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Federal State Autonomous Educational Institution of Higher Education
PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA
NAMED AFTER PATRICE LUMUMBA
RUDN University

Institute of Medicine

educational division (faculty/institute/academy) as higher education programme developer

COURSE SYLLABUS

GERIATRICS AND PALLIATIVE MEDICINE

course title

Recommended by the MSS for the direction of training/specialty:

31.05.01 General Medicine

field of studies / speciality code and title

The course instruction is implemented within the professional education programme of higher education:

General Medicine

higher education programme profile/specialisation title

2026

1. COURSE GOAL(S)

The course "Geriatrics and Palliative Medicine" is included in the program of the specialty "General Medicine" in the direction 31.05.01 "General Medicine" and is studied in the 10th semester of the 5th year. The discipline is implemented by the Department of General Medical Practice. The discipline consists of 2 sections and 18 topics and is aimed at studying the basics of geriatrics and palliative medicine in relation to outpatient and inpatient practice.

The purpose of mastering the course is to form rational approaches for students to organize personalized treatment of an elderly and senile patient, evaluate the effectiveness and safety of treatment, the ability to provide palliative care in interaction with specialist doctors and other medical professionals, organize counseling and routing of palliative patients to specialized institutions.

2. REQUIREMENTS FOR LEARNING OUTCOMES

The development of the course " Geriatrics and Palliative Medicine" is aimed at the formation of the following competencies (parts of competencies) among students:

Table 2.1. List of competences that students acquire through the course study

| Competence code | Competence descriptor | Competence formation indicators (within this course) |
|------------------------|--|--|
| PC -3 | Capable of prescribing treatment and monitoring its effectiveness and safety | PC-3.5. The ability to provide palliative care in cooperation with specialist doctors and other medical professionals. PC-3.6. The ability to organize personalized treatment of the patient, including pregnant women, elderly and senile patients, to evaluate the effectiveness and safety of treatment; |

3. COURSE IN HIGHER EDUCATION PROGRAMME STRUCTURE

The course refers to the core/variable/elective* component of (B1) block of the highereducational programme curriculum.

* - Underline whatever applicable.

Within the higher education programme students also master other (modules) and / or internships that contribute to the achievement of the expected learning outcomes as results of the course study.

Table 3.1. The list of the higher education programme components/disciplines that contribute to the achievement of the expected learning outcomes as the course study results

| Com pet ence code | Competence descriptor | Previous courses/modules* | Subsequent courses/modules* |
|--------------------------|--|---|---|
| PC -3 | Capable of prescribing treatment and monitoring its effectiveness and safety | Surgical practice: Assistant surgeon. Assistant physician of the therapeutic profile: assistant physician of the therapist. General medical practice: assistant to an outpatient clinic doctor; Obstetric and gynecological practice: | Hospital therapy. Endocrinology. Outpatient therapy. Hospital surgery, pediatric surgery; Pediatrics; Obstetrics and |

| | | | |
|--|--|---|--|
| | | gynecologist's assistant; Dermatovenerology; Neurology, medical genetics, neurosurgery; Faculty surgery; Occupational diseases; Hospital therapy; Outpatient therapy; Hospital surgery, pediatric surgery; Pediatrics; Topical Issues of Neonatology**; Obstetrics and Gynecology; Otorhinolaryngology; Clinical Trials**; Faculty Therapy; Ophthalmology; Urology; Infectious diseases; Psychiatry, medical psychology; Fundamentals of Integrative medicine**; The basics of nutrition in childhood**; Fundamentals of Therapeutic Nutrition; Introduction to Nutritionology**; Experimental Oncology; Pharmacology; | gynecology; Outpatient Cardiology**; Oncology, radiation therapy; Traumatology, orthopedics; Maxillofacial surgery; Clinical Pharmacology; Allergology; Phthisiology; Endoscopic Urology; Telemedicine; Reproductive health; |
|--|--|---|--|

* To be filled in according to the competence matrix of the higher education programme.

4. COURSE WORKLOAD AND ACADEMIC ACTIVITIES

The total workload of the course “Geriatrics and Palliative Medicine” is 1 (36 academic hours).

Table 4.1. Types of academic activities during the periods of higher education programme mastering (full-time training)*

| Type of academic activities | Total academic hours | Semesters/training modules | | | |
|---|----------------------|----------------------------|-----------|--|--|
| | | 10 (A) | | | |
| <i>Contact academic hours</i> | 36 | 36 | | | |
| including: | | | | | |
| Lectures (LC) | | | | | |
| Lab work (LW) | 32 | 32 | | | |
| Seminars (workshops/tutorials) (S) | | | | | |
| <i>Self-studies</i> | 4 | 4 | | | |
| <i>Evaluation and assessment (exam/passing/failing grade)</i> | | | | | |
| Course workload | academic hours | 36 | 36 | | |
| | credits | 1 | 1 | | |

* To be filled in regarding the higher education programme correspondence training mode.

