



**Carol Davila" University of Medicine and Pharmacy, Bucharest
Commission for quality insurance**

DISCIPLINE SHEET

1. Data on the program

1.1.	" CAROL DAVILA" UNIVERSITY OF MEDICINE AND PHARMACY
1.2.	FACULTY OF MEDICINE
1.3.	DEPARTMENT V
1.4.	DISCIPLINE: GERIATRICS-GERONTOLOGY II, Saint Luke Hospital for Chronic Diseases
1.5.	FIELD OF STUDIES: Health – Sectoral regulation within the European Union
1.6.	CYCLE OF STUDIES: LICENSE
1.7.	STUDY PROGRAM: General MEDICINE

2. Data on the discipline

2.1.	Name of the discipline/optional subject within the discipline: Optional course – Introduction to Longevity Medicine						
2.2.	DISCIPLINE CODE: M 152_4						
2.3.	TYPE OF DISCIPLINE: DC						
2.4.	DISCIPLINE REGIME: DOP						
2.5.	Tenured of the course activities - Luiza Spiru, MD, PhD, University Professor						
2.6.	Tenured of the practical activity / clinical internship Luiza Spiru, MD, PhD, Univ. Prof.						
2.7. Year of study	V	2.8 Semester	2	2.9. Type of evaluation	Written exam		

3. Total estimated time (hours/semester of teaching activity) – modular education

I. University programme:

3.1 No. of hours per week	2	3.2 Thereof: course	2	3.3 Clinical internship	-
3.4 Total hours in the curriculum	14	3.5 Thereof: course	14	3.6 Clinical internship	-
Distribution of time fund	7 weeks				14 hours
II Study after manual, course support, references, and notes					
Additional documentation in the library, on specialized electronic platforms and on the field					2
Seminars preparation / labs, tasks, scientific papers, portfolio, and essays					2
Mentorship					2
Examinations					2
Other activities					2
3.7 Total hours of individual study					25
3.9 Total hours/semester (3.4 +3.7)					
3.10. Number of credits			2		

4. Preconditions (where applicable)

4.1. of curriculum	Fundamental knowledge of the physiologic and pathologic processes of aging. Essentials of medical scientific research, basic notions about Palliative Medicine in the Elderly with co-morbidities.
4.2. of competencies	Physical examination of the geriatric patient, Integrated, Multidimensional Geriatric Assessment, biological and molecular age diagnosis, The use and knowledge of predictive biomarkers in "4P" Medicine

5. Conditions (where applicable)

5.1. for delivering the course	Multimedia projector; Laptop; Demos; Video
5.2. for delivering the clinical rotation	Saint Luke Hospital

6. Competencies acquired

Professional competencies (expressed by knowledge and skills)	At the end of the stage, the student must <i>be acquainted with</i>: • Basic knowledge about physiological aging; • The main conditions in geriatrics and longevity medicine – with involvement in the scientific research; • Medicine of the “4 P”: predictive, preventive, personalized, participative; • The new technologies of learning and communication for the elderly: ethical notions, the integration of the elderly in the medical and non-medical research; At the end of the internship, the student must be <i>able to</i>: • Examine patients with geriatric conditions and geriatric patients who require longevity solutions; • Perform clinical examinations, as well as read and understand imaging investigations; • Perform, read, and understand multidimensional geriatric assessments; • Achieve a scientific research task.
Transversal competencies (of the role, professional development, and personal)	- To have the ability to work in a medical team; - To communicate with the patients and their family; - To show empathy and behave with professional ethics.

