

## 课程详述

### COURSE SPECIFICATION

以下课程信息可能根据实际授课需要或在课程检讨之后产生变动。如对课程有任何疑问，请联系授课教师。

The course information as follows may be subject to change, either during the session because of unforeseen circumstances, or following review of the course at the end of the session. Queries about the course should be directed to the course instructor.

1.	<b>课程名称 Course Title</b>	老年医学 Gerontology
2.	<b>授课院系 Originating Department</b>	医学院 School of Medicine
3.	<b>课程编号 Course Code</b>	MED420
4.	<b>课程学分 Credit Value</b>	1
5.	<b>课程类别 Course Type</b>	专业选修课/ Major Elective Courses
6.	<b>授课学期 Semester</b>	秋季/ Fall
7.	<b>授课语言 Teaching Language</b>	中英双语 English & Chinese
8.	<b>授课教师、所属学系、联系方式 Instructor(s), Affiliation &amp; Contact</b> (For team teaching, please list all instructors)	姜昕, 南方科技大学附属第一医院, jiangxinsz@163.com Xin Jiang, 1st Affiliated Hospital of SUSTech, jiangxinsz@163.com
9.	<b>实验员/助教、所属学系、联系方式 Tutor/TA(s), Contact</b>	王博, 医学院, wangb7@sustech.edu.cn Bo Wang, School of Medicine, wangb7@sustech.edu.cn
10.	<b>选课人数限额(可不填) Maximum Enrolment (Optional)</b>	

11. 授课方式 Delivery Method	讲授 Lectures	习题/辅导/讨论 Tutorials	实验/实习 Lab/Practical	其它(请具体注明) Other (Please specify)	总学时 Total
学时数 Credit Hours	16				16
12. 先修课程、其它学习要求 Pre-requisites or Other Academic Requirements	无/NA				
13. 后续课程、其它学习规划 Courses for which this course is a pre-requisite	待定/To be determined				
14. 其它要求修读本课程的学系 Cross-listing Dept.	待定/To be determined				

### 教学大纲及教学日历 SYLLABUS

#### 15. 教学目标 Course Objectives

本课程是面向临床专业本科生的专业选修课，它旨在使学生通过学习老年医学的基本理论知识和老年人常见疾病的临床特点及诊治原则，加深对老年人各器官、系统所发生的病理生理变化和功能衰退的认识，培养学生的系统思维理念、人文精神理念、健康管理理念；培养学生分析问题和解决实际问题的能力；培养学生全心全意为老年患者服务的思想，树立认真负责、耐心细致的良好医德医风，对其今后无论从事老年医学、全科医学或专科医学奠定一定的基础。

This course is a major elective course for clinical undergraduates, which aims to enable students to deepen the understanding of the pathophysiological changes and functional decline that occur in various organs and systems of the elderly by learning the basic theoretical knowledge of geriatric medicine and the clinical characteristics and diagnosis and treatment principles of common diseases in the elderly. This course also cultivates students' systematic thinking concept, humanistic spirit concept, and health management concept; cultivate students' ability to analyze problems and solve practical problems; cultivate students' thought of serving elderly patients wholeheartedly, establishing a serious, responsible, patient and meticulous good medical ethics; and lay a certain foundation for them to engage in geriatric medicine, general medicine, or specialist medicine in the future.

#### 16. 预达学习成果 Learning Outcomes

1. 掌握老年医学的定义、范畴、目标及原则。
2. 掌握老年综合征的特点及老年综合评估技术要点。
3. 掌握老年常见疾病的临床特点及诊疗原则。
4. 做到理论联系实际，并结合具体疾病能进行诊断和治疗。

1. Master the definition, category, goal and principle of geriatrics.
2. Master the characteristics of geriatric syndromes and the key technical points of geriatric comprehensive assessment.
3. Master the clinical characteristics, diagnosis and treatment principles of common diseases of the elderly.

4. Combine theory with practice, and make specific diseases can be diagnosed and treated.

17. 课程内容及教学日历（如授课语言以英文为主，则课程内容介绍可以用英文；如团队教学或模块教学，教学日历须注明主讲人）

**Course Contents (in Parts/Chapters/Sections/Weeks. Please notify name of instructor for course section(s), if this is a team teaching or module course.)**

**1. 老年医学总论 INTRODUCTION TO GERIATRIC MEDICINE**

老年医学定义、范畴、目标及老年医学专家的作用；老年医学的原则及核心技术。

Definition, category, goal of geriatrics and the role of geriatricians; principles and core technologies of geriatrics.

**2. 老年综合征；老年衰弱与肌少症 GERIATRIC SYNDROME; WEAK ELDERLY AND SARCOPENIA**

老年综合征的定义；常见的老年综合征；老年综合征与内科综合征的区别；学习老年综合征的意义。

老年衰弱和肌少症的定义和诊断标准，临床表现和治疗及预防。

Definition of geriatric syndrome; common geriatric syndrome; difference between geriatric syndrome and medical syndrome; significance of learning geriatric syndrome.

Definition and diagnostic criteria, clinical manifestations, treatment and prevention of weak elderly and sarcopenia.

**3. 老年综合评估 COMPREHENSIVE GERIATRIC ASSESSMENT**

CGA 的定义、意义与时机的选择。CGA 的评估内容。CGA 的评估程序和注意事项。

Definition, significance and timing of CGA. Evaluation contents of CGA. Assessment procedures and precautions for CGA.

**4. 老年人合理用药 RATIONAL DRUG USE FOR THE ELDERLY**

老年人多重用药的定义；老年人用药的基本原则。老年人多重用药的危害性；老年人用药评估。老年人药动学和药效学的特点。

Definition of polypharmacy in the elderly; basic principles of medication in the elderly. The dangers of polypharmacy in the elderly; medication assessment in the elderly. Characteristics of pharmacokinetics and pharmacodynamics in the elderly.

**5. 老年性痴呆 ALZHEIMER'S DISEASE**

老年性痴呆的定义；病理、临床表现和诊断标准；轻度认知障碍的概念；辅助检查、鉴别诊断和治疗。

Definition of AD; pathology, clinical presentation and diagnostic criteria; concept of mild cognitive impairment; auxiliary examination, differential diagnosis and treatment.

**6. 老年高血压 GERIATRIC HYPERTENSION**

老年人高血压的临床特点、诊断及药物治疗原则。老年人高血压的定义；老年人高血压合并其他疾病时的降压目标及其降压药物选择。老年人高血压的流行病学特点与防治现状、发病危险因素及其非药物治疗方法。

Clinical characteristics, diagnosis and drug treatment of hypertension in the elderly. Definition of hypertension in the elderly; antihypertensive target and antihypertensive drug selection for hypertension complicated with other diseases in the elderly. Epidemiological characteristics, prevention and treatment of hypertension in the elderly, risk factors and non-drug treatment.

#### 7. 阻塞性睡眠呼吸暂停低通气综合征 OBSTRUCTIVE SLEEP APNEA SYNDROME

OSAHS 的定义、临床表现及诊断流程。OSAHS 对全身各系统、脏器的影响。OSAHS 的主要病理生理变化。

Definition, clinical manifestations and diagnostic process of OSAHS. Effect of OSAHS on various systems and organs of the body. Main pathophysiological changes of OSAHS.

#### 8. 老年糖尿病 SENILE DIABETES MELLITUS

老年糖尿病的定义、临床特点、诊断要点及治疗。老年糖尿病的常见并发症及辅助检查。老年糖尿病的病因及发病机制。

Definition, clinical features, diagnostic points and treatment of diabetes in the elderly. Common complications and auxiliary examinations of diabetes in the elderly. Etiology and pathogenesis of diabetes in the elderly.

#### 9. 老年人下尿路症状 LOWER URINARY TRACT SYMPTOMS IN THE ELDERLY

老年性尿失禁的定义；尿失禁的分类。老年性尿失禁的临床表现、诊断及药物治疗。

Definition of senile incontinence; classification of incontinence. Clinical manifestations, diagnosis and drug treatment of senile urinary incontinence.