5. COURSE CONTENTS

Table 5.1. Course contents and academic activities types

| Name of the discipline section | Content of the section (topics) Topic content | Type of educational work* |
|--|---|---------------------------|
| Section 1. Geriatrics. Diagnosis and treatment of elderly and senile patients. | <p style="text-align: center;">1.1</p> <p>The procedure for providing medical care in the "geriatrics" profile. Treatment of elderly and senile patients, including at home.</p> <p>Conditions of provision, forms and types of geriatric care. Functions and staffing standards of geriatric offices, departments and centers. Standard of equipment for the geriatric department (office). The rules of organization of the geriatric center. Types of primary health care for geriatric patients at home. The regulatory framework for the organization of home care for geriatric patients.</p> | LW |
| | <p style="text-align: center;">1.2</p> <p>Features of collecting complaints, life history and analysis of the information received from elderly and senile patients (caregivers).</p> <p>Analysis of complaints and life history, taking into account cognitive functions. Screening of senile asthenia using the "Age is not a hindrance" questionnaire. Assessment of the medical history using STOPP/START criteria.</p> | LW |
| | <p style="text-align: center;">1.3</p> <p>Features of physical examination.</p> <p>Interpretation of the results.</p> <p>Anthropometry with calculation of body mass index. Blood pressure measurement with an orthostatic probe. Assessment of the 10-year risk of osteoporotic fractures using FRAX. Vision assessment using the Rosenbaum table. Test "Get up and walk" to determine the risk of falls. Wrist dynamometry. A brief battery of physical functioning tests.</p> | LW |
| | <p style="text-align: center;">1.4</p> <p>Assessment of cognitive functions with the determination of cognitive status, including the diagnosis of dementia and delirium in elderly and senile patients.</p> <p>Assessment of cognitive functions using the Short Mental Status Assessment Scale, the Montreal Cognitive Function Assessment Scale, and a battery of tests for assessing frontal dysfunction.</p> | LW |
| | <p style="text-align: center;">1.5</p> <p>Risk factors for venous thromboembolic complications. Risk factors for the development of pressure sores and contact dermatitis. Risk factors for falls and fractures.</p> <p>The role of age-related changes in the hemostasis system, comorbid conditions (cancer, heart failure, diabetes mellitus, chronic obstructive pulmonary disease, chronic kidney disease), and immobilization in the development of venous thromboembolic complications in elderly and senile patients. Internal (age-related skin changes, neurological disorders, chronic diseases, urinary incontinence) and</p> | LW |

| | | |
|--|--|----|
| | external (medication use, improper care, spinal injuries) risk factors for pressure sores and contact dermatitis in geriatric patients, and their correction. Biological, behavioral, environmental, and socio-economic risk factors for falls in elderly and senile patients, and their correction. | |
| | <p style="text-align: center;">1.6</p> <p>Geriatric syndrome and diseases and (or) conditions. Comprehensive geriatric assessment of the patient.</p> <p>Geriatric syndrome. Definition, differences between the concepts of geriatric syndrome and diseases in the elderly and senile age. The key geriatric syndrome is senile asthenia, etiology and pathogenesis, diagnosis, treatment and rehabilitation. Comprehensive geriatric assessment of the patient: definition, main tasks, components and their domains, assessment tools.</p> | LW |
| | <p style="text-align: center;">1.7</p> <p>Disorders of the psycho-behavioral status.</p> <p>Screening of depression in elderly and senile patients. Geriatric Depression Scale, Health assessment scale, Cornell Depression Scale. Indications for consultation with a psychiatrist in elderly and senile patients.</p> | LW |
| | <p style="text-align: center;">1.8</p> <p>Formation of an individual plan for preventive, curative and rehabilitative measures, as well as a plan for the socio-psychological adaptation of patients with geriatric syndromes and diseases and (or) conditions, including the inclusion of measures to overcome polypragmasy.</p> <p>An individual patient management plan, taking into account the geriatric syndromes identified during a comprehensive geriatric assessment, changes in physical, cognitive, emotional, functional and social status, laboratory and instrumental examination data, and disease treatment features.</p> | LW |
| | <p style="text-align: center;">1.9</p> <p>Prescribing medications considering the functional status, age, diagnosis and clinical picture of the disease.</p> <p>Drug therapy of elderly and senile patients, taking into account the results of a comprehensive geriatric assessment, their life priorities according to STOPP/START criteria.</p> | LW |
| | <p style="text-align: center;">1.10</p> <p>The appointment of non-drug therapy, including physiotherapy, therapeutic nutrition, physical therapy, psychotherapy, occupational therapy, considering the functional status, age, diagnosis and clinical picture of the disease, the presence of violations of the function of organs and systems of the human body.</p> <p>Key aspects of prescribing non-drug therapy to geriatric patients. The influence of the functional status and age of the patient on the choice of the method of non-drug therapy. Exercise complexes (physical therapy) and physical activity programs in patients with senile asthenia. Advising geriatric patients on nutrition issues. Indications for nutritional support in elderly and senile patients with malnutrition. Clinical and psychological trainings, training of relatives of geriatric patients tactics and methods of restoring cognitive functions.</p> | LW |

