



Post Graduate Diploma in Geriatric Medicine (PGDGM)

ASSIGNMENTS

2023

PGDGM/MME 104/AS 1-3

IGNOU

School of Health Sciences
Indira Gandhi National Open University
Maidan Garhi, New Delhi-110 068
2023

Dear Student,

As explained in the Programme Guide, there are three assignments in total and **all** these assignments are compulsory. Please note that the assignments carry a weightage of 30% marks towards the final evaluation in theory component and **submission of related assignments is a prerequisite** for appearing in theory term-end examination for respective papers. The subject area of assignments and its last date of submission are mentioned below:

| Last Date of Submission * | Course Code | Blocks Involved | Assignment Code |
|---------------------------|-------------|-----------------|-----------------|
| August 15, 2023 | MME-104 | 1 and 2 | MME-104/AS-1 |
| September 15, 2023 | MME-104 | 3 and 4 | MME-104/AS-2 |
| October 15, 2023 | MME-104 | 5 and 6 | MME-104/AS-3 |

Please take note of the following points before writing your assignments:

- Use only foolscap size paper for writing your responses. Only handwritten assignments will be accepted. Typed or printed copies of assignments will not be accepted.
- Tie the pages after numbering them carefully.
- Write the question number with each answer.
- **All the questions are compulsory.**
- Every assignment will be evaluated out of a full mark of 100. Weightage is indicated in parenthesis against each question.

Suggestions for writing an assignment:

Read the assignments carefully. Go through the units on which the answers are based. Draw a rough outline of your answer. Make a logical order. Then write your answer neatly and submit. Give illustrations and tables wherever necessary. You may keep a xerox copy of the answer sheets for future reference.

Answer each assignment in separate sheets. On the first page of the assignment response sheet, write the course code, course title, assignment code, name of your programme study centre and date of submission. Your Roll No., Name and Full address should be mentioned in the top right corner of the first page. The first page of your response sheet should look like the format given.

| | |
|--------------------------|----------------|
| Course Code _____ | Roll No. _____ |
| Course Title _____ | Name _____ |
| Assignment Code _____ | Address _____ |
| PSC _____ | _____ |
| Date of Submission _____ | _____ |

Please submit the assignments to your Programme-in-charge only.

Assignment-1 (Blocks 1&2)

Course Code: MME-104
Assignment Code: MME-104/AS-1
Maximum Marks: 100
Due Date: August 15, 2023

Answer all the questions

- 1) Answer the following questions within 750 words. (2 × 20 = 40)
- I) In this stage, the population starts to experience rapid social and economic development. Agricultural productivity increases with the use of modern techniques and technology leading to an increase in food security, improved health facilities, and better sanitation and hygiene resulting in a rapid decline in death rate and increase in life expectancy. The birth rate, however, does not increase, but rather remains much higher than death rate, resulting in rapid population growth
Please answer the following-
- a) In which stage of demographic transition they are in?
 - b) Mention the Reasons for rapid population growth.
- II) A 73-year-old woman underwent routine blood investigations and was found to have creatinine of 1.2 with estimated glomerular filtration rate of 40 ml/min. She has no risk factors or clinical features suggestive of kidney disease. What would be your approach to the patient?
- 2) Answer the following questions within 300 words. (10 × 6 = 60)
- a) Define Demographic Transition Model.
 - b) Enlist the factors that influence the population growth of any country
 - c) Measures of population aging.
 - d) What are the various age-related changes in cardiovascular system?
 - e) Adaptive immune system
 - f) Elder abuse and coping

Assignment-2 (Blocks 3&4)

Course Code: MME-104
Assignment Code: MME-104/AS-2
Maximum Marks: 100
Due Date: September 15, 2023

Answer all the questions

- 1) Answer the following questions within 750 words. (2 × 20 = 40)
- I) Mr Edward retired a month back. Ever since, he dreads going to bed at night. He is afraid that once the lights are off, his mind is awake and eyes wide open. He is very tired yet not able to get some sleep. What are the measures to be taken for sleep hygiene?
- II) Bimla is a 70 years old lady living with her family in Ahmedabad. Her son and daughter in law are employed and keep busy throughout. Her grandson has joined college this year and he is adjusting to the new life. Besides, he is a very good vocalist and is working hard with his band to get onto the shows that will catapult them into a world of opportunities. Bimla and her husband do not have much to say to each other after so many years of marriage. She has the entire day to herself but not much to do. She is being to get very lonely and depressed, she needs some company and some role. But where to find it? She was still in fairly good health and her mental faculties were agile. Is there a place that can help her for helping her connect with likeminded people and be usefully occupied? Please discuss critically
- 2) Answer the following questions within 300 words. (10 × 6 = 60)
- a) Screening for elderly
 - b) Avoiding fire accidents in home
 - c) Models of Health Education
 - d) Decade of healthy aging
 - e) National Cancer Control Programme with respect to elderly
 - f) Reverse Mortgage Scheme

Assignment-3 (Blocks 5&6)

Course Code: MME-104
Assignment Code: MME-104/AS-3
Maximum Marks: 100
Due Date: October 15, 2023

Answer all the questions

- 1) Answer the following questions within 750 words. (2 × 20 = 40)
- a) Raghav ji and Nupur Ji aged 72 and 69 years are staying in a two-bed room apartment of a colony. Five years ago both their children get settled in abroad. Gradually they restrain themselves from going out for a walk, visits to the places of their relatives and friends. They confined themselves in home. Which rehabilitation strategy you would use to help them to deal with their loneliness?
 - b) A 72-years-old man presented to the emergency department (ED) with acute respiratory distress and signs of respiratory failure. He has an advanced directive indicating that no life saving measures be taken and he does not wish to be put on life support. The family argues that he had a fall-out with the family some time back and must have made the advance directive in fit of anger. They feel that he would change his mind if he understood what the options were. *How should the medical team navigate this scenario with the family?*
- 2) Answer the following questions within 300 words. (10 × 6 = 60)
- a) what do you mean by functional assessment in elderly? how would you approach them?
 - b) Write short note on barriers in rehabilitation?
 - c) Explain types of vocational trainings.
 - d) What kind of sexual orientation do you observe towards older people at the community level?
 - e) Case based approach to resolve ethical dilemma
 - f) Differentiate between a DNAR and Advanced Directive?