



SINGHANIA UNIVERSITY

(Established by the Govt. of Rajasthan & recognized as per section 2f of UGC Act, 1956)
Pacheri Bari, Distt. Jhunjhunu (Rajasthan) - 333515

SYLLABUS

OF

**DIPLOMA COURSE AFTER MBBS / POST GRADUATE
DIPLOMA IN GERIATRIC MEDICINE – PGDGM**



YEAR I

Course Code	Course Title	Internals	Theory/ Practical	Total
PGDGM-101	Basic Geriatrics	30	70	100
PGDGM-102	Clinical Geriatrics	30	70	100
PGDGM-103	Basic Geriatrics Practical	15	35	50
PGDGM-104	Clinical Geriatrics Practical	15	35	50
			Total	300



DETAILED SYLLABUS

INSTRUCTIONAL METHOD: Personal contact programmes, Lectures (virtual and in-person), Assignments, Labs and Discussions, Learning projects, Industrial Training Programmes and Dissertation.

YEAR I

BASIC GERIATRICS- PGDGM101

UNIT	CONTENTS
1	Pyramid to Pillar: Familiar king Terminologies, Changing Population Structure, Demographic Transition in India, Growth of Population in States, and Demographic Transition in States.
2	Manifestation of Demographic Transition: Aging Process, Manifestations of Demographic Transition, Impact of Demographic Transition, Impact on Health, Social Outcomes of Demographic Transition, Economic Aspects of Demographic Transition.
3	Biological Changes: What is Aging? Biological Changes in Aging, Cardiovascular System, Respiratory System, Nervous System, Endocrine System, Excretory System, Digestive System, Thermoregulation, Aerobic Capacity, Muscular Strength, Musculoskeletal Disorders, Cellular and Molecular Mechanism of Aging.
4	Nutrition: Physiological and Structural Changes Requiring Dietary Alterations, Simple rules for Formulating Diet for elderly Individuals, Energy needs of Aging Individuals, Increasing Body Weight, Diet-related Degenerative Diseases in Elderly, Physical Activity and Aging, Value of Anti-oxidants in Food, Water and Aging.
5	Psychosocial Changes: Concept of Life Cycle, Psychological Theories of Aging, Personality Change in Midlife and Old Age, Psychological Issues in Old Age, Life Satisfaction, Loneliness, Adjustment and Well-being, Cognitive Changes, Theories of Social Changes with Aging, Social Changes in Old Age, Bereavement/Widowhood, Retirement, Loss of Social Status, Ageism and Generation Gap, Changes in Family and Living Arrangements, Psychological Issues in the Later Stages of Life, Life Review Process and Reminiscence, Psychological Changes Nearer to Death, Acceptance and Preparation for Death.
6	Pharmacokinetics and Pharmacodynamics: Altered Drug Responsiveness in Elderly Patients, Pharmacokinetic Factors, Pharmacodynamic Factors, Adverse Drug Reactions, Practical Aspects of Geriatric Pharmacology, Polypharmacy, Prescribing for the Elderly Patient.
7	Aging Gracefully: Aging in a Life Course Perspective, Determinants of Active and Graceful Aging, Gender and Culture, Social Services and Social Networking, Health System, Economic Factors, Factors in Physical Environment, Personal Factors, Health Promotion in Old Age, Physical Activity, Healthy Eating, Addictions, Medications, Social Support in Old Age, Social Support, Education and Literacy, Violence Abuse.
8	Risk Factor Management and Screening: Risk Factors in Pathogenesis of Disease, Definitions and Basic Concepts, Classification and Identification of Risk Factors, Interventions to Modify Risk Factors, Population Strategy, High Risk Strategy, Health Risks in old age and their Management, Smoking, Physical Inactivity, Nutrition, Alcohol Abuse, Polypharmacy and Adverse Drug Reaction, Decline in Immunity and Immunisation, Risk Factors of Common Morbidities in Elderly and their Management, Cardiovascular Disease, Osteoporosis, Accidents, Mental Health, Basics of Screening, Uses of Screening, Types of Screening, Criteria's for Screening, Screening for Disease in Old Age of Older Patients.
9	Environmental Facilitation: Avoiding Accidents, Increasing Level of Independence to Perform Daily Activities, Vision, Hearing, Stiffness of Joints, Incontinence, Safety and



