
Contents

Part I Learning Geriatric Medicine

1 Introduction: Age-Attuning Medical Education, Fostering Geriatric Thinking.	3
Maria Cristina Polidori, Katrin Singler, and Regina Roller-Wirnsberger	
References.	6
2 Teaching and Learning the Content of Geriatric Medicine	7
Adrian Blundell and Tahir Masud	
2.1 Introduction	8
2.2 Theories of Learning	8
2.2.1 Andragogy	8
2.2.2 Reflection	8
2.2.3 Experiential Learning.	9
2.2.4 Motivation	9
2.2.5 Learning Styles	11
2.2.6 Assessment.	11
2.2.7 Evaluation of Educational Programmes.	12
2.3 Teaching Undergraduates: The Practicalities.	12
References.	14

Part II Characteristics of Aging and Geriatric Medicine

3 Age: Heterogeneity—Individuality	19
Jean-Pierre Michel	
3.1 Heterogeneity of the Aging Population	20
3.2 Individual Heterogeneity: A Life-Course Perspective	21
3.2.1 Life-Course Determinants of Changes in Mobility	21
3.2.2 Life-Course Determinants of Blood Pressure and Cardio-metabolic Health in Older Adults	21
3.2.3 Life-Course Determinants of Cognitive Ability in Older Age.	22

3.3	Cultural and Ethical Issues Related to the Heterogeneity of the Aging Population	23
3.3.1	Cultural Differences in Aging	23
3.3.2	Ageism and Age Discrimination	24
	References.	25
4	The Concept of Frailty and Functional Decline.	27
	María Ángeles Caballero Mora and Leocadio Rodríguez Mañas	
4.1	Concept of Frailty	28
4.2	Etiology	30
4.3	Clinical Applications	31
4.4	How to Tackle or Prevent Frailty	33
4.5	Potential Interventions	36
	References.	37
5	Atypical Presentation of Disease with Aging	41
	Marcel Olde Rikkert, Marianne B. van Iersel, Marjolein H. J. van de Pol, and Dienneke van Asselt	
5.1	Atypical Presentation in Older Patients: Diseases of Old Age	42
5.2	Physiological Changes with Aging	43
5.2.1	Frailty, Atypical Signs and Interaction.	43
5.2.2	Slowing Down of Recovery and Atypical Signs	45
5.2.3	Multicausality Instead of Occam's Razor	46
5.3	Evidence-Based Medicine in Geriatrics.	46
5.3.1	Towards Personalised EBM.	47
5.4	Shared Decision-Making	49
5.4.1	Complexity in Shared Decision-Making with Older Patients.	50
5.4.2	Uncertainty.	52
5.4.3	Challenges of SDM in Older Persons	52
	References.	56
6	The Complexity of the Geriatric Patient	57
	Graziano Onder and Davide Liborio Vetrano	
6.1	Definition and Determinants of Complexity	58
6.2	How to Approach Complexity?	60
6.3	A Quick Guide to the Management of Complexity in Older Patients.	60
	References.	63

