



Post Graduate Diploma in Geriatric Medicine (PGDGM)

ASSIGNMENTS

2025

PGDGM/MME 104/AS1-3

IGNOU

School of Health Sciences
Indira Gandhi National Open University
Maidan Garhi, New Delhi-110068
2025

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, 2025	MME-104	1 and 2	MME-104/AS-1
September 15, 2025	MME-104	3 and 4	MME-104/AS-2
October 15, 2025	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 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, coursetitle, 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.

CourseCode _____	RollNo. _____
CourseTitle _____	NameA _____
AssignmentCode _____	ddress _____
PSC _____	_____
DateofSubmission _____	_____

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

Assignment-1(Blocks1&2)

Course Code: MME-104
Assignment Code: MME-104/AS-1
Maximum Marks: 100
Due Date: August 15, 2025

Answer all the questions

1) Answer the following questions within 750 words.

(2 ×20=40)

- a) There are countries like Afghanistan and Somalia, who are underdeveloped, having their fragile industrial and economic system and are highly vulnerable due to Low- Income with poor educational system leading to unskilled workforce and poor health along with starvation.
Please answer the following-
- 1) In view of the development, in which category do they fall in?
 - 2) Please define least developed countries with examples
 - 3) In which stage of demographic transition are they in?
- b) Kerala is one of the progressive state in India. The indicators of the state are as follows:
CBR:13.1; CDR:7.4; TFR:1.8; IMR: 24 and Life expectancy at birth for males: 74.2 & females: 78.1 years. Draw comparisons between the state indicators and national indicators and interpret the status of demographic transition in Kerala

2) Answer the following questions within 300 words.

(10× 6=60)

- a) What is population pyramid? Explain using suitable examples
- b) Effects of aging on the health system
- c) Discuss in brief, the various hormonal changes seen with increasing age.
- d) Age related changes in the lymphoid organs
- e) Psychological issues in old age
- f) Anthropometric assessment in elderly

Assignment-2 (Blocks3&4)

Course Code: MME-104
Assignment Code: MME-104/AS-2
Maximum Marks: 100
Due Date: September15, 2025

Answer all the questions

1) Answer the following questions within 750 words.

(2 ×20=40)

- a) Mr. X 70 years old is a diabetic on only one oral hypoglycaemic agent and is regular with his check ups. His HbA1c done last month is 7.5%. His Mini mental state examination (MMSE) reports good cognitive functions. He goes for a brisk walk everyday for 45 minutes.
Mention the physical tests that can be performed on him and the reference results.
- b) Dhani Ram is a 67 years old person living in Delhi for past 20 years in a local slum. He was earning his daily living by doing odd jobs as head loader in and around whole sale markets. For the last couple years he has been suffering from severe pain in his limbs and is unable to do as much and get work every day. At times he experiences breathing difficulties. He lives with his wife and son. His son is also an unskilled daily wage worker. In the pandemic period his earning were severely affected. Of late it has become difficult for Dhani Ram to make his two ends meet and take care of his family's essential needs. The son has also started drinking alcohol and started misbehaving with his parents. He wonders if the government can help him in his old age by giving him some monthly allowance to afford him a life with dignity. How do you think he can be helped. Elaborate on the scheme

2) Answer the following questions within 300 words.

(10× 6=60)

- a) Smart homes
b) Assessment of gait in elderly
c) Indira Gandhi national Old Age Pension Scheme
d) Channels of Communications
e) Concept of healthy aging
f) Programme strategies of NPHCE

Assignment-3 (Blocks 5 & 6)

Course Code: MME-104
AssignmentCode:MME-104/AS-3
Maximum Marks: 100
DueDate:October15, 2025

Answer all the questions

1) Answer the following questions within 750 words.