	Security, Alleviating Depression and Loneliness.
10	Alternative Medicine and Therapies : Concept of Alternative System of Medicine Ayurvedic System of Medicine, Definitions & Concept of Health and Disease, Diagnosis of Disease, Treatment in Ayurveda, Unani System of Medicine, Siddha System of Medicine Homeopathy, Naturopathy and Yoga, Amchi or Tibetan System of Medicine, Advantages and Disadvantages of Alternative System of Medicine, Alternative System of Medicine and Care of the Elderly.
11	Health Education and Communication: Concepts, Principles, Content, Approaches, and Communication in Health Education, Practice, Barriers and Specific Issues in Health Education for Older People.
12	Dependence, Independence and Competence: Functional Ability and Dependence, Evaluation of Functional Ability, Functional Assessment, Modes of Assessment, Selected instruments for Functional Assessment, Advantages and Disadvantages of Functional Assessment Instrument, Improving Functional Competence, Role of Family, Planning for Retired Life, Changes in Social Life.
13	Planning for Caring: Options in Caring, Challenges in Patients with Functional and Cognitive Deterioration, The Initial Stage, Mild Alzheimer's Disease, Moderate Alzheimer's Disease, The Moderately Severe and Severe Level of Alzheimer's Disease, Major Concerns Related to Caregivers and Family Adjustment, Abuse/Neglect of the Elderly, Family Counseling, and Support Groups.
14	Legislation and Governmental agencies: Constitutional Provisions, Ministry of Social Justice and Empowerment. National Policy on Older Persons, National Council for Older Persons, Old Age and Income Security, Revision of the Schemes of the Ministry, Privileges and Benefits, Old Age Pension for the General Public, Annapurna, Pension and Family Pension, Dearness Relief, Gratuity, Taxation, Insurance Scheme, Travel, Special Counters, Old Age Homes, Miscellaneous.
15	Non Governmental Agencies: Emergence of NGO's in Geriatric Care, Role of NGO's in the Care of the Older People, Problems Identified by NGOs, Lacunae in NGOs and Social Work Organization, Grey Areas that Need to be Attended, Suggestions and Recommendations.
16	Principles of Rehabilitation: Genesis of the disability in old age, Disability prevention, Rehabilitation, Physical/ Medical rehabilitation, Psycho-social rehabilitation, Vocational rehabilitation, Rehabilitation approaches, Institutions based rehabilitation (IBR), Outreach program, Community based rehabilitation, Rehabilitation services in India, Legislative aspect, Rehabilitation council of India, Persons with Disabilities Act, 1995, Disability evaluation, Future Perspective.
17	Medical Rehabilitation : Functional deficits and disability, Locomotors disability, Visual disability, Speech and hearing disability, Mental disability, Diagnostic procedures for disabilities in old age, Medical rehabilitation management, The team, the team members and their role, Rehabilitative interventions, Preventive interventions, Promotive interventions, Restorative interventions.
18	Social Rehabilitation: The Concept - Rehabilitation of the Aged, Economic Security, Health, The Interconnectedness of Generations, Environment and Housing, Education.

LEARNING SOURCE: Self Learning Materials

ADDITIONAL READINGS:

- A. Basic Geriatric Nursing : Gloria Hoffman World, Edition 5, Illustrated Publisher Mosby, 2011
- B. Principles and Practice of Geriatric Medicine : M.S. John Pathy, Alan J. Sinclair, John E. Morley



