

PG Diploma in Geriatric Care Management

Syllabus

UNIVERSITY DEPARTMENT

Program Code: ****

2021 – 2022 onwards



BHARATHIAR UNIVERSITY

(A State University, Accredited with “A” Grade by NAAC,
Ranked 13th among Indian Universities by MHRD-NIRF,
World Ranking : Times - 801-1000, Shanghai - 901-1000, URAP – 1047)

Coimbatore - 641 046, Tamil Nadu, India

PROGRAMME EDUCATIONAL OBJECTIVES

- The PGDGCM focuses on an interdisciplinary geriatric care management with field work components.
- This programme prepare students to meet the challenges of elder care and unlocks the door to a new career path.

PROGRAMME SPECIFIC OUTCOMES

The students who complete the PGDGCM will be able to:

- Demonstrate ethical and professional behavior while working with older adults
- Assess the various changes in older adults and prepare a daily assessment plan for the older adults in geriatric care institutions
- Practice various formal care models in geriatric care
- Conduct psycho-social support services to the older adults and their care givers
- Manage the care facilities such as resources and infrastructure of a geriatric care institution and be the part of an interdisciplinary team

Program Outcomes

- Domain Knowledge
- Communicative competence
- Applying Modern technologies
- Reflective response to ethical and social issues
- Sustainability values
- Critical thinking and Problem Solving
- Entrepreneurship
- Team work and Leadership
- Self-directed and Lifelong Learning

BHARATHIAR UNIVERSITY COIMBATORE 641 046

PG Diploma in Geriatric Care Management Curriculum (University Department)

(For the students admitted during the academic year 2021– 22 onwards)

Course Code	Title of the Course	Credits	Hours		Maximum Marks		
			Theory	Practical	CIA	ESE	Total
FIRST SEMESTER							
	An Introduction to Ageing	4	4	-	50	50	100
	Common Changes Among Older Adults	4	4	-	50	50	100
	Care Models for Older Adults	4	4	-	50	50	100
	Older Adults and Support Services	4	4	-	50	50	100
	Field Education and Practicum Lab I	6	-	12	50	50	100
	Total	22	16	12	250	250	500
SECOND SEMESTER							
	Block Placement (3 months)and viva voce	10	-	-	50	50	100
	Project	8	-	-	50	50	100
	Total	40	-	-	100	100	200

DURATION OF THE PROGRAMME

The programme of study shall be for duration of ONE academic year with TWO semesters.

ELIGIBILITY

The candidate should have completed any Under Graduation from any recognized University.

Course Description –

PGDGCM focuses on concepts and exemplars related to geriatric care and management. Based on theories of aging and principles of geriatric care students will learn how to develop health promotional activity, disease prevention strategies and long term care management of older adults in communities and in institutional care settings. Topics include; psycho-social and physical changes in aging, different models of care delivery, support services and programs for older adults and their families.

Course fees –

Rs. 8700/- for each Semester

ATTENDANCE

The minimum requirement of aggregate attendance during a semester for appearing at the end semester examination shall be 75%. Condoning of shortage of attendance to a maximum of 10 % in a semester can be given only once during the whole period of PGDGCM program which may be granted by the Program Coordinator subject to the fulfillment of procedure by the applicant. Those students who are not eligible even with Condoning of shortage of attendance shall repeat the semester along with the succeeding batch, if permitted

ADMISSION PROCEDURE

Candidate can apply through the official website of Bharathiar University

<https://www.b-u.ac.in/>

COMPONENTS FOR INTERNAL ASSESSMENT AND DISTRIBUTION OF MARKS FOR CIA & CEE

Tests, assignment and seminars shall be the components for continuous internal assessment. 50 percent marks in total marks shall be allotted under CIA (Continuous Internal Assessment) in each theory paper offered by the Department. The Distribution of marks for CIA and CEE (Comprehensive External Examination) theory subjects is as given under.