Part III Geriatric Syndromes

7	Cognitive Decline.	67
	Maria Cristina Polidori, Gereon Nelles, Umberto Senin, and Patrizia Mecocci	

7.1	Demographics, Definition, and Pathophysiology of Cognitive Decline	68
7.2	Geriatric Correlates of Cognitive Decline and Dementia: Underestimation, Risk Factors, Consequences	73
7.3	Therapeutic and Management Challenges	76
	References	79
8	Delirium	81
	Alasdair M.J. MacLullich	
8.1	Definition and Epidemiology of Delirium	82
8.2	Diagnosis of Delirium	83
8.3	Treatment of Delirium: A Challenge	84
	References	87
	Suggested Reading	87
9	Falls	89
	Reto W. Kressig and Stephanie A. Bridenbaugh	
9.1	Introduction	90
9.2	Etiology of Falls in Older Adults	90
9.3	Multifactorial Risk Assessment	92
	9.3.1 History Taking	92
	9.3.2 Clinical Findings	92
	9.3.3 Laboratory Values	93
9.4	Screening Instruments	93
9.5	Assessment Instruments	93
	9.5.1 Timed Up and Go Test (TUG)	93
	9.5.2 Imagined Timed Up and Go Test (TUGi)	94
	9.5.3 Dual-Task Timed Up and Go Test (TUG-DT)	94
	9.5.4 Gait Speed	94
	9.5.5 Five Times Sit-to-Stand Test	94
	9.5.6 Lying-to-Standing Orthostatic Test	95
	9.5.7 Algorithm for How to Assess an Older Patient with Falls	95
9.6	Interventions	96
	9.6.1 T'ai Chi	96
	9.6.2 Jaques-Dalcroze Eurhythmics	96
9.7	Summary	97
	References	97
10	Sarcopenia	99
	Alfonso J. Cruz-Jentoft and Beatriz Montero-Errasquín	
10.1	What Is Sarcopenia?	100
10.2	How Does Sarcopenia Develop?	101
10.3	Identification of Patients with Sarcopenia	101
	10.3.1 Diagnosis	101

10.4 Prevention and Treatment	103
References.....	104
11 Incontinence.....	107
Yvonne Hoffmann-Weltin	
11.1 Urinary Incontinence	108
11.1.1 Types of Urinary Incontinence.....	108
11.1.2 Diagnosis of Urinary Incontinence	109
11.1.3 How to Assess Urinary Incontinence.....	109
11.1.4 How to Treat Urinary Incontinence.....	111
References.....	114
Suggested Reading	114
Part IV Common Age-Related Disorders	
12 Diabetes Mellitus.....	117
Stefania Maggi and Nicola Veronese	
12.1 Introduction and Context	118
12.2 Epidemiology, Types of Diabetes	118
12.3 Medical History in Older Patients with Diabetes	119
References.....	122
13 Cardiovascular Disease.....	123
Timo E. Strandberg and Tuomo Nieminen	
13.1 Epidemiological Aspects of Cardiovascular Diseases in Old Age.....	124
13.2 Assessment of an Older Patient for CVD	125
13.3 Hypertension	127
13.3.1 General.....	127
13.3.2 Diagnosis in Older Patients	127
13.3.3 Treatment.....	127
13.4 Coronary Artery Disease (CAD)	128
13.4.1 General.....	128
13.4.2 Treatment of Chronic State	129
13.4.3 Treatment of Acute Coronary Syndrome.....	129
13.5 Arrhythmias	129
13.5.1 General.....	129
13.5.2 Treatment of SSS and AV Block	130
13.5.3 Treatment of AF.....	130
13.6 Valvular Heart Disease.....	131
13.6.1 General.....	131
13.6.2 Treatment of AS.....	131
13.6.3 Treatment of Mitral Insufficiency	131

13.7 Heart Failure (HF)	131
13.7.1 General	131
13.7.2 Diagnosis of HF	132
13.7.3 Treatment of HF	133
13.7.4 Palliative Treatment in HF	133
13.8 Drug Treatments in CVD	134
Further Reading	136
14 Stroke and Cerebrovascular Disease	137
Donal Fitzpatrick and Desmond O'Neill	
14.1 Epidemiology and Definition	138
14.2 Aetiology of Ischaemic Stroke	138
14.3 Clinical Assessment	138
14.3.1 Speech	139
14.3.2 Perceptual Disorders	140
14.3.3 Cognition	140
14.4 Investigations	140
14.5 Management	140
14.5.1 Stroke Units and Reperfusion Therapy	140
14.5.2 Rehabilitation	142
14.6 Chronic Stroke Disease	142
References	143
15 Depression	145
Sylvie Bonin-Guillaume and Michel Benoit	
15.1 Definition, Epidemiology, and Diagnosis	146
15.2 Treatment	148
15.2.1 Pharmacological Treatment: Basic Principles	148
15.2.2 Recommendations for a Better Treatment Efficiency	148
15.2.3 Nonpharmacological Treatments	148
References	150
16 Kidney Disease in Old Age	151
Gerhard Wirnsberger	
16.1 Acute Renal Failure	152
16.1.1 Etiology of Acute Renal Failure	152
16.1.2 Clinical Presentation	154
16.1.3 Evaluation	154
16.1.4 Laboratory Investigations	154
16.1.5 Laboratory Tests	155
16.1.6 Urinary Cytology	155
16.1.7 Management/Treatment	155
16.2 Chronic Kidney Disease	156
References	158

