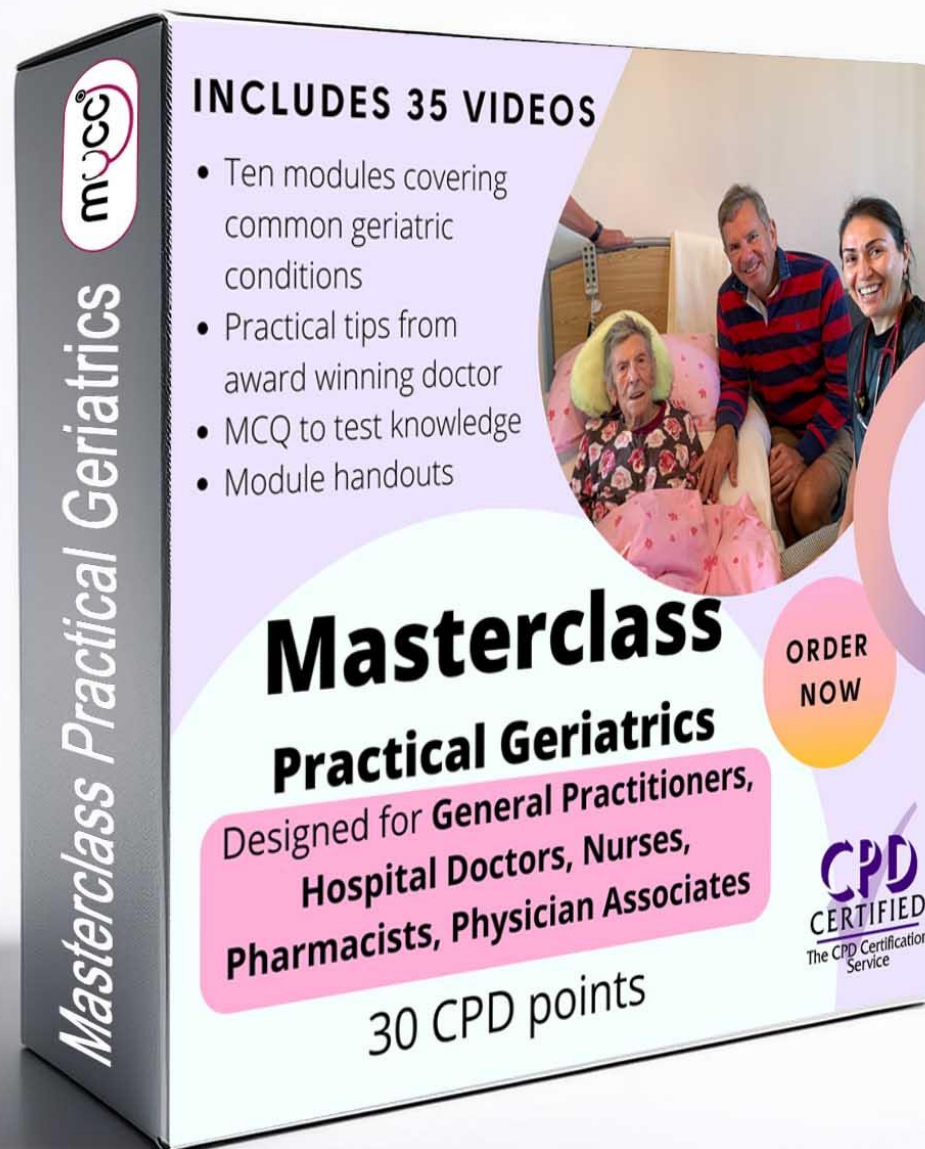


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# Dr Elena Mucci's Masterclass in Practical Geriatrics

Course introduction and  
comprehensive guide



# Introduction

This guide is designed to be used by organisations and healthcare professionals to fully understand the Masterclass in Practical Geriatrics. It lists the reasons for pursuing the course and the benefits provided to individuals and NHS organisations. Each module is described in detail with reviews left by healthcare professionals on the program. Feel free to skip any sections using the tabs above.



## What this guide covers

- 1 Why the Masterclass was developed
- 2 The gaps it solves in current NHS practice
- 3 Key features & CPD accreditation
- 4 Testimonials from Professionals
- 5 Overview of the 10 modules
- 6 Organisational and patient impact
- 7 Community learning platformed

## Access each section that is most relevant to you.

- ✓ The **tabs** at the top of each page will indicate where you are within the information.
- ✓ Clicking on any **tab** will take you to specific locations within this document
- ✓ Scroll down to access other pages within the section



# What the Masterclass was developed to tackle

As a geriatrician, I have witnessed firsthand the profound challenges and emotional weight of caring for older adults on a global scale. Addressing these issues requires not only logical solutions but also deep respect and empathy for this vulnerable population. I call on all healthcare professionals to enrich their expertise in geriatric medicine and engage emotionally with their practice using whatever tools you have available. If my messages on social media don't resonate, I urge you to consider the compelling global statistics that highlight the urgency of this issue.



## Rapidly Aging Global Population

Between 2015 and 2050, the proportion of the world's population over 60 years is projected to nearly double from 12% to 22%.

By 2050, the global population aged 60 years and older is expected to reach 2.1 billion. [World Health Organization \(WHO\)](#)



## Rising Dementia Cases

Recent studies indicate that the lifetime risk of developing dementia after age 55 is around 42%, higher than previously estimated.

I am seeing an increase locally in the South of England



## Economic Implications

The global disability-adjusted life years (DALYs) for the elderly population increased by 32% between 1990 and 2019, indicating a growing burden of chronic diseases and associated healthcare costs. [PMC Public Health Challenges and Responses to the Growing Ageing Populations - Khan - 2024 - Public Health Challenges - Wiley Online Library](#)



## Increasing Multimorbidity



By 2035, it is projected that 67.8% of people over 65 in England will have multiple long-term health conditions (multimorbidity), up from 45.7% in 2015. Notably, the proportion with four or more diseases is expected to almost double from 9.8% to 17.0%. [PMC](#)

## Mental Health Challenges



A significant proportion of older people in the UK experience mental health conditions. It is estimated that 22% of men and 28% of women aged over 65 suffer from depression, yet an estimated 85% of older people with depression receive no help from the NHS. [BMA](#)





# What the Masterclass was developed to tackle

By investing in geriatric education, we can empower healthcare workers to deliver compassionate, high-quality care tailored to the needs of the aging population. Together, we can make a meaningful difference by pairing knowledge with heartfelt commitment.

