

SYLLABUS

Name of course: **GERIATRICS – DIAG-415**

Length of course: 3 units, 44 Hours (4 Hours/Week)

Course Description: This course includes a survey of the aging process and health related issues in the fields of geriatrics and gerontology. Consideration is given to the case history, examination, health problems, and preventative health care of the older adult. Chiropractic management of the geriatric patient is emphasized.

Prerequisites: DIAG340, DIAG420, DIAG415, ACS346, (DIAG327 OR DIAG351),
(DIAG327 OR DIAG352)

Course Offered by: Clinical Sciences Department

Required Text: Bickley, L. Bates guide to physical examination and history taking. PA:
Lippincott Williams & Wilkins; Latest edition (Available on reserve in the
library)
Geriatrics note packet (available in bookstore and on Canvas)

Recommended Texts:

Beers et al., editors. Merck manual of geriatrics, 3rd Edition. NJ: Merck
Research
Laboratories; 2000

Bougie, J.D, Morgenthal, A.P. The aging body. NY: McGraw-Hill; 2001

Coltrera, Francesca. Better balance: easy exercises to improve stability and
prevent
falls. MA: Harvard Health Publications; 2012

Gleberzon B.J. Chiropractic care of the older patient. MA: Butterworth-
Heinemann;
2001

Kane, R.L. et al. Essentials of clinical geriatrics. 6th ed. NY: McGraw-Hill;
2009

Landefeld, C.S. et al., editors. Current geriatric diagnosis and treatment. NY:
Lange

Method of Instruction: Lecture, group and individual activities, speakers, presentations, handouts, articles, videos.

Evaluation:

| | |
|-------------|---|
| 100 points: | Project 1: Common geriatric conditions |
| 100 points: | Project 2: Chiropractor Interviews |
| 35 points: | Response papers or quizzes to assigned articles |
| 100 points: | Final Exam |
| <hr/> | |
| | 335 points total |

Projects & Assignments:

Brief overview

Complete instructions will be given in class and detailed written instructions along with project deadlines will be posted on Canvas.

Project I: Common geriatric conditions.

- This is a group project consisting of:
 - A Power Point presentation delivered in class
 - Summary handout of key points
 - Annotated bibliography of resources used
 - Evaluation of group teamwork and participation (individual component)

Project II: Chiropractor interviews.

- This is an individual project consisting of:
 - Interviewing two practicing chiropractors (who have been in practice at least 5 years and don't work at Life West)
 - Writing a written report based on both interviews (template provided on Canvas)
 - Giving an informal in-class presentation and participating in class synthesis of information activity

Response papers/quizzes:

- Article assignments that count toward the course grade will be posted on Canvas with instructions, deadlines and point values.

GRADES:

| | | | |
|-----|-------|---------------|-----------------------------------|
| A = | (4.0) | 90 – 100% | Superior Work |
| B = | (3.0) | 80 – 89% | Above Average Work |
| C = | (2.0) | 70 – 79% | Average Work |
| F = | (0.0) | 69% and Below | Failure – Course will be repeated |

Grades and the Grading System Final Grades are available online through the CAMS student portal. If there are any questions on grading procedures, computation of grade point average, or the accuracy of the grade report, please contact the Registrar's Office or the Office of Academic Affairs. Grades will be reported and evaluation will be based on the Academic Policies, Procedures, & Services. Please refer to Evaluation Policy (**Policy ID: OAA.0007**)

In order to maintain **Satisfactory Academic Progress**, a student must maintain a 2.0 or better in each and every course. **Any grade less than a C must be remedied by repeating the class.** Please refer to Satisfactory Academic Progress (**Policy ID: OAA.0006**)

Attendance: Please refer to Attendance Policy (**Policy ID: OAA.0002**)

Conduct and

Responsibilities: Please refer to the Personal Conduct, Responsibility and Academic Responsibility Policy (**Policy ID: OAA.0003**)

Make-up Exams: Please refer to Make-up Assessment Policy (**Policy ID: OAA.0001**)

Request for

Special Testing: Please refer to Request for Special Testing (**Policy ID: OAA.0004**)

Accommodation for Students with Disabilities:

If you have approved accommodations, please make an appointment to meet with your instructor as soon as possible. If you believe you require an accommodation, but do not have an approved accommodation letter, please see the Academic Counselor Lori Pino in the Office of Academic Affairs. Contact info: lpino@lifewest.edu or 510-780-4500 ext. 2061. Please refer to Service for Students with Disabilities Policy (**Policy ID: OAA.0005**)

Electronic Course Management:

Canvas is LCCW's Learning Management System (LMS). Canvas will be used throughout the quarter during this course. Lectures, reminders, and messages will be posted. In addition, documents such as the course syllabus and helpful information about the class project will be posted. Students are expected to check Canvas at least once a week in order to keep updated. The website address for Canvas is <https://lifewest.instructure.com/login/canvas> Please refer to the Educational Technologies Policy (**Policy ID: OAA.0009**)

Course Goals: The goal of this course is to familiarize students with the aging process and help them gain an understanding of conditions common to the geriatric population. This course will assist students in formulating strategies for implementing chiropractic management into geriatric healthcare in order to help people age successfully.

Topics covered in the course (week-to-week outline will be provided on Canvas)

- Normal physiology of aging

- Healthy aging vs common pathologies that arise in the elderly
- Factors influencing longevity and strategies to promote healthy aging
- Preconceptions and attitudes about aging and the elderly
- Dominant theories about the aging process
- Terminology relevant to geriatrics and the aging process
- Complete geriatric physical examination
- Key aspects of geriatric assessment
- Functional assessment (ADLs/IADLs)
- Integration of healthcare teams
- Elder abuse
- Chiropractic management of elderly people
 - Role of chiropractor in managing select geriatric conditions
 - Modification of adjustive procedures: why, when, and how to modify
 - Considerations for making the chiropractic office accessible and appealing to the elderly
- Medicare
- Review pathophysiology, diagnosis, management (including indicators for referral), and resources for select geriatric conditions
- Fall prevention

Student Learning Outcomes:

After completing the course, the student will be able to:

1. Identify habits that promote successful aging.
2. Differentiate benign age-related declines from pathological changes.
3. Recall common features of aging in the different organ systems.
4. Recall terms related to geriatrics and the aging process.
5. Identify select theories relating to how and why aging occurs.
6. Adapt the physical examination to the specific needs of the older population.
(PLO:1 c)
7. Recall key aspects of a complete geriatric evaluation. (PLO:1 c)
8. Recognize the difference between activities of daily living (ADLs) and instrumental activities of daily living (IADLs).
9. Identify possible causes for declining IADLs.
10. Adapt history-taking to accommodate age-related changes of sight and hearing.
(PLO:1 a)
11. Discuss how generational differences can impact providing care to elders.
12. Identify other providers and services that are necessary to provide complete care for elders.
13. Create a 5-point management plan for a specific condition.
14. Describe allopathic management for select geriatric conditions.
15. Describe the role of chiropractic in managing select geriatric conditions.
16. Apply research skills to find high-quality information about a geriatric-related condition.
17. Apply NLM citation format to create an annotated bibliography of the resources used to

- create a presentation and summary about a geriatric-related condition. (PLO:6 a)
18. Apply public speaking skills to deliver a presentation about a geriatric-related condition.
 19. Synthesize research about a geriatric-related condition to create a summary and sample test questions. (PLO:6 a)
 20. Recall chiropractic-related aspects of Medicare. (PLO:4 d)
 21. Recall the features of delirium, dementia and depression.
 22. Recall the screening tools used to identify delirium, dementia and depression.
 23. Discuss strategies to enhance quality of life for people with dementia.
 24. Identify conditions that may require modified chiropractic adjustments.
 25. Identify strategies to modify osseous adjustments to increase safety for the older population.
 26. Describe management strategies to improve function and quality of life for elders.
 27. Critically evaluate chiropractors' management strategies for older patients. (PLO:2 a)
 28. Recall risk factors for falls amongst the elderly.
 29. Identify intrinsic vs extrinsic risks for falls.
 30. Discuss the role of chiropractic in fall prevention.
 31. Recognize potential fall hazards in a chiropractic office.
 32. Discuss the role of strength training in geriatric management.
 33. Recognize ageism.
 34. Create an office plan to appeal to the older population.

Program Learning Outcomes (PLO): Students graduating with a Doctor of Chiropractic degree will be proficient in the following:

1. **ASSESSMENT AND DIAGNOSIS:** An assessment and diagnosis requires developed clinical reasoning skills. Clinical reasoning consists of data gathering and interpretation, hypothesis generation and testing, and critical evaluation of diagnostic strategies. It is a dynamic process that occurs before, during, and after the collection of data through history, physical examination, imaging, laboratory tests and case-related clinical services.
2. **MANAGEMENT PLAN:** Management involves the development, implementation and documentation of a patient care plan for positively impacting a patient's health and well-being, including specific therapeutic goals and prognoses. It may include case follow-up, referral, and/or collaborative care.
3. **HEALTH PROMOTION AND DISEASE PREVENTION:** Health promotion and disease prevention requires an understanding and application of epidemiological principles regarding the nature and identification of health issues in diverse populations and recognizes the impact of biological, chemical, behavioral, structural, psychosocial and environmental factors on general health.
4. **COMMUNICATION AND RECORD KEEPING:** Effective communication includes oral, written and nonverbal skills with appropriate sensitivity, clarity and control for a wide range of healthcare related activities, to include patient care, professional communication, health education, and record keeping and reporting.
5. **PROFESSIONAL ETHICS AND JURISPRUDENCE:** Professionals comply with the law and exhibit ethical behavior.

6. **INFORMATION AND TECHNOLOGY LITERACY:** Information literacy is a set of abilities, including the use of technology, to locate, evaluate and integrate research and other types of evidence to manage patient care.
7. **CHIROPRACTIC ADJUSTMENT/MANIPULATION:** Doctors of chiropractic employ the adjustment/manipulation to address joint and neurophysiologic dysfunction. The adjustment/manipulation is a precise procedure requiring the discrimination and identification of dysfunction, interpretation and application of clinical knowledge; and, the use of cognitive and psychomotor skills.
8. **INTERPROFESSIONAL EDUCATION:** Students have the knowledge, skills and values necessary to function as part of an inter-professional team to provide patient-centered collaborative care. Inter-professional teamwork may be demonstrated in didactic, clinical or simulated learning environments.
9. **BUSINESS:** Assessing personal skills and attributes, developing leadership skills, leveraging talents and strengths that provide an achievable expectation for graduate success. Adopting a systems-based approach to business operations. Networking with practitioners in associated fields with chiropractic, alternative medicine and allopathic medicine. Experiencing and acquiring the hard business skills required to open and operate an on-going business concern. Participating in practical, real time events that promote business building and quantifiable marketing research outcomes
10. **PHILOSOPHY:** Demonstrates an ability to incorporate a philosophically based Chiropractic paradigm in approach to patient care. Demonstrates an understanding of both traditional and contemporary Chiropractic philosophic concepts and principles. Demonstrates an understanding of the concepts of philosophy, science, and art in chiropractic principles and their importance to chiropractic practice.