CLINICAL GERIATRICS- PGDGM102

UNIT	CONTENTS
1	How Elderly are Different: Aging Physiology, Aging Pathology, Aging and Disease Process, Multiple Pathology, Missing Symptoms, Masking by Known Diseases, Under-reporting in Elderly, Callous Attitude Towards Health, Attitude of Relatives, History Taking, Barriers to Obtaining Proper History, Special Emphasis during History taking, Atypical Presentation, Examination.
2	Investigating the Elderly: Rationale in Investigating the Elderly, Indications of Investigation, Valuability of the Tests, Social Problems Faced while Investigating, Interpretation of Results, Collection of Materials, Diseases and Investigations, Metabolic and Endocrinal Disorders, Tuberculosis, Hematological Disorders, Neoplasm's, Cardiovascular Disorders, Gastrointestinal Disorders, Neurological Disorders, Interventional Radiology.
3	Infection and Immunity: Basic Concepts, Physical and Chemical Barriers, Innate and Adaptive Immunity, Immune Response, Age Related Changes in the Immune System, Consequences of Immunosenescence. Infectious Diseases in Old Age - General Considerations, Clinical Manifestations of Infectious Disease, Principles of Antibiotic Therapy, Immunization, Approach to an Older Patient with Suspected Infection.
4	Disorder of Upper Gastrointestinal Tract: Normal Age related changes in Upper GIT, Dysphagia, Oropharyngeal Dysphagia, Esophageal Dysphagia, Achalasia Cardia, Diagnosis of Dysphagia, Management of Gastroesophageal Reflux Disease in Elderly (GERD), Pathophysiology, Clinical Presentation, Complications of GERD, Peptic Ulcer Disease, Clinical Presentations, Diagnosis, Management of Etiology and Pathophysiology, Tuberculosis of Intestine.
5	Disorders of Lower Gastrointestinal Tract: Malabsorption Disorders in Elderly, Aetiology, Pathogenesis, Clinical Picture, Investigation & Management, Tropical Sprue, Constipation, Aetiology, Complications, Diagnosis & Management.
6	Disorders of Liver, Biliary System and Pancreas: Physiological and Biological Alterations, Liver Infections, Parasitic and Mycobacterial Infections of the Liver, Drug Induced Liver Disease, Cirrhosis and Portal Hypertension, Liver Tumours, Primary Liver Cancer, Metastatic Liver Tumours, Physiology of Bile Production and Flow, Diseases of the Gall Bladder, Diseases of the Bile Ducts, Tumours of Biliary Tract, Carcinoma of Gall Bladder, Extrahepatic Bile Duct Cancer, Diseases of the Pancreas, Acute Pancreatitis, Chronic Pancreatitis, Pancreatic Malignant Tumours.
7	Infections of Respiratory System: Acute Upper Respiratory Tract Infections, Pneumonia, Pathogenesis, Classification, Clinical Features & Complications of Pneumonia, Laboratory Investigations, Treatment & Special Considerations in Elderly Patients, Lung Abscess, Pathogenesis, Clinical Features, Diagnosis & Treatment of Pulmonary Tuberculosis, Clinical Presentation and diagnosis.
8	Non-Infective Disorders of the Respiratory System: Bronchial Asthma, Etiopathogenesis, Clinical Presentation, Diagnosis & Prognosis of Chronic Obstructive Pulmonary Disease (COPD), Etiopathogenesis, Clinical Features and Diagnosis of Chronic Cor Pulmonale, Pathophysiology, Clinical Features and Diagnosis of Interstitial Lung Disease, Etiopathogenesis, Clinical Features & Investigations of Lung Cancer.
9	Congestive Cardiac Failure, Hypertension and Hypotension: Congestive Cardiac Failure, Pathophysiology, Etiology and Clinical Presentation, Diagnostic Evaluation & Management of Hypertension in Elderly, Incidence and Classification, Etiopathology, Isolated Systolic Hypertension, Diagnosis of Hypertension, Consequences of Untreated Hypertension, Resistant Hypertension, Orthostatic Hypotension, Physiology of Orthostatic, Aetiology, Clinical Manifestations, Management.