## Healthcare Workforce Preparedness

With the aging population, there is a pressing need for healthcare professionals trained in geriatric medicine to address the unique health challenges of older adults. [JAMA Network](#)



## Need for Specialised Care

The complex health needs of the aging population necessitate healthcare professionals trained in geriatric medicine to provide comprehensive and effective care. This includes addressing physical health, mental health, and social care needs. [American Psychological Association](#)



## Polypharmacy Risks



The use of multiple medications, or polypharmacy, is a growing concern among older adults, increasing the risk of adverse drug interactions and complications. [National Institute on Aging Polypharmacy9](#)

## Healthcare System Strain

In England, one in seven NHS hospital beds is occupied by patients medically fit for discharge but unable to leave due to insufficient social care, leading to overcrowded hospitals and extended patient stays. [The Times](#)



# Dr Elena Mucci is on a mission

“My biggest passion and what I can teach to you today is a whole-person holistic approach to patient care. I specialise in Comprehensive Geriatric Assessment (Comprehensive Assessment of Older Adults) by putting patients and their families at the centre of the decision-making process to help them to regain control over their lives.”



Dr Elena Mucci FRCP | Consultant Geriatrician

- 1999
- Graduated from Rostov State Medical University in Russia
- 2011
- Visiting Fellow at the department of Geriatric Medicine at Yale University Hospitals in USA
- 2013
- Postgraduate Diploma in Clinical Leadership and Management from Brighton University
- 2014
- NHS Leadership Development Champion of the year
- 2015
- Launched Frailty service in East Sussex
- 2016
- Fellow of Royal College of Physicians of London
- 2018
- Local frailty service winning “Patient Experience” award
- 2023
- Honorary Senior clinical lecturer at Brighton and Sussex Medical School



doctorelenamucci@gmail.com



<https://www.instagram.com/doctor.elenamucci/>



<https://www.facebook.com/pages/category/Doctor/elenamucci-104225291526630/>

# How the Masterclass will help transform frailty in older adults

Dr. Mucci's masterclass in practical geriatrics is a transformative course that tackles the rampant misinformation about geriatric care often spread on social media. It distils essential skills and knowledge into clear, logical sections, presenting a structured, no-nonsense approach to caring for older adults. Dr. Mucci shares her tacit expertise, offering practical examples and real-world applications that empower learners to immediately implement these skills in their care practices. The course not only enhances understanding but also equips participants with actionable tools to provide compassionate and effective care, making it an invaluable resource for anyone involved in geriatric care. Designed to maximise the multidisciplinary team approach.

1

The course provides a **structured approach** to caring for older adults, with clear, logical sections. Dr. Mucci's practical, real-world experience, with examples for immediate use in care practices

2

The course consists of **10 case study driven modules** separated into bite-sized sections, with summaries, calls to action, video content, pdf workbook and quiz

3

**30 CPD accreditation** points allocated to the masterclass. Awarded as whole or as individual modules. Certificates requested by email to [doctorelenamucci@gmail.com](mailto:doctorelenamucci@gmail.com)



4

**Life-long access** to an updated evolving platform of content. New content and all future updates included

5

**30-day money** back guarantee (see terms and conditions in website)



6

Optimised for **multiple platform use** to enhance the user experience. Videos have engaging graphics, displaying Dr Mucci's entertaining teaching style

## Aims:

- ✓ Rapidly increase everyday practical skills
- ✓ Empower healthcare workers in all professions
- ✓ Confidence in deprescribing
- ✓ Reduce hospital stay
- ✓ Common sense approach to future care planning

If you are an NHS organisation or another care provider, you are eligible for a 50% discount when purchasing ten or more licenses  
Contact for more details:  
[doctorelenamucci@gmail.com](mailto:doctorelenamucci@gmail.com)





# What professionals have shared about the Masterclass

“I have received so many heart-warming replies on how the masterclass has guided learners to new professional roles within geriatric care. With over 5600 healthcare professionals on the program [as of 1/1/2025] this is truly changing the landscape of healthcare to tackle this worldwide problem. 73% of learners are from the UK, with the remaining being Ireland, USA, India, Australia to name just a few! I am honoured to be servicing you”

Dr Elena Mucci

“To me, you are JK Rowling and your teachings are like one of her pieces which I am simply fascinated by! Love your snippets and how you convey difficult information to the patients and their relatives in a professional and respectful but unambiguous manner”

**Dr Kiaran Agarwal (Doctor, UK)** ★★★★★

“I really liked the down to earth, realistic approach of medicine in this lecture. I liked going through why guidelines may not be the best thing for elderly patients who are not necessarily included in the evidence based research for medications”

**Amalia (Doctor, UK)** ★★★★★

“I found the modules really helpful. Frailty is a topic which I hadn't really covered in medical school, when we were taught about it, it was explained to us in quite a woolly way, but these lectures with specific cases where you can see the importance of understanding frailty have been so informative and engaging. I'm looking forward to the next modules!”

**Dr Ellie Griffin (Doctor, UK)** ★★★★★

“I wish it had been around when I was doing my prescribing course as a nurse practitioner. What a help it would have been !”

**Fran (Nurse, UK)** ★★★★★



## Modules

- 1 Understanding Frailty
- 2 Cognitive impairment: delirium and Dementia
- 3 Polypharmacy and deprescribing (my favourite!)
- 4 Bone health: falls, osteoporosis and vitamin D
- 5 End of life care
- 6 Cardiovascular geriatrics: Whopping section on heart failure, AF, stroke, hypertension (possibly a little long but persevere!)
- 7 Peri-operative assessment
- 8 Old age psychiatry: Often misunderstood depression, anxiety and psychosis in older age
- 9 Guess the diagnosis: text your knowledge in this mixed case-based learning
- 10 Comprehensive geriatric assessment and service development
- + New sections created within community platform

# Masterclass Modules

“I will transform the way you treat older adults”



Designed for both sequential learning or deep dive into topic of choice



Scroll down for details on each module



## Each module will be divided into separate videos (\*averaging three)

The modules are designed to be completed sequentially, allowing you to build a strong foundation step by step. While it is recommended to finish each module in order before progressing, you can adjust the sequence based on your prior experience and specific learning needs



### Module Videos



- ✓ Bite-sized sections
- ✓ Clear objectives
- ✓ Case-study driven content
- ✓ Summary and Calls to action
- ✓ Free updates

“Learning in your breaktime”

### Module Quiz



- ✓ Test your knowledge at the end of each module
- ✓ Receive immediate score
- ✓ Discuss modules with other students in masterclass community

“Save your score as a demonstration of learning

### Module Handouts



- ✓ All modules have slide decks to download
- ✓ Use as revision notes

“My teaching style is constantly developing to meet the needs of my audience”

“You’re signing up for 30 hours of engaging, informative content designed with clear objectives and actionable outcomes, ready to be applied to your very next patient!”

