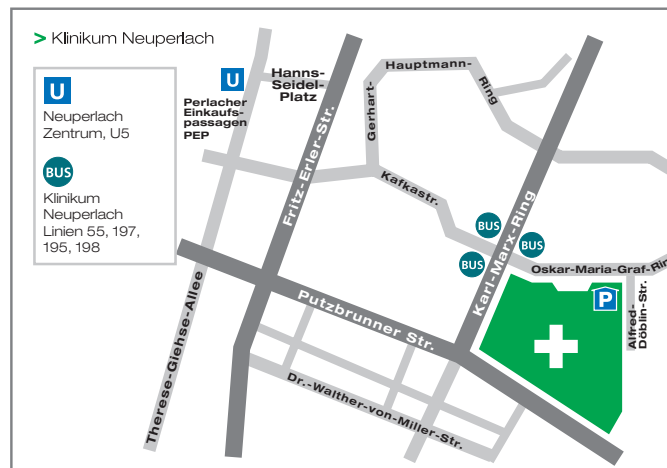


# Centre for Acute Geriatrics and Early Rehabilitation (ZAGF)



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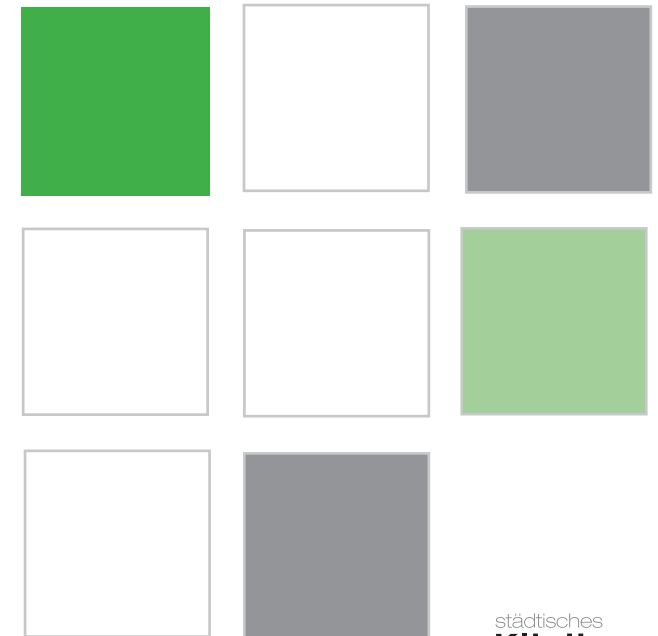
In addition to treatment of our own patients, the **ZAGF** offers physical therapy as central service to all department of Neuperlach Hospital.

**Advanced Training and Science**

All physicians of **ZAGF** and all staff members of the therapeutic team participate continuously in advanced training programs to ensure age-corresponding treatment according to current quality standards. The **ZAGF** also offers an advanced training program.

- Parallel to the Munich Geriatric Forum as a annual scientific advanced training event the **ZAGF** offers a training program inside and outside the hospital which also specialized in a focus on patient's family and laymen.
- As extra-university teaching unit for geriatrics of the LMU (Munich University Ludwig-Maximilian) the ZAGF is responsible for the complete student educations program in the field of geriatrics (lessons, seminars, clinical training, examinations)

In addition, the **ZAGF** holds a membership in the Federal Society for Geriatrics.



Dear Sirs,  
Dear Patients,

demographic change in all industrialized nations will lead to a continuous increase of life expectancy and a growing group of older citizens in our total society. The specialized field of geriatric medicine offers specific and extensive examination and treatment methods for geriatric patients, who frequently suffer from a number of psychic, cognitive and social problems in addition to various medical diagnoses (multimorbidity)

The **Centre for Acute Geriatrics and Early Rehabilitation (ZAGF)** is the 5<sup>th</sup> medical department of Neuperlach Hospital and takes care of these ageing patients in acute medical situations and in early rehabilitation in in-patient and day-clinic treatment. Our patients come to our department for acute geriatric treatment via the hospital's emergency room, referral by resident physicians and by transfer from other medical departments in our hospital.

**ZAGF** is Competence Centre Geriatrics of de Bavarian Capital Munich and university-extern teaching unit of the Munich University Ludwig-Maximilian (LMU) responsible for student education in geriatrics.

By combining acute medical diagnostics and therapy with early-rehabilitation functional stimulation we create a holistic interdisciplinary therapy approach for multi-morbid ageing patients.

With this flyer we want to give you an overview of the treatment options in **ZAGF**.

Sincerely  
Dr. med. Wilfried Wüst – Head of Department

#### **In-Patient-Treatment**

Geriatric patients (as a rule over 70 years old) with diagnoses in the full range of internal medicine, neurological diseases, e.g. stroke or Parkinson's disease as well as patients with various accompanying diseases following serious operations are being treated as in-patients on wards 47 and 57 of **ZAGF** in house B. In addition to functional diagnostics in our department the complete diagnostic spectrum of Neuperlach Hospital as a top-level medical care organization is available for our patients. The complementary functional early-rehabilitation treatment is intended to support and retain independence and mobility of patients in their old age.

**ZAGF** also has specialized physicians and nursing staff for palliative medicine in order to enable patients with progressing diseases to live in dignity until the end.

#### **Day-Clinic-Treatment**

In our day-clinic (house B/level 3) we also treat patients with acute symptoms who, however, do not require 24-hour continuous care. Diagnoses and treatment options are the same as in our in-patient section. This day-clinic concept allows patients to remain in their accustomed domestic surroundings accompanied by comprehensive diagnostics and therapy.

The Memory-Clinic in our day-clinic offers patients detailed gerontopsychological examination and treatment for cognitive deficits, suspected dementia or depression (memory training, medication as required).

#### **Geriatric Assessment**

As a rule general medical diagnostics is not sufficient to cover all aspects concerning geriatric patients. In order to cover psychological, cognitive and social problems in addition to acute medical indications, patients are examined by all professional members of our team. The results of this multi-professional evaluation are the basis for a treatment plan and follow-up care. A standardized geriatric assessment gives us the opportunity to get an early comprehensive and specialized geriatric diagnosis.

#### **Early Rehabilitation**

Any treatment in an acute care hospital is severe psychological and physical stress especially for elderly patients. To prevent deterioration or loss of mobility and independence of elderly patients caused by illness, patients receive functionally activating therapies in **ZAGF** parallel to acute medical diagnostics and therapy. Early rehabilitation in the acute care hospital will maintain and improve physical and cognitive abilities and therefore prevent the risk of functional deterioration resulting in long-term care.

#### **The Multi-Professional Team**

Holistic diagnostics of geriatric patients as well as comprehensive acute medical early rehabilitative treatment requires a multi-professional team of therapists with interdisciplinary working methods. In **ZAGF** individual care is provided by the following professional specialists:

- Physicians with geriatric specialization guarantee qualified acute medical diagnostic and therapy and coordinate assignment of non-medical staff according to the specific clinical picture
- Therapeutic-activating nursing is a mandatory basis for daily training of functions and every-day-tasks
- Physiotherapy provides stabilization and improvement of mobility, strength and coordination by means of individual therapy concepts
- Ergotherapy support and promotes the ability to accomplish every-day-tasks
- Speech-therapy not only diagnoses language and speed deficits, but also discovers dysphagia and can develop suggestions for suitable nutritional programs and training of relatives
- Geronto- und neuropsychology deal with acquired dysfunctions higher level brain performance, e.g. following a stroke and especially with differentiated diagnostics of dementia and depression
- Physical therapy includes electro-, hydro- and thermotherapy, medical massage and manual lymphatic drainage and therefore is an essential part of multimodal pain therapy