



## Module (Course Syllabus) Catalogue 2023-2024

College/ Institute	Bachelor's degree	
Department	Physiotherapy	
Module Name	<i>Physiotherapy for Geriatric and Women</i>	
Module Code	PHG802	
Semester	8 <sup>th</sup> semester	
Credits	6 ECTS	
Module type	Prerequisite <input type="checkbox"/>	Core <input checked="" type="checkbox"/> Assist. <input type="checkbox"/>
Weekly hours		
Weekly hours (Theory)	( 2 )hr Class	( 2 )hr Workload
Weekly hours (Practical)	( 2 )hr Class	( 4 )hr Workload
Lecturer (Theory)	Dr. Mahdi Khaled Qadir	
E-Mail& Mobile NO.	<a href="mailto:mahdiqader@epu.edu.iq">mahdiqader@epu.edu.iq</a>	
Lecturer (Practical)		
E-Mail & Mobile NO.		

# Course Book

<p><b>Course Description</b></p>	<p>This course provides in-depth and up to date information about Geriatrics Physical Therapy Covers Implications and Physiology of Age-Related and Lifestyle-Related Decline. These will include the impact of aging on different systems e.g. (the cardiovascular, pulmonary, the Musculoskeletal, and the central and peripheral nervous systems). This course will provide the student with the components of a patient medical history and principle of geriatric assessment according to the International Classification of Functioning, Disability and Health (ICF).</p>
<p><b>Course objectives</b></p>	<p>1. Identify the demographic trends affecting mortality and morbidity in the aging population. 2. Discuss the physiological changes that occur with aging on different systems (the cardiovascular, pulmonary, the Musculoskeletal, and the central and peripheral nervous....) 3. Explain principle and concept of geriatric assessment including the International Classification of Functioning, Disability and Health (ICF) . 4. Design a therapeutic plan for any selected case among elderly with prioritized problem (s), prioritized SMART goals, justified physical therapy modalities, and rational outcome measure (s) and suitable time frame according to relevant articles.</p>
<p><b>Student's obligation</b></p>	<ul style="list-style-type: none"> <li>• Students should prepare their materials.</li> <li>• Lab coat required during lab.</li> <li>• Preparation of seminar, poster, report.</li> </ul>
<p><b>Required Learning Materials</b></p>	<p><input type="checkbox"/> Lectures provide an introduction and summary of the topic area. Seminars/group work include discussion and use of information provided to support learning.</p> <p><input type="checkbox"/> Additionally, students are expected to engage in self - study. Their study time will be required to research and critically appraise information and to prepare for the module assessments.</p> <p><b>Scheduled learning</b> includes lectures, seminars, practical skills sessions. <b>Independent learning</b> includes hours engaged with essential reading, poster preparation linking with the management approach selected for review. Use of practical experience gleaned whilst on placements will also be required to support discussion during the module.</p>
<p><b>Assessment scheme</b></p>	<p>25% Mid Term (Theory and practical)              8% Quiz              2% class activity              10% Assignment (report, paper, seminar..)              10% Lab activity and Report              5% homework</p>

