

NIMS UNIVERSITY, JAIPUR



SYLLABUS

POST GRADUATE DIPLOMA IN GERIATRICS MEDICINE

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Sl. No.	Subject Code and Subject Name	Theory-T
	YEAR - I	
1.	Introduction to Geriatrics Care	100
2.	Biology of Ageing	100
3.	Geriatrics Medicine & Recent Advances	100
4.	Environment , Housing and Rehabilitation	100
5.	Dietetics and other branches of Medicine	100
6.	Agencies for the welfare of the Elderly	100
7.	Stroke & Palliative Care	100
8.	Desertation field work on topics related to senior citizens	300

1) Paper – I: Introduction to Geriatrics Care

- Geriatrics Care,
- Philosophy and Scope,
- Geriatrics Medicine,
- Historical review of health care for the elderly,
- Development of Geriatrics in India,
- Gerontology,
- Gerontechnology,
- Future of Gerontechnologists and Geriatrics specialists,
- Ageing Scenario – Global – India & Kerala – Health Literacy in Older People – United Nations Principles for Older People – World Elders Day

Paper – II: Biology of Ageing & Orthogeriatrics

- What is ageing?
- Theories of Ageing,
- Microscopic Theories,
- Changes in ageing scenario,
- Interactions between Biological,
- Psychological,
- Physiological and social processes in ageing – Double and Triple – Jeopardy Hypothesis – Old age across cultures and time – images of ageing across culturally – social psychology of ageing
- Family Relationships and pattern of family care for older people.
- Basic gerontology including responses to trauma in old age.
- Causes and management of osteoporosis and falls.
- Different models of orthogeriatric care.
- Particular aspects of rehabilitation in older patients with fractures.

Paper – III: Clinical Aspects & Geriatrics Medicine of old age

- **Anatomy – Infectious diseases – Falls and Fractures – Hyper tension – ZDM – Mind over body – Depression, Dementia – Palliative Care**
- **Age associated changes in structure and function of major body systems- cardiovascular, neurological, gastrointestinal, renal, respiratory, hepatobiliary and immune systems, bone, special senses and psychological function.**
- **Scope and limits of prevention of disease and disability in later life.**
- **Specific features of the presentation of clinical problems in old age. Diagnostic features peculiar to older people, problems of physical examination, common complications of illness in old age.**
- **Diagnosis assessment and management of specific clinical problems important in old age e.g. falls, fractures, immobility, hypothermia, incontinence, mental confusion, depression, insomnia, anxiety, hypertension , cardiac arrhythmias, dizziness, visual and hearing impairments, tinnitus, pain, constipation and diarrhea, leg ulcers, bedsores, diabetes, anemia**
- **Major aspects of Pharmacology and therapeutics in older people.**
- **Principles of rehabilitation of older people with particular emphasis on stroke survivors, lower limb amputees and patients with rheumatic and orthopedics disorders.**

Paper – IV: Environment, Housing and Rehabilitation

- **Housing & environment,**
- **Enabling personal abilities – Universal design,**
- **Housing for the elderly,**
- **Sheltered dwellings,**
- **Understanding the design implication of ageing,**
- **Design factors in housing,**
- **Concept of life time houses,**
- **Designing for special needs,**
- **Retirement Plans,**
- **Physical fitness,**
- **Holidays and travel,**
- **Grand parenting,**
- **Computer and seniors,**
- **To age with grace and dignity**
- **Ethical aspects of care for older people, setting objectives for care, proper involvement of patient and family in clinical decisions.**
- **Terminal care, control of pain and other symptoms, emotional and personal aspects of care for patient and family.**

Paper – V: Dietetics and other branches of Medicine

- Nutrition in Old age,
- Various types of food habits,
- Homeopathy,
- Ayurveda & Alternate Medicine

Paper – VI: Agencies for the Welfare of the Elderly

- Structure, functions and responsibilities of the health and social services used by older people.
- Appropriate use of specialist geriatric and psycho-geriatric services
- Day centers and day Hospitals
- Residential homes and nursing homes
- Types of housing available and intermediate care.
- Various agencies for rehabilitation,
- How to make a WILL,
- Shaping the future of health care for Older Adults

Paper-VII: Stroke & Palliative Care

- Epidemiology of Stroke
- Evidence of Primary and secondary preventive measures
- Acute stroke management
- Complications of stroke
- Different rehabilitation models in hospital and community
- Ethical and legal issues relating to patient with severe disability
- Symptom profile in the terminally ill and their management
- Prescribing e.g. syringe drivers
- Pathology of pain and an understanding of specialist interventions such as nerve block, TENS, acupuncture.
- Management of emergencies in palliative care e.g. acute pain, hypocalcaemia, hemorrhage, spinal cord compression
- Issues around hydration and nutrition e.g. legal, ethical & technical

aspects

- **Modern bereavement care.**