10	Ischaemic Heart Disease: Clinico epidemiological aspects of Coronary Artery Disease in Elderly Diagnosis of Ischaemic Heart Disease, Physical Examination, Non-invasive Testing for Diagnosis and Prognosis, Exercise Electrocardiographic studies, Nuclear Medicine and Echocardiographic Tests, Coronary Arteriography, Management of Ischaemic Heart Disease, General Measures and Drug Therapy, Catheter Based Interventions and Coronary Artery Bypass Grafting, Management of Acute Coronary Syndrome, Cardiac Rehabilitation.
11	Valvular Heart Diseases and Infective Endocarditic: Valvular Heart Diseases, Calcific Aortic Valve Disease, Aetiopathology, Clinical Features, Investigations & Management of Other Valvular Diseases, Mitral Annular Calcification, Mitral Regurgitation, Mitral Stenosis, Aortic Regurgitation, Right sided Valvular Diseases, Infective Endocarditis.
12	Anemia and Hemato Oncology: Anaemia Classification, Aetiology, Clinical Presentation, Investigations, Treatment, Prevention, Hemato-oncology, Clinical Presentation, Investigations – Baseline, Referral, Follow Up, Supportive Therapy.
13	Cerebro Vascular Diseases: Epidemiology, Normal Anatomy and Physiology, Classification, Ischaemic Cerebro Vascular Diseases, Aetiopathogenesis and Pathophysiology, Clinical Features, Laboratory Evaluation and Other Investigations, Differential Diagnosis, Prevention of Stroke, Treatment of Acute Stroke, Course and Prognosis.
14	Depressive and Psychiatric Disorders: Epidemiology and Classification, Assessment of Depressed Patient, Screening History, Physical Examination, Investigation, Treatment, Prognosis, Identifying Other Psychiatric Disorders.
15	Cognitive Impairment and Dementia: Pathophysiology of the Brain in Normal Aging and Dementia, Types of Dementia, Dementia of Alzheimer's Type, Epidemiology, Early Detection and Screening, Clinical Picture, Differential Diagnosis, Treatment Guidelines, Organic Mental Disorders involving functions other than Cognitive functions, Delirium, Organic Amnesic Disorder.
16	Neurodegenerative Disorders: Movement Disorders in elderly, Parkinson's disease, Huntington's disease, Essential Tremor, Dystonias, Neuropathies in Elderly, Causes of Peripheral Neuropathy in elderly, Investigations of Peripheral Neuropathy, Treatment disorders of Muscles in elderly, Causes of Myopathies, Investigations, Treatment & Disorders of Neuromuscular Junction in elderly, Myasthenia Gravis, Lambert-Eaton Myasthenic Syndrome (LEMS).
17	Infections of the Central Nervous System, Sleep Disorders and Coma: Meningitis, Pathogenesis, Aetiological Agents, Clinical Features, Investigations, Treatment & Prevention - Tubercular Meningitis, Fungal and Viral infections, Brain Abscess, Sleep disorders, Coma.
18	Fluid and Electrolyte Imbalance- Normal Distribution of Water and Electrolytes, Changes in Kidney due to aging, Anatomical changes in the aging Kidney, Fluid and Electrolyte Homeostasis by the aging Kidney, Water imbalance in the elderly, Predominant Water depletion, Combined Sodium and Water depletion, Water intoxication, Sodium imbalance, Hyponatremia, Hypernatremia, Potassium Imbalance, Hypokalemia, and Hyperkalemia.
19	Urology Disorders: Urinary Tract Infections, Pathogenesis of Urinary Tract Infections, Diagnosis of UTI, Recurrent Urinary Tract Infection, Renal Failure, Aetiology of Acute Renal Failure, Approach to Patient of Acute Renal Failure, Management of Acute Renal Failure, Chronic Renal Failure (CRF), Diseases of the Prostate, Benign Hypertrophy of Prostate (BPH), Prostatitis, Prostatic Abscess, Cancer of the Prostate.
20	Gynecological Problems: Menopause, Clinical Aspects of Menopause, Changes due to Declining Gonadal Function, Consequences of Oestrogen Deficiency, Urinary Problems, Female Continence Mechanism and Voiding Process, Urinary Symptoms and Causes of Urinary Problems, Clinical Evaluation, Investigations & Management of Genital Prolepses, Support of the Uterus and Vagina, Aetiology of Prolapse and Clinical Types, Diagnosis, Management of Pruritus Vulvae, Vaginal Discharge and Backache, Vaginal Discharge, Backache, Hormone Replacement Therapy, Indications & Contraindications and Side Effects, Evaluation and Follow Up, Hormones Used in HRT.
21	Blood Glucose: Urine Examination, Blood Examination, Self Monitoring of Blood Glucose, Non Diabetic Hyperglycemia (Secondary Hyperglycemia), Management of Type



