

Course description - Part 1

General information about the course		
1. Major of study: Nursing	2. Study level: first-degree studies/practical profile	
	3. Form of study: full-time	
4. Year: 2 /cycle 2025-2028	5. Semester: 3, 4	
6. Course name: Geriatrics, Geriatric nursing		
7. Course status: mandatory		
8. Course objective(s): C1: Preparing students to care for elderly patients C2: Providing knowledge about the specifics of the aging process in biological, psychosocial, and economic aspects C3: Developing skills in caring for elderly patients C4: Developing interpersonal communication skills between the geriatric patient/caregiver and medical staff C5: Developing skills in promoting successful aging and education.		
Learning outcomes / reference to the learning outcomes indicated in (underline as appropriate): <u>education standards (Regulation of the Minister of Science and Higher Education) / Resolution of the Senate of the Medical University of Silesia</u> (indicate terms specified in education standards / codes of learning outcomes approved by the Resolution of the Senate of the Medical University of Silesia) For knowledge student knows and understands: B.W3.; D.W1.; D.W2.; D.W3.; D.W4.; D.W5.; D.W6.; D.W7.; D.W8.; D.W9.; D.W10.; D.W23.; D.W24.; D.W25.; D.W26. For skills student can do: D.U1.; D.U2.; D.U3.; D.U4.; D.U7.; D.U8.; D.U9.; D.U10.; D.U11.; D.U29.; D.U30. For social competencies student is ready to: KS.1, KS.2, KS.3, KS.4, KS.5, KS.6, KS.7		
9. Number of hours for the course	135	10. Number of ECTS points for the course 5
11. Form of passing the course: exam		
12. Methods of verifying and assessing learning outcomes		
Learning outcomes	Methods of verification	Methods of evaluation*
Knowledge	EXAM – multiple choice test	
Skills	Observation of the student's acquired skills in performing selected medical procedures. Conducting, implementing, and documenting: - A Comprehensive Geriatric Assessment - Nursing Process - Elderly Patient Education.	Practical Skills Diary, Oral Response, Written Assignment, Clinical Case Presentation
Competencies	Observation	Practical Skills Diary

* For exams and grade credits the following evaluation system has been assumed:

- Very good (5,0)** – the assumed learning outcomes have been achieved and significantly exceed the required level
Better than good (4,5) – the assumed learning outcomes have been achieved and slightly exceed the required level
Good (4,0) – the assumed learning outcomes have been achieved at the required level
Better than satisfactory (3,5) – the assumed learning outcomes have been achieved at the average required level
Satisfactory (3,0) – the assumed learning outcomes have been achieved at the minimum required level
Unsatisfactory (2,0) – the assumed learning outcomes have not been achieved.

Course description

Part 2

Other useful information about the course		
13. Unit implementing the subject, address, e-mail:		
1/Department of Gerontology and Geriatric Nursing, Department of Nursing, Faculty of Health Sciences, Silesian Medical University in Katowice address: ul. Ziołowa 45/47, 40-635 Katowice phone: . +48 32 359 8191 e-mail: katedrapielegniarstwa@sum.edu.pl website address: http://pielgeriatryczne.sum.edu.pl/		
2/ Clinic of Geriatrics, Department of Internal Medicine, Faculty of Health Sciences, Silesian Medical University in Katowice address: ul. Ziołowa 45/47, 40-635 Katowice phone: +48 32 359 82 39 e-mail: geriatria@gcm.pl website address: https://klinika-geriatrii.sum.edu.pl/		
14. Name of the course coordinator:		
prof. dr hab. n. o zdr. Agnieszka Młynarska dr hab. n. med. Agnieszka Batko-Szwaczka		
15. Prerequisite knowledge, skills and other competencies:		
Knowledge and skills acquired at the first-year level in the following subjects: anatomy, physiology, fundamentals of nursing, ethics of the nursing profession, psychology, sociology, pathology, microbiology, dietetics, physical examination.		
16. Number of students in groups	In accordance with the Senate Resolution	
17. Study materials	Noticeboard, website: http://pielgeriatryczne.sum.edu.pl/	
18. Location of classes	Geriatrics Department, Electrocardiology Department, Cardiac Surgery Department at GCM	
19. Location and time for contact hours	Student consultations are conducted by academic teachers after submitting a consultation request (email) to the appropriate teacher no later than 1:00 PM on the business day preceding the scheduled consultation and obtaining confirmation of the time and location of the meeting (Geriatrics Department - 5th floor of the GCM Multiprofile Hospital in Katowice-Ochojec, Office No. 121c of the Geriatrics Department - 1st floor of the GCM Multiprofile Hospital (in front of the GCM Rehabilitation Department) in Katowice-Ochojec, or the Faculty's teaching facilities in Katowice-Ligota). With the teacher's consent, consultations can also be held at other times. Geriatric Nursing: Department of Gerontology and Geriatric Nursing - GCM, room 118, 1st floor	
20. Learning outcomes		
Number of the course learning outcome	Course learning outcomes	Reference to learning outcomes included in the standards
P_W01	principles of diagnosing, planning, implementing and assessing patient care in internal medicine, surgical, surgical, pediatric, obstetrics and gynecology, geriatric, neurological, psychiatric, emergency department, intensive care, palliative care and long-term care, as well as for cancer patients;	B.W3.
P_W02	risk factors and health threats in patients of different ages;	D.W1.
P_W03	etiopathogenesis, clinical symptoms, course, treatment, prognosis and principles of nursing care for patients with selected diseases, including cancer;	D.W2.

