

Diagnosis and Management Internal Disorders  
#1015 - Geriatrics & Mental Health

Title of Program: #1015 - Geriatrics & Mental Health  
Times: Saturday 9:00 am to 6:00 pm, Sunday 9:00 am to 1:00 pm  
Total CE hours: 12

Program Description:

This session provides an overview on the principles, practices, nomenclature, patient work-up and management unique to the geriatric population.

Program Goals / Objectives:

At the end of this session, a student will have a detailed understanding of:

- The role of the doctor of chiropractic in caring for the geriatric patient
- The unique health care needs of the geriatric patient
- Medication and related adverse effects
- Dementia and its role in caring for the geriatric patient
- The more common medications prescribed this population
- Depression and life issues affecting the geriatric population

Program Topics:

- Effect of nutrition and exercise on the geriatric population
- Functional impairment
- Identifying dementia
- Physical examination
- Laboratory work up
- Commonly prescribed medications

Program Outline:

Saturday

9:00 am - 10:00 am

Aging

- Statistics in the United States
- Anti-aging is the fastest growing medical specialty
- Anti-aging medicine is nutrition
- Caloric restriction - weight loss and geriatric
- Exercise - the best anti-aging medicine
- Nervous system and optimum health

10:00 am – 11:00 am

Satisfaction in caring for our senior citizens

- Healthy old age is not an oxymoron

- Malnutrition in the elderly: a national crisis
- Chronological vs. biological age
- High cost of diseases
- The ways to better tide killer diseases
- Chiropractic physicians and management of senior citizens
- Patient's concerns and expectations

11:00 am – 12:00 pm

The new millennium chiropractic physician

- The role of the doctor of chiropractic in the health care system
- High cost of inadequate exercise and compromised health
- Functional impairment
- History: essential for quality health care
- History taking
- History should provide the information necessary
- Important questions L-O-P-Q-R-S-T
- Systems review

1:00 pm – 2:00 pm

Back pain

- Warning signs
- Medication and dementia
- Improving dementia
- Identifying early dementia
- Memory
- Mood: understanding and intervention
- Happiness and wellbeing
- Depression

2:00 pm – 3:00 pm

Physical examination

- Vital signs
- Temperature
- Height
- Weight /waist measurement
- Posture
- Gait
- Blood Pressure
- Respiration

3:00 pm – 4:00 pm

Studies for all cases of hypertension

- Pulse pressure
- Venous pulse pressure

- Respiration
- Extremity examination

#### Neurological disorders

- Neurologic evaluation in the elderly

4:00 pm – 6:00 pm

Multichannel profile with CBC and differential

- Optimal vs. clinical reference ranges for blood tests
- Cholesterol
- Triglycerides (VLDL Cholesterol)
- Glucose
- Sodium
- Potassium
- Chloride
- Carbon dioxide
- Blood urea nitrogen
- Creatinine
- Uric acid
- Bun/creatinine ratio
- Calcium
- Phosphorus
- Calcium/albumin ratio
- Total protein

Sunday

9:00 am – 11:00 am

- Albumin
- Total globulin
- Albumin/globulin ratio
- Alkaline phosphatase
- Gamma-glutamyl transpeptidase (GGT)
- Lactic Dehydrogenase (LDH)
- Serum Glutamic-Oxalacetic Transaminase (SGOT) Aspartate Aminotransferase (AST)
- Glutamic-Pyruvic Transaminase (SGPT) --- Alanine Aminotransferase (ALT)
- Bilirubin
- Serum iron
- Ferritin
- Transferrin
- Red blood cell count
- Hemoglobin
- MCV, MCH, MCHC
- RDW

- Hematocrit (HCT)
- Magnesium
- Thyroid
- Homocysteine
- C-reactive protein

11:00 am – 11:00 pm

Some commonly prescribed drugs for the elderly

- Aspirin acetaminophen
- Warfarin
- Digoxin
- Fosamax (alendronate)
- Aniltiptyline
- Lipitor
- Celebrex
- Pepcid AC
- Prednisone
- Synthroid

Instructional Methods:

Lecture, practical demonstrations and case presentations

Assessment Methods:

Perform a literature review on a geriatric topic and prepare it suitable for publication. Must submit within 4 weeks of Session 22.