	PI Diabetes Mellitus, Assessing Your Patient for Management, Principles of Management, Non-pharmacological Therapy, Drug Treatment, Special Considerations in the Case of Diabetic Patients, Chronic Complications, Special Problems in the Elderly
22	Thyroid, Obesity and Sexuality : Problems of Thyroid function in the elderly, Thyroid and Normal aging, Assessment of Thyroid function, Hyperthyroidism, Thyroid Nodules and Neoplasia, Obesity and Aging, Divination and body fat distribution, Causes of Obesity, Consequences of Obesity, Management of Obesity in elderly, Aging and Sexuality, Misinformation and Misconceptions, Sexuality in the elderly, Evaluation of the patient, Effect of Co-existent Health Problem, Erectile dysfunction and management, Management of Sexual Problems in the Elderly Women.
23	Osteoporosis: Definition, Epidemiology, Pathophysiology, Clinical Features, Differentiating Osteoporosis from Osteomalacia, Screening, Target Group, Risk Factors, Biochemical Markers of Bone Turnover, Prevention, Life-style Habits, Hormone Replacement Therapy, Other Methods, Treatment, Calcium and Vitamin D, Hormone Replacement Therapy, Bisphosphonates, Other Methods, Special Situations, Corticosteroid Induced Osteoporosis, Male Osteoporosis.
24	Diseases of the Joints: Degenerative Diseases of the Joints, Osteoarthritis of Knee, Osteoarthritis of Spine (Cervical and Lumbar Spondylosis), Osteoarthritis of Small Joints of Hand, Osteoarthritis of Hip, Inflammatory and Metabolic Disorders, Rheumatoid Arthritis, Gouty Arthritis, Chondrocalcinosis (Pseudogout), Nutritional Osteomalacia.
25	Fractures and Other Musculotendinous Disorders: Fractures, Fracture of the Neck of Femur, Fracture of Trochanteric Region of Femur, Fracture of the Lower end of Radius, Bone Tumours, Multiple Myeloma, Metastatic Bone Tumours, Musculotendinous Disorders, Frozen Shoulder (Periarthritis of shoulder), Complete tear of Supraspinatus Tendon, Painful Arc Syndrome (Supraspinatus Syndrome), Polymyalgia Rheumatica.
26	Visual Impairment: Definition of blindness and visual impairment, Magnitude of Blindness, Causes of Visual Impairment/Blindness in India, Socio-cultural Implications of Visual Impairment and Blindness among the elderly in India, Accessibility and Acceptability of eye care services by the elderly, Measures to Control visual impairment among the elderly, Cataract Control under the National programme for Control of Blindness, Need for screening programmes for Diabetic Retinopathy and Glaucoma, Rehabilitation of the incurably blind, Low vision services required by the Visually Impaired, Certification of visual impairment and blindness among the elderly, Concessions admissible to the visually handicapped.
27	Ear, Nose and Throat Disorders: Aging Changes in the Ear, Common Diseases of outer and middle ears, Diseases of Pinna, Diseases of External Auditory Canal, Anatomic and physiologic changes in Inner Ear, Hearing loss in Geriatric population, Causes for hearing loss, Assessment of hearing loss, Management of hearing impairment in elderly, Balance control system, Aging of Vestibular System, Important causes of Rhinology in Geriatrics, Anatomic and Physiologic changes in the Nose, Nasal Dysfunctions and their Management, Olfactory disturbance in Geriatric patient, Laryngo-pharyngo logical disorders, Swallowing disorders in Geriatric age group, Speech related problem in Geriatric population, Sleep disorders in Geriatric population, Head and Neck Malignancy and Neck Masses in Geriatrics, Prevalence of Head and Neck Malignancy in Geriatric population, Common Neck Masses in Geriatric population.
28	Diseases of the Oral Cavity: Importance of Oral Health in Geriatric Population, Age changes in dental and oral tissues, Common Oral Health problems in Geriatric patients Dental caries, Periodontal Diseases, Edentulousness, Oral mucosal lesions, Oral cancers and Pre-cancers, Salivary Gland diseases, Problems in delivery of Oral health Care to Geriatric Population.
29	Basic Principles of Oncology the Elderly- Incidence of Cancer in elderly, Demographic change, Incidence in developing and developed Countries, Common Cancers in elderly, Biology of aging process vis-a-vis Cancer, Cancer presentation and diagnosis, Precancerous Stages, Common presenting symptoms and signs, Diagnostic methods and Dilemmas, Staging of Cancer and Management policies, Staging and Prognosis, Treatment Decisions: Surgery, Radiotherapy and Chemotherapy, Palliative Care in Advanced Cancers Treatment Results, Cure, Tumor-control, Survival, Treatment Related Toxicity and Quality of Life,