17 Disorders of Fluid Balance	161
Gerhard Wirnsberger	
17.1 Introduction	162
17.2 Dehydration	162
17.2.1 Treatment	163
17.3 Overhydration	164
17.3.1 Treatment	164
17.4 Hyponatremia	165
17.4.1 Causes of Hyponatremia	165
17.4.2 Symptoms of Hyponatremia	166
17.4.3 Treatment of Hyponatremia	166
17.5 Hypernatremia	167
17.5.1 Etiology of Hypernatremia	167
17.5.2 Clinical Presentation	168
17.5.3 Treatment	168
References	168
18 Hearing and Vision Disorders	171
Karen Andersen-Ranberg	
18.1 Hearing Impairment	172
18.2 The Impact of Screening for Hearing Impairment in Geriatric Patients	173
18.3 Management of Patients with Hearing Impairment	173
18.4 Vision Impairment	175
18.5 The Impact of Screening for Vision Impairment in Geriatric Patients	175
18.6 Management of Patients with Vision Impairment	178
References	178
19 Pressure Ulcers	179
Dimitri Beeckman, Nele Van Damme, Dorien De Meyer, and Karen Van den Bussche	
19.1 Definition, Aetiology and Impact	180
19.2 Classification and Differential Diagnosis	182
19.3 How to Prevent Pressure Ulcers?	182
References	189
20 Movement Disorders	191
Stephanie A. Bridenbaugh and Reto W. Kressig	
20.1 Movement Disorders	191
20.1.1 Tremors	194
20.2 Assessment of Movement Disorders	194
20.3 Parkinson's Disease and Parkinsonism	195
20.4 Restless Legs Syndrome	196
20.5 Summary	197
References	197

21 Pain	199
Nele Van Den Noortgate	
21.1 Introduction and Context	200
21.2 Screening and Assessment of Pain	200
21.2.1 Screening for Chronic Pain	200
21.2.2 Clinical Assessment	201
21.3 Treatment of Chronic Pain	203
21.3.1 Non-pharmacological Management	203
21.3.2 Topical Preparations	203
21.3.3 Minimally Invasive Local Therapy	203
21.3.4 Systemic Analgesic Treatment	203
21.3.5 Practical Recommendations in Managing the Side Effects of Opioids	206
21.3.6 Adjuvant Drugs and Treatment of Neuropathic Pain	207
21.3.7 Treatment of Older Patients with Dementia	207
References	208
22 Osteoporosis	209
Hubert Blain, Tahir Masud, Finbarr C. Martin, and Stefania Maggi	
22.1 Background on Osteoporosis and Osteopenia	210
22.1.1 Definition	210
22.1.2 Epidemiology	210
22.2 Risk Factors for Osteoporosis and Primary Prevention	211
22.3 Pitfalls in Detection of Fragility Fractures	212
22.4 Pitfalls in Detection of Density Osteoporosis	212
22.5 Differential Diagnoses of Osteoporosis in Old Age	212
22.6 Treatment Options of Osteoporosis in Older Adults	213
22.6.1 Non-pharmacological Treatment	214
22.6.2 Pharmacological Treatment Options	214
22.6.3 Promises of New Treatment Options	215
References	215
 Part V Challenges of Diagnosis and Management in Older Adults	
23 Pharmacotherapy	219
Mirko Petrovic, Danijela Gnjidic, Eline Tommelein, and Koen Boussery	
23.1 Polypharmacy	220
23.1.1 Definition and Prevalence	220
23.1.2 Clinical Consequences of Polypharmacy	221
23.1.3 Strategies to Reduce Inappropriate Polypharmacy	221
23.2 Drug-Related Problems	222
23.2.1 Definition	222
23.2.2 Why Are Older Patients More at Risk for DRPs	222
23.2.3 Focus on the Prescribing Cascade	224
23.2.4 Focus on Drug–Drug Interactions	224

