

GERIATRICS

Degree in Occupational Therapy

Code: 804161

Type of subject: Compulsory

Course: Second

Quarter: first quarter calendar

Department: Medicine

Credits: 6ECTS

TEACHING STAFF

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OBJECTIVES

- a. A characteristic fact of developed societies is the progressive ageing of their population. The rate of ageing in Spain is around 19% of the population, which means nearly nine million people over 65. However, and more importantly from a socio-health point of view, there is another demographic fact of enormous interest, which is the ageing of ageing. In this terminology, we are talking about the population over 80 years. This hugely expanding group of the population is very often the bearer of chronic illnesses and situations of physical and/or mental disability.
- b. Given the scenario described above, it is necessary for all health professionals, including occupational therapists, to have an extensive knowledge of the peculiarities of this important sector of the population. The objectives of the course would imply that occupational therapy students acquire knowledge in the following areas:
- Demographic ageing and theories of ageing.
 - Normal ageing process in the physical, psychological, and social areas.
 - Comprehensive geriatric evaluation as a basic tool in the care of these patients.
 - Different levels of care to cover the various disease situations.
 - Major geriatric syndromes.
 - Most frequent illness situations in the older and their management from an occupational therapy perspective.

AGENDA

THEORETICAL A.

A. AGEING

Lesson 1: Geriatrics and gerontology. Definition and objectives.

Lesson 2: Theories of ageing.

Lesson 3: Demographic aspects of ageing.

Lesson 4: Physiological ageing of organs and systems.

Lesson 5: Psychological ageing.

Lesson 6: Social impact of ageing.

Lesson 7: Prevention in the older.

B. GERIATRIC ASSESSMENT:

Lesson 8: Geriatric assessment. Concept. Advantages. Objectives.

Lesson 9: Functional assessment.

Lesson 10: Mental assessment.

Lesson 11: Social assessment.

C. LEVELS OF CARE:

Lesson 12: Geriatric care. Organization.

Lesson 13: Hospital care levels.

Lesson 14: Community levels of care.

D. MAJOR GERIATRIC SYNDROMES:

Lesson 15: Characteristics of diseases in the older.

Lesson 16: Syncope. Definition and concept.

Lesson 17: Nutrition.

Lesson 18: Sexuality.

Lesson 19: Urinary incontinence.

Lesson 20: Sense organs.

Lesson 21: Iatrogenesis

Lesson 22: Pathology due to immobility.

Lesson 23: Falls.
Lesson 24: Ageism-abuse.
Lesson 25: Dementia.
Lesson 26: Depression.

E. Miscellaneous

Lesson 27: Pain management.
Lesson 28: Palliative care.
Lesson 29: Health education.
Lesson 30: Exercise and health.

INTERNSHIPS / SEMINARS

The seminars will be held in two groups and will deal with purely practical aspects of the topics exposed.

Students should complete the following exercises:

- Practical cases of patients in order to do a correct physical assessment.
- Practical cases of patients in order to do a correct psychological assessment.
- Practical cases of decision-making on the appropriate placement of patients.
- Review on issues and decision making in some diseases such as:
 - Alzheimer's disease.
 - Abnormal movements. Parkinson's disease.
 - Urinary and fecal incontinence.
 - Depression
 - Immobility.

EVALUATION CRITERIA

Students' knowledge will be assessed through a written exam.

The knowledge acquired in the seminars and their degree of participation in them will be evaluated.

REFERENCES:

- Gallo, J.J.; Fulmer T.; Pavesa G.J.; Reichel W., Handbook of Geriatric Assessment, Aspen Publication Maryland, 2000.
- Kane R.L.; Ouslander J.G.; Abrass I.B., Essentials of Clinical Geriatrics, McGraw-Hill Company New York, 1984.
- Manual Merck de Geriatria, Harcourt, Madrid, 1999.
- Ribera J.M.; Cruz A., Geriatria, Geriatria, Idepsa, Madrid, 1999.
- Salgado A.; Guillén F., Manual de Geriatria, Masson Salvat, Barcelona, 1994.