	Cancer Clinical Trials in Elderly.
30	Common Malignancies in the Elderly: Lung Cancer, Clinical Features, Histological Types, Staging, Investigations, Treatment and results & Head and Neck Cancers (Oral, Hypopharynx and Larynx), Clinical Features, Investigations, Staging, Treatment and Results of Gastrointestinal Cancers, Esophagus, Stomach, Colorectal, Genitourinary Cancers, Urinary Bladder, Prostate, Cancer of Breast, Clinical Features, Investigations, Staging of Breast Cancer, Treatment and Results, Screening and Identification of the High Risk Patient.
31	Common Malignancies: Common Malignancies in elderly the elderly woman, Cancer of the Uterine Cervix, Epidemiology, Premalignant Lesions, Pathology, Clinical Features, Diagnosis and Staging, Cancer of the Uterus, Epidemiology, Clinical Features, Diagnosis, Staging & Management of Cancer of the Ovary, Pathology, Clinical Features, Diagnosis and Staging & Management of Cancer Vulva, Premalignant Lesions - Pathology, Clinical Features, Diagnosis and Staging, Management.
32	Palliative Care the Elderly- What is Palliative Care? Definition, Goals, Components, Clinical conditions requiring Palliative care, Terminal Malignancy, Symptoms in advanced Cancer, Pain—Types and Management, Gastrointestinal Symptoms in Malignancy, Anorexia, Nausea and Vomiting, Constipation, Parenteral Nutrition, Dyspnoea and Terminal Restlessness, Nursing care in Terminally Ill Patients, Psychological support in Terminal Illness.
33	Principles of Geriatric Surgery: Introduction, Common Surgical Problems, Types of Surgery Indications for Surgery, Pre-operative assessment, General Health Status, Respiratory Problems, Cardiac Problems, Fluid and Electrolyte Balance, Nutrition, Laboratory Assessment, Prophylactic Measures, Post-Operation Care, Post-Operative Complications, Management of Post- Operative Complications.
34	Common Emergencies: Cardiopulmonary Resuscitation, Basic life Support, Advanced Life Support, Dyspnea, Etiology, Evaluation of a Patient with Dyspnea, Differential Diagnosis, Management, Chest Pain & Evaluation of a Patient with Chest Pain, Differential Diagnosis, Management of Cardiac Arrhythmias, Classification of Arrhythmias, Approach to a Patient with Arrhythmia, Paroxysmal Supraventricular Tachycardia, Atrial Fibrillation, Premature: Ventricular Contractions, Ventricular Tachycardia-Fibrillation, Ventricular fibrillation, Atrioventricular blocks, Status epileptics, Common causes of status Epilepticus, Risks associated with status Epileptics. Management, identifying underlying causes, Syncope, Evaluation of a Patient with Syncope, Management, Hyposthenia, Physiology of Body Temperature Regulation, Age-related risk factors for Hyperthermia, Heat Stroke, Hypothermia, Risk factors for Hypothermia, Clinical features, Laboratory features, Management.
35	Poisoning and Accidents: Poisoning in elderly, Management of poisoning, Resuscitation and initial stabilization, Diagnosis of type of Toxin, Non-specific treatment, Specific therapy, Supportive therapy, Legal responsibilities, Accidents in elderly, Pathophysiology of elderly Traumatized patient, Initial approach to an elderly patient, with Trauma.
36	Dermatological Disorders: Prevalence, Importance of Geriatric skin Diseases, Dermatological Examination, Aging of skin, Chronological Aging, Photogene, Graying of Hair, Inflammatory skin disorders, Senile Pruritus, Senile Xerosis, Eczemas, Senile Purpura of Bateman, Adverse Cutaneous drug reaction, Ulcers, Autoimmune Blistering Disorders, Below pemphigoid, Pemphigus vulgarism, Infections and infestations, Herpes Zoster, Dermatophytosis, Bacterial Infections, Parasitic Infestation, Neoplasm, Benign Tumours, Premalignant Lesions, Malignant Tumours, General care in Geriatric skin patients.
37	Disorders of Balance: Physiology of balance, Sensory process and balances, General processing, Musculoskeletal function, Aging balance, Sensory input, Central processing, Musculoskeletal activity, Cardiovascular function, Causes of disorders of balance, Dizziness, Subtypes, Evaluation of a Dizzy patient, Falls, Definition, Causes, Complication, Exalting the elder patient who falls - Management.
38	Hernias: Causes, Classification, Types or Hernia and their Management.



