Physical Rehabilitation in Geriatrics

Final Exam Topics:

1. Definition and main principles of geriatric rehabilitation;
2. The disablement paradigm;
3. Factors influencing disablement of older patients;
4. Effects of aging process on cardiovascular and musculoskeletal functions;
5. Changes in bone mineral density, osteopenia, osteoporosis;
6. Current strategy and methods of treatment and rehabilitation of the patients with osteoporosis;
7. Accumulation of chronic diseases;
8. Lifestyle factors – physical inactivity;
9. Elaboration of geriatric rehabilitation program;
10. Multidisciplinary approach to geriatric rehabilitation;
11. Effects of exercise on physiologic aging;
12. Aerobic training in geriatric patients;
13. Resistance training in geriatric patients;
14. Effects of exercise on function and disability in elderly;
15. Physical working capacity testing in geriatric patients;
16. Evaluation of cognitive function in geriatric patients;
17. Evaluation of the skeletal muscle strength, ability to perform activities of daily living, GDS scale;
18. Selection and prescription of physical exercises in geriatric patients;
19. Psychosocial behavioral issue, motivating the elderly patients to exercise;
20. Evaluation of geriatric rehabilitation outcome.