

**Vocational School / Physiotherapy**  
**2024 - 2025 Academic Year**  
**PRINCIPLES and PRINCIPLES of ELDERLY MAINTENANCE I**  
**Syllabus**

<b>Course Description</b>					
<b>Name</b>	<b>Code</b>	<b>Semester</b>	<b>T+A Hour</b>	<b>Credit</b>	<b>ECTS</b>
PRINCIPLES and PRINCIPLES of ELDERLY MAINTENANCE I	FZT2163260	Fall Semester	2+0	2	4
<b>Prerequisites Courses</b>					
<b>Recommended Elective Courses</b>					
<b>Language of Instruction</b>	Turkish				
<b>Course Level</b>	Short Cycle (Associate's Degree)				
<b>Course Type</b>	Required				
<b>Course Coordinator</b>	Lect. Merve MANGA				
<b>Name of Lecturer(s)</b>	Lect. BERKAN BASANÇELEBİ				
<b>Assistant(s)</b>					
<b>Aim</b>	Learning about old age, physiological, social and vital changes related to aging and treatment approaches.				
<b>Course Content</b>	This course contains; What is Old Age?, Definitions about aging and old age, Aging Theories, Physiological changes and problems that come with aging, Basic physical requirements of the elderly, Individual hygiene and practices in old age, Findings of life in the elderly, Hot and cold therapy applications in elderly, Drug use in the elderly, Elderly nutrition, Pain in the elderly, Care problems of elderly people and alternative health care facilities, Ethical and legal problems in elderly people, Palliative care and terminal period in elderly individuals.				
<b>Course Learning Outcomes</b>			<b>Teaching Methods</b>	<b>Assessment Methods</b>	
Learns the physiological changes and problems that occur with aging			16, 9	A	
Learns definitions of aging and old age			16, 9	A	
Knows the basic physical needs of the elderly.			16, 9	A	
The elderly learn pain and hot-cold applications.			16, 9	A	
<b>Teaching Methods</b>	16: Question - Answer Technique, 9: Lecture Method				
<b>Assessment Methods</b>	A: Traditional Written Exam				
<b>Lecture Schedule</b>					
<b>Sequence</b>	<b>Topics</b>	<b>Preliminary Preparation</b>			
1	What is Old Age?	Mebis notes			
2	Definitions about aging and old age	1st reference, page: 1-10			
3	Aging Theories	1st reference, page: 11-12			
4	Physiological changes and problems that come with aging	1st reference, page: 13-24			
5	Basic physical requirements of the elderly	1st reference, page: 25-38			
6	Individual hygiene and practices in old age	1st reference, page: 39-54			
7	Findings of life in the elderly	1st reference, page: 55-66			
8	Hot and cold therapy applications in elderly	1st reference, page: 67-78			
9	Drug use in the elderly	1st reference, page: 79-88			
10	Elderly nutrition	1st reference, page: 89-94			
11	Pain in the elderly	1st reference, page: 95-98			
12	Care problems of elderly people and alternative health care facilities	1st reference, page: 99-110			
13	Ethical and legal problems in elderly people	1st reference, page: 111-118			
14	Palliative care and terminal period in elderly individuals	1st reference, page: 119-127			
<b>Evaluation Methods</b>		<b>Weight(%)</b>			
Midterm Exam		40			
General Exam		60			

<b>Resources</b>	
Mebis notes	
1. Prof. Dr. Gülten Kaptan, Principles of Geriatric Care, Nobel Medicine Bookstores	