7. Objectives of the discipline (resulting from the grid of specifically accumulated competences)

7.1 General objective 7.2	Objectives of the discipline: 1. Development of the curriculum model in Active aging and Longevity Medicine for university level, starting from the knowledge and deepening of specific pathologies of the geriatric patient, the difficulties encountered in establishing a correct diagnosis and treatment features. 2. Preparation of teaching materials, including online courses, in Romanian and English. 3. Development of a curriculum through: interactive teaching methods, use of a teaching technology; innovative evaluation methods; 4. Theoretical and practical training of the students for active aging. 5. Knowledge of the specific GERIATRIC ASSESSMENT with the peculiarities of the "4P" Medicine - in the context of Longevity Medicine 6. The use of Technology in delaying cognitive decline in
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	the context of Active and Healthy aging
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8.Content of the discipline	No. hours /week
8.1 Course (chapters/subchapters)	
Semester 2 (Year V)	
Chapter 1.Introduction – basic principles of Longevity Medicine and Aging	2 hours
Chapter 2.Normal and pathological cerebral aging	2 hours
Chapter 3. Defining Longevity-domains and the intrinsic capacity	2 hours
Chapter 4.Aging and Longevity Medicine	2 hours
Chapter 5.Health aging therapies and early cognitive interventions in Longevity Medicine	2 hours
Chapter 6. Geroscience and gerotechnology in Longevity Medicine	2 hours
Chapter 7. The future medicine-what is next ?	2 hours

Corroboration of the discipline contents with the expectations or the epistemic community representatives, professional associations, and the significant employers in the field of the program

- The content of the discipline is by the educational requirements in the field of health to obtain the necessary skills for the training of general practitioners with a high professional qualifications

References

1. The Merk Manual of Geriatrics, Ed. Merck & comp., Whitehouse Station N.J., 2000, Editia an X-a
2. Spiru L, Romosan I, Caraba Al., Timar L.- Geriatrie, vol.I, Ed. Solness, Timișoara, 2002
3. Spiru L., I Romosan - Geriatrie, vol.II, Ed. Solness, 2002
4. Spiru L, Romosan I, Geriatrie-Tratat, Editura, Ana Aslan Intl Academy of Aging,
5. Luiza Spiru, Bruno Vellas, Pierre Jean Ousset - Teste Clinice pentru Boala Alzheimer, Editura U.M.F. „Carol Davila”, 2001
6. Luiza Spiru - Scale specifice de evaluare si diagnostic de specialitate, traduse si adaptate in limba romana; Brain Aging International Journal – editie in limba romana, ISSN 1582-8360: Testul MMSE (Mini Mental State Examination), Testul OROLOGIULUI, Scorul activităților vietii cotidiene (ADL), Scorul IADL al activităților curente, SIB (Severe Impairment Battery), NPI (Neuropsychiatric Inventory), ZARIT : Evaluarea sarcinii ajutorului principal, Scorul riscului vascular HATCHINSKI, Evaluarea echilibrului static si dinamic in timpul mersului: Proba Tinetti, Test de fluenta verbala, Clinical Global Impression (CGI).
7. Ghid de practică medicală pentru specialitatea Geriatrie Gerontologie si anexe sale, Evaluarea geriatrica si Foaia de consult geriatric, aprobate prin Ordinul ministrului sanatatii Nr. 1454/30.11.2010
8. Ioan Romosan, Iosif A. Szucsik, L. Spiru;- Gerontologie 1998, editia a 2-a. Alexa, L. Spiru, V. Donca - Actualitati in geriatrie;, Ed Gr. T. Popa, U.M.F. Iasi, 2011
9. Spiru L., Romosan I., „Medicina Longevitatii-TRATAT DE GERIATRIE”, Ed. Ana Aslan International Academy of Aging Bucuresti, 2018
10. Luiza Spiru, Ioan Romosan - AETERNUS, Tratat de Geriatrie si Medicina Longevitatii, Editura Academiei Romane, Bucuresti, 2020, ISBN 978-973-27-3203-8

9. Evaluation

Type of activity	9.1 Assessment criteria	9.2 Assessment Methods	9.3 Assessment weighting the final grade
9.4 Course	Theoretical knowledge	Written exam	100%
9.5 Practice	-		
9.5.1 Project	-		
9.6 Minimal performance standard 50%			
Assimilation the necessary knowledge for the management of the pathology of the elderly patient and recognizing the theoretical particularities in the recovery of the elderly patient.			

Date of filing

22.09.2025

Signature of the course tenured coordinator

Prof.Univ.Dr.Spiru Luiza

Signature of the seminar tenured coordinator

Date of approval in the Council of the Department
Signature of the Head of the Department of the Department:

Prof.univ.dr.Fierbinteanu Braticevici
Carmen