# Module Format



# Module 1: Frailty

## Recognising, managing frailty and preventing rapid decline and institutionalisation in older adults

Part 1: 49 mins  
Part 2: 43 mins  
Part 3: 37 mins

"Why is Mary, 92 years old, who was living a perfectly happy and independent life yesterday, suddenly in the hospital today, confused, unable to walk, or feed herself after a mild urinary tract infection? Her family is frustrated by the lack of improvement, and you're concerned you might be missing something—prompting more scans and blood tests. Sound familiar? This module will provide you with an in-depth understanding of frailty. I promise—it will be an eye-opener!"



### Objectives

- ✓ Define and understand the concept of frailty.
- ✓ Explore and apply various frailty screening tools effectively.
- ✓ Learn how to assess and manage frailty syndromes comprehensively.
- ✓ Implement strategies to prevent unnecessary and burdensome hospitalisations.
- ✓ Develop skills in advanced care planning, including PEACE planning, and Master the principles of Comprehensive Geriatric Assessment (CGA).
- ✓ Conduct effective care home ward rounds with a focus on frailty management.
- ✓ Engage in case-based discussions and gain actionable clinical insights with frailty-focused pearls.

### Outcomes

- ✓ Gain a clear understanding of frailty, recognise its signs, and effectively communicate with patients and their families to support future planning.
- ✓ Master practical tools to manage, treat, and prevent frailty in a variety of settings.
- ✓ Prevent unnecessary hospitalisations and shorten hospital stays through targeted interventions.
- ✓ Learn how to design, set up, and deliver a world-class frailty service.
- ✓ Build your expertise with real-life patient cases that consolidate your knowledge and skills

"I would like to thank you for opening my eyes! I can not describe enough how many older people I have seen deteriorate and die in ICU and wards."

Dr Ilijana Rancic (Serbia)

"Thank you for such a thought-provoking module- I have really thought a lot about how I am going to start my practice this summer- I also have so many ideas of what I would like to do going forwards in my career!"

Dr Asha (UK)

"It is the most engaging learning I have ever participated in, have recommended it to everyone I work with. Thank you"

Penny Lawrence (Occupational Therapist UK)





# Module 2: Cognitive Impairment

## Delirium and Dementia

Part 1: 39 mins

Part 2: 51 mins

Part 3: 41 mins

Part 4: 1hr 6 mins

This is not just a lecture on dementia. Many of you already have some knowledge of the topic, and the majority of you—regardless of your specialty or profession—are working with older patients who may exhibit challenging behaviour while under your care. Whether you're a physiotherapist struggling to rehabilitate such patients, a doctor or nurse unable to administer life-saving treatments, or a pharmacist frequently asked what to prescribe to "calm" these patients, this session is designed for you.

If you're working in the community or on a medical ward, you may not always have immediate access to a psychiatrist or mental health nurse. This session will empower you to: Differentiate between various types of challenging behaviours in older patients; Understand the key distinctions between dementia-related and delirium-induced behavioural problems; Effectively manage these patients until your mental health or dementia care team is available to assist. By the end of this session, you'll feel more confident in addressing these challenges and providing better care for your older patients.



### Objectives

- ✓ What is Delirium? How does it differ from Dementia and other cognitive impairments?
- ✓ Who is most at risk of developing Delirium or Dementia, and why is understanding and addressing cognitive impairment critical in older adults?
- ✓ How can I accurately diagnose different types of behavioural and cognitive issues in my patients?
- ✓ What are the most effective strategies to prevent and manage Delirium in clinical and community settings?
- ✓ What practical tools and techniques can I use to manage challenging behaviours until specialist support is available?
- ✓ How can I improve communication with families and caregivers about cognitive impairment and its management?.

### Outcomes

- ✓ Learn how to apply evidence-based tools to diagnose delirium and challenging behaviour across various healthcare settings.
- ✓ Understand the key differences between dementia-related and delirium-induced challenging behaviour patterns.
- ✓ Enhance clinical practice to achieve better patient outcomes, including: Reduced emergency admissions; Shorter hospital stays; Lower readmission rates; Long-term reduction in care home admissions.
- ✓ Gain the skills to drive positive changes in the design and implementation of delirium-friendly care services.

"I feel like I look at my patients differently now due to new knowledge I have gained. I feel more confident when advocating on behalf of my patients and have challenged doctors on asking for catheters and try to reduce to amount of times Blood pressures are checked when not clinically indicated."

Emma Armstrong (Nurse, Northern Ireland)

"Really great module! I think it's very important for junior doctors to watch and pick up tips on, starting from FY1s"

Dr Nora (Scotland)

"Thank you for the training tips on starting those difficult conversations, I have been craving some more guidance in this area. I knew I wasn't getting it quite right and wanted someone to help guide me."

Dr Charlotte (UK)







# Module 3: Polypharmacy and Deprescribing

**Part 1: 54 mins**  
**Part 2: 41 mins**  
**Part 3: 50 mins**

An 87-year-old woman with Type 2 Diabetes is taking 13 pills and 4 injections daily. She experiences daily falls and lives in constant fear of a fracture, especially after her friend recently passed away from a broken hip.

In this module, we will work through a real-life example of Deprescribing together. By the end of this session, your clinical practice will be transformed, equipping you with the skills to simplify medication regimens and improve patient safety and quality of life!



## Objectives

- ✓ Understand how and why polypharmacy occurs, including its common causes and contributing factors.
- ✓ Learn what deprescribing is and how to approach it professionally and systematically.
- ✓ Engage in real-life, case-based deprescribing exercises to consolidate your learning.
- ✓ Experience a virtual ward round with a real patient, complete with authentic notes and drug charts, to see how practical deprescribing is applied in real clinical settings.

