

Course Unit	Option 1 - Professional internship in Rehabilitation Nursing		Field of study	Nursing	
Master in	Nursing in Rehabilitation		School	School of Health	
Academic Year	2023/2024	Year of study	1	Level	2-1
Type	Semestral	Semester	2	Code	1208-746-1202-02-23
Workload (hours)	405	Contact hours	T -	TP -	PL -
			TC -	S -	E 378
			OT 100	O -	

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) Andre Filipe Morais Pinto Novo, Leonel São Romão Preto, Maria Eugénia Rodrigues Mendes, Maria José Almendra Rodrigues Gomes

### Learning outcomes and competences

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

1. Develop specific Rehabilitation Nursing skills in the care of people with changes in cardiorespiratory function;
2. Develop dexterity and mastery in the implementation of manual and instrumental therapeutic techniques in Rehabilitation Nursing;
3. Implement Respiratory Rehabilitation plans based on person assessment, diagnosis, care prescription and monitoring of results;
4. Implement Cardiac Rehabilitation plans based on person assessment, diagnosis, prescription of care and monitoring of results;
5. Identify and select, through critical-reflective analysis of contexts and clinical practice, a thematic to perform a scientific research and data for the final internship report.

### Prerequisites

Before the course unit the learner is expected to be able to:  
Not applicable

### Course contents

Skills and knowledge acquired in the development of the course's curricular units.

### Course contents (extended version)

1. Mobilize knowledge of the Rehabilitation Nursing Curricular Unit I;
2. Application of methods and tools for assessment of cardiac and respiratory functions;
  - Identification of specialized intervention needs.
3. Implementation of manual and instrumental therapeutic techniques in Rehabilitation Nursing;
4. Implementation of Respiratory Rehabilitation plans;
  - Based on person assessment, diagnosis, prescription of care and monitoring of results.
5. Implementation of Cardiac Rehabilitation Plans;
  - Based on person assessment, diagnosis, prescription of care and monitoring of results.
6. Identification and selection of a line of research to be developed.

### Recommended reading

1. DGS(2019). Programas de Reabilitação Respiratória nos CSP OT 014/2019 Global strategy for the diagnosis, management, and prevention of chronic Obstructive Pulmonary Disease(2019) GOLD, Inc
2. CNDIC(2009). Reabilitação Cardíaca: Realidade Nacional e Recomendações Clínicas Cordeiro, M. ; Mendoça, E. (2012). Manual de Boas Práticas na Reabilitação Respiratória. Lusociência
3. Cordeiro, M. (2014). Terapêutica inalatória: princípios, técnica de inalação e dispositivos inalatórios. Lusodidacta
4. Novo, A. ; Delgado, B. ; Mendes, E. ; Lopes, I. ; Preto, L. , Loureiro, M. (2020). Reabilitação cardíaca. Lusodidacta
5. OE(2018). GOBP Reabilitação Respiratória

### Teaching and learning methods

The internship will take place in different contexts (hospitals, community, continuous care units, home and others) that allow the student to develop clinical skills in Respiratory Rehabilitation (50% - 125h) and Cardiac (50% - 125h) under tutorial guidance specialist ER specialist. Supervision will be the responsibility of a teacher from the master's teaching team.

### Assessment methods

- Clinical Component/Competence Grid (100%) - (Regular, Student Worker) (Final)

### Language of instruction

Portuguese

### Electronic validation

Andre Filipe Morais Pinto Novo, Leonel São Romão Preto, Maria Eugénia Rodrigues Mendes, Maria José Almendra Rodrigues Gomes	Josiana Adelaide Vaz	Hélder Jaime Fernandes	Adília Maria Pires da Silva Fernandes
20-05-2024	20-05-2024	22-05-2024	22-05-2024