章节 Section	教学内容 Teaching Contents	学时 Lecture Hours
1	老年医学总论 INTRODUCTION TO GERIATRIC MEDICINE	1
2	老年综合征 GERIATRIC SYNDROME	1
3	老年衰弱与肌少症（第一讲） WEAK ELDERLY AND SARCOPENIA (LESSON ONE)	1
4	老年衰弱与肌少症（第二讲） WEAK ELDERLY AND SARCOPENIA (LESSON TWO)	1
5	老年综合评估（第一讲） COMPREHENSIVE GERIATRIC ASSESSMENT (LESSON ONE)	1

6	老年综合评估（第二讲） COMPREHENSIVE GERIATRIC ASSESSMENT (LESSON TWO)	1
7	老年人合理用药（第一讲） RATIONAL DRUG USE FOR THE ELDERLY (LESSON ONE)	1
8	老年人合理用药（第二讲） RATIONAL DRUG USE FOR THE ELDERLY (LESSON TWO)	1
9	老年性痴呆 ALZHEIMER'S DISEASE	1
10	老年高血压（第一讲） GERIATRIC HYPERTENSION (LESSON ONE)	1
11	老年高血压（第二讲） GERIATRIC HYPERTENSION (LESSON TWO)	1
12	阻塞性睡眠呼吸暂停低通气综合征（第一讲） OBSTRUCTIVE SLEEP APNEA SYNDROME (LESSON ONE)	1
13	阻塞性睡眠呼吸暂停低通气综合征（第二讲） OBSTRUCTIVE SLEEP APNEA SYNDROME (LESSON TWO)	1
14	老年糖尿病（第一讲） SENILE DIABETES MELLITUS (LESSON ONE)	1
15	老年糖尿病（第二讲） SENILE DIABETES MELLITUS (LESSON TWO)	1
16	老年人下尿路症状 LOWER URINARY TRACT SYMPTOMS IN THE ELDERLY	1

#### 18. 教材及其它参考资料 Textbook and Supplementary Readings

##### 教材:

《老年医学》第2版，于普林主编，人民卫生出版社，2017年5月出版。

##### 参考资料:

1. 《老年医学》，李小鹰主编，人民卫生出版社，2015年8月出版。
2. 《老年医学》，于普林主编，人民卫生出版社，2019年5月出版。
3. 《老年医学》第三版，李发琦、司良毅主编，科学出版社，2020年1月出版。
4. 《成人阻塞性睡眠呼吸暂停基层诊疗指南（2018）》，王辰，中华医学会，2019年1月中华全科医师杂志发表。
5. 《Clinical Respiratory Medicine》，Stephen G主编，2017出版。
6. 《中国老年2型糖尿病诊疗措施的专家共识（2018年版）》，中国老年医学学会老年内分泌代谢分会、国家老年疾病临床医学研究中心（解放军总医院）、中国老年糖尿病诊疗措施的专家共识编写组，《中华内科杂志》2018 57(9): 626-641。

7. 《中国老年糖尿病诊疗指南（2021年版）》，国家老年医学中心、中华医学会老年医学分会、中国老年保健协会体内专业委员会，《中华糖尿病杂志》2021，13(,1): 14-46。

课程评估 ASSESSMENT

19. 评估形式 Type of Assessment	评估时间 Time	占考试总成绩百分比 % of final score	违纪处罚 Penalty	备注 Notes
出勤 Attendance		10		
课堂表现 Class Performance				
小测验 Quiz				
课程项目 Projects				
平时作业 Assignments		30		
期中考试 Mid-Term Test				
期末考试 Final Exam		60		
期末报告 Final Presentation				
其它（可根据需要 改写以上评估方 式） Others (The above may be modified as necessary)				

20. 记分方式 GRADING SYSTEM

- A. 十三级等级制 Letter Grading  
 B. 二级记分制（通过/不通过） Pass/Fail Grading

课程审批 REVIEW AND APPROVAL

21. 本课程设置已经过以下责任人/委员会审议通过  
 This Course has been approved by the following person or committee of authority

本课程已经医学院教学副院长张文勇教授审核通过。