

## The Aging Process: Biological Aspects and Social Consequences

DEPARTMENT OF INTERNAL MEDICINE - GERIATRICS DISCIPLINE

### GENERAL DESCRIPTION

The course intends to give to health care area undergraduate students an interdisciplinary vision about human aging. It will be based on theoretical classes, plus seminars and visits to places where old persons receive attention to their health and well-being. We intend to emphasize interactive and practical activities and have the smallest possible time of theoretical classes.

Proposed themes are:

1. Populational aspects of aging: starting with a brief theoretical introduction, followed by a more interactive activity: students will be invited to search for information about their own countries, and afterwards discuss it with the whole group;
2. Biological aspects: general and specific systems biology. This theme will be explored with a period of directed study of previously selected material, followed by group discussion;
3. Social aspects of aging: making links among previous aspects and trying to understand their impact on society, following the same teaching strategy;
4. Special issues of the aging process: functionality, frailty, immobility, sexuality, therapeutic particularities. For those themes the strategy will be using the acquired knowledge of epidemiology and biology and combine it with the background of the participants in order to build knowledge with their active participation.

Programed visits:

1. GEROLAB: a unit of the Medical School dedicated to basic research;
2. GEROSAÚDE: a program of free activities including, lectures, workshops, a journal, and UNAPES, an open university offered to elderlies that emphasizes health promotion;
3. Palliative Care Unit: an inpatient unit where patients eligible to palliative care, most of them elderlies, receive adequate treatment;
4. Frailty Ambulatory and Acupuncture Ambulatory: branches of the Geriatrics Ambulatory dedicated to research, professional training, and treatment;
5. Day Hospital: a unit of the Clinics Hospital of the Medical School that offers intermediate care, between in-patients and out-patients units, partially dedicated to aged patients;
6. CEDPES: a day care center dedicated to elderlies, that offers a variety of activities for health promotion and leisure;
7. Casa Ondina Lobo: a nursing home dedicated to elderlies with no family or financial resources;
8. ACCAPES: a fitness center directed to assistance and research on physical activity and aged individuals

To provide basic knowledge about the aging process, its epidemiology, biological determinants and characteristics.

To discuss the social consequences of population aging.

To discuss Brazilian solutions for the problems of population aging, and encourage students to reflect on the reality of their own countries.

**TEACHING METHODS**

Theoretical classes: presentations lasting at most 50 minutes, with the possibility of interaction, questions and discussion of the topics, along it, or afterwards.

Seminars: starting with a brief presentation, followed by the proposal of a theme to research on line or on previously selected material. After the research time, all the group will gather together to discuss the answers and conclusions.

Programmed visits: to places that we consider successful experiences on gerontological assistance. A member of the course staff will be present all the time, and an English speaking local member of the local staff will be responsible for describing activities and local functioning. Students are also expected to interact with the elderly, with the support of the teachers for translation.

Study material will be available at Google Classroom, as soon as the platform is opened to the students.

Evaluation will be based on performance during seminars, attendance to activities and participation of activities proposed at Google Classroom.

**WHO SHOULD ATTEND?**

Undergraduate students of medicine, and other biomedical and social areas.

Modern health care involves intense interaction of professionals of different specialties. From our previous experience, not only in Winter Schools, but also other teaching and training activities, we realized that the presence of students of varied health care areas is a very enriching situation, not only for acquiring new information, but also for getting acquainted with team work.

**Coordinator(s):**

Yolanda Maria Garcia, Md, PhD, assistant professor  
Eduardo Ferriolli, MD, PhD, Full Professor of Geriatric Medicine.

**Course material:** textbooks and articles from journals available at our library and online.

**Prerequisites:** being an undergraduate student of the medical, biomedical or social areas.