

Course Unit	Gerontological and Geriatric Nursing		Field of study	-	
Bachelor in	Nursing		School	School of Health	
Academic Year	2023/2024	Year of study	1	Level	1-1
Type	Semestral	Semester	2	ECTS credits	3.0
Code	9500-811-1204-00-23				
Workload (hours)	81	Contact hours	T -	TP 37,5	PL -
			TC -	S -	E -
			OT -	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) Carlos Pires Magalhães

Learning outcomes and competences

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

1. Identify the phenomenon of population aging in a historical, cultural and social perspective;
2. Describe the various biological and psychosocial theories try to explain the natural aging process;
3. Describe the structural and functional biological, as well the psychosocial changes, which characterise the natural aging process;
4. Make the distinction between natural aging normal processes and pathological deviances;
5. To understand the specificity inherent of good geriatric and gerontologic practical cares.
6. Identify politics/ support nets (health and/or social) to the elder.

Prerequisites

Not applicable

Course contents

1. Introduction: Basic terms definition and characterization of the senescence process. The phenomenon of population aging. 2. Biological and psychosocial theories of aging. 3. Bio-psycho-social changes associated with the aging process. . 4. Gerontologic stereotype and prejudice. 5. Specificity inherent of good geriatric and gerontologic practical cares. 6. Politics/ Support nets (health and/or social) to the elder.

Course contents (extended version)

1. Introduction:
 - Basic terms definition;
 - Senescence process;
 - Primary, secondary and tertiary aging;
 - General features of the aging process;
 - The phenomenon of population aging.
2. Biological Theories of Aging:
 - Stochastic and determinist theories.
3. Psychosocial theories of aging.
 - Activity Theory;
 - Continuity Theory;
 - Disengagement Theory.
4. Structural and/or functional changes associated with the senescence process, in respect of:
 - Cellular and tissue;
 - Locomotor system;
 - Nervous and sensory system;
 - Integumentary system;
 - Cardiovascular and respiratory systems;
 - Digestive system;
 - kidney and urinary system;
 - Endocrine system;
 - Reproductive system;
 - Immune system and biological rhythms.
5. Psycho-social changes associated with the aging process.
6. Gerontologic stereotype and prejudice.
7. Specificity inherent of good geriatric and gerontologic practical cares.
8. Politics/ Support nets (health and/or social) to the elder.

Recommended reading

1. Almeida, M. L. F. , Tavares, J. P. A. & Ferreira, J. SSS (Coord.) (2021). Competências em Enfermagem Gerontogeriatrica: Uma exigência para a Qualidade do Cuidados. UICISA: E
2. Freitas, E. V. , Py, L. , Cançado, F. A. X. , Doll, J. & Gorzoni, M. (2011). Tratado de Geriatria e Gerontologia (3.ª Ed.). Editora Guanabara.
3. Pereira, F. (Coord) (2017). Teoria e Prática da Gerontologia (2ª Ed.). Psicossoma.
4. Sousa, O., Araújo, O., & Sequeira, C. (2024). Enfermagem em Gerontologia e Geriatria. Editora Lidel.
5. Wold, G.H (2013). Enfermagem Gerontológica (5ª ed.). Elsevier.

Teaching and learning methods

- Theoretical-practical classes (37, 5 hours): explanatory and reflective lessons using the available audio-visual aids.

Assessment methods

1. Evaluation - (Regular, Student Worker) (Final)
 - Development Topics - 20% (Inverted Classroom)
 - Final Written Exam - 80% (Written exam)
2. Final written exam - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 100%

Language of instruction

Portuguese

Electronic validation

Carlos Pires Magalhães	Ana Fernanda Ribeiro Azevedo	Hélder Jaime Fernandes	Adília Maria Pires da Silva Fernandes
25-03-2024	25-03-2024	25-03-2024	26-03-2024