

Logbook- *cum*- Portfolio

Elective Module:

A study on Cognitive Impairment among Elderly attending OPD at UHTC, Shimlapuri

Name of Block	Block 1
Name of Elective	A study on Cognitive Impairment among Elderly attending OPD at UHTC, Shimlapuri
Location of hospital lab or research facility	Department of Community Medicine, College Campus, DMC&H
Name of internal preceptor(s)	Dr. Sangeeta Girdhar
Name of external preceptor if applicable	N/A
Learning objectives of elective	1. To study the cognitive impairment among elderly attending OPD at UHTC, Shimlapuri 2. To determine the association of socio-demographic factors with cognitive impairment 3 To compile, clean and analyze the collected data using Excel/SPSS and interpret key findings 4. To write a report/abstract and present the work to faculty/examiners
Number of students that can be accommodated in this elective	4
Prerequisites for elective	Basic epidemiology, ethical conduct & confidentiality, good computer skills (MS Office/Excel/SPSS).
List of activities of student participation	1. Orientation and briefing on the elective topic, research question, and ethical considerations. 2. Literature review and finalization of variables/operational definitions. 3. Questionnaire development 4. Sampling/recruitment plan and data collection using a Google Form. 5. Data entry, coding, and data cleaning 6. Descriptive analysis (tables/graphs) and appropriate tests of association (as applicable). 7. Interpretation of results with public health relevance and recommendations. 8. Report writing and presentation of findings. 9. Manuscript writing

Logbook- *cum*- Portfolio

Elective Module:

A study on Cognitive Impairment among Elderly attending OPD at UHTC, Shimlapuri

Learning resources	1. M VK, D T, M G, D CR. Mindful aging: an insightful examination of cognitive impairment in the elderly population of Chengalpattu, Tamil Nadu, using Mini-Cog scale. <i>International Journal Of Community Medicine And Public Health</i> 2024;11(3): 1124-31. DOI: 10.18203/2394-6040.ijcmph20240316 2. Kumar P, Waris M, Rao AR, Bajpai S, Soni N, Chakrawarty A, Chatterjee P, Dey AB. Early Diagnosis of Cognitive Impairment in the Ageing Population: Determinants and Barriers. <i>Indian J Community Med</i> 2026;51(1):52-7. DOI: 10.4103/ijcm.ijcm_402_24. 3. AR Mohammed K, Stanly AM. A Study on The Assessment of Cognitive Impairment Among Elderly Patients Visiting Rural Health and Training Centre. <i>Natl J Community Med</i> 2024;15(5):400-4. DOI: 10.55489/njcm.150520243871
Portfolio entries required	• Participant information sheet/consent form. • Dataset and codebook • Statistical output (tables/graphs) and brief interpretation notes. • Final report/abstract and presentation slides.
Log book entry required	Satisfactory completion of posting as certified in the log book with a "meets expectation (M)" grade.
Assessment	• Attendance and participation. • Completion of data collection and maintenance of logbook entries. • Quality of cleaned dataset and basic statistical analysis. • Report/abstract and presentation of findings.
Other comments	

Logbook- *cum*- Portfolio

Elective Module:

A study on Cognitive Impairment among Elderly attending OPD at UHTC, Shimlapuri

An increase in life expectancy over the last few decades has resulted in an increase in the number of the older adults living with dementia worldwide. This increase in older adults with dementia is most evident in the low-to-middle-income countries (LMICs). This can be attributed to an increased prevalence of risk factors like hypertension, diabetes mellitus, obesity, and hearing impairment, as well as poor access to secondary education.

Globally, the prevalence of dementia is projected to affect 1.8% of individuals in their sixties, 5.1% in their seventies, 15.1% in their eighties, and 35.7% in their nineties. Effective screening at the primary care level would aid in the identification of disease burdens and improved planning at the secondary and tertiary care levels.

This elective provides an opportunity for students to conduct an observational study to understand 'Cognitive Impairment among Elderly' attending OPD at UHTC, Shimlapuri in district Ludhiana, Punjab. Students will learn practical research steps including questionnaire-based data collection, data entry and cleaning, and basic statistical analysis using Excel/SPSS. The elective also strengthens skills in scientific writing and oral presentation.

At the end of the elective, students will submit a brief report/abstract and present the findings in front of faculty, highlighting key determinants, and potential opportunities for health promotion among elderly.

Department of Community Medicine,
Dayanand Medical College and Hospital,
Ludhiana