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| | <p style="text-align: center;">1.11</p> <p>The appointment of non-invasive respiratory support in patients with respiratory insufficiency for medical reasons. Indications and contraindications for the appointment of noninvasive respiratory support for elderly and senile patients. Advantages and disadvantages of noninvasive respiratory support. Methods of conducting and monitoring the effectiveness of noninvasive respiratory support.</p> | LW |
| | <p style="text-align: center;">1.12</p> <p>Referral of elderly and senile patients for round-the-clock monitoring and treatment in a hospital setting. The concept of specialized medical care in the field of "geriatrics". A list of geriatric syndromes that are taken into account when referring patients to a 24-hour hospital. Criteria determining the need to refer geriatric patients to a 24-hour hospital.</p> | LW |
| Section 2. Palliative care | <p style="text-align: center;">2.1</p> <p>Organization of palliative care in the Russian Federation. Hospices. Regulations on the organization of palliative care in the Russian Federation. Indications for palliative care in adults and children. The rules of organization of activities and staffing standards, the standard of equipment for palliative care. Rules for organizing the activities of the department of visiting palliative care and the Department of palliative care. Organization of hospice work.</p> | LW |
| | <p style="text-align: center;">2.2</p> <p>Questions of psychology and peculiarities of communication in palliative medicine. Diagnosis of psychological problems and emotional state of patients during palliative care. Creating a supportive environment and educating the family. Psychological therapy and pain reduction strategies.</p> | LW |
| | <p style="text-align: center;">2.3</p> <p>The most common diseases and conditions in patients in need of palliative care. Features of the course of oncological, cardiological, neurological diseases, end-stage renal and liver failure, irreversible consequences of injuries and comatose states, infectious diseases in the terminal stage of development in palliative patients.</p> | LW |
| | <p style="text-align: center;">2.4</p> <p>Issues of palliative care. Basic principles, conditions of care, and regulatory regulation of palliative care. Psychological and social support in the organization of patient care in palliative medicine.</p> | LW |
| | <p style="text-align: center;">2.5</p> <p>Prescribing medications, including narcotic and psychotropic medications. The regulatory framework for prescribing narcotic and psychotropic drugs to palliative patients. Peculiarities of prescribing narcotic and psychotropic drugs to palliative patients.</p> | LW |

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| | 2.6 | |
| | Chronic pain syndrome in palliative medicine. Etiology and pathogenesis, classification of chronic pain syndrome in palliative medicine. Criteria for the diagnosis of chronic pain syndrome in patients in need of palliative care. General principles of chronic pain therapy in palliative medicine. Indications for hospitalization of patients with chronic pain syndrome in department of palliative care. Pain relief in the last hours of life. | LW |

* - to be filled in only for **full**-time training: *LC* - lectures; *LW* - lab work; *S* - seminars.

6. CLASSROOM EQUIPMENT AND TECHNOLOGY SUPPORT REQUIREMENTS

Table 6.1. Classroom equipment and technology support requirements

| Type of audience | Equipment of the audience | Specialized educational/laboratory equipment, software and materials for the development of the discipline (if necessary) |
|---|--|---|
| Lab-work | An auditorium for laboratory work, individual consultations, routine monitoring and intermediate certification, equipped with a set of specialized furniture and equipment. | Laboratory and diagnostic equipment of the clinical bases of the department |
| Seminar | An auditorium for seminar-type classes, group and individual consultations, routine monitoring and intermediate certification, equipped with a set of specialized furniture and equipment. | Guarantor (Agreement No. 13A/46/2018 dated 02/04/2018) Consultant Plus (Information Support Agreement dated 01/09/2013) Reg. number of the central office-03-207-7474 |
| Self-studies | An auditorium for independent work of students (can be used for seminars and consultations), equipped with a set of specialized furniture and access to UIES. | Guarantor (Agreement No. 13A/46/2018 dated 02/04/2018) Consultant Plus (Information Support Agreement dated 01/09/2013) Reg. number of the central office-03-207-7474 |
| Auditorium at the clinical base of the department for laboratory and clinical classes | Auditorium for laboratory work and clinical classes, individual consultations, ongoing monitoring and intermediate certification, equipped with a set of specialized furniture and equipment | Laboratory and diagnostic equipment of the clinical bases of the department |

