

# **61125 - Physical and mental pathologies in the aged: normal and pathological ageing**

## **Syllabus Information**

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**Academic year:** 2024/25

**Subject:** 61125 - Physical and mental pathologies in the aged: normal and pathological ageing

**Faculty / School:** 127 - Facultad de Ciencias de la Salud

**Degree:** 374 - Master's in Social Gerontology

**ECTS:** 6.0

**Year:** 1

**Semester:** Annual

**Subject type:** Compulsory

**Module:**

## **1. General information**

The purpose of this subject is to provide an overview of the main pathologies that appear during the ageing process. As a whole, it should lead the student to the knowledge of normal and pathological aging, to the analysis of the repercussions that pathologies have both on the elderly and on society, and the specific therapeutic possibilities for these situations.

Likewise, a review of the physiology of aging will be made, in order to understand the incidence of certain pathologies in the elderly.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations 2030 Agenda (<https://www.un.org/sustainabledevelopment/es/>), so that the acquisition of the learning results of the subject will contribute to the achievement of Goal 3: Health and Well-being.

Given the interdisciplinary nature of the subject, attendance to the scheduled activities is recommended. Classes are mainly face-to-face, with a theoretical-practical character, and offered by teachers specialized in the different syndromes and processes.

## **2. Learning results**

Upon completion of this subject, the student will be able to:

Related to Biogerontology

- 1.-Identify, analyse and discuss the main theories that explain aging.
- 2.-Identify, analyse and discuss the physiological processes of the elderly person.
- 3.-Identify, analyse and discuss the main characteristics of the geriatric patient.
- 4.- Identify and discuss the symptoms of the different pathologies and relate them to psychological and social variables.

In relation to Gerontological Neuropsychiatry

- 1.-Identify, analyse and discuss the contributions of neuropsychiatry to the gerontological and geriatric field.
- 2.-Identify, analyse and discuss the different neuropsychiatric disorders in relation to aging.
- 3.-Identify, analyse and discuss the consequences of these disorders in society.
- 4.-Analyze and discuss therapeutic approaches to both pathologies and their consequences.

In relation to psychopathological disorders in the elderly.

- 1.-Identify, analyse and discuss the contributions of psychopathology to the gerontological and geriatric field.
- 2.- Identify, analyse and discuss the different psychopathological disorders in relation with aging.
- 3.-Identify, analyse and discuss the consequences of these disorders in society.
- 4.-Analyze and discuss therapeutic approaches to both pathologies and their consequences.

## **3. Syllabus**

### **PROGRAM**

## Normal and pathological aging. Physiology of aging

### Biogerontology

- Cellular and molecular basis of aging.
- Cardiovascular and respiratory diseases in the elderly.
- Digestive diseases in the elderly.
- Osteoarticular diseases in the elderly.
- Infectious and hematological diseases in the elderly.
- Endocrine and metabolic diseases in the elderly.
- Diseases of the urinary system in the elderly.
- Oncologic diseases and care and treatment.

### Gerontological Neuropsychiatry

- Dementias. Neurodegenerative syndromes.
- Pathology of the extrapyramidal system. Parkinson's disease.
- Strokes. Ictus.

### Psychopathological disorders in the elderly

- Aging, anxiety and depression.
- Suicide.
- Distress disorders in old age.
- Psychotic disorders.
- Treatment of mental disorders in the elderly.

## 4. Academic activities

**Participative lecture:** theoretical sessions in which the contents of the subject will be explained.

**Guided study:** the ability to write a review article is worked on with the student. The key aspects of what is a review are presented and the review is started.

**Individual work:** it includes the study of contents related to the theoretical classes, data analysis, information search, complementary readings and writing of papers.

**Group work:** it includes the preparation of seminars, data analysis, information search and complementary readings.

**Tutoring:** Direct assistance to the student. Identification of learning problems. Guidance on the subject.

## 5. Assessment system

**The student must demonstrate achievement of the intended learning results through the following assessment activities.**

### Assessment criteria and methods

Completion of a review article (100% of the grade).

It will consist of an updated bibliographic review; to this end, students will perform an exhaustive search, select reproducible bibliography, write a critical assessment, and summarize all relevant studies that analyse a specific question. The review will deal with aspects of the topics contained in the syllabus.

This activity will be carried out preferably in groups (maximum 4-5 people).

The Moodle of the subject will specify the characteristics of the work with respect to structure and format, as well as the deadline.

The overall grade for this activity will be from 0 to 10 and will represent 100% of the student's grade in the subject.