

Geriatrics Course

Professor Maurizio Maria Coronelli

Introduction to the course

Population aging is one of the most significant worldwide impact phenomena of our century.

Geriatrics is the branch of medicine that studies the conditions, pathological and non-pathological, typical of old age, establishing the methods of care and assistance for the elderly.

In the last fifty years, geriatrics is one of the medical disciplines that has grown the most on a scientific and cultural level; has developed its own methodology (multidimensional geriatric assessment) which, due to its proven validity, has been progressively adopted by other medical disciplines that approach elderly patients.

In this historical period, geriatrics has assumed a very important role as a consequence of the "dramatic" demographic changes that occurred first in Western countries and, subsequently, throughout the world.

This course aims to provide knowledge on phenomena related to the aging process, the major geriatric syndrome and the methodologies of multidimensional geriatric assessment.

These "lessons in geriatrics" have been designed with the intention of providing a minimum cultural basis for all students who, during their university studies, approach the subject of Geriatric Medicine or, more generally, the world of the elderly.

The hope is that these lessons can stimulate students' curiosity and contribute to the formation of a new mentality that allows them to approach the elderly, especially if they are sick, disabled or frail, with a minimum of competence and sensitivity.

Contents of Lessons

- First lesson:** Introduction: aging, frailty and geriatric medicine; Epidemiology of aging.
- Second lesson:** Geriatric Medicine: presentation of disease in old age; Multidimensional Geriatric Assessment
- Third lesson:** Geriatric Pharmacotherapy and Polypharmacy; Deprescribing
- Fourth lesson:** Impaired motility: Falls: Metabolic bone disease
- Fifth lesson:** Malnutrition in older adults; hydro-electrolyte imbalances; Anemia in older adults
- Sixth lesson:** Stroke; Dementia; Depression; Delirium; Alzheimer's disease; Parkinson's disease
- Seventh lesson:** Chronic cardiac failure; Management of coronary artery disease; Hypertension; Cardiac arrhythmias
- Eighth lesson:** Pain in older adult; Arthritis in the elderly; Connective tissue Disorder; Sarcopenia; Palliative medicine for the elderly patients

Useful Information

Recommended text:

Howard M. Fillit, Kenneth Rockword, Kenneth Woodhouse
Textbook of Geriatric Medicine and Gerontology
Sanders Elsevier

Virginia Burgraff, Kye Y. Kim, Aubrey L. Knight
Healty Aging: Principles and clinical practice for clinicians
Wolters Kluver/Lippincott Williams & Wilkins

Method of examination

The exam will be held in oral mode.

Important for the preparation of the exam, in addition to the recommended text, are the slides presented during the lessons.

Attendance in this course is mandatory in order to receive a better preparation for the profession of geriatrician.

Other useful information

Any request for information or the need for an interview with the Teachers, can be requested by e-mail or by telephone.

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Family Medicine Course

Professor Maurizio Maria Coronelli

Introduction to the course

This Family Medicine Course is dedicated to all those students who wish to become General Practitioner and to those who want to acquire knowledge about Family Medicine.

The course offers a distillation of the vast experience that a General Practitioner has achieved and which he then decided to transmit with the aim of ensuring that diseases, from minor ones to those of greater severity, are diagnosed early favoring learning of strategies with which to face any situation.

Family Medicine has become complex, vast and difficult.

With the prospering of medical specializations and the complex technology connected to them, together with the needs of hospital treatments, the work of expert and attentive General Practitioner becomes even more important than in the past.

In this course we highlight how indispensable, in the practice of general medicine, excellent preparation and great skills.

Some of the basic elements of primary care remain unchanged from the past; many of the treatments and approaches to patients are universal and timeless:

Unfortunately, compared to his colleagues fifty years ago, the modern General practitioner has lost a considerable part of his clinical skills and his talent as a patient counselor.

In this course we want to encourage today's doctors to develop precisely these basic skills.

Contents of lessons

First Lessons: Why a Family Medicine Course

Who and what a General practitioner does and what should do.

Second Lessons: Cardiovascular disease prevention in Family Medicine: a
Cornerstone in prevention

Third lessons: Atherosclerosis: the basis of all atherosclerotic cardiovascular
Diseases.