7. RESOURCES RECOMMENDED FOR COURSE STUDY

1. Main readings:

1. Geriatrics : textbook and workshop for universities / edited by S. N. Puzin. — 2nd ed. —

- Moscow : Yurayt Publishing House, 2026. — 209 p. — (Higher education). — ISBN 978-5-534-15037-7. — Text : electronic // Educational platform Yurayt [website]. — URL: <https://urait.ru/bcode/588097> (date of request: 04/09/2026).
2. Churin, B. V. Gerontology and geriatrics : a textbook for universities / B. V. Churin, V. B. Churin. Moscow : Yurait Publishing House, 2025. 356 p. (Higher education). — ISBN 978-5-534-20301-1. — Text : electronic // Yurayt educational platform [website]. — URL: <https://urait.ru/bcode/569207>.
3. Geriatrics: a brief guide / M.M. Balaeva, I.N. Barykina, N.V. Brailova [et al.]. - Electronic text data. - Moscow: GEOTAR-Media, 2022. - 680 p. https://lib.rudn.ru:443/MegaPro/UserEntry?Action=Link_FindDoc&id=508264&idb=0.
4. Palliative care: textbook / Ya.V. Shimanovskaya, A.S. Sarychev, K.A. Shimanovskaya. - Moscow : KNORUS, 2022. - 358 p.
5. Regulatory documents on geriatrics:
- Order of the Ministry of Health of the Russian Federation dated 01/29/2016 No. 38n "On approval of the Procedure for providing medical care in the geriatrics profile" (with amendments and additions).
 - Order of the Ministry of Labor of the Russian Federation dated 06/17/2019 No. 413n "On approval of the professional standard "geriatrician"".
 - Order of the Ministry of Health of the Russian Federation dated 10/14/2022 No. 668n "On approval of the Procedure for providing medical care for mental disorders and behavioral disorders".
 - Clinical recommendations "Cognitive disorders in the elderly and senile" (approved by the Ministry of Health of the Russian Federation in 2024). ICD coding: F00 - 03. G30 - 31. I67 - 69. ID: 617.
 - Clinical recommendations "Senile asthenia" (approved by the Ministry of Health of the Russian Federation). ICD coding: R54 (approved by the Ministry of Health of Russia in 2024). ID: 613.
 - A set of measures aimed at preventing falls and fractures in the elderly and senile. Methodological recommendations (approved by the Ministry of Health of the Russian Federation on December 15, 2020) / Working group: Doctor of Medical Sciences, prof. O.N. Tkacheva; Doctor of Medical Sciences, prof. Yu.V. Kotovskaya; Candidate of Medical Sciences A.V. Rozanov; Candidate of Medical Sciences I.V. Babenko; Candidate of Medical Sciences S.P. Svishcheva; O.V. Abroskin.
6. Regulatory documents on palliative care:
- Order of the Ministry of Health of the Russian Federation No. 208n, Ministry of Labor of the Russian Federation No. 243n dated 04/14/2025 "On approval of the Regulations on the organization of palliative care, including the procedure for interaction of medical organizations, social service organizations and public associations, other non-profit organizations engaged in their activities in the field of health".
 - Order of the Ministry of Health of the Russian Federation dated 11/24/2021 N 1094n "On approval of the Procedure for prescribing medicines, forms of prescription forms for medicines, the Procedure for registration of these forms, their accounting and storage, forms of prescription forms containing the appointment of narcotic drugs or psychotropic substances, the Procedure for their manufacture, distribution, registration, accounting and storage, as well as the Rules for registration of prescription forms, including in the form of electronic documents".
 - Decree of the Government of the Russian Federation of 30.06.1998 N 681 "On approval of the List of Narcotic drugs, psychotropic Substances and their Precursors subject to control in the Russian Federation (latest edition).
 - Order of the Ministry of Health of the Russian Federation No. 505n dated 07/10/2019 "On

approval of the Procedure for the transfer from a medical organization to a patient (his legal representative) of medical devices designed to maintain the functions of organs and systems of the human body for use at home when providing palliative care".