ADDITIONAL READINGS:

- A. Clinical Geriatrics by T. S. Dharmarajan, Dr Robert A Norman-CRC PressINC, 2003.
- B. Principles and Practice of Geriatric Medicine edited by M.S. John Pathy, Alan J. Sinclair, John E. Morley.

BASIC GERIATRICS PRACTICAL- PGDGM103

UNIT	CONTENTS
1	Practical I – Assessment of Geriatric Patient at Home, Assessment of Elderly at Home, Taking a Geriatric History, Past Medical History, Drug History, Nutritional History, Psychiatric History, Family History, Physical Examination, Functional Ability, Socio-cultural Environment, and Assessment of Home of Elderly.
2	Practical II – Counseling- Concept of Counselling, Physical settings for Counselling, Steps in Counseling, Skills in Counseling, Teach Yourself better Counseling, Meeting Counseling Challenges, Check Your Counselling Skills.
3	Practical III – Health education- Organizing and Conducting Health Education Activities for Elderly, Group Discussion, Imparting Health Education, Place of Imparting Education.
4	Practical IV – Nutritional Assessment- Geriatric Nutritional Assessment, Medical History, Life style Patterns, Dietary Assessment, Physical Examination, Anthropometric Assessment, Measurement of Height and Weight, Determination of Body Mass Index, Measurement of Skinfold thickness, Waist Hip Circumference Ratio.
5	Practical V – Dietary Advance- Dietary Advice for the Elderly, Five Steps to Healthy Eating, Tips for Healthy Eating, Planning Diets for Elderly, Concept of Food Exchange Lists, Recording Personal Data, Determine Nutritional Requirements, Estimating Food Exchanged, Some Sample Diets, Dietary Guidelines for Diet Related Chronic Disorders, Obesity, Diabetes Mellitus, Hypertension and Heart Disease.
6	Practical VI – Visiting an old Age Home-Visiting the Manager of the Old Age Home, Information to be Obtained from the Manager, Talking to the Inmates, Characteristics of Inmates, Details of the Family, Friends, Joining the Old Age Home, Present Life in the Old Age Home, Visiting the Organizers of the Old Age Home.
7	Practical VII – Rehabilitation Geriatrics- Locomotor disability, History Taking, Examination, Exercises, Management, Visual disability, History, Examination, Management, Speech and Hearing Disability, Mental Disability, Diagnosis and Rehabilitation Management Chart.

LEARNING SOURCE: Self Learning Materials

ADDITIONAL READINGS:

- A. Handbook of Geriatric Care Management (3rd Ed.): Cathy Jo Cress; A1 Books.
- B. The Care of the Geriatric Patient : Tom J Wachtel, MD, Marsha D Fretwell MD; A1 Books.



