

GER505 Physiology and Healthcare

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

GER505 Physiology and Healthcare highlights the importance of universal healthcare provision in various societies, and the individual's responsibilities throughout the life course in self-care. The life course perspective is adopted in examining the consequences of lifelong healthy lifestyle for old age. Primary secondary and tertiary level healthcare provisions in a nation are discussed in terms of their interdependence and roles. Preventive health screening, influence of food habits and choices are factors that are related to health status in old age. Nutrition, addictions, lifestyles, and behavioural responsibility such as regular exercise and medical insurance are discussed in the course. Students will learn about common age-related illnesses and their symptoms. Healthcare policies in Singapore are critiqued and future challenges will be addressed.

Topics:

- Biological theories of ageing
- Healthcare across the life course
- Physiological changes with age
- Common addictions e.g. alcoholism, drugs
- Age-related illnesses
- Understanding frailty
- Understanding nutrition for older adults
- Cultural Diversity and Health
- Preventive healthcare strategies
- Policies relating to health care and long term care
- Healthcare service delivery for older people
- Future challenges

Textbooks:

Physical Change and Ageing: A Guide for Helping Professions 7th Saxon, S.V., Etten, M.J. & Perkins, E.A. Springer Publishing Company
ISBN-13: 9780826150554

Learning Outcome:

- Discuss and gain insight into the physiological changes in ageing and healthcare.
- Examine the common age-related diseases, their symptoms and how they affect overall health
- Formulate assessment and evaluation of clients, in terms of function, social factors and disabilities due to the various disease processes
- Discuss the benefits of regular physical activity for older adults.
- Analyse the key healthcare issues for older adults across the continuum of care and services
- Develop competency and collaborative skills to work in a multidisciplinary team

Assessment Strategies - Regular Semester (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	GROUP BASED ASSIGNMENT 1	40
Overall Examinable Components	ECA	60
Total		100

*The information listed is subject to review and change.