## Outcomes

- ✓ Master the skills to perform a root-cause analysis for patients with polypharmacy, identifying why it occurred in each individual case.
- ✓ Develop a deeper understanding of the factors contributing to polypharmacy and learn a new, patient-centered way of thinking about medication management.
- ✓ Gain the knowledge to deprescribe safely and methodically, ensuring the best outcomes for your patients.
- ✓ Enhance patient safety with fewer falls, fractures, and unplanned hospitalizations, while contributing to the prevention of frailty.
- ✓ Feel confident that, after just two hours, your clinical decisions will lead to measurable improvements in your patients' quality of life.

“Brilliant module, I shall be taking this tool with me into work and hopefully will be able to recommend to senior doctors who are willing to listen to optimise patients qualities of life”

Dr Nura (UK)

“It was so interesting to me and I wish that a lot of this was covered in pre registration training for nurses. I am a nurse prescriber but don't use that in my current role but even in that training a lot of this is not covered. I would love this training to be mandatory for doctors/ nurses/ pharmacists. It is amazing and my colleagues who are also doing this course feel the same way that I do. Thanks for sharing this wonderful knowledge.”  
Emma Armstrong (Nurse, Northern Ireland)

“Would be of great benefit to Pharmacist colleagues who are starting out with deprescribing, especially in the frail elderly”

Ceri (Pharmacist, England)





# Module 4: Bone Health

## Falls, Osteoporosis, Vitamin D Deficiency

Part 1: 1hr 12 mins  
Part 2: 56 mins  
Part 3: 59 mins

A fall in an older adult, particularly one resulting in a hip fracture, can often signify a major decline in health and independence. Approximately one-third of older adults with a hip fracture are unable to live independently, and up to 25% will not survive beyond six months after the injury (NICE, 2023). Older adults who have fallen once are at a significantly increased risk of falling again. While falls are frequently attributed to a single diagnosis—such as a urinary tract infection—treating the precipitating factor alone (e.g., administering antibiotics) often does not prevent recurrent falls. Falls are always multifactorial in nature. While a urinary infection may have triggered the initial event, without a comprehensive, individualized assessment and a multifaceted management plan, the risk of further falls remains high. This module will introduce you to the multifactorial approach to falls assessment and prevention, transforming the way you manage patients who experience falls. You will gain practical, user-friendly bedside tools to assess falls effectively. With these skills, you can take immediate action to prevent life-altering injuries, such as hip fractures, and potentially save lives. Reference: NICE guidelines on falls in older people: assessing risk and prevention (NICE, 2023).



### Objectives

- ✓ Effectively manage falls in older adults:
  - Learn a patient-centered approach to falls assessment, including real-life examples and insights into the most common precipitating causes, and understand the multifactorial nature of falls and how to address them holistically.
- ✓ Master the management of osteoporosis:
  - Explore effective strategies to minimise fracture risk, even when falls are unavoidable. Develop proficiency in both primary and secondary osteoporosis management, including the creation of tailored treatment plans.
- ✓ Recognise and treat Vitamin D deficiency:
  - Separate the evidence from the hype surrounding Vitamin D deficiency in older adults.

### Outcomes

- ✓ Build a comprehensive knowledge base on bone health and learn practical strategies to seamlessly integrate it into your everyday clinical practice.
- ✓ Develop the skills to uncover the root causes of falls in your patients and create tailored, patient-specific management plans.
- ✓ Prevent countless falls and fractures throughout your career, making a measurable impact on patient safety and quality of life.
- ✓ Save lives by reducing the risk of life-altering injuries such as hip fractures in vulnerable patients.
- ✓ Become a key contributor and a source of inspiration within your multidisciplinary falls assessment team

“Fantastic learnings, you have explained the subject of bone health so concisely and simply - way better than my teaching at medical school”

UK doctor (name anonymised)

“This is like watching theatre for me..so thank you for all your effort. Perfect for me!”

Dr Kiran Agarwal (UK)

“I used to run a falls and bone health clinic so the module was a great refresher, the only thing i can think of that might have been useful is what the T-score means versus Z scores and perhaps a little bit on Osteopenia but your content is fantastic!”

Abigail (Nurse, UK)





# Module 5: End Of Life Care (EOLC)

Part 1: 1hr 3 mins  
Part 2: 59 mins  
Part 3: 56 mins

John is 78 years old and living with advanced Parkinson's disease. He has already been hospitalised five times due to dehydration and aspiration pneumonia. Currently, he resides in a care home and is bed-bound. As his General Practitioner, the care home calls you again—just a week after his last hospital discharge—because John is unwell once more. What should you do? Alternatively, you may be his Speech and Language Therapist, receiving yet another request to assess his swallowing. You're now considering artificial feeding via a tube to prevent further aspiration. Is this the right approach? Or perhaps you are his nurse, asked to administer intravenous antibiotics despite John's veins being nearly impossible to locate, deeply bruised from repeated cannulations. You sense that John is nearing the end of his life, but the doctors are still prescribing antibiotics. What is your role in this situation? In this module, we will discuss the complex, emotional decisions involved in end-of-life care. Every healthcare professional working with older patients will benefit from understanding how to approach these sensitive moments, balancing clinical judgment with compassion and respect for the patient's dignity. Join me in this crucial conversation, where we explore how to provide the best care at the end of life.



## Objectives

- ✓ Recognise
  - Learn to identify when a patient is entering the last year of life, including key signs and indicators that suggest approaching end-of-life stages.
- ✓ Discuss
  - Gain the skills to engage in open, empathetic discussions with both patients and their families about what the end of life might look like, addressing their concerns and hopes in a supportive way.
- ✓ Plan
  - Understand and apply various tools for effective end-of-life planning, emphasising the importance of a multidisciplinary approach. Learn how working closely with palliative care teams can help minimise suffering and ensure the best quality of life for patients and their families.

## Outcomes

- ✓ Recognise end-of-life signs and learn how to communicate them effectively with patients and their families.
- ✓ Become an integral member of a multidisciplinary team, contributing your expertise (e.g., physiotherapy, nursing, pharmacy, SALT) to end-of-life care planning.
- ✓ Understand various end-of-life trajectories, enabling you to prognosticate and plan ahead with patients.
- ✓ Gain confidence in challenging healthcare decisions that may hinder optimal end-of-life care for your patient.
- ✓ Transform your practice to ensure more older adults experience a dignified, peaceful death at home, surrounded by family, rather than alone in a busy hospital ward

"Using the STOPP FRAIL tool is fantastic. Was not aware of this tool. The others I was aware of. Looking at the different systems and having more of an understanding...and what areas effect what...The hospice at home team no longer provide the hands on care. District nurses provide symptom control and end of life care including stat doses and setting up and providing care for syringe drivers. Becoming quite specialist within this area. We do have the support of the Palliative Care support line as do the patients and do liaise with the CNS nurses who do visit from the hospice but do not administer medication now. Excellent subject. Thanks."  
Dr Armstrong (UK)

"I really enjoyed the actual conversation with the family especially after discussing how to do it in the module"

Dr Haitham Hassan (UAE)







# Module 6: Cardiovascular Geriatrics

Cardiovascular care in older adults is a complex and critical area of geriatrics. Dr. Michael Jackson, a cardiology pharmacist, and I will focus on practical, everyday challenges in managing these conditions.

•**Doris, 88:** She presents with decompensated heart failure. An increased diuretic dose has lowered her blood pressure, leading to acute kidney injury. How should we balance fluid overload and renal function in her case?

**Peter, 79:** Following a stroke, investigations revealed atrial fibrillation. Blood thinners are recommended, but his recent anaemia complicates anticoagulation therapy. What is the safest approach?

**Andrew, 92:** A physically active older adult on three antihypertensive medications for years. During a routine check-up, he reports dizziness. His clinic blood pressure is 140/90 mmHg. Should his treatment be adjusted?

## Objectives

- ✓ **Congestive Cardiac Failure (CCF)**
  - Explore strategies for optimising heart failure management in older adults.
  - Titrate medications effectively while minimising renal risks.
  - Address challenges of polypharmacy and deprescribing in cardiac care.
- ✓ **Atrial Fibrillation (AF)**
  - Determine when to prioritise rate vs. rhythm control.
  - Select appropriate anticoagulation strategies to minimise bleeding risks in older patients.
  - Review updates in AF management guidelines, including dual antiplatelet and anticoagulant use.
- ✓ **Hypertension (HTN)**
  - Apply evidence-based approaches to HTN management in frail older populations.
  - Examine how well elderly patients are represented in clinical trials and implications for care.
  - Personalise treatment goals using UK NICE guidelines (2019), focusing on practical insights for clinicians.

## Outcomes

- ✓ Learn how to tailor blood pressure (BP) treatment for older adults, balancing effective control with minimising risks like dizziness, falls, and renal complications. Reducing Polypharmacy and Risks
- ✓ Develop strategies to reduce polypharmacy, evaluate medication necessity, and deprescribe safely.
- ✓ Build confidence in managing anticoagulation therapy to prevent strokes in older patients, particularly those with atrial fibrillation. Learn to balance stroke prevention with bleeding risks, guided by the latest evidence and monitoring tools.
- ✓ Gain skills to address end-of-life care for patients with severe congestive cardiac failure. Learn how to manage these cases with a focus on avoiding unnecessary hospital admissions while providing compassionate, patient-centered care.

Part 1: 47 mins  
Part 2: 43 mins  
Part 3: 36 mins  
Part 4: 46 mins  
Part 5: 46 mins  
Part 6: 13 mins  
Part 7: 48 mins  
Part 8: 53 mins

A mini-course  
by itself!

“Very indepth and insightful module with a lot of information - I will be revisiting this one first!”  
  
Sarah (Heart failure Nurse, UK)

“perhaps a bit too detailed as a non prescriber”  
  
Duncan (Paramedic, UK)

“Although this was a long and intense module it had so much applicable information and was so informative, thank you Dr Mucci for putting this course together!”  
  
Dr Emma (Scotland)

“Cases for the stroke mimics, find it more difficult to pick these up in practice despite knowing what the mimics are”  
  
Dr Keena (UK)





CPD Points

# Module 7: Pre-operative assessment

**Part 1: 1hr**  
**Part 2: 55 mins**  
**Part 3: 47 mins**

John, a 91-year-old keen swimmer and hospice volunteer, was diagnosed with bowel cancer. Given his excellent health, he underwent curative surgery after discussions with his daughters. While the surgery was successful, he sadly died four weeks later from medical complications. This was a decade ago. Since then, geriatrician-led services like Peri-operative Medicine for Older People undergoing Surgery (POPS), established in 2003, have transformed surgical care for older adults in the UK. Today, patients like John would have a much higher chance of surviving and thriving post-surgery, thanks to POPS integration into elective and emergency surgical pathways. Unfortunately, not all hospitals have POPS services. In this module, you will gain practical skills to improve surgical outcomes for older patients immediately in your workplace. You'll also learn how to advocate for and help establish POPS-like services, enhancing peri-operative care in your setting.

## Objectives

- ✓ Appreciating, quantifying and improving Frailty in older adults going for surgery
  - Unrecognised co-morbidities and polypharmacy increase the risk of surgical complications, exacerbating existing health issues and hindering post-surgical recovery, in those with frailty.
- ✓ Optimising their known medical conditions and polypharmacy
  - Reducing the risk of your patient going into heart failure or developing stroke after surgery. Management of anaemia. Polypharmacy review and Deprescribing.
- ✓ Optimising their physical and mental health
  - Post-COVID deconditioning has played a major role in the significant reduction in the fitness of older adults. Importance of REHABILITATION: Both physical and pulmonary prior to surgery. Nutritional optimisation.

## Outcomes

- ✓ Recognise surgical risks in older patients and know when to refer to POPS clinics or manage optimisation yourself.
- ✓ Conduct comprehensive pre-operative assessments and provide effective post-operative care.
- ✓ Collaborate with surgeons and anaesthetists to improve patient outcomes through clear communication and teamwork.
- ✓ Gain the knowledge needed to support or develop POPS services in your workplace.
- ✓ Confidently make and communicate decisions against surgery in high-risk patients and manage non-surgical care effectively



“Great module which was still relevant although I don` t work in POPS or cover surgical frailty. Really good inform on anemia and its treatment”.

Dr Luke (USA)

“This module was excellent! So many practical, applicable tips on how to improve management of geriatric surgical patients which I am hoping to put into practice during my next surgical rotation as an FY2”

Dr (UK, anonymised)



# Module 8: Old Age Psychiatry •

## Depression, Anxiety, Psychosis

Part 1: 50 mins  
Part 2: 44 mins  
Part 3: 45 mins

Each working day, I practice old age psychiatry on my medical ward. You may wonder why I don't simply call for a psychiatry consult. The reason is that 80% of my multi-morbid, frail medical patients also face mental health challenges. In the UK, there simply aren't enough psychiatrists to address the needs of all these patients. Over the years, I've taught myself old age psychiatry, and I'm excited to share this experience in this webinar.