(2 ×20=40)

- a) A 79-years-old woman has been diagnosed with breast cancer. The Onco-surgeon in the hospital told her that she needs surgery, provides the consent form and requests her to sign it so that he can proceed with the surgery. The junior doctor is to retrieve the signed consent. *What are the ethical considerations in this case?*
- b) 6 years ago, 62 years old Megha was diagnosed with a neurodegenerative disorder in which there was destruction of motor nerves affecting the control of movement. In routine course, people with this disorder could not survive for more than 4 years resulting in death due to the inability of the inspiratory muscles to contract leading to suffocation. Presently Megha's condition is steadily deteriorating and it is expected that she won't be able to live through the month. She is anxious about the pain and suffering in her final hours. She requests her doctor to give her opioids in high doses for pain as soon as suffocation or choking starts to hasten her death and make it painless.

Questions:

1. What would you do if you are the treating physician?
2. As per the basic rules of ethics, the patient has the right to make this choice to maintain the autonomy. But does it come under the legal prerogative of the treating physician?
3. Megha is trying to create obligations on the part of others to aid her so that she can exercise her rights of autonomy and death with dignity. She is incapacitated physically to kill herself but should someone be FORCED to help her?
 - a) What will this be legally called as?
 - b) Is it legally allowed in our country?
4. Will the Legalization of euthanasia be morally & ethically justified?
5. Can this procedure be the only alternative to terminal illness and associated pain, financial ruin and suffering?

2) Answer the following questions within 300 words.

(10×6 =60)

- a) Differentiate between a DNAR and Advanced Directive
- b) Elements of informed consent
- c) Write short notes on multidisciplinary rehabilitation team
- d) Write short note on challenges in rehabilitation of older adults
- e) What do you understand by vocational rehabilitation?
- f) Define Inter-Generation Learning.



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PGDGM/MME-106/AS1-2

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2025

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Last Date of Submission *	Course Code	Blocks Involved	Assignment Code
November 15, 2025	MME-106	1 and 2	MME-106/AS-1
November 30, 2025	MME-106	3 and 4	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 Title _____	Name _____
Assignment Code _____	Address _____
PSC _____	_____
Date of Submission _____	_____

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

Assignment-1(Blocks1&2)

Course Code: MME-106
Assignment Code: MME-106/AS-1
Maximum Marks: 100
Due Date: November 15, 2025

Answer all the questions

1) Answer the following questions within 750 words. (2 X20=40)

- A. A 63 year old male presents with a report of less than 0.01 mu/l. How will you processed next?
- B. A 65 years old gentleman, known case of diabetes since 30 years, on regular medications for the same, presented with complaints of pain, discharge and reduced hearing in the right ear since 10 days. He has been visiting the physician regularly for routine examinations and the laboratory examinations are in normal range for his age. He gives a past history of discharge from the same ear few years back which was relieved with medications. On examination there is mucoid discharge in the ear. After cleaning the discharge there is a central perforation of the tympanic membrane. Tuning fork tests reveal conductive type of hearing loss in the right ear and normal hearing in the left ear.
- What is the provisional diagnosis?
 - What investigations would you order?
 - What Medications would you prescribe?
 - What will the further management plan?
 - What surgical intervention would you advise to the patient?
 - Write a short note on the management of the fungal infections- dermatophytes and candidiasis in the elderly.

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

- List normal renal functions
- Indications and contraindications of Hormone replacement therapy (HRT)
- What is "Apathetic thyrotoxicosis"?
- T scores versus Z scores
- Biological in management of Rheumatoid Arthritis
- Discuss the evaluation of chronic dysphagia in the elderly

Assignment-2 (Blocks 3& 4)

Course Code: MME-106
AssignmentCode:MME-106/AS-2
MaximumMarks:100
DueDate: November 30,2022

Answer all the questions

1) Answer the following questions within 750 words.