CLINICAL GERIATRICS PRACTICAL- PGDGM104

UNIT	CONTENTS
1	Practical I - History Taking and General Physical Examination of Geriatric Patient- Approaching an elder Patient-Approaching and Older Patient, History of Health, Systematic Review of Symptoms of different Organs, The Gastrointestinal System, The Hepatointestinal System, the Cardiovascular System, The Respiratory System, The Nervous System, The Locomotor System, The Genitourinary System, The Hematopoietic System, The skin and Integument, History of Medication, Nutritional History, Family History, Mental and psychological Assessment, History of Functions Status, Social History, Personal History, General Physical Examination, Vital Signs, Mental State and Emotional Sate, Physique and the physical attitude, Gait and Balance, Faces, skin, neck, Breast and axilla, Upper and Lower Extremities.
2	Practical II - Bedside Producer- Intravenous Access, Apparatus, Anatomy and Physiology, Techniques of Intravenous Injection, Aids to Facilities venous puncture, Complication, Nasogastric Intubation, Pleural Tap, Peritoneal Fluid Aspiration (Paracentesis Abdominis), Bladder Catheterization, Indications, Contraindications, Enema.
3	Practical III - Critical Analysis of Drug Prescription Writing for the Elder- The Prescription Format, Patient Information Regarding the Treatment Plan, Quality of a Prescription, Prescription Policy, The Therapeutic Success and Patient Compliance.
4	Practical IV - Gastrointestinal History and Abdominal Examination-History Taking, Constipation, Flatulence, Anorexia, Diarrhoea, Abdominal Pain, Dysphagia, Vomiting, Haematemesis and Malena, Yellowish discoloration of Eyes, Examination of Gastrointestinal Tract, Examination of the Abdomen, Inspection, Palpation, Percussion, Auscultation.
5	Practical V - Assessment of respiratory system- History of taking, Cough, Sputum, Breathlessness, Wheezing, Chest Pain, Swelling over Feet, Personal history, Examination of respiratory system, Relevant general physical examination, Inspection of Chest, Palpation of Chest, Percussion of Chest, Auscultation, Investigation.
6	Practical VI - Assessment of Cardiovascular System- History of Taking, Chief Complaints, History of Present Illness, General Physical Examination, Article Pulse, Blood Pressure, Jugular Venous Pulse, Edema, Cyanosis, Other Signs, Examination of Heat, Inspection, Palpation, Percussion, Auscultation, Diagnosis, Investigations.
7	Practical VII - Assessment of Nervous System- History of Present Illness- Past, Personal and Family History, Examination, General Physical Examination, Examination of Nervous System, Higher Function, Cranial Nerves, Motor System, Sensory System, Reflexes, Visceral Functions, Gail and Spine.
8	Practical VIII - Psychiatric Component for Discipline in Geriatric Medicine- Common Complaints, History of Present Illness, Past Family History and Personal History, Examination, General Physical Examination, Mental State Examination, Investigation.
9	Practical IX - Assessment of Genitourinary System-History of Urinary Symptoms, Disturbances in Act of Maturation, Difficulty in Urination, Alternation in Amount of Urine, Alternation in Appearance of the Urine, Pain, Urethral Discharge, Swelling in the Loin, Gynecological History, General Symptoms, Physical Symptoms, Physical Examination, General Examination, Examination of the Abdomen, Examination of the Bladder, Examination of



	the Groin, Rectal Examination, Examination of Male External Genitalia, Per Spectrum Examination, Urine Examination.
10	Practical X - Assessment of Endocrinological Disorders-History of Thyroid Disorder, Examination, General Physical Disorder, Examination, General Physical Examination, Local Examination, Investigation, Differential Diagnosis of Thyroid Disorders, Clinical Examination of diabetic Diagnosing a diabetic, History raking for a diabetic elderly , Routine Examination for a diabetic, baseline/Routing Investigation for a diabetic, Management.
11	Practical XI - Assessment of Musculoskeletal System- History taking, Pain, Stiffness, Difficulty During Climbing or Waling, Swelling of Joints, Restricted range of Joint Movements, Constitutional Symptoms, General Examination, Examination of Musculoskeletal System, Joint Examination.
12	Practical XII - Assessment of Dermatological System-General Physical Examination, Examination of the Skin, Examination of Hair, Examination of Nils, Examination of Mucosa, Diagnosis, Simple Laboratory Tests.
13	Practical XIII - Assessment of Special Senses- Eye Disorders, History Taking, Physical Examination, Ear Disorders, History Taking, Physical Examination, Oral Cavity, Examination of the Oral Cavity.
14	Practical XIV - Investigation and Interpretation in a Geriatric Patient-The Chest X-ray, Normal Chest X-ray, Cariomegaly, X-ray of the Abdomen, Normal X-ray of the Abdomen, Pain X-ray film, Radio Lucent Shadows, X-ray of Bones and Joints, Bony Lesions, Joint Disorder, Normal Electrocardiography (ECG), Abnormal Finding in ECG.
15	Practical XV - Orientation Visits to ICU/CCU-Visit to Intensive Care Unit, Functions of intensive Care Unit, Team Workers and their Duties, Equipment, Emergency Drugs, Management of Common Geriatric Emergencies, Visit to a Corollary Care Unit.

LEARNING SOURCE: Self Learning Materials

ADDITIONAL READINGS:

- A. Protocols in Primary Care Geriatrics : John P Sloan, Springer.
- B. Practical Geriatric Assessment: Howard M Fillit, Gloria Picariello; Cambridge University Press.