I completed six months of training in old age psychiatry at the renowned Maudsley Hospital in London, the largest mental health training institution in the UK. Combined with 20 years of practical experience and ongoing learning in the field, I will teach you how to manage medical patients dealing with chronic or acute mental health issues—at least until a psychiatrist is available to assist.



### Objectives

- ✓ **Depression**
  - Overcome barriers to recognising and treating depression in older adults.
  - Utilise diagnostic tools for depression and understand the most evidence-based medication combinations.
- ✓ **Anxiety**
  - Explore different types of anxiety disorders and their potential overlap with physical brain function.
- ✓ **Psychosis**
  - Understand the various conditions that present with psychotic symptoms and learn how to treat and monitor them

### Outcomes

- ✓ Gain knowledge of the most common mental health conditions encountered in general medical and surgical wards, as well as in the community.
- ✓ Acquire practical skills to effectively recognise and initiate treatment for these conditions.
- ✓ Become an effective member of a multidisciplinary mental health team.
- ✓ Significantly reduce delays in diagnosing mental health conditions, ensuring timely referrals and treatments.

“Very informative module with a lot of practical ideas; I will also be revisiting this module and love that I have lifetime access.”

Frailty Pharmacist (Anonymised)

“Once again Dr Mucci, thank you for a comprehensive overview of a topic so common in elderly care yet so overlooked in medical wards!”

Dr Wilks (UK)

“Very interesting in the psychosis. I feel training for the care homes and nursing homes would be beneficial so they can have confidence in highlighting it to primary care not putting the patient back by multiple hospital visits.”  
Dr Madlom (country not disclosed)







# Module 9: Guess the diagnosis

Part 1: 1hr 29 mins  
Part 2: 1hr  
Part 3: 1hr 15 mins

Over my 20-year career as a doctor, I've accumulated a wealth of fascinating cases. These aren't the rare diagnoses you might never encounter in your career. Quite the opposite—these patients are ones you see all the time, but their presentations can be tricky and often misleading. This is especially true for older adults, who rarely present with just one complaint, and their multimorbidity can cloud the clinical picture.

In this module, I'll walk you through 8-10 cases, teaching you the diagnostic process while also diving into the medical conditions themselves. A wide range of pathologies will be covered. Here's a little secret: there *will* be a rheumatology case! Sign up to find out which ones!



## Objectives

- ✓ As a geriatrician, I might see 10 patients of similar age in a single day, all presenting with falls. I will teach you how to approach each case individually, reaching a unique diagnosis and management plan for every patient.
- ✓ In my experience, older patients are often misdiagnosed with a UTI or chest infection, treated with antibiotics, and sent away without a thorough review. While a UTI may sometimes be the correct diagnosis, it is often just a symptom of a larger issue. I will teach you how to uncover hidden medical conditions and ensure a comprehensive assessment.

## Outcomes

- ✓ Learn how to look beyond UTIs and identify underlying, often more complex, issues.
- ✓ Understand common medical conditions in older adults that may present in atypical ways.
- ✓ Develop an appreciation for geriatric complexity in patient care.
- ✓ After this session, you will be empowered to transform the lives of many patients by diagnosing their true condition and addressing the root cause of their issues.
- ✓ Recognise challenging diagnostic patterns and ensure timely diagnoses and treatment

"I found this module particularly interesting because of the different case studies but loved the differentiation of PD versus Parkinsonism and the descriptors of the different causes."

Dr Rai (UK)

"Fascinating module - case studies were really interesting"

Tasnim (Frailty Pharmacist, country not provided)

"What an absolutely amazing selection of thought provoking cases, you are so inspiring Dr Mucci!! And your extensive thirst for knowledge is contagious, thank you!!"

Dr Akhtar (Country not provided)





# Module 10: Comprehensive Geriatric Assessment

## Service development

Part 1: 51 mins  
Part 2: 30 mins  
Part 3: 38 mins

Congratulations! You’ve done it, and I’m genuinely impressed and proud of you. You’re now ready to establish a geriatric practice and begin offering a service that will truly transform the lives of your patients. No matter your background—whether you’re a nurse, pharmacist, doctor, paramedic, physician associate, occupational therapist, speech and language therapist, or physiotherapist—you are now prepared to master the art of Comprehensive Geriatric Assessment (CGA). As a valued member of a multidisciplinary team (MDT), which is the backbone of any CGA, this final module will guide you in becoming an effective team member. If you’re setting up a new service, we’ll also show you how to build a strong and successful CGA MDT



### Objectives

- ✓ **CGA**
  - Understand the key components of Comprehensive Geriatric Assessment (CGA) and learn how to complete a successful assessment within a limited time frame.
  - Develop effective strategies for acting on and communicating CGA results.
- ✓ **MDT**
  - Learn how to build a frailty service within a multidisciplinary team (MDT).
  - Identify the enablers and barriers to establishing a successful frailty service.
- ✓ **Service Outcomes**
  - Understand how to measure the outcomes of your service effectively.
  - Identify the best outcome measures to track the success of your geriatric care service.

### Outcomes

- ✓ Gain a solid understanding of the principles of Comprehensive Geriatric Assessment (CGA) and be able to conduct a CGA independently.
- ✓ Learn the essential steps to start building your own frailty service.
- ✓ Become an effective member of a frailty multidisciplinary team (MDT).
- ✓ Experience a significant improvement in your communication skills, including how to navigate difficult decisions, break bad news, and explain complex medical situations in a clear and understandable way.