P_W04	types of diagnostic tests, their clinical significance and principles of ordering them, as well as professional qualifications of nurses in issuing referrals for diagnostic tests in specific clinical conditions;	D.W3.
P_W05	principles of preparing patients of different ages and health conditions for diagnostic tests and procedures, as well as principles of care during and after these tests and procedures;	D.W4.
P_W06	principles and scope of pharmacotherapy in specific clinical conditions;	D.W5.
P_W07	properties of drug groups and their effects on the systems and organs of the patient's body in various diseases depending on age and health status, taking into account side effects, interactions with other drugs and routes of administration;	D.W6.
P_W08	principles of organizing specialist care (internal medicine, surgery, operating theatre, pediatric, geriatric, neurological, psychiatric, emergency department, intensive care, palliative and long-term care, and cancer care);	D.W7.
P_W09	nursing standards and procedures used in the care of patients of various ages and health conditions;	D.W8.
P_W010	reactions of patients of different ages to illness, admission to hospital and hospitalization;	D.W9.
P_W011	methods and techniques for communicating with a patient unable to establish and maintain effective communication due to their health condition or treatment;	D.W10.
P_W012	the aging process in biological, psychological, social and economic aspects;	D.W23.
P_W013	pathophysiology, clinical symptoms, course, treatment, and prognosis of diseases in the elderly: dementia, delirium, depression, gait and balance disorders, malnutrition, osteoporosis, orthostatic hypotension, visual and hearing impairments, incontinence, and fall-related injuries	D.W24.
P_W014	tools and scales for comprehensive geriatric assessment and evaluation of support for older adults and their families or caregivers	D.W25.
P_W015	principles of rehabilitation and activation of older adults;	D.W26.
P_U01	gather information, formulate a nursing diagnosis, establish goals and a nursing care plan, implement nursing interventions, and evaluate nursing care;	D.U1.
P_U02	use scales and questionnaires to assess the patient's condition or functional capacity in specific health situations;	D.U2.
P_U03	measure vital signs using various techniques (including blood pressure in the arteries of the upper and lower limbs, respiration, body temperature, saturation, consciousness) and evaluate the obtained results and use them to plan care in various clinical conditions;	D.U3.
P_U04	perform a comprehensive medical history and physical examination in various clinical conditions to plan and implement nursing care;	D.U4.
P_U05	prepare and administer medications to the patient by various routes in accordance with the nurse's professional qualifications or a written order from a physician in specific clinical conditions, as well as medicinal products from life-saving anti-shock kits;	D.U7.
P_U06	issue prescriptions for medications as part of the implementation of medical orders for specific clinical conditions;	D.U8.
P_U07	recognize complications of pharmacotherapy, dietary treatment and those resulting from therapeutic activities and care;	D.U9.
P_U08	select and apply dietary therapy and provide enteral nutrition (through a gastric tube and nutritional fistula) and parenteral nutrition to children and adults;	D.U10.
P_U09	conduct prevention of complications occurring in the course of diseases;	D.U11.
P_U10	assess the functional abilities and deficits of older adults in daily life using tools included in comprehensive geriatric assessment	D.U29.

