

Course Unit	Rehabilitation Nursing I	Field of study	Nursing
Master in	Nursing in Rehabilitation	School	School of Health
Academic Year	2023/2024	Year of study	1
Type	Semestral	Semester	1
Workload (hours)	378	Contact hours	T - , TP 37,5 PL 30 TC - S - E - OT - O -
Level	2-1	ECTS credits	14.0
Code	1208-746-1101-00-23		

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Bruno Miguel Delgado, Luis Jorge Rodrigues Gaspar, Maria Eugénia Rodrigues Mendes, Sonia Alexandra Claro Casado

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Develop specialized clinical skills in Rehabilitation Nursing (RN) in people with pathologies of the cardiac and respiratory systems
2. Develop specialized clinical skills in Rehabilitation Nursing (RN) to respond to the needs of the patient, with temporary or permanent disability, inserted in the family and community
3. Develop specialized clinical skills in Rehabilitation Nursing (RN) that enable the person with functional diversity to be trained for the full exercise of citizenship
4. Develop specialized clinical skills in Rehabilitation Nursing (RN) that allow intervention in the community or in specific groups in order to prevent injuries and maximize function
5. Train for the assessment of cardiorespiratory function and diagnosis of changes that compromise the person's quality of life, reintegration and participation in society
6. Design plans, selecting and prescribing interventions for the implementation of respiratory and cardiac RN programs
7. Understand the family dynamics of the person with changes in functionality
8. Understand the RN as a dynamizer in the process of family and community insertion of the person with functional diversity

### Prerequisites

Before the course unit the learner is expected to be able to:  
has not

### Course contents

Mobility and Immobility Ergonomics and Body Mechanics Techniques in Rehabilitation Nursing Pathology and anatomophysiology of the respiratory and cardiovascular systems Assessment of the person with changes in respiratory and cardiac functions Respiratory Rehabilitation Cardiac Rehabilitation Family and family dynamics Social and Health Responses Accessibility assessment Assistive products and technologies Social participation and citizenship RN Projects at Home and in the Community

### Course contents (extended version)

1. Mobility and Immobility
2. Ergonomics and Body Mechanics
3. Techniques in Rehabilitation Nursing (RN):
  - joint mobilization, positioning and mobilization in bed, transfers, walking training
4. Pathology and anatomophysiology of the respiratory and cardiovascular systems
5. Assessment of the person with changes in respiratory and cardiac functions
6. Respiratory Rehabilitation:
  - functional respiratory reeducation
  - education in the management of the therapeutic regime
  - exercise training
7. Cardiac Rehabilitation:
  - phases, education for the management of the therapeutic regime, prescription of physical exercise
8. Family and family dynamics:
  - concepts and functions, family assessment, informal caregiver
9. Social and Health Responses to the dependent person and/or with functional diversity and families:
  - UCC/ECCL, RNCCI, Community structures and IPSS
10. Accessibility assessment
11. Assistive products and technologies
12. Social participation and citizenship
13. RN Projects at Home and in the Community

### Recommended reading

1. Cordeiro, M; Menoita, E. (2012). Manual de Boas Práticas na Reabilitação Respiratória: conceitos, princípios e técnicas. Lusociência
2. OE (2013). GOBP Cuidados à Pessoa com Alterações da Mobilidade. Ordem dos Enfermeiros
3. Figueiredo, M. (2012). Modelo Dinâmico de Avaliação e Intervenção Família-Uma Abordagem Colaborativa em Enfermagem de Família. Lusociência
4. Global initiative for chronic obstructive lung disease (2019). Global strategy for the diagnosis, management, and prevention of COPD
5. Novo, A. ; Delgado, B. ; Mendes, E. ; Lopes, I. ; Preto, L. , Loureiro, M. (2020). Reabilitação cardíaca - evidência e fundamentos para a prática. Lusodidacta

### Teaching and learning methods

Online classes where the programmatic contents will be taught in a transversal and multidisciplinary way, using active methodologies. It emphasizes the practical component (face-to-face) performing problem solving and simulated practice using laboratory work with simulators, manikins and clinical equipment.

### Assessment methods

1. 1 - (Regular, Student Worker) (Final)
  - Final Written Exam - 50%
  - Case Studies - 50%
2. 2 - (Student Worker) (Final)
  - Final Written Exam - 100%
3. 3 - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100%

**Language of instruction**

Portuguese, with additional English support for foreign students.

**Electronic validation**

Bruno Miguel Delgado, Luis Jorge Rodrigues Gaspar, Maria Eugénia Rodrigues Mendes, Sonia Alexandra Claro Casado	Leonel São Romão Preto	Hélder Jaime Fernandes	Adília Maria Pires da Silva Fernandes
07-12-2023	10-01-2024	11-01-2024	11-01-2024