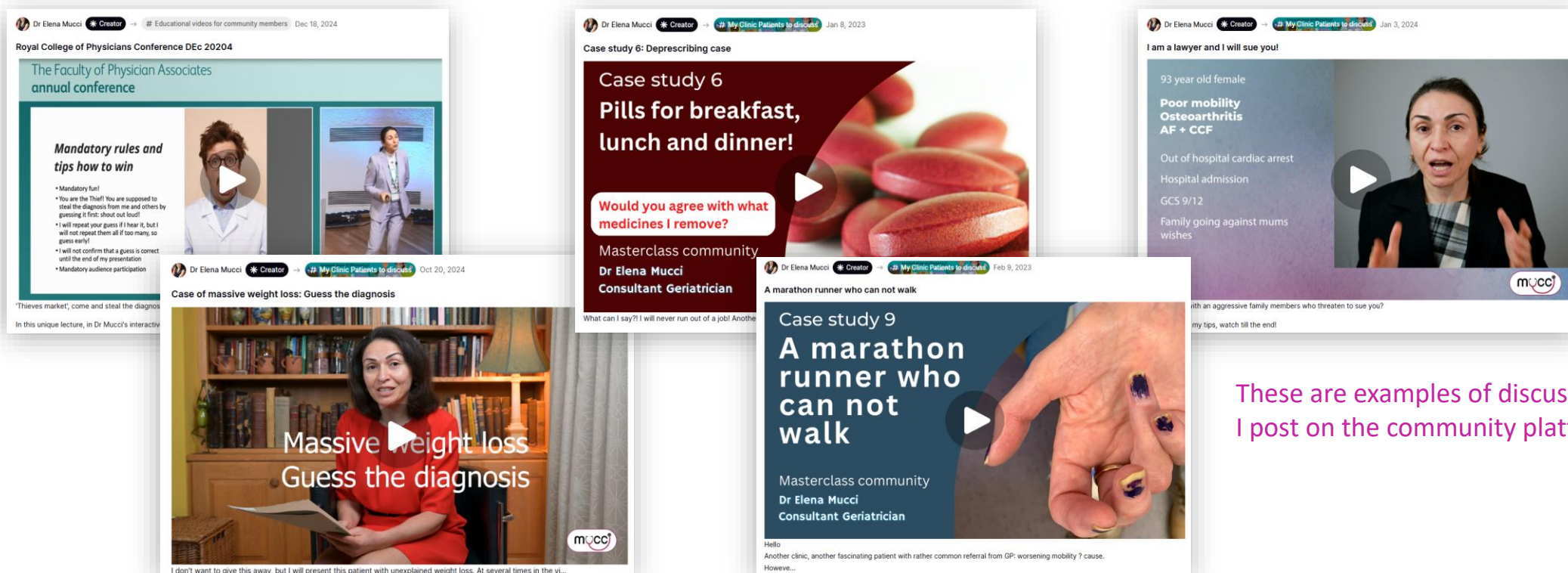
# Masterclass community

## Extended learning and discussion

"The Masterclass is more than just a course—it's a vibrant community of passionate, like-minded professionals. As a Masterclass learner, you'll gain exclusive access to our dynamic community platform, where we dive deep into fascinating new case studies that I share regularly.

This is where I showcase complex cases, often going far beyond the highlights I touch on in my Instagram reels. Together, we'll take an in-depth look at individual cases, and you'll have the opportunity to ask questions, share insights, and collaborate with me and your peers.

Don't miss out on this invaluable part of the Masterclass experience—it's your chance to connect, learn, and grow!"



These are examples of discussion videos I post on the community platform

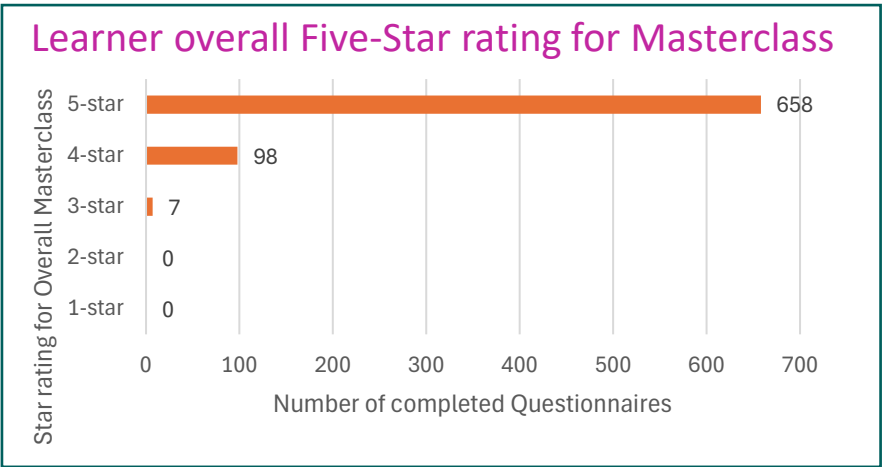


Module Analytics

Pooled data from 763 completed questionnaires (updated 29/12/2025)

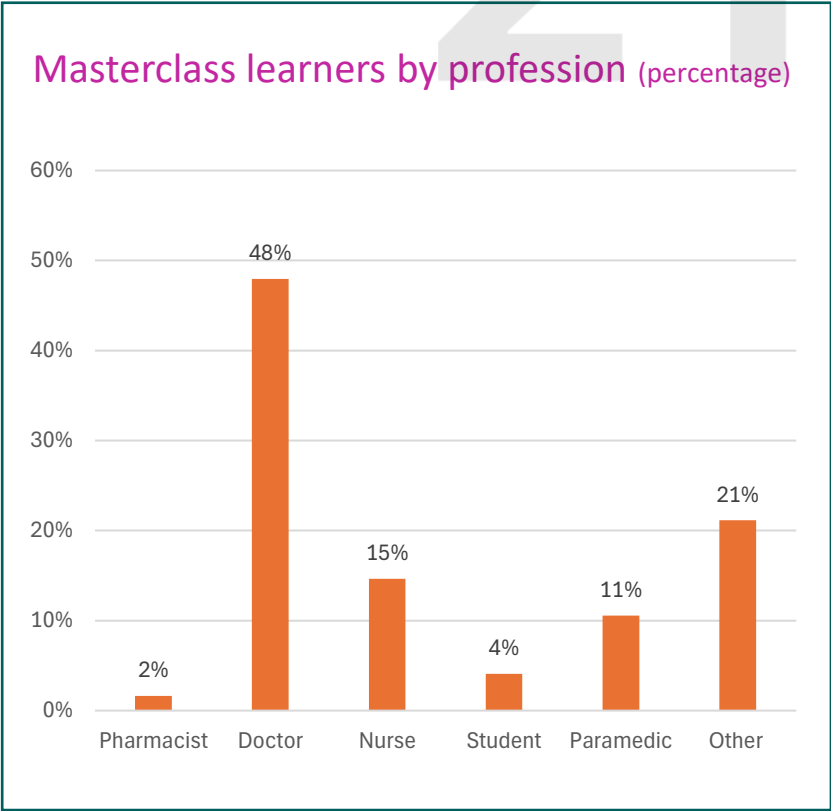
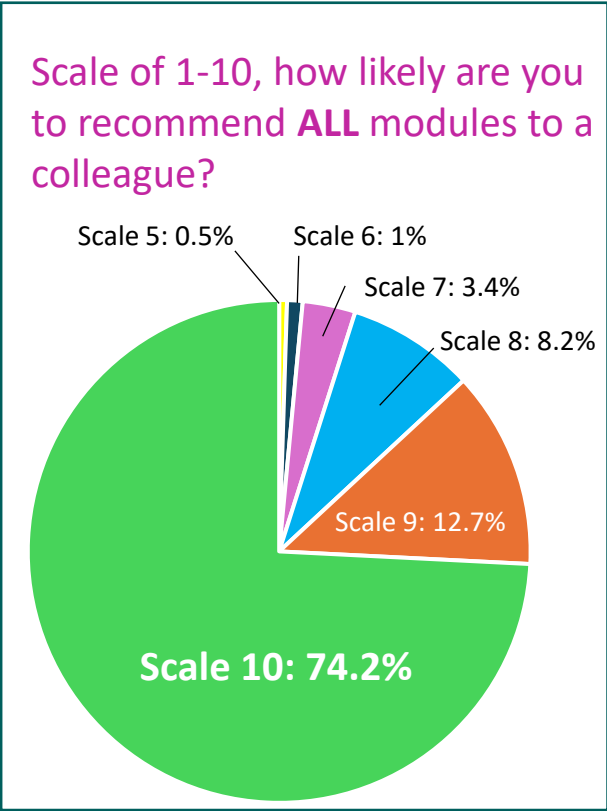
Overall masterclass Five Star rating = 4.83





