



Post Graduate Diploma in Geriatric Medicine (PGDGM)

ASSIGNMENTS

2024

PGDGM/MME 104/AS1-3

IGNOU

School of Health Sciences
Indira Gandhi National Open University
Maidan Garhi, New Delhi-110068
2024

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, 2024	MME-104	1and2	MME-104/AS-1
September 15,2024	MME-104	3and4	MME-104/AS-2
October 15,2024	MME-104	5and6	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 hand written 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, 2024

Answer all the questions

1) Answer the following questions within 750 words. (2 ×20=40)

- I) As a result of decrease in birth rate, along with further decrease in death rate due to more improvement in health and sanitation, the population growth starts to decline as compared to the second stage. As an example, Mexico arrived at this stage at the beginning of the 21st century. The One-Child Policy of China helped the country to move towards the and next to these stages more rapidly. Examples of this stage are Mexico, China, Kenya, UAE.

Please answer the following-

- 1) In which stage of demographic transition they are in?
- 2) Mention the reasons for decrease in birth rate.

- II) An 87-year-old man presents to you with dyspnoea on exertion. On further evaluation, he was found to have emphysema. He denies history of active or passive smoking or fume or dust exposure. He has no past history of lung disease and lives in a relatively pollution-free hilly area. What can be the potential cause of his lung disease?

2) Answer the following questions within 300 words. (10× 6=60)

- a) Please give the reasons of High Birthrate and Death rate in Stage 1: High Stationary / High Population Growth Potentials.
- b) What are social determinants of ageing population in India?
- c) Government initiatives for geriatric population in India.
- d) What are the common changes seen in gastrointestinal tract function in older adults?
- e) Secondary causes of immuno deficiency in elderly
- f) Methods of dietary evaluation

Assignment-2(Blocks 3&4)

Course Code: MME-104
Assignment Code: MME-104/AS-2
Maximum Marks:100
Due Date: September 15, 2024

Answer all the questions

- 1) Answer the following questions within 750 words. (2 X 20=40)
- I) Mrs C is widowed and has a child with cerebral palsy. Taking care of the child is difficult. Her friends and neighbours help her in household chores, shopping and taking care of the child. What type of care model is this?
- II) Mr. Selvaraj, 78 years old male is suffering from Parkinson's disease. His eyesight is poor with visual acuity of 4/60 both eyes with spectacles. He once fell down in his bathroom which is slippery and with poor lighting. He wears a flat bathroom slipper which does not have a grip on the floor. What are the risk factors of fall for Mr. Selvaraj? What can you suggest to reduce chances of fall in his house?
- 2) Answer the following questions within 300 words. (10X 6=60)
- a) Social isolation and its consequences
- b) Risk reduction for falls
- c) Barriers of Communications
- d) United Nations principles for elder persons
- e) Package of service of NPHCE
- f) Challenges of Long Term Care in India

Assignment-3(Blocks5&6)

Course Code: MME-104
Assignment Code: MME-104/AS-3
Maximum Marks: 100
Due Date: October 15th, 2024

Answer all the questions

- 1) Answer the following questions within 750 words. (2 X20=40)
 - a) Son and daughter-in-law have taken all the property from their mother-in-law and throw her outside. Which rehabilitation strategy can be used in this situation?
 - b) Arun is a terminally ill patient. He is conscious & cooperative and interacts normally with the doctor as well as the attendants. He expressed his wish to have palliative treatment for his illness but his family members are denying for the same because of financial burden. As the treating physician, how should you proceed? Evaluate the situation according to Indian legal framework.

- 2) Answer the following questions within 300 words. (10X6 =60)
 - a) Home-based rehabilitation program for elderly.
 - b) Bridging the barriers in rehabilitation
 - c) Need for vocational rehabilitation in India for elderly populations
 - d) Forms of elder abuse which you see in Indian society
 - e) Vulnerability of elderly subjects in research.
 - f) Advance Medical Directives and its legal essentials.



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2024

Dear Student,

As explained in the Programme Guide, there are nine 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, 2024	MME-105	1and2	MME-105/AS-1
September 15, 2024	MME-105	3and4	MME-105/AS-2

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

- Use only foolscap size paper for writing your responses. Only hand written assignments will be accepted. Typed or printed copies of assignments will not be accepted.
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Course Title _____	Name _____
Assignment Code _____	Address _____
PSC _____	_____
Date of Submission _____	_____

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

Assignment-4(Blocks1&2)

Answer all the questions

Course Code: MME-105
Assignment Code: MME-105/AS-1
Maximum Marks: 100
Due Date: August 15, 2024

- 1) Answer the following questions within 750 words. (2X20 =40)
- a) An elderly patient admitted with acute ischemic stroke. While in the hospital, his conscious level worsened. Neuro imaging did not suggest any cause for worsening. His laboratory parameters were as follows- serum sodium 118, blood urea= 31, plasma glucose=117. His urine output was 3200 ml. Patient's family is keen know to cause of his ill health. How will you investigate further?
 - b) An 83-year-old male with a history of dementia, currently living in a long-term care facility, is noted to be frequently lying in soiled sheets when the nursing staff attends to him. He sometimes lack having a solid bowel movement for many days altogether. What is the diagnosis? How to treat? What are preferred pharmacologic agents and other treatment modalities? How to prevent?
- 2) Answer the following questions within 300 words. (10X 6=60)
- a. ECG changes in Hypokalemia& hyperkalemia
 - b. Screening of activities for daily living
 - c. Vaccines in elderly
 - d. Treatment of H. pylori infection
 - e. Approach a patient with obstructive jaundice
 - f. Clinical features and diagnosis of Tuberculosis

