

- Understand the main pathophysiological and therapeutic mechanisms of diseases in older people;
- Diagnostic Algorithm;
- Demonstrate knowledge of the therapeutic principles involved in the management of the major diseases treated.

Rehabilitation:

- Understand the concept of rehabilitation as global care of the patient;
- Know the main types of rehabilitation and their peculiarities;

**Applying knowledge and understanding:**

- Know how to deal with differential diagnosis in the elderly patient with multi pathology and multifactorial disease.

Rehabilitation:

- Being able to identify the best rehabilitation path for the patient based to pathology.

**Communication skills:**

By the end of the course the student will be able to:

- Express arguments orally in an organized and coherent way;
- Use scientific terminology appropriate and coherent to the topic under discussion;
- Use clinical terminology when presenting, communicating and documenting cases.

**Making judgements**

At the end of the course, the student must:

- Identify one's own methodological approach based on the knowledge acquired during the course.
- Independently rework acquired knowledge.
- Recognise the importance of a thorough knowledge of the subjects in accordance with an adequate medical education.
- Demonstrate possession of the necessary methodology for the diagnosis and therapy of the elderly patient with multi pathology.

**Learning skills**

By the end of the course, students will have acquired learning skills and methods that are appropriate for the in-depth development and improvement of their knowledge in the fields of geriatrics, oncology, genetics and nursing science, also through the use of scientific literature.

**COURSE SYLLABUS**

**Geriatrics:**

- Biology of aging
- Demography of aging
- Comprehensive Geriatric Assessment
- Dementia
- Falls
- Physical restraints
- Urinary Incontinence
- Hypokinetic syndrome and pressure sores
- Delirium

- Frailty and Intrinsic capacity
- Sarcopenia
- Osteoporosis
- Depression in elderly
- Polypharmacotherapy and deprescribing
- Healthy aging
- Ageism
- Dysphagia
- End-of-life ethics, therapeutic obstinacy, and palliative care

### **Physical and Rehabilitation Medicine:**

- What is Rehabilitation: ICF framework, multidisciplinary team, Rehabilitation Project and Programme.
- Rehabilitation programme for patients with ischemic and hemorrhagic stroke.
- Rehabilitation programme for patients with dysphagia, cervical pain and low back pain.
- Rehabilitation project and programme for patients with hip and knee replacement and for those with tendinopathies.
- Rehabilitation project and programme for patients with spinal cord injury (SCI).

### **COURSE STRUCTURE:**

The course consists of lectures, 30 hours of Geriatrics, and 10 hours of Rehabilitation.

Professors will use teaching tools such as presentations organized in PowerPoint files with explanatory diagrams, illustrations and images to describe the contents of the modules. Videos and animations will be used to supplement the topics described. Attendance is mandatory.

### **COURSE GRADE DETERMINATION**

The assessment of learning is based on a written exam followed by a facultative oral exam. There will be 62 questions in 90 minutes divided in:

16 questions for geriatrics

16 questions for rehabilitation

30 questions for internal medicine

Total questions 62

0.5 point for each question for a total of 31 (30 cum laude)

Hence, the whole examination will be evaluated as it follows:

**Insufficient:** severe poor knowledge of the subject, very limited skill in the analysis of specific items.

**18-20:** knowledge of the subjects of sufficient quality characterized by frequent imperfections. Analysis and reasoning skills of sufficient quality.

**21-23:** standard knowledge of the specific subject; analysis and reasoning skill of acceptable quality.

**24-26:** good knowledge of the subjects and good analysis and reasoning skills; arguments are expressed in a rigorous way.

**27-29:** very good knowledge of the specific scientific subjects, valid analysis and reasoning skills, significant skill in making judgements.

**30-30L:** outstanding knowledge of the specific knowledge of the scientific tasks. Exceptional analysis, reasoning and making judgments skills.

### **INTERNSHIP OBJECTIVES**

- Identify and implement the necessary methodology for the diagnosis and management of the elderly patient with multi-pathology. Use appropriate language according to the type of patient;
- To know how to deal with differential diagnosis in the elderly patient with multi pathology and multifactorial disease.

### **OPTIONAL ACTIVITIES**

Students will have the opportunity to conduct theoretical/practical exercises and to attend seminars. Professors will provide constant support during and after the lessons.

### **READING MATERIALS**

Internal Medicine:

HARRISON 's Principles of Internal Medicine 21th edition ( 1 st and 2nd volume)

Geriatrics:

Hazzard's Geriatric Medicine and Gerontology, Eighth Edition