Paper	Maximum Marks	Marks for		Components for CIA			
		CIA	CEE	Tests	Assignment	Seminar	others
Theory	100	50	50	30	10	05	05

Components for 'others' may include the following.

Class Participation, Case Studies Presentation, Field Work, Field Survey, Group Discussion, Team Paper, Workshop/Conference Participation, Presentation of Papers in Conferences, Quiz, Report/content writing, etc.

DISTRIBUTION OF MARKS FOR CIA AND CEE FOR PRACTICAL SUBJECTS IS AS GIVEN UNDER.

Paper	Maximum Marks	Marks for		Components for CIA		
		CIA	CEE	Tests	Observation Note	Record Note
Practical	100	50	50	30	05	15

DISTRIBUTION OF MARKS FOR CIA AND CEE FOR PROJECT/DISSERTATION IS AS GIVEN UNDER.

Paper	Maximum Marks	Marks for		
		CIA	CEE	
			Evaluation	Viva-voce
Project	100	50	30	20

Three tests (test 1, Test 2 and Test 3) for continuous internal assessment for each core /practical papers offered in a semester shall be conducted in the following manner.

Test 1 and 2 may be the unit based tests

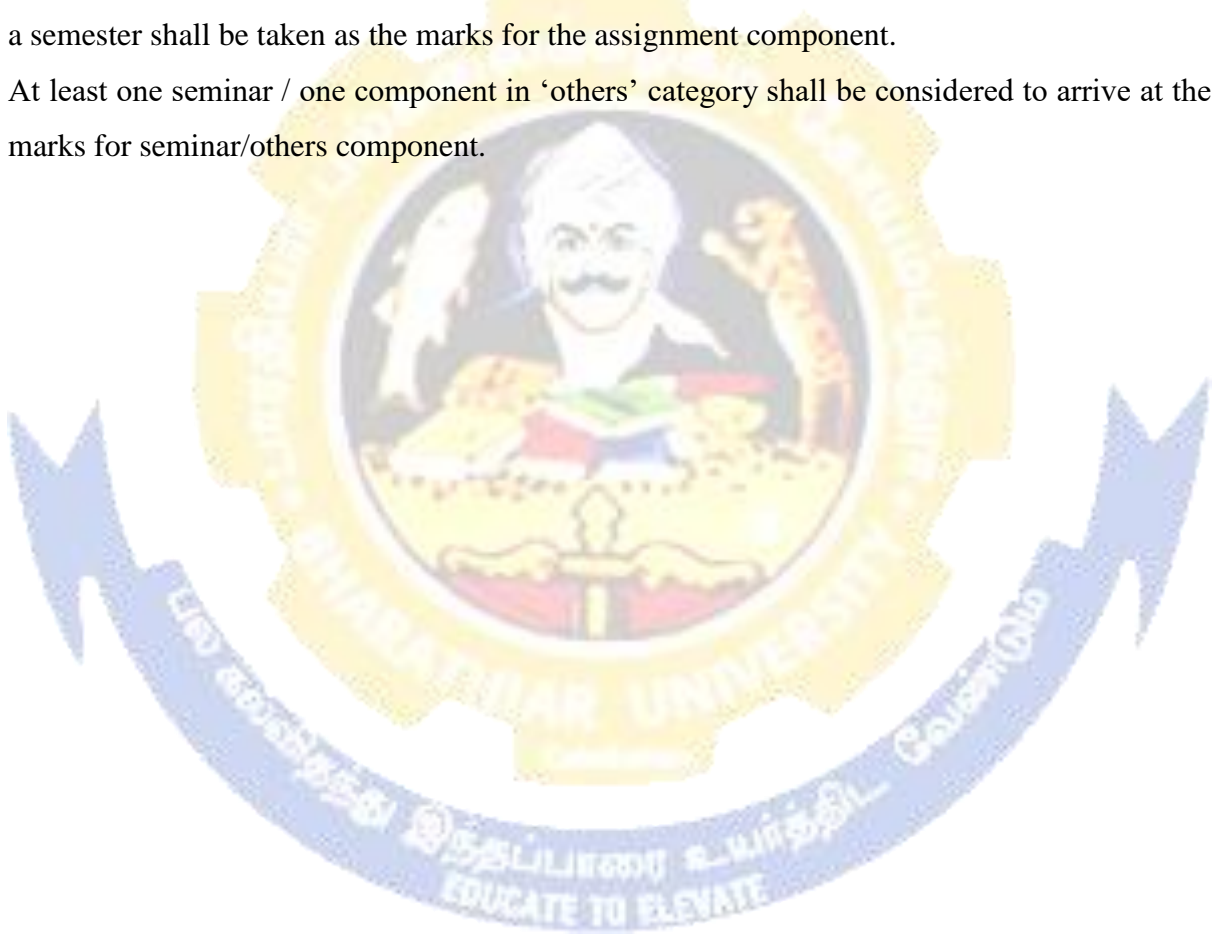
Test 3 may be the model test

25% weightage to each of test 1 and 2 and 50% weightage to test 3

It is mandatory for every student to attend at least one test in every subject.

The average of two assignments for continuous internal assessment for each papers offered in a semester shall be taken as the marks for the assignment component.

At least one seminar / one component in 'others' category shall be considered to arrive at the marks for seminar/others component.



Course code	AN INTRODUCTION TO AGEING		L	T	P	C
Core/Elective/Supportive	PG Diploma		4	-	-	4
Pre-requisite	Basic understanding about care for elderly		Syllabus Version		2021 - 2022	