Assignment-5(Blocks3&4)

Answer all the questions

**Course Code:
MME-105 Assignment
Code: MME-105/AS-2
Maximum Marks:100
Due Date: September 15, 2024**

- 1) Answer the following questions within 750 words. (2X20=40)
- a) 70-year-old man who has been a hypertensive for the past 20 years presented with sudden headaches, vomiting, and left sided weakness of 8 hours duration. He has been poorly compliant. On examination he has a blood pressure of 200/130, is conscious and can obey simple commands and has a left hemiparesis grade 1-2. He also has left hemisensory impairment. There is no neck stiffness. What is the likely diagnosis and how would you manage his condition?
 - b) Mr S, a 82 year old gentleman, who was diagnosed as having cognitive impairment. He also had Type 2 diabetes mellitus and a hypertensive controlled on oral medications. He is passing less urine for the past two days. His CRP is 130 and his urine dipstick is positive for nitrites. For the past 3 days, he is having worsening confusion and presented to the emergency. He was living with son and he is dependent on his family for his all activities of daily living. What is your diagnosis and how will you proceed? Give differential diagnosis for dementia
- 2) Answer the following questions within 300 words. (10X6 =60)
- a) Palliative care for heart failure
 - b) Resistant hypertension
 - c) Management of aortic insufficiency
 - d) Medications used in thrombolytic used in acute ischaemic stroke. What is their mechanism of action ?
 - e) How do you evaluate and manage Psychosis in Elderly?
 - f) Adverse effects of medicines used in dementia management.



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2024

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Last Date of Submission*	Course Code	Blocks Involved	Assignment Code
November 15, 2024	MME-106	1and2	MME-106/AS-1
November 30, 2024	MME-106	3and4	MME-106/AS-2

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

- Use only foolscap size paper for writing your responses. Only hand written assignments will be accepted. Typed or printed copies of assignments will not be accepted.
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Course Code _____	Roll No. _____
Course Title _____	Name _____
Assignment Code _____	Address _____
PSC _____	_____
Date of Submission _____	_____

Please submit the assignments to your Coordinator only.

Assignment-1 (Blocks 1 & 2)

Course Code: MME-106
Assignment Code: MME 106/AS-1
Maximum Marks: 100
Due Date: November 15, 2024

Answer all the questions

- 1) Answer the following questions within 750 words. (2 X20=40)
- A. An elderly patient has been brought to emergency with H/O convulsion at home. His comorbid illness are DM & IHD on medications. On physical examination, he is disoriented. His Blood Glucose= 84, Serum Na= 105, Blood urea= 29, serum creatinine= 1.4, serum potassium= 4.0. His neuroimaging is within normal limits. What are the possible risk factors for his electrolyte disturbance in the elderly and how will you manage the emergency?
- B. A 70-year-old woman was subjected to DXA measurement 5 years ago. Her spine T score was -2.9 while the hip T score was -2.0. She has been taking weekly alendronate for 5 years and is concerned about drug side effects. She enjoys good health except for mild hypertension which is well controlled on drugs. What advice will you give her?
- 2) Answer the following questions within 300 words. (10X 6=60)
- What are the important effects of aging which affect fluid & electrolyte balance in elderly?
 - Stages of menopause
 - Role of PDE-5 inhibitors in erectile dysfunction in males
 - Differentiation between osteomalacia and osteoporosis
 - Classical presentation of acute Gout
 - Clinical Approach in the elderly patients with generalized pruritis

Assignment-2 (Blocks 3 & 4)

Course Code: MME-106
Assignment Code: MME-106/AS-2
Maximum Marks: 100
Due Date: November 30, 2024

Answer all the questions

- 1) Answer the following questions within 750 words. (2 X 20=40)
- a) A 65 year old male patient presented in the OPD of a district hospital with extreme low back ache and generalised swelling of body. The patient had to use a stick for support, the patient looked pale, complained of extreme fatigue and loss of weight. Patient also gave history of long standing Diabetes mellitus and hypertension. The young doctor on duty made a differential diagnosis of chronic kidney disease of old age. He attributed the anaemia to malnutrition. He asked for routine investigations: complete blood count, Kidney and liver function tests.
 - b) An elderly man of age 70 years presents to the emergency room with acute urinary retention of 12 hours duration. He has history of thin stream of urine and urgency over the past 3 years. What may be the probable diagnoses? Name two investigations you would want to be done in this patient.
- 2) Answer the following question within 300 words. (10X 6=60)
- a. How important is the role of family physician or the primary care physician in the management of the older cancer patient? Enumerate some means by which continuity of care can be carried out.
 - b. Risk factors of lung cancer and investigations required
 - c. Multiple myeloma in elderly
 - d. Emergency room assessment of a case of accident
 - e. Lower gastrointestinal bleed in the elderly- causes and investigations.
 - f. Drugs to be used in managing delirium in the elderly