

LECTURE NOTES ON GERIATRIC MEDICINE BY NICHOLAS CONI

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What are the 5 pillars of geriatric medicine?

What are the 5 giants of geriatrics care? The 5 Is of geriatric giants are: iatrogenesis, immobility, instability, incontinence and impaired cognition. Consequences for the patient and their caregivers include loss of functional independence, institutionalisation and caregiver burnout.

Who is the father of geriatric medicine? Vallalarpuram Sennimalai Natarajan affectionately called as “Dr. VSN” is a renowned Geriatric Physician, Educationist, Author and a Social Worker. He is recognized as the Father of Geriatric Medicine in India as he introduced and popularized the discipline in the country.

Who is the mother of geriatric medicine? Marjory Warren (1897 - 1960) was a person with innovation and dynamism. Her work was missionary and her proposals visionary. She was a surgeon to start with, and yet she created geriatrics out of medicine. She advocated practising geriatrics as a specialist, and yet she emphasized the importance of generalist training.

What are the 5 M's in geriatrics? In this article, we present the 5M framework from geriatrics to achieve age-friendly healthcare. The 5Ms are medications, mind, mobility, multicomplexity, and what matters most.

What are the four M's of geriatric care? Using the 4Ms framework brings focus to What Matters, Medication, Mentation, and Mobility, and when put into practice, this framework is a success.

What are the 4 D's of geriatrics? Deciphering the 4 D's: cognitive decline, delirium, depression and dementia--a review.

What is the new name for geriatrics? However, geriatrics is sometimes called medical gerontology.

What are 5 common health conditions occurs to geriatric people?

What age is considered elderly? Traditionally, the “elderly” are considered to be those persons age 65 and older.

What is another name for a geriatric doctor? A geriatric medicine doctor, also called a geriatrician, is a physician who specializes in caring for the medical needs of older adults.

What is the difference between geriatric and elderly? Geriatrics refers to medical care for older adults, an age group that is not easy to define precisely. Gerontology is the study of aging, including biologic, sociologic, and psychologic changes. “Older” is preferred over “elderly,” but both terms are equally imprecise.

At what age is one considered geriatric? There is no specific age but most patients who have a geriatrician as their primary care physician are 75 years of age or older.

What is the difference between an internist and a geriatric doctor? Geriatric medicine is geared specifically towards the needs of elderly patients, while internal medicine is a more general practice. Internal medicine physicians are better equipped to deal with many different types of medical problems, while geriatricians have more experience and training in caring for older adults.

What questions are asked in a geriatric assessment? Geriatric assessment should include detailed medical history and physical examination, with particular focus on problems specific to the elderly such as vision, hearing, nutrition, fall prevention, urinary incontinence, osteoporosis, and preventative health.

What are the 5 frailty indicators for older adults?

What are the 5 geriatric giants? The 5 Is of geriatric giants are: iatrogenesis, immobility, instability, incontinence and impaired cognition. Consequences for the patient and their caregivers include loss of functional independence, institutionalisation and caregiver burnout.

What is the Wisconsin star method? The Wisconsin Star Method (WSM) is a simple concrete way to map and visually process the numerous interacting factors in the complex situations so typically common in geriatrics.

What are the 3 levels of prevention in geriatric care? Primary, Secondary & Tertiary Prevention for Elderly Populations' Health.

What are the two key drivers of age-friendly care? There are two key drivers of age-friendly care: knowing about the 4Ms for each older adult in your care ("assess"), and incorporating the 4Ms into the plan of care accordingly ("act on") (see Figure 2).

What is the name of the geriatric assessment? The CGA is considered the best way to evaluate the health status and care needs of older adults. The strength of the CGA lies in the fact it is a multidimensional holistic assessment of an older person that takes into consideration health and well-being.

What are the five key domains of the geriatric assessment? The scaffold, which outlines the five major domains (Medical, Cognitive, Functional, Psychosocial and Complexities), branches off from the patient. This scaffold is the organizational framework. Then, within each domain, details and nuances are elaborated and the "cross talk" between domains is presented.

What are the 5 pillars of medicine?

What are the 5 pillars of clinical practice?

What are geriatrics basic principles? Three major principles to consider in geriatric rehabilitation are: Variation in older adults, Maximizing activity in older adults. The concept is that optimal health is directly related to optimal functional ability.