Transparency of individual module Five-Star rating

Module	1-star %	2-star %	3-star %	4-star %	5-star %	Overall Rating
1	0.00%	0.00%	0.83%	9.96%	89.21%	4.88
2	0.00%	0.00%	1.19%	10.71%	88.10%	4.87
3	0.00%	0.00%	1.54%	6.15%	92.31%	4.91
4	0.00%	0.00%	0.00%	7.69%	92.31%	4.92
5	0.00%	0.00%	0.00%	14.29%	85.71%	4.86
6	0.00%	0.00%	2.94%	14.71%	82.35%	4.79
7	0.00%	0.00%	4.35%	30.43%	65.22%	4.61
8	0.00%	0.00%	0.00%	7.69%	92.31%	4.92
9	0.00%	0.00%	0.00%	15.79%	84.21%	4.84
10	0.00%	0.00%	3.45%	17.24%	79.31%	4.76



“

Feedback drives continuous improvement in the masterclass experience. I have used all feedback to help develop an updated masterclass with improved content, greater interaction, and a lot more – this will be released in Mid-late 2026, with all current masterclass subscribers moved free of charge onto the newer platform

”





“ I look forward to seeing you on the masterclass program ”



For more information on the masterclass please scan the QR code below

## A masterclass designed specifically got the non-healthcare person



"I host a dedicated education and community platform designed for patients and caregivers, presented through **Clinic Diaries**. This platform mirrors the personalized approach of my private clinics, offering clear, practical advice in easy-to-understand language. To learn more about the Carers Masterclass, please scan the QR code."

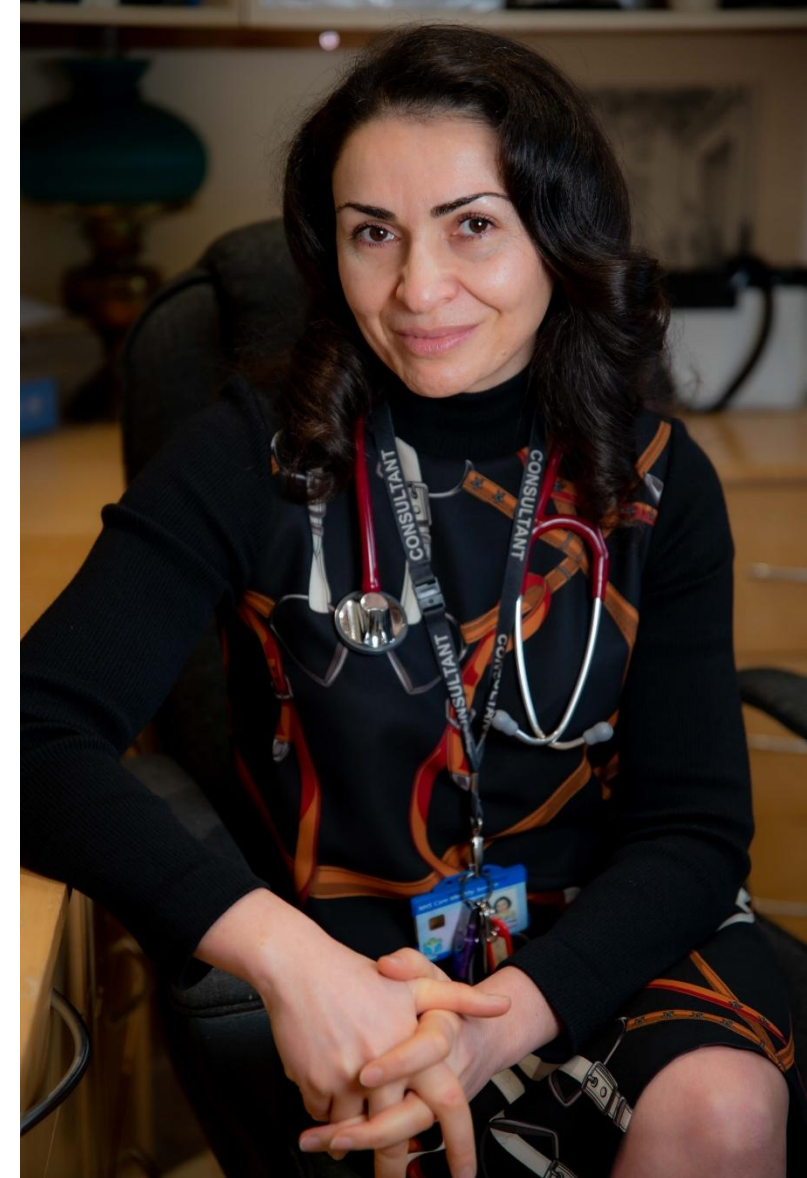


For learning on geriatric medicine following me on Instagram



<https://www.instagram.com/doctor.elenamucci/>

If you are reading this on a printed document, please ensure it is the most up to date version by visiting the website (scan QR code to the left)



Motivate Empower Educate Age well

