

**Thematic plan of independent work of the student
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**

| № | The topic of independent work | Hours (academic) |
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| 1. | <p>Module 1. Fundamentals of gerontology in outpatient practice.¹</p> <p>Work with a geriatrician in a hospital and/or in a polyclinic; a district general practitioner Independent study of regulatory documents Writing and defending a report (an abstract) on one of the proposed topics:</p> <ul style="list-style-type: none"> • Features of elderly and senile patients. • The influence of involutional changes on the diagnosis of diseases of internal organs in the elderly. • Semiotics and diagnostics in geriatrics. • Interpretation of the results of laboratory tests in elderly and senile people. • Care for the elderly and senile. • Features of memory in old age. • Sleep disorders in the older age group. • Diagnosis, prognosis and prevention of late-life dementia. • Mental aging. • Causes of headache in elderly and senile people. • Causes of dizziness in the elderly and senile. • Venous dyscirculatory pathology of the brain. • Management of diabetes mellitus in the elderly. • Age-related changes in hearing and vestibular function. • Senile amyloidosis. • Age-related changes in the organ of vision in elderly and senile persons. The Amsler grid. • Age-related diseases of the organ of vision: ptosis, senile inversion of the eyelids, xanthelasm of the eyelids, lacrimal atony, Fuchs dystrophy, senile cataract, involutional central chorioretinal dystrophy, optic nerve atrophy • Management of elderly and senile patients with oncopathology.² | 10 |
| 2. | <p>Module 2. Features of the clinical course of diseases in elderly and senile people.¹</p> <p>Work with a geriatrician in a hospital and/or in a polyclinic; a district therapist Independent study of regulatory documents Writing and defending a report (an abstract) on one of the proposed topics:</p> <ul style="list-style-type: none"> • Age-related changes in the cardiovascular system in the elderly and senile. • Age-related changes in the respiratory organs in elderly and senile persons. • Age-related changes in the digestive organs in elderly and senile persons. • Age-related changes in the urinary system in elderly and senile people. • Age-related changes in the hematopoietic system in the elderly and senile. • Isolated systolic arterial hypertension in the elderly and senile: causes, | 12 |

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| | diagnosis and prevention. <ul style="list-style-type: none"> • Chronic constipation in the elderly and senile: causes, diagnosis and prevention. • The problem of urinary incontinence in elderly and senile patients: causes, diagnosis and prevention. • Senile osteoporosis: causes, diagnosis and prevention. • Disorders of balance and gait in the elderly: causes, diagnosis and prevention. • B12-deficiency anemia as a problem of the geriatric clinic: causes, diagnosis and prevention.² | |
| | Total | 22 |

¹ - subject

² - essential content

Considered at the meeting of the department of Outpatient and emergency medical care
 "_25_" May 2023, protocol № 10

Head of the Department



Krayushkin S.I.