23.3	Detecting Drug-Related Problems and Optimising	
	Polypharmacy	227
23.3.1	Definition	227
23.3.2	Prescribing Rules in Older People	229
23.3.3	Criteria to Avoid Use of Inappropriate Medications	229
23.3.4	Comprehensive Geriatric Assessment	231
23.4	Clinical Example of ‘Good Prescribing’ in a Geriatric Patient	231
23.4.1	Consider Withdrawal	232
23.4.2	Consider Continuation After Reassessment	232
	References	233
24	Prevention: Public Healthcare, Nutrition,	
	Physical Activity, Vaccination	237
	Cornel C. Sieber, Eva Kiesswetter, Anja Kwetkat,	
	Hans Jürgen Heppner, Daniel Schoene, and Ellen Freiberger	
24.1	Principles of Prevention in Older Persons	238
24.2	Prevention and Public Healthcare Aspects	239
24.3	Prevention in Older Adults: The Role of Nutrition	241
24.3.1	General Dietary Recommendations for Older Persons	241
24.3.2	Overweight and Obesity	243
24.3.3	Malnutrition	243
24.3.4	Malnutrition: Screening	245
24.4	Prevention in Older Adults: The Role of Physical Activity	
	and Exercise	247
24.5	Prevention in Older Adults: The Role of Vaccination	255
24.5.1	Basic Definitions	255
24.5.2	Approaches to Amplify Immune	
	Response to Vaccination	256
24.5.3	Indications and Contraindications	257
24.5.4	Selected Vaccination Recommendations	258
24.6	Care Planning	259
	References	261
25	Communication and Evaluation	263
	Marjolein H.J. van de Pol and Marianne B. van Iersel	
25.1	Introduction and Context	264
25.2	Effective Communication	264
25.3	History Taking and Assessment	266
25.3.1	Structuring History Taking	266
25.4	Specific Communication Situations	267
25.4.1	Talking with Older Persons with Dementia	267
25.4.2	Family and Informal Caregivers	267

25.4.3 Talking About Sensitive Subjects.	268
25.4.4 Cultural Diversity.	268
25.5 Patient Goals and Wishes.	268
References.	269

Part VI Instruments of Geriatric Methodology

26 The Comprehensive Geriatric Assessment: Goal-Oriented, Patient-Centered Care.	273
Alberto Pilotto and Maria Cristina Polidori	
26.1 Introduction and Context.	274
26.1.1 Relevant Terminology for the Understanding of the CGA.	274
26.2 The CGA Definition.	276
26.3 CGA in Different Settings and Clinical Conditions.	281
26.4 CGA-Based Prognosis Evaluation for Clinical Decision-Making and Identification of Priorities	282
26.5 The Multidimensional Prognostic Index	282
26.5.1 Practical Notes	284
References.	285
27 The Geriatric Team.	287
Sofia Duque	
27.1 What Is the Reason Behind Working in and with a Geriatric Team?	288
27.2 How Does the Geriatric Team Work?	288
27.3 The Role of Geriatric Teams in Integrated Healthcare	292
References.	293

