

Vocational School / Physiotherapy
2023 - 2024 Academic Year
PRINCIPLES and PRINCIPLES of ELDERLY MAINTENANCE I
Syllabus

Course Description					
Name	Code	Semester	T+A Hour	Credit	ECTS
PRINCIPLES and PRINCIPLES of ELDERLY MAINTENANCE I	FZT2163260	Fall Semester	2+0	2	4
Prerequisites Courses					
Recommended Elective Courses					
Language of Instruction	Turkish				
Course Level	Short Cycle (Associate's Degree)				
Course Type	Required				
Course Coordinator	Lect. Meltem MERAN ÇAĞLAR				
Name of Lecturer(s)	Lect. Berkan BASANÇELEBİ				
Assistant(s)					
Aim	Learning about old age, physiological, social and vital changes related to aging and treatment approaches.				
Course Content	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.				
Course Learning Outcomes			Teaching Methods	Assessment Methods	
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	
Teaching Methods	16: Question - Answer Technique, 9: Lecture Method				
Assessment Methods	A: Traditional Written Exam				
Lecture Schedule					
Sequence	Topics	Preliminary Preparation			
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			
Evaluation Methods		Weight(%)			
Midterm Exam		40			
General Exam		60			
Resources					
Mebis notes 1. Prof. Dr. Gülten Kaptan, Principles of Geriatric Care, Nobel Medicine Bookstores					