Course Objectives:						
The main objectives of this course are to:						
<ul style="list-style-type: none"> To facilitate the students to have broader understanding about characteristics of elderly and theories of elderly To enrich the knowledge of the students on program and policies of elderly 						
Expected Course Outcomes:						
On the successful completion of the course, student will be able to:						
1	Explain the basic characteristics of elderly					K1
2	Explain various theories related elderly					K2
3	Illustrate various program and policies of elderly					K3
4	Analyze various laws and policies for the older adults					K4
5	Demonstrate professional and ethical behavior in elderly care.					K5
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create						
Unit:1	Introduction to Ageing				11 hours	
Old Age- Definition, meaning and characteristics of old age, Population ageing – Global and Indian perspectives, Principles of Geriatric Care, Care and welfare needs of the old age- physical needs, healthcare needs, psychological, social and economic needs, Ageism – Characteristics						
Unit:2	Theories on Ageing				13 hours	
Social theories - Activity theory, Disengagement theory, Role theory, Social stratification theory, Psychological theories- Erikson, Buhler and Jung's, Biological theories - Endocrine theory, immunological Theory, Wear and Tear theory						
Unit:3	Life Transitions				11 hours	
Family relationships in later life- sibling, grandparent-grandchild, intergenerational relationships, Perspectives on death and dying retirement, singleness (loss of spouse), empty nest syndrome adjustment, spirituality , Bereavement						