(2 X20=40)

- A. A 70-year-old man with unilateral hand tremors of 4 months duration visited a neurosurgeon and was prescribed amantadine 200 mg twice daily, pramipexole 1 mg daily, trihexyphenidyl 2 mg thrice daily. The patient presents to your emergency room in delirium with a 3-day history of gradual decline. What may be the possible causes of the same? How would you approach the patient?
- B. A 65 year old male patient presented with intense low back ache, fatigue and loss of weight since last one month. He also complains of urinary problems like hesitancy and nocturia. His X ray shows collapse of L 4-5 vertebrae. He was given pain killers advised rest and referred for physiotherapy by local health care provider would you like to change the management protocol?

2) Answer the following questions within 300 words.

(10X 6=60)

- a. How does a malignancy in a younger adult differ from an older adult?
- b. What are the common hematological malignancies in elderly?
- c. Discuss in brief the various settings in long term care
- d. Discuss the various points(pillars) of palliative care assessment
- e. Grading and Management of Pressure Ulcers
- f. Discuss how the age related changes make the pattern of injuries in elderly



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PGDGM/MME 105/AS1-2

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2025

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September 15, 2025	MME-105	3 and 4	MME-105/AS-2

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Date of Submission _____	_____

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

Assignment-4 (Blocks1&2)

Course Code: MME-105
Assignment Code: MME-105/AS-1
Maximum Marks: 100
Due Date: August 15, 2025

Answer all the questions

1) Answer the following questions within 750 words.

(2×20 =40)

- a) An elderly man is brought by his family to emergency room in semiconscious and disoriented state. He has been suffering from diarrhea for last 3 days. His comorbid illnesses are DM, hypertension. Of late his family has been observing some forgetfulness. How will you proceed for assessment of dehydration. What are the risk factors for dehydration in this patient?
- b) A 71-year-old female with longstanding history of episodic non-bilious projectile vomiting (mostly undigested food and saliva) presented with worsening of her symptoms and food intolerance during the previous six months. Over that time frame, she noted a sensation of food becoming stuck in her throat and progressive difficulty swallowing. This difficulty was initially related to solids and then progressively to liquids, which severely limited her food intake. She lost 8 kg since the symptoms started to worsen. She stays alone and does not smoke or drink alcohol. Her family history is non-contributory. Evaluation of her upper GI endoscopy showed dilated esophagus and pooling of saliva and a tight GE junction. The barium swallow demonstrated dilated mid-distal esophagus with “bird beaking” appearance.

Questions: What is the likely diagnosis? What test is needed to confirm the diagnosis? Outline the common modalities of management.

2) Answer the following questions within 300 words.

(10× 6=60)

- a) Components of CGA
- b) Pre-disposing factors for infections in elderly
- c) Pharmacokinetics factors with aging
- d) Achalasia cardia
- e) Classification of Pneumonia in elderly
- f) Management of asthma in elderly

Assignment-5 (Blocks 3 & 4)

Course Code: MME-105
Assignment Code: MME-105/AS-2
Maximum Marks:100
Due Date: September 15, 2025

Answer all the questions

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

- a) A 70-year-old man presented with acute onset of right hemiparesis without any speech disturbance. He has been a hypertensive on Amlodipine for the past seven years. Clinical examination revealed a Blood Pressure of 180/90, normal speech, right hemiparesis grade 3 with normal sensations. How would you evaluate him further, treat and prevent further similar occurrences?
- b) Mrs. R, 86-year-old lady, who is living alone presented to the clinic other with her son in law, with short term memory loss. She was able to give a detailed history, but struggled with other details of the past and at times inaccurate. Her main hobby was cooking and reading newspapers, now a days she is facing difficulty in completing the tasks. She is also not able to remember any major events from the newspaper. She is also forgetting scheduled family meetings like going to temple or shopping, and going for a wedding. She once went to the nearby shop, forget her way to return back to the home.

The family is worried and her older sister was diagnosed as dementia.

What is the diagnosis?
How will you proceed?

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

- a) Causes and precipitating factors of heart failure
- b) Non-pharmacological treatment of hypertension
- c) Supraventricular Tachycardia
- d) What is the importance of recognizing and managing mental health problems in elderly?
- e) What is cognitive impairment
- f) Describe management of pyogenic meningitis