	<b>20% final practical</b> <b>20% final theory</b>	
<b>Specific learning outcome:</b>	<ol style="list-style-type: none"> <li>1. Examine the reason for studying geriatric physical therapy and the need for modification of treatment and approaches for this specific segment of the population.</li> <li>2. Relate the communication changes that occur in normal aging and describe how these changes affect older adult lives and the lives of their families.</li> <li>3. Design interventions for reducing the effect of these communication changes on performance and safety.</li> <li>4. Select the precautions and modifications that are necessary for exercise and the use of modalities for the geriatric patient.</li> <li>5. Identify modifications in the treatment or training programs of the older adult patient with cardiopulmonary changes/disease.</li> <li>6. Identify the types of cancer that commonly occur in the older adult population. Identify physical therapy interventions for patients with these types of cancer.</li> <li>7. Discuss techniques that can enhance sexual participation for the older adult patient who may be confronted with pain, joint limitations, abnormal muscle tone, and fear of further injury.</li> <li>8. Analyze the social and economic ramifications of our ever-growing older adult population and the impact this will have on health care in general and physical therapy specifically</li> </ol>	
<b>Course References:</b>	<ul style="list-style-type: none"> <li>• Guccione AA, Geriatric Physical Therapy, 3rd. Ed, Mosby 2012</li> <li>• Guccione AA : Geriatric Physical Therapy, Mosby, 2 nd edition, 2000.</li> <li>• Multani NK.,and Verma SK.,Principles of geriatric physical therapy. Jaypee Brothers Medical Publishers.1st ed.,2007.</li> <li>• Carole Bernstein Lewis: Aging The Health- Care Challenge, F.A.Davis Company, Philadelphia, last edition.</li> <li>• Lewis C.B and BottomleyJ .Geriatric Rehabilitation: A Clinical Approach. Prentice Hall; 3rd edition, 2007</li> </ul>	
<b>Course topics (Theory)</b>	<b>Week</b>	<b>Learning Outcome</b>
Establishment of Class Ground Rules. Assignment of head student. Collection of students' contact information. Overview of the course goals and specification: Explanation of the students' assignment	1	1, 2 &5
Collection of students' contact information. Overview of the course goals and specification: Explanation of the students' assignment	2	2,3&4
- Introduction in the principle of geriatric rehabilitation	3	1, 3, &5

mplication of an aging population for rehabilitation : Demography, mortality, and morbidity	4	1,2,3,4&6
Age-related changes in cardiovascular system.	5	1&3
Age-related changes in pulmonary system.	6	1, 2, 4&6
Age-related changes in musculoskeletal system. - Sensory changes in older adults. - Student assignmen	7	1, 3& 5
Age-related changes in nervous system and cognition. - Student assignment	8	1,2&4
Physiological Response to exercise in Elderly - Principle and concept of geriatric Assessment	9	1,3,4 &5
Physiological changes of puberty and pregnancy	10	1,2&5
Stages of labar and physiological changes	11	1&5
Chronic Pelvic disorders	12	1.2.4&5
<b>Practical Topics</b>	<b>Week</b>	<b>Learning Outcome</b>
Establishment of Class Ground Rules. Assignment of head student. Collection of students' contact information. Overview of the course goals and specification: Explanation of the students' assignment	1	1, 2 &5
Collection of students' contact information. Overview of the course goals and specification: Explanation of the students' assignment	2	2,3&4
- Introduction in the principle of geriatric rehabilitation	3	1, 3, &5
mplication of an aging population for rehabilitation : Demography, mortality, and morbidity	4	1,2,3,4&6
Age-related changes in cardiovascular system.	5	1&3
Age-related changes in pulmonary system.	6	1, 2, 4&6
Age-related changes in musculoskeletal system. - Sensory changes in older adults. - Student assignmen	7	1, 3& 5
Age-related changes in nervous system and cognition. - Student assignment	8	1,2&4
Physiological Response to exercise in Elderly - Principle and concept of geriatric Assessment	9	1,3,4 &5

Physiological changes of puberty and pregnancy	10	1,2&5
Stages of labor and physiological changes	11	1&5
Chronic Pelvic disorders	12	1.2.4&5

### Questions Example Design

Q1- Choose the correct answer? (10 Marks)

1- Radiological finding of osteoporosis :.

- A- bone space narrowing
- B- calcification at medial epicondyle
- C- decrease bone density
- D- All the above
- E- none of the above

Q2- Filling the blanks? (10 Marks)

1- Principles of Geriatric rehabilitation

- A-
- B-
- C-
- D-
- E-

Q3:

Write short note on physiotherapy program of the following:

Prime para lady pregnant.

### Extra notes:

### External Evaluator