Americans are aging and the number of people over the age of 65 will double over the next 25 years. Future doctors will require an enhanced understanding of the special needs of this age group. This course will provide students with a broad introduction to the field of geriatrics.

Instructor
Lisa Strano-Paul, MD  Peter D. Kuemmel, MS, RPA-C
Lisa.strano-paul@sbumed.org  pkuemmel@notes.cc.sunysb.edu

Syllabus

Detailed Description: Long Island Geriatric Education Center offers a selective as part of the MCS 2 course. The selective will cover core topics of significance in the field of geriatrics and gerontology. The curriculum explores physiologic and psychological aspects of aging as well as medical-legal topics. The course also focuses on practical aspects of caring for older people, such as communication and sensory loss, comprehensive assessment tools, community resources, systems of care, and functioning as part of an interdisciplinary team. Sessions are a mixture of both large group lectures and small group discussion/demonstration sessions. Students will have the opportunity to interact with a caregiver for a geriatric patient in a small group setting, work through an interdisciplinary case and participate in a practical rehabilitation session.

This course is open to students in the following disciplines: Medicine, Nursing (NP), School of Health Technology and Management (Physician Assistant, Physical Therapy and Occupational Therapy) and Social Work. This selective offers a unique opportunity to work closely with students in other health care fields.

Educational Objectives

Competencies the course will deliver.
Effective communication, Professionalism, ethics and personal values, medical knowledge, clinical skills, Prevention, Diagnosis and Management, Problem solving, Social and community context of healthcare, systems based practice

OVERALL COURSE GOALS

Students will
Gain an appreciation of the skills required to adequately care for geriatric patients, medical, social and emotional needs.
Practice and gain insight into the importance of interdisciplinary teamwork when caring for older patients
Conduct work with colleagues in other disciplines in caring for older patients needs.
Appreciate the need for improving and optimizing older people’s functioning rather than just focusing on diseases.

OBJECTIVES:
- Describe the demography and epidemiology of aging, including the growth in numbers of older people and heterogeneity of the older population.
- List the theories of aging, including biochemical/molecular, cellular, genetic, and biopsychosocial.
- Differentiate normal aging versus disease associated changes commonly seen in elderly patients.
- List community resources for the elderly.
- Describe the fundamentals of healthcare financing as it applies to the elderly.
- Practice interdisciplinary team training in caring for a complex elderly patient.
- Demonstrate an understanding of geriatric rehabilitation.
- Practice using assistive devices in alternate living situations through active demonstration in an adaptive apartment setting.
- Review the benefits of exercise and rehabilitation for the elderly.
- Recognize the challenges and burdens of care giving through small group interactive interviews with actual caregivers.

Time and Location
This course meets in the HSC at slightly different time frame (3 to 5 PM). This is also not an exclusively small group class; it is a combination of large group lectures and small group interactive sessions. This is an interdisciplinary course and provides a unique opportunity to work closely with other HSC students, such as physician assistant, nursing and social work. Please be sure you are available before you sign up for this course. Check the syllabus for details.

Topics and Dates
Week 1   Aging in America: The Face of Tomorrow
         How We Age as Individuals: Theories & Physiology of Aging

Week 2   Geriatric Interdisciplinary Team Training (GITT)
         *small group interdisciplinary teams

Week 3   Resources for the Elderly
         Caregiver Issues
         *Small group interdisciplinary session with actual caregivers

Week 4   Geriatric Rehabilitation Overview
         Exercise and Aging
         *includes small group stations
Evaluation
Mandatory attendance at all sessions, you must sign in at each session. Absences must be verified through the dean’s office with documentation provided to the course directors. Absences will require a makeup assignment consisting of a written assignment outlining the topic covered in the session you missed.

Group Project: Community Resource Guide
Students will work in small interdisciplinary groups to produce a community resource guide for senior citizens. The resource guides contain practical information seniors require and are developed for each township in Suffolk County. Students will have the opportunity to work closely with their peers from other health science disciplines to produce these guides.

Extra Credit Assignments are required to obtain a grade of High Pass or Honors

High Pass: Includes requirements for passing grade plus a Patient Education Handout
A patient education handout is a pamphlet written in layman’s language that explains a common geriatric disease or concern. A list of acceptable topics will be distributed.

Honors: Includes requirements for Pass and 2 patient education Handouts

Class Size
Number of MCS Students is 10
This is a larger class encompassing many other disciplines (SW / NP / PA )