P_U11	identify the risk of frailty syndrome in older adults using recommended assessment scales and establish nursing care priorities and preventive actions to avoid further functional decline;	D.U30.
P_K1	being guided by the patient's well-being, respecting the dignity and autonomy of those entrusted with care, showing understanding for ideological and cultural differences and empathy in the relationship with the patient, his family or caregiver	KS.1
P_K2	respect for patient rights and the principles of humanism;	KS.2
P_K3	independent and reliable performance of the profession in accordance with the principles of ethics, including compliance with moral values and obligations in patient care;	KS.3
P_K4	taking responsibility for professional activities performed	KS.4
P_K5	seeking expert advice if you have difficulty solving a problem on your own;	KS.5
P_K6	predicting and taking into account factors influencing one's own and the patient's reactions	KS.6
P_K7	noticing and recognizing one's own limitations in terms of knowledge, skills and social competences, and self-assessing educational deficits and needs.	KS.7
21. Forms and topics of classes		Number of hours
21.1. Lectures		15
Nursing care for the elderly patient with diabetes.		2
Nursing care for the elderly patient who is immobilized. The role of the nurse in reducing the risks associated with hospitalization for the elderly patient.		2
Nursing care for the elderly patient in selected major geriatric problems.		5
Nursing care for the elderly patient at the end of life.		1
Demographic aging and its consequences. Individual aging (biological, psychological, and social aspects). Frailty syndrome. Differences in the epidemiology and course of diseases in old age. The geriatric patient. Comprehensive geriatric assessment. Functional assessment of the elderly.		3
Psychogeriatric syndromes (dementia, delirium, depression). Organization of geriatric care. Principles of treatment and rehabilitation of elderly patients. The problem of multi-drug therapy and polypharmacy. Collaboration with the patient/caregiver during treatment (compliance).		2
21.2. Seminars		10
Comprehensive geriatric assessment. Psychogeriatric syndromes (dementia, delirium, depression). Anxiety disorders in the elderly. Insomnia. Drug and substance addiction. Parkinson's disease. Musculoskeletal disorders in the elderly (degenerative spine and joint disease, rheumatoid arthritis). Water and electrolyte disturbances. Renal and genitourinary diseases in the elderly. Urinary incontinence. Hematological disorders in the elderly.		5
Cardiovascular and respiratory diseases in the elderly. Diabetes in the elderly. Digestive diseases. Diarrhea and constipation. Nutritional disorders (obesity, malnutrition). Enteral and parenteral nutrition. Fecal incontinence. Hospital infections. Cancer in the elderly. Geriatric syndromes: sarcopenia, osteoporosis, locomotion disorders, falls, and injuries. Chronic pain syndromes. Prevention in elderly people.		5
21.3. Classes		10
Introduction to classes (regulations). Geriatric ward and team. Geriatric patient. Comprehensive geriatric assessment (assessment of physical, mental, functional, and socio-environmental status). Communication with the patient. Risks of hospitalization (hospital-acquired infections, falls, delirium) and their prevention. Care for patients with multimorbidity, including: mental disorders (dementia, delirium, depression, insomnia, anxiety disorders); neurological disorders (Parkinson's disease, stroke). Mental disability. Cardiovascular diseases (hypertension, coronary artery disease, acute and chronic heart failure). Respiratory diseases (pneumonia, asthma, chronic obstructive pulmonary		5

disease). Care for patients with multimorbidity, including: hematological disorders (anemia, leukopenia, thrombocytopenia, coagulopathies); Diseases and disorders of the musculoskeletal system (degenerative spine and joint disease, osteoporosis, rheumatoid arthritis). Balance disorders, locomotion disorders, and falls. The problem of mobility impairment – principles of rehabilitation for elderly patients.	
Care for patients with multimorbidity, including: gastrointestinal diseases (peptic ulcer disease, gastrointestinal bleeding, jaundice, cirrhosis, acute pancreatitis, diarrhea, constipation); fluid and electrolyte disturbances (dehydration, overhydration, hyponatremia, hypernatremia, hypokalemia, hyperkalemia, hypocalcemia, hypercalcemia). Renal and urinary tract diseases (acute kidney injury, chronic kidney disease, renal replacement therapy, urinary tract infections, urinary retention, urinary incontinence). Patient with a stoma. The problem of fecal incontinence. Care for patients with eating disorders (obesity, malnutrition, cachexia). Care for patients with metabolic diseases – diabetes. Care for patients with endocrine diseases – thyroid dysfunction. Nutritional therapy. Enteral and parenteral nutrition. Care for elderly patients with cancer. Pressure ulcers and chronic ulcers. Chronic pain syndromes. Care in the terminal phase of illness.	5
21.4. Medical Simulations	20
Involuntary changes in the aging process impact the functioning of older adults. Implementation using an aging simulator.	10
Nurse participation in selected diagnostic tests.	10
21.5. Practical classes	80
Comprehensive geriatric assessment.	10
Principles of communication with the elderly. Communicating with an elderly person with hearing, vision, and cognitive impairments.	5
Caring for an elderly patient with diabetes.	10
Caring for an elderly patient with cardiovascular diseases.	10
Caring for an elderly patient with respiratory diseases.	5
Caring for an elderly patient with urinary diseases. Sphincter dysfunction.	5
Caring for an elderly patient with gastrointestinal diseases. Nutritional disorders in an elderly patient.	5
Caring for an elderly patient with hematological diseases.	10
Caring for an elderly patient with musculoskeletal diseases.	10
The role of the nurse in the rehabilitation of the elderly.	10
21.6. Self-education	20
Organizing Care for the Elderly	10
Basic Principles of Geriatric Pharmacotherapy	10
22. Readings	
1. Wieczorowska-Tobis K., Talarska D. (Eds.), Geriatrics and Geriatric Nursing. PZWL Medical Publishing House, 2nd Edition, Warsaw 2017.	
2. Wieczorowska - Tobis K., Neumann-Podczaska A. (Ed.) Geriatrics Practical Guide Medical Publishing House PZWL 1st Edition, 2022	
3. Gryglewska B, Grodzicki T (Eds.): Vademecum Geriatrici For Practicing Physicians, Volume 1-2 Via Medica 2016-2 017	
23. Detail evaluation criteria	
In accordance with the recommendations of the inspection bodies, Completion of the course – student has achieved the assumed learning outcomes, Detail criteria for completion and evaluation of the course are specified in the course regulations	