



GOVERNMENT INSTITUTE OF MEDICAL SCIENCES

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(An Autonomous Institute under Govt. of U.P)

Post Graduate Diploma in Geriatric Medicine (PGDGM)-Contact Session Schedule

GIMS-IGNOU LSC-39046

SPELL 1 — Face-to-Face Contact Sessions

Duration: 8 Days | 3 Sessions × 2 Hours per day

Medicine		Orthopaedics		Community Medicine
4 Days		2 Days		2 Days
Subject	Day	Session 1 (9–11 am)	Session 2 (11 am–1 pm)	Session 3 (2–4 pm)
Community Medicine (2 Days)	Day 1(20 Jul 2026)	Assessment of Geriatric Patients at Home	Screening of Elderly using ICOPE Package	Counselling & Health Education
	Day 2(21 Jul 2026)	Nutritional Assessment & Diet Planning	Ethical & Legal Issues in the Elderly	Visit to Old Age Homes
Medicine (4 Days)	Day 3(22 Jul 2026)	Respiratory System – History & Examination	Respiratory System – Case Presentation	Cardiology System – History Taking & Examination
	Day 4(23 Jul 2026)	Nervous System – History & Examination	Per Abdomen – History & Examination	Emergencies in the Elderly
	Day 5(24 Jul 2026)	Cardiology System – Case Presentation	Case Presentation – CNS	Case Presentation – Abdomen
	Day 6(25 Jul 2026)	Assessment of Psychiatric Disorder in Elderly & Case Discussion	Psychiatric Depression & Case Discussion	Psychosis in Elderly & Case Presentation
Orthopaedics (2 Days)	Day 7(27 Jul 2026)	Short Cases	Short Cases	2–3 pm: Long Case – Hip (Intra & Extracapsular Neck Femur Fracture) 3–4 pm: Splints, Traction, Orthosis, Prosthesis
	Day 8(28 Jul 2026)	Short Cases	Short Cases	2–3 pm: Long Case – Spine incl. Neurological Examination (TB Spine / Metastasis / Paraplegia) 3–4 pm: Log Books & Internal Assessment

Short Cases (OPD/Ward availability): Shoulder (rotator cuff / frozen shoulder / bursitis); Hansen's & Nerve Injuries (Radial, Median, Ulnar, CPN, Sciatic); Knee (OA /knee effusion / Popliteal cyst); Elbow (Lateral & Medial epicondylitis); Ankle & Foot (arthritis, tenosynovitis, bursitis, Hagelun/retrocalcaneal bursitis and tendinitis/hallux valgus) ; Cervical spondylosis and radiculopathy; Fibromyalgia; Polyarthralgia / RA / OA MCP thumb & carpo-MC joint; Carpal tunnel / de Quervain / Trigger finger; TB joints; Malunions & non-unions of fractures.

* Kindly note that the dates and timings of the subjects, sessions, and short cases mentioned in the above schedule are subject to interchange based on the availability of the Academic Counselors.