

**Thematic lesson plans of lectures
in the discipline "Issues of gerontology"
for students of the 4th course of the educational program
of the specialist degree
in the specialty 31.05.01 «General Medicine»,
direction (profile) «General Medicine»,
form of study full-time (face to face)
for the 2023-2024 academic year**

№	Topics of lectures	Hours (academic)
1.	<p>Fundamentals of gerontology and geriatrics.¹</p> <p>The place of gerontology and geriatrics. The concept of an elderly patient. Dynamics of the age structure in the population. Psychology of aging. Comprehensive geriatric assessment of the state and functional abilities of the aging human body. Pathology that causes difficulties in diagnosis in patients in old age.²</p>	2
2.	<p>Medical and social expertise and rehabilitation of elderly and senile persons.¹</p> <p>Fundamentals of medical and social expertise of the elderly. Goals and objectives, as well as principles of rehabilitation of elderly and senile persons. The main problems of drug therapy in the elderly and senile age.²</p>	2
3.	<p>Organization of rehabilitation activities for the disabled and elderly.¹</p> <p>Tasks of geriatric rehabilitation: reactivation, resocialization, reintegration. Types of rehabilitation: medical, psychological, social. Phasing, continuity and long-term comprehensive rehabilitation of the elderly. Features of physiotherapy in the elderly.²</p>	2
4.	<p>Cognitive impairment in old age.¹</p> <p>Age-related changes in cognitive functions. Diagnosis criteria. Objectification of cognitive impairment. Functional activity questionnaire. Goals and objectives of the correctional program. Art therapy, music therapy, occupational therapy, physical activity.²</p>	2
5.	<p>Problems of chronomedicine in geriatrics.¹</p> <p>Basic concepts of chronobiology and chronomedicine. The importance of circadian rhythms in the regulation of physiological functions. Basic concepts of chronopharmacology. Chronotherapy as a way to optimize medical rehabilitation in the elderly and senile.²</p>	2
6.	<p>Chronodiagnostics of arterial hypertension and coronary heart disease in elderly and senile persons.¹</p> <p>The daily rhythm of blood pressure, analysis of the parameters of blood pressure during</p>	2

	Holter monitoring. Circadian rhythms of the cardiovascular system, interpretation of Holter ECG monitoring data. ²	
7.	Schools for the care of the elderly. Ethics and Deontology. ¹ Definition, goals and objectives of schools for the care of the elderly. Ethical and deontological problems in the management of elderly and senile patients. Questions of clinical examination of patients, communication with patients and their relatives. ²	2
	Total	14

¹ - subject

² - essential content

Considered at the meeting of the department of Outpatient and emergency medical care
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Head of the Department



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