Unit:4	Laws, Policies & Programs for Older adults	11 hours
Senior Citizen (Maintenance, Care and Protection) Act-2007, National Policy on Older People (NPOP) -1999 and National Policy on Senior Citizen 2011, National Council for Older Persons (NCOP), NPHCE, Indira Gandhi National Old Age Pension Scheme (IGNOPS), related programs		
Unit:5	Professional Practice	10 hours
Elder abuse, Mistreatment, Neglect, Violence and Crimes, Ethical Principles & Legal aspects for Professional practice (decision making, confidentiality, informed consent, restraints, Advance Directives, assisted suicide)		
Unit:6	Contemporary Issues	4 hours
Expert lectures, online seminars - webinars		
Total Lecture hours		60 hours
Text Book(s)		
1	McInnis-Dittrich, K. (2009). Social work with older adults: A biopsychosocial approach to assessment and intervention. Boston: Allyn & Bacon.	
2	Pachana, N. A., Laidlaw, K., & Knight, B. (2011). Casebook of clinical geropsychology: International perspectives on practice. Oxford: Oxford University Press.	
3	Knight, B. G. (2004). Psychotherapy with older adults (3rd ed.). Thousand Oaks: Sage.	
Reference Books		
1	Laidlaw, K., Thompson, L. W., Thompson, D., & Siskin, L. (2003). Cognitive behaviour therapy with older people. Chichester: Wiley.	
2	John W Santrock (1999) Life Span Development. New York: The McGraw- Hill Companies	
3	Malcom L.Johnson (2005). The Cambridge Handbook of Age and Ageing. New York: Cambridge University Press	

Course Code	COMMON CHANGES AMONG OLDER ADULTS				L	T	P	C
Core/Elective/Supportive	Core				4	-	-	4
Pre-requisite	Understanding about Changes in Older Adults				Syllabus Version		2021-2022	
Course Objectives:								
The main objectives of this course are to:								
<ol style="list-style-type: none"> 1. Gain basic insight on the various systems related to elderly 2. Develop in-depth understanding on the diseases related to elderly. 3. Inculcate knowledge on mental disorders among elderly. 								
Expected Course Outcomes:								
On the successful completion of the course, student will be able to:								
Apply critical thinking skills to analyze the theoretical and clinical issues pertaining to age related changes of acutely ill older adults.							K3	
Design person-centered and culturally responsive strategies in the delivery of clinical prevention and health promotional initiatives to older individuals residing in communities and institutions							K2	
Develop teaching strategies to educate individuals, families and communities to improve health outcomes of older adults in communities, hospitals and geriatric care centers							K3	
Incorporate strategies for care of older adults using current technologies while recognizing the principles related to the safe and effective use of information technologies.							K4	
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create								
Unit:1	Sensory System						10 hours	
Visual Deficits: Cataracts, Glaucoma, Macular Degeneration - Hearing Deficits: Tinnitus, Presbycusis, Otosclerosis - Integumentary& Immune System: Touch & Thermoregulation.								
Unit:2	Cardiovascular System						10 hours	
Heart diseases, Hypertension, CHF, Coronary Artery Diseases and other cardiovascular problems.								
Unit:3	Respiratory System						12 hours	
Lung diseases: COPD, Asthma, Pneumonia, chronic Bronchitis, Tuberculosis, Lung Cancer.								
Unit:4	GI/Genitourinary & Endocrine System						13 hours	
Peptic Ulcer, Chronic Constipation, Intestinal Obstruction, Fecal impaction, Fecal incontinence, UTI, Urinary Incontinence, Cancer - Diabetes& Thyroid disorders								

