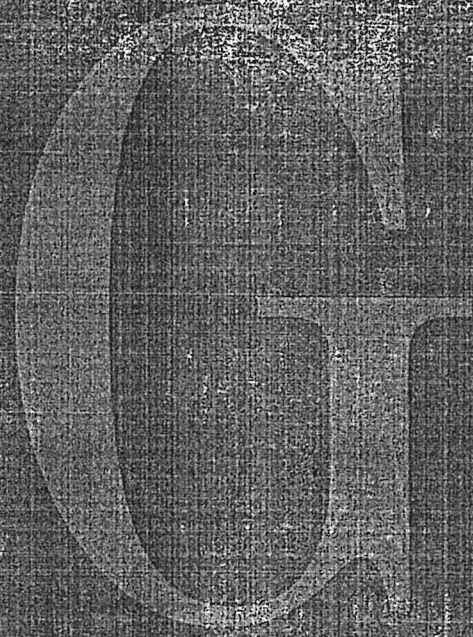


A Handbook of GERIATRIC CARE



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Medical Education

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The Geriatric Medicine is not taught to the undergraduate and post graduate medical students in India. Off late a chapter on Ageing and health issues have been included in International acclaimed text books of medicine like Davidson's, Harrison's and API Text book of Medicine. The Hutchison clinical method also has dedicated one chapter on examination of older people. Also, it is noted that one question appears in question paper of Final year MD exams.

I feel, the geriatric medicine has to be included in the curriculum at par with other systems like Respiratory or Gastrointestinal system, so that the students will be oriented to common problems in older people.

There is rather rapid increase in the number of institutions providing courses on geriatric medicine in last decade. The courses like MD Geriatric Medicine, Post Graduate Diploma in Geriatric Medicine (PGDGM), Fellowship in Geriatrics are being offered in various institutes across India.

However, two things need to be considered. One is how many students getting these degrees will continue to practice and serve the older people, and the second one is authentication of the teaching methods.

The MD and PGDGM are recognised by Medical Council of India and University Grant Commission respectively. While the fellowship courses are initiated by Deemed Universities.

In, my medical college I have started Basic Learning course in Geriatric Medicine and Gerontology which is of 12 months duration involving 22 Theory classes and two clinical classes for the first year Post Graduate Students of Medicine with no extra fees. The classes will be conducted on every second and fourth Friday. This course covers all major topics concerned to Geriatric Medicine and helps sensitise the post graduate students regarding common health and social issues in older people.

MD GERIATRIC MEDICINE COURSE OFFERED IN FOLLOWING MEDICAL COLLEGES

1. Madras Medical College, Chennai (Govt)
2. AIIMS, Delhi
3. CMC, Vellore
4. MGM, Kamothe, Mumbai
5. Amrita School of Medicine, Elamkara, Kochi, Kerala
6. Government Medical College, Aurangabad (Govt), Maharashtra.
7. Kavery Medical Centre and Hospital (KMCH), Chennai

Fellowship Recognised by MCI

Fellowship in Geriatric Mental Health Care, NIMHANS, Bengaluru.

Teaching Geriatric medicine to Under graduate students

1. SDM Medical College, Dharwad
2. Yenepoya Medical College, Mangalore

Teaching Geriatric medicine to Under graduate students

1. BLDE (DU), Shri B M Patil Medical College Hospital & RC, Vijayapura

Post Graduate Diploma course in Geriatric Medicine

This course is offered by IGNOU at 21 state capitals. This course has intake of 20 students every year with basic qualification of MBBS and above. The duration of the course is one year. This includes four contact classes of ten days each and the exam pattern is at par of MD exams. The exams include four theory papers for 400 marks and practical exams having one long case, two short cases and Viva voce. This degree is recognised by University Grants Commission and IGNOU.