Part VII Healthcare Settings for Older Persons

28 Types of Care in Geriatric Patients.	297
Thomas Münzer	
28.1 Outpatient Medical Care for Older Adults.	298
28.2 Inpatient Medical Care for Older Adults	299
28.3 Social Care.	299
28.4 Integrated Care.	300
28.5 Caregiver Burden	300
28.6 Transition and Continuity of Care	301
28.7 Social and Environmental Factors in the Care of Older Persons	302
References.	303

29	Primary and Community Care	305
	Anne Wissendorff Ekdahl	
29.1	Primary and Community Care of Older Adults in Europe.	306
29.2	Who Is the Geriatric Patient in Primary and Community Care? . . .	307
29.3	Funding of Primary and Community Care.	309
29.4	Implications for Organisation of Primary and Community Care for Older Adults.	309
29.5	Advanced Care Planning	309
	References.	310
30	Urgent Care	313
	Simon Conroy, Christian Nickel, and Simon P. Mooijaart	
30.1	Introduction: Urgent Care for Older People	314
30.2	Older People and Emergency Care: Presentation	314
30.3	Interventions	316
30.4	Priorities in the Clinical Management of Older People with Frailty.	316
	References.	318
31	Inpatient and Outpatient Rehabilitation Care	319
	Finbarr C. Martin	
31.1	What Is Rehabilitation?	320
31.1.1	Rehabilitation for Older People	321
31.2	Who Needs Rehabilitation?	321
31.2.1	Community Dwelling People.	322
31.2.2	Hospital Inpatients	322
31.3	How to Organise and Provide Rehabilitation.	322
31.3.1	General Principles	322
31.3.2	Goal Setting	323
31.3.3	The Multidisciplinary Team.	323
31.4	Rehabilitation in Specific Settings	324
31.4.1	Community Settings	324
31.4.2	Rehabilitation After Acute Illness	325
31.4.3	Fragility Fractures	327
31.5	Why—What Is the Evidence of the Effectiveness for Rehabilitation?	327
	References.	328
32	Institutional and Non-institutional Long-Term Care	329
	Adam Gordon	
32.1	Overarching Principles of Long-Term Care.	330
32.2	Settings for Long-Term Care	333
	References.	335

33 Palliative and End-of-Life Care	337
Annette Hylen Ranhoff	
33.1 Palliative and End-of-Life Care of Older Adults	338
33.2 The Definition of Palliative Care—From WHO	338
33.3 Settings for Palliative Care.	339
33.4 Indications for Palliative Care and End-of-Life Care	339
33.5 Comprehensive Geriatric Assessment	340
33.6 Assessment and Monitoring of Symptoms	340
33.7 Structured Treatment Algorithms.	341
33.8 Nursing Care	341
33.9 Pharmacological Treatment	342
33.10 Oxygen Treatment	342
33.11 Nutrition and Hydration.	342
33.12 End-of-Life Drug Treatment	343
33.13 Palliative Care for Patients with Advanced Dementia.	343
References.	344
 Part VIII Considering the Vulnerability of the Older Person in the Society	
 34 Ethics and Legal Issues in the Care of Older Persons	347
Thomas Frühwald	
34.1 Ethics: Attempts of a Definition.	348
34.2 The Importance of Ethical Considerations in Geriatric Medicine	348
34.3 Principles of Biomedical Ethics.	349
34.4 About Ethical Problems and Issues in the Care of Geriatric Patients	351
34.5 Decision-Making in Geriatric Medicine	352
34.6 Independence and/or Autonomy of the Geriatric Patient.	353
34.7 The Patient's Will.	354
34.8 A Practical Approach to Ethical Decision-Making in Individual Situations	354
34.9 End-of-Life Issues	356
References.	357
 35 Abuse of Older Persons	359
Gianfranco Salvioli and Chiara Mussi	
35.1 Description and Types of Abuse of Older Persons	360
35.1.1 Setting and Risk Factors	361
35.2 Prevalence and Recognition.	361
35.3 How to Prevent Abuse of Older Persons?	362
References.	364