Unit:5	Nervous System & Mental Health	10 hours
Confusion & Anxiety disorder - Delirium & Depression, - Alzheimer's & other Dementias - Changes in personality, memory, intelligence, learning & attention span, Cerebrovascular accident, Parkinsons disease, Alcohol abuse, Hypochondriasis.		
Unit:6	Contemporary Issues	5 hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	60 hours
References		
1. McInnis-Dittrich, K. (2009). Social work with older adults: A bio psychosocial approach to assessment and intervention. Boston: Allyn & Bacon.		
2. Pachana, N. A., Laidlaw, K., & Knight, B. (2011). Casebook of clinical gero psychology: International perspectives on practice. Oxford: Oxford University Press.		
3. Knight, B. G. (2004). Psychotherapy with older adults (3rd ed.). Thousand Oaks: Sage.		
4. Laidlaw, K., Thompson, L. W., Thompson, D., & Siskin, L. (2003). Cognitive behavior therapy with older people. Chichester: Wiley.		
5. Harrigan, M., & Farmer, R. (1992). The myths and facts of aging. In R. L. Schneider & N. P. Knopf (Eds.), Gerontological social work: Knowledge, service settings, and special populations (pp. 29-67). Chicago, IL: Nelson Hall.		
6. Santrock, J.W. (1999) Life Span Development. New York: The McGraw- Hill Companies		
7. Johnson (2005). The Cambridge Handbook of Age and Ageing. New York: Cambridge University Press		
8. Kilbane, T., & Spira, M. (2010). Domestic violence or elder abuse? Why it matters for older women. Families in society, 91(2), 165-170.		
9. Modi (2001) Ageing Human Development. New Delhi: Rawat publications		
10. Behura ,N.K., & Mohanthy, R.P.(2000) Ageing in Changing Social System- Their Problems – New Delhi Discovery Publishers House;		
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
1. https://www.classcentral.com/report/elderly-care-online-courses/		
2. https://onlinecourses.swayam2.ac.in/cec19_hs19/preview		
3. https://www.youtube.com/watch?v=gIypkdKGhOw		
4. https://www.youtube.com/watch?v=ZZjVFrXcUps		
Course Designed By:	BoS Chairman	

Course code		CARE MODELS FOR OLDER ADULTS	L	T	P	C
Core/Elective/Supportive		Core	4	-	-	4
Pre-requisite	Basic understanding about care for elderly		Syllabus Version	2021-2022		
Course Objectives:						
The main objectives of this course are to:						
<ul style="list-style-type: none"> To facilitate the students to have broader understanding about various aspects of Care for elderly To enrich the knowledge of the students on formal and informal care 						
Expected Course Outcomes:						
On the successful completion of the course, student will be able to:						
1	Practice the care models for elderly					K1
2	Explain care concerns related elderly					K2
3	Demonstrate the formal care giving of elderly					K3
4	Explain supportive and preventive services for the elderly					K4
5	Demonstrate the skills during formal care services					K5
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create						
Unit:1	General Care Concerns				11 hours	
Nutrition & Hydration: Malnutrition, Anorexia, dysphagia, oral health problems, Feeding tubes, Rest & Sleep: Insomnia, Sleep Apnea, Tracheostomy care, Comfort & Pain Management: Pain, Palliative care, End-of-life care, Pressure injury & Ulcers, Activities of Daily Living: Comfort Care						
Unit:2	Geriatric Assessments				11 hours	
Evidence-Based Person-centered care -- Principles of Assessment in Older adults across care settings, Geriatric Assessments and Personalized plan of care for older adults, (Psycho-social, physical/functional/ADL and rehab potentials), Therapeutic Recreation & Activities						
Unit:3	Formal care- Supportive & Preventive Services				13 hours	
Financial, Legal/tax services, Retirement homes& communities, Design & Infrastructure, ADA, Accreditation Standards						

Unit:4	Formal care- Partial & Intermittent Care Services (For individuals with partial limitations)	10 hours
Holistic Care, Home Health Care: providing needs at individual's home, Adult Day Services, Respite Care, Hospice Care		
Unit:5	Formal care- Complete & Continuous Care Services	12 hours
Housing, Acute Care: (hospital care), Emergency care, Preoperative and Postoperative care, Assisted Living Facilities, Long Term care (old age homes)		
Unit:6	Contemporary Issues	3 hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	60 hours
Text Book(s)		
1	Morgan, L.A. (2012). Quality assisted living. New York: Springer Publishing Company	
2	McInnis-Dittrich, K. (2009). Social work with older adults: A biopsychosocial approach to assessment and intervention. Boston: Allyn & Bacon.	
3	Knight, B. G. (2004). Psychotherapy with older adults (3rd ed.). Thousand Oaks: Sage.	
4	Laidlaw, K., Thompson, L. W., Thompson, D., & Siskin, L. (2003). Cognitive behaviour therapy with older people. Chichester: Wiley	
Reference Books		
1	Behura ,N.K., & Mohanthy, R.P.(2000) Ageing in Changing Social System- Their Problems – New Delhi Discovery Publishers House	
2	IshwarModi (2001) Ageing Human Development. New Delhi: Rawat publications	
3	John W Santrock (1999) Life Span Development. New York: The McGraw- Hill Companies	
4	Malcom L.Johnson (2005). The Cambridge Handbook of Age and Ageing. New York: Cambridge University Press	