Geriatric Clinics in Medical Colleges across India

1. M S Ramaiah Medical College, Bengaluru
2. Rajiv Gandhi Chest Foundation, Bengaluru
3. Bangalore Medical College, Bangalore.
4. BLDE(DU), Shri B M Patil Medical College Hospital and RC, Vijayapura
5. AIIMS, Bhubaneshwar
6. JSS Medical College, Mysuru, Karnataka
7. Deccan Medical College, Hyderabad
8. KLEU Prabhakar Kore Hospital, Belagavi, Karnataka
9. Bharati Vidyapeeth Medical College, Pune, Maharashtra
10. Osmania Medical College, Hyderabad
11. SVS Medical College, Mahabubnagar, Telangana
12. St John's Health Sciences, Bangalore
13. Yenapoyya Medical College, Mangalore.
14. A J Shetty Medical College, Mangalore.
15. Kasturba Medical College, Mangalore
16. S. N. Medical College, Bagalkot, Karnataka.
17. Sir J J hospital, Mumbai
18. SMS Medical College, Jaipur.
19. MGM, Aurangabad, Maharashtra.
20. Geriatric Psychiatry, NIMHANS, Bengaluru.

Courses for Care giver by Government of India

1) Certificate courses in geriatric care

It is three month basic course for caregivers /bed assistants

Target Group: Any individual who had passed 10th standard, and is having a desire to serve senior citizens.

Aims & Objectives are to:

Create a cadre of care giver for having bed care assistance, provide palliative care services, emergency and crisis management etc

Course Curriculum includes ageing, health care, fundamental care, other aspects

Practical Training inputs include: Field visits to old age homes/age care institutions for exposure & short term placement in hospitals.

2) Certificate Courses on Thematic Issues

It is a three month Certificate Course.

3. One Month Course on Basic Issues in Geriatric Care

Target Group: NGO functionaries and service providers

Aims & Objectives are to:

Build a comprehensive knowledge base on basic issues in geriatric care, enhance their skill and capacities in counselling and management of age care institutions, expose to various situations and innovative approaches in the field of ageing & enhance their knowledge in resource management, advocacy and networking.

Course Curriculum includes

Socio-demographic dynamics, public policy and planning, fundamentals of ageing care, geriatric counselling, geriatric management.

Practical Training inputs include - Field visits to old age homes/age care institutions for exposure, short term placement in hospitals with specialized facility for geriatric care, innovative projects on aged & report writing and seminar presentation

4. Training Programmes on Themes like Geriatric Counselling, Management of Dementia etc.

Target Group: NGO functionaries and service providers

Aims & Objectives are to:

Develop and enhance the basic skills in geriatric counselling of the key functionaries of different NGOs, enable the participants understand the various psychological factors related to ageing, orient the participants with various approaches in counselling for the care of older persons, give practical exposure of specialized intervention strategies while caring for the aged, create awareness about dementia and its various types, educate volunteers and care givers to identify early warning signs of dementia and early prevention, enhance the skills of care givers in managing elderly with dementia.

Training includes

Classroom Sessions (theory & practical) on specific topics & field visits to old age homes/age care institutions for exposure.

5. One Day Programmes

Target Group: PRIs, teachers, counsellors, anganwadi workers, ASHA workers, school and college students, youth

Aims & Objectives are to:

Sensitize and create awareness for bridging the inter-generational gap and maintenance and welfare of parents and Senior Citizens Act, 2007.

IMPORTANT

All the diploma courses in medical colleges have been scrapped and upgraded to masters by Medical Council of India from the academic year 2019.

CONCERNS

1) The PGDGM course is started by Indira Gandhi National Open University (IGNOU) in the year 2004 in twenty medical colleges across India, mainly state capitals. If we assume that 15 students enrol for the course every year in each state, it comes to nearly 300 students all over India every year. This accounts for 4500 doctors have been trained in Geriatric medicine with a valid course as on the year 2018, and are available to serve older people, BUT, this is not happening.

2) The Medical Council India has given free hand to all the medical colleges having Post Graduate courses in Medicine to start MD in geriatrics with existing infrastructure in the year 2012, but it has not created impact at ground level.

3) The geriatric practice is not lucrative, it consumes more time and there are no incentives as compared to other clinical branches. Hence the new generation students do not have inclination towards learning geriatric medicine. I am of opinion that the geriatric practice is much more challenging and gives you more satisfaction. I have been practicing geriatric medicine for last eleven years and I have found it to be very satisfactory and at the end of the day it earns more blessings which money cannot buy.

DISCLAIMER

The author has collected the information from various sources, website of medical colleges/Universities and personal information from people working in field of Geriatric Medicine. Hence any college name being missed is pure coincidental.

REFERENCES

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3. www.socialjustice.nic.in