- Order of the Ministry of Health of the Russian Federation dated 05/31/2019 No. 348n "On approval of the List of medical devices intended to maintain the functions of organs and systems of the human body provided for use at home (latest edition).

Additional literature:

1. Elderly patient. Features of outpatient management. Textbook / edited by I. I. Chukaeva [Electronic resource]. / I. I. Chukaeva [et al]. Moscow : RUSAINS, 2024. p. 180. ISBN 978-5-466-04637-3 URL: https://mega.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=516071&idb=0
2. Palliative medical care for adults and children: textbook / edited by N. V. Orlova, L. I. Ilyenko, E. S. Sakharova. - 2nd ed., ispr. and add. - Moscow: GEOTAR- Media, 2023. - 592 p. : ill. - doi: 10.33029/9704-7394-8-PCAC-2023-1-592 . - ISBN 978-5- 9704-7394-8.
3. General principles of pharmacotherapy in the elderly and senile: Methodological recommendations / Edited by O. N. Tkacheva. — M.: Prometheus, 2019. — 66 p.
4. Palliative care in outpatient settings: a guide for doctors / edited by O. Y. Kuznetsova. - Moscow : GEOTAR-Media, 2021. - 336 p. - ISBN 978-5-9704-5948- 5.
5. Order of the Ministry of Labor of the Russian Federation No. 861/ Order of the Ministry of Health of the Russian Federation No. 1036 dated 12/21/2017 "On approval of Methodological recommendations for the organization of social services and social support for citizens who have completely or partially lost the ability to self-serve, move independently, and provide them with medical care".
6. Order of the Ministry of Labor of the Russian Federation No. 471 dated 08/25/2016 "On approval of Recommendations on the provision of social and medical services in the form of social services at home to veterans and invalids of the Great Patriotic War".
7. Decree of the Government of the Russian Federation No. 164-r dated February 5, 2016 "On Approval of the Strategy of Actions in the Interests of Older Citizens in the Russian Federation until 2025".
8. Decree of the Government of the Russian Federation No. 1692-r dated 06/23/2021 (as amended on 03/14/2023) "On Approval of the action plan for 2021-2025 for the implementation of the second stage of the Strategy of Action in the Interests of Older Citizens in the Russian Federation until 2025".
9. Order of the Government of the Russian Federation dated 12.10.2019 No. 2406-r "On approval of the list of vital and essential medicines, as well as lists of medicines for medical use and the minimum range of medicines necessary for medical care" (latest edition).
10. Order of the Moscow City Department of Health dated 07/31/2024 No. 673 "On the organization of palliative care for the adult population in Moscow".

Internet sources:

1. Electronic libraries (EL) of RUDN University and other institutions, to which university students have access on the basis of concluded agreements:
 - RUDN Electronic Library System (RUDN ELS) <https://mega.rudn.ru/MegaPro/Web>
 - EL "University Library online" <http://www.biblioclub.ru>
 - EL "Yurayt" <http://www.biblio-online.ru>; <https://urait.ru/>
 - EL "Student Consultant" www.studentlibrary.ru
 - Scientific Electronic Library <http://elibrary.ru/defaultx.asp>

- ELS "Znanium" <https://znanium.ru/>

2. Databases and search engines:

- Consultant Plus Legal Reference system <http://www.consultant.ru/>
- Garant legal reference system <https://base.garant.ru/>
- Pro-palliative - educational portal - palliative care organization project of the Vera Hospice Foundation <https://pro-palliativ.ru/>
- Website of the Ministry of Health of the Russian Federation/ Orders of the Ministry of Health of the Russian Federation on the approval of procedures, standards of medical care and clinical recommendations / <https://minzdrav.gov.ru/documents>
- Rubricator of clinical recommendations of the Ministry of Health of Russia <https://cr.minzdrav.gov.ru/>
- Sage <https://journals.sagepub.com/>
- Springer Nature Link <https://link.springer.com/>
- Wiley Journal Database <https://onlinelibrary.wiley.com/>
- Scientometric database Lens.org <https://www.lens.org>

Educational and methodological guidelines for student's self-studies of the discipline/ module:*

1. A course of lectures on the discipline "Geriatrics and Palliative Medicine".
2. Laboratory workshop on the discipline "Geriatrics and Palliative Medicine".

* The training toolkit and guidelines for the student's self-studies are placed on the discipline page in the university telecommunication training and information system under the set procedure.

DEVELOPERS:

| | | |
|----------------------------------|-----------|------------------|
| Professor | | S.V.Popov |
| position, educational department | signature | name and surname |
| Associate Professor | | E.I. Rusanova |
| position, educational department | signature | name and surname |

HEAD OF EDUCATIONAL DEPARTMENT:

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