Course code	OLDER ADULTS AND SUPPORT SERVICES			L	T	P	C
Core/Elective/Supportive	Core	4	-	-	4		
Pre-requisite	Basic understanding about support services for elderly	Syllabus Version	2021-2022				
Course Objectives:							
The main objectives of this course are to:							
<ol style="list-style-type: none"> 1. Help the students to acquire important concepts and skills in care and support of Older adult 2. Facilitate the students to learn about rehabilitation practices. 3. Make the students as a Professionals in elderly care. 							
Expected Course Outcomes:							
On the successful completion of the course, student will be able to:							
1	Demonstrate the various communication skills during support services					K1	
2	Explain the rehabilitative care services for the elderly					K2	
3	Demonstrate the counselling skill with the elderly.					K3	
4	Explain inter-professional team in geriatric care					K3	
5	Demonstrate the various support services for the elderly					K3	
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create							
Unit:1	Communication					10 hours	
Elements of compassionate care, Communication, Verbal & non-verbal communication, Effective communication strategies or approaches for clients with behaviors of depression, aphasia, visual impairments etc., Effective listening, Enhancing autonomy& independence							
Unit:2	Rehabilitative Care					12 hours	
Living with Disability, Coping Capacity, Positioning, Exercises & ROM, Mobility Devices & Assistive Technology, Safety: Gait & balance problems, falls, Musculoskeletal problems, Activities of Daily Living: Health Promotion& Disease Prevention							

Unit:3	Support to Care Givers	13 hours
Networking skills, Coping with stress & need for Support of the Care givers, Developing positive attitude, Importance of interpersonal relationship, Early signs of caregivers' distress		
Unit:4	Counselling Skills	10 hours
Counselling: definition need and scope , History of Counselling, Types of counseling: Individual and Group Counselling, Values and ethics in Counselling, Counselling skills- Questioning, paraphrasing, reflection of feelings, summarization, clarification, open and closed questioning, reinforcement, Extinguishing, leading, informing, contract, silence, referring, interpretation. Physical Attending skills: Non-verbal skills: Posture, Facial Expressions, Voice, Eye Contact. Counselling techniques: Listening, Responding, Goal setting, Exploration and Action, Behaviour techniques, Psychodrama, Role play		
Unit:5	Inter-Professional Team Innovation in Geriatric Care	12 hours
Key definitions & Concepts: Interdisciplinary Team/Inter-professional Team Innovations in Geriatrics, Human Resource Management/Resources and Tools for Teamwork, Barriers to the advancement of teamwork, Leadership qualities, Administration & Management of care facilities		
Unit - 6	Contemporary Issues	3 hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	60 hours
Reference Books		
1	1. Chunkappura, Joan., & Mannarkalam, Antony., (1997) Psychotherapies and Counselling : Kottayam: Trada Publications	
2	2. Chauhan, S. S., (2001).Principles and techniques of Guidance. Mumbai:Vikas publishing House	
3	3. Corsini Raymond J, Wedding Danny (1995). Current Psychotherapies: F.E Peacock Publishers.	
4	4. Fuster, J. M., (2002). Personal Counselling. Mumbai : Better Yourself Books	
5	5. Nelson-Jones, R., (2000). Practical Counselling and Helping Skills. Mumbai : Better Yourself Books	
6	6. Rao, S.N., (2002). Counselling and Guidance. New Delhi : Tata Mc Graw Hill Publishing Company Ltd	