The Unquenchable Worshipper: Rediscovering the Heart of Worship

In his renowned book "The Unquenchable Worshipper," published in September 2001, Matt Redman delves into the profound nature of true worship and the unwavering passion that drives worshippers. Here are some questions and answers based on Redman's insights:

1. What is the essence of true worship?

According to Redman, worship is not about performing religious rituals or seeking personal gain. It is the heartfelt response of acknowledging God's greatness, declaring his worthiness, and offering ourselves in surrender.

2. What fuels the unquenchable worshipper?

The unquenchable worshipper is sustained by an insatiable thirst to connect with God. They recognize that worship is not simply an act, but an ongoing journey of intimacy and adoration.

3. How can we overcome distractions in worship?

Redman emphasizes the importance of being fully present in worship, casting aside distractions and personal concerns. He suggests devoting time to quiet reflection, cultivating gratitude, and practicing mindfulness during worship.

4. What is the role of community in worship?

Community plays a vital role in worship. When believers gather together, they can share in the collective experience of God's presence and encourage one another in their pursuit of worship.

5. How can we maintain a vibrant worship life?

Redman encourages worshippers to prioritize worship in their daily lives. He recommends setting aside regular time for personal worship, participating in corporate worship, and seeking opportunities to share their worship with others.

Why We Are Born Remembering Our Purpose Through the Akashic Records

What are the Akashic Records? The Akashic Records are an energetic library that contains a complete record of every soul's journey. They are known as the "Book of Life" and hold the essence of all our experiences, thoughts, emotions, and intentions.

Why Do We Access the Akashic Records as Babies? When we are born, we are still deeply connected to the Akashic Records. As infants, our brains are not yet fully developed, allowing us to access this vast energetic library. During this time, we imprint the memories of our soul's purpose upon our subconscious mind.

How Do We Recall Our Purpose Later in Life? As we grow and mature, the memories of our purpose may become obscured by our daily lives. However, throughout our journey, we are guided by our subconscious mind, which holds the imprints of our soul's mission. When we pay attention to our inner voice and follow our intuition, we are aligning with our innate purpose.

What Are Signs that We Are Remembering Our Purpose? Signs that we are remembering our purpose include:

- Feeling a deep sense of fulfillment and joy in our work or passions.
- Experiencing a strong inner compass that guides our decisions.
- Being drawn to people and situations that support our growth and purpose.

How Can We Access the Akashic Records as Adults? While we cannot consciously access the Akashic Records, we can connect with our subconscious mind through meditation, journaling, or working with an Akashic Record reader. By exploring our inner wisdom, we can uncover the hidden memories of our purpose and live a life aligned with our soul's mission.

The Cold War Begins: Chapter 37 Worksheet

1. What were the main causes of the Cold War?

The Cold War stemmed from several factors: the ideological clash between communism and capitalism, the Soviet Union's desire to expand its sphere of influence, the United States' Truman Doctrine aimed at containing Soviet expansion, and post-World War II territorial disputes.

2. Describe the Berlin Blockade and its consequences.

In response to Western efforts to integrate West Germany into the Marshall Plan, the Soviet Union imposed a blockade on West Berlin from 1948-1949. The United States responded with the Berlin Airlift, supplying the city from the air. The blockade escalated tensions and solidified the division of Germany.

3. What was the significance of the Truman Doctrine?

The Truman Doctrine (1947) laid the foundation for U.S. foreign policy during the Cold War. It declared the United States' commitment to supporting free peoples who were resisting communist aggression. The doctrine helped shape the policy of containment, aiming to limit the spread of communism.

4. How did the United Nations play a role in the Cold War?

The United Nations, created after World War II, became a forum for superpower competition. The Soviet Union used the UN Security Council to veto Western-backed resolutions, while the United States relied on the UN General Assembly to mobilize support for its policies.

5. What were some of the major events that occurred during the early years of the Cold War?

- The Korean War (1950-1953): A proxy war between the United States and the Soviet Union in which North Korea invaded South Korea.
- The Cuban Missile Crisis (1962): A standoff between the United States and the Soviet Union over Soviet nuclear missiles in Cuba.
- The Berlin Wall (1961): A physical barrier erected by East Germany to prevent people from escaping to the West.

[the unquenchable worshipper coming back to the heart of worship author matt redman published on september 2001, why we are born remembering our purpose through the akashic records, the cold war begins chapter 37 worksheet](#)

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