Fourth lessons: The patient with atrial fibrillation

Fifth lesson: The patient with heart failure

Sixth lesson: The patient with COPD and Asthma

Seventh lessons: The patient with arterial hypertension and chronic kidney disease

Eighth lesson: Diabetes mellitus is a cardiovascular disease: yes, no, why.

Useful Information

Recommended text

Robert E. Roke

TEXTBOOK OF FAMILY MEDICINE

Elsevier

Method of examination

The exam will be held in oral mode.

Important for the preparation of the exam, in addition to the recommended text, are the slides presented during the lessons.

Attendance in this course is mandatory in order to receive a better preparation for the profession of general practitioner.

Other useful information

Any request for information or the need for an interview with the Teachers, can be requested by e-mail or by telephone.

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Some useful articles for exam preparation

1. Cardiovascular disease prevention.

Van Camp G.

Acta Clin Belg. 2014 Dec;69(6):407-11. doi: 10.1179/2295333714Y.0000000069. Epub 2014 Aug 31.

2. Prevention of Cardiovascular Disease.

Reamy BV, Williams PM, Kuckel DP.

Prim Care. 2018 Mar;45(1):25-44. doi: 10.1016/j.pop.2017.11.003.

3. Epidemiology and prevention of cardiovascular disease: Quo vadis?

De Backer G.

Eur J Prev Cardiol. 2017 May;24(7):768-772. doi: 10.1177/2047487317691875. Epub 2017 Jan 31

4. Cardiovascular disease.

Thiara B.

Nurs Stand. 2015 Apr 15;29(33):60. doi: 10.7748/ns.29.33.60.s44.

5. Research Progress on the Relationship between

Atherosclerosis and Inflammation

Yuhua Zhu † Xuemei Xian †Zhenzhen Wang, Yingchao Bi, Quangang Chen, Xufeng Han, Daoquan Tang and Renjin Chen *

Biomolecules 2018, 8(3), 80; <https://doi.org/10.3390/biom8030080>

6. Inflammation and its resolution in atherosclerosis: mediators

and therapeutic opportunities

Magnus Bäck¹, Arif Yurdagul Jr², Ira Tabas², Katariina Öörni^{3,4}, Petri T Kovanen^{3,*}
Nat Rev Cardiol. 2019 July ; 16(7): 389–406. doi:10.1038/s41569-019-0169-2

7. Framingham Heart Study (FHS)

8. 2021 ESC Guidelines on cardiovascular disease prevention in clinical practice
Eur Heart J 2021 Sep 7;42(34):3227-3337. doi: 10.1093/eurheartj/ehab484

9 Fibrillazione Atriale in Medicina Generale.

Disease Management

Società Italiana di Medicina Generale

10 Managing Patients With Heart Failure: A Qualitative Study of Multidisciplinary
Teams With Specialist Heart Failure Nurses

The Annals of Family Medicine September 2015, 13 (5) 466-471; DOI:
<https://doi.org/10.1370/afm.1845>

11 Transitional Care for Patients With Congestive Heart Failure: A Systematic
Review and Meta-Analysis

Isabelle Vedel and Vladimir Khanassov

The Annals of Family Medicine November 2015, 13 (6) 562-571; DOI:
<https://doi.org/10.1370/afm.1844>

12..Anticoagulants' Safety and Effectiveness in General Practice: A Nationwide
Prospective Cohort Study

Paul Frappé, Joël Cogneau, Yoann Gaboreau, Nathan Abenhaïm, Marc Bayen,
Claude Guichard, Jean-Pierre Jacquet, François Lacoïn, Sandra Liébart, Laurent
Bertoletti, Jean-Luc Bosson and for the CACAO study investigators

The Annals of Family Medicine March 2020, 18 (2) 131-138; DOI:
<https://doi.org/10.1370/afm.2495>

13. 2020 ESC Guidelines for the diagnosis and management of atrial fibrillation developed in collaboration with the European Association of Cardio-Thoracic Surgery (EACTS)

European Heart Journal (2020) 00, 1125 ESC GUIDELINES

doi:10.1093/eurheartj/ehaa612

14 2021 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure: Developed by the Task Force for the diagnosis and treatment of acute and chronic heart failure of the European Society of Cardiology (ESC) With the special contribution of the Heart Failure Association (HFA) of the ESC

European Heart Journal, Volume 42, Issue 36, 21 September 2021, Pages 3599–3726, <https://doi.org/10.1093/eurheartj/ehab368>