Contents

List of Contributors vi
Preface vii
Acknowledgements viii
How to use your revision guide ix

Part 1

Core Concepts 1
1. Why is geriatric medicine different? 2
2. Population ageing 4
3. Theories of ageing 6
4. Physiology of ageing 8
5. Frailty 10
6. Comprehensive geriatric assessment 12
7. The international classification of functioning, disability and health 14
8. Physiotherapy 16
9. Occupational therapy 18
10. Assessment scales – physical function 20
11. Assessment scales – mental health 22
12. Ethical issues 24

Part 2

Common problems in older adults 26
13. Polypharmacy 28
14. Osteoporosis 30
15. Falls 32
16. Gait 34
17. Dizziness 36
18. Syncope 38
19. Urinary incontinence 40
20. Constipation 42
21. Delirium 44
22. Dementia 1: causes and classification 46
23. Dementia 2: assessment and management 48
24. Stroke 50
25. Parkinsonism 52
26. Nutrition 54
27. Pressure ulcers 56

Part 3

CGA in practice 58
28. Elder abuse 60
29. Surgical care 62
30. Geriatrics at the interface 64
31. Care homes 66
32. End-of-life care 68

MCQ questions 70
MCQ answers 78
References 80
Index 81