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|------------------|---------------------------|---------------|----------------|------------------|-------|
| Course Unit      | Rehabilitation Nursing II |               | 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              | ECTS credits     | 15.0  |
| Code             | 1208-746-1201-00-23       |               |                |                  |       |
| Workload (hours) | 405                       | Contact hours | T -            | TP 45            | PL 30 |
|                  |                           |               | 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) Andre Filipe Morais Pinto Novo, Maria José Almendra Rodrigues Gomes, Sandra Cristina Soeiro Correia Borges, Susana Catarina Sarmiento Banrezes Salselas

### Learning outcomes and competences

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

1. Develop skills in clinical nursing rehabilitation in ortho-traumatologic pathologies at the three levels of action;
2. Mastering the concepts and principles of functional anatomy of the locomotor system;
3. Use the resources and assistive products to rehabilitation
4. Develop a critical appreciation and an action based on evidence;
5. Outline care plans and programs of rehabilitation nursing for people with disease / disability with etiology orthopedic and/or traumatic
6. Develop skills in clinical nursing rehabilitation in patients with specific diseases of the locomotor system.

### Prerequisites

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

### Course contents

Anatomy and biomechanics locomotor system, functional health patterns, physical examination/assessment ; diagnosis of motor function, pathological conditions and treatment, Rehabilitation of disorders of the upper and lower limbs and spine, programs and projects in nursing rehabilitation. Anatomy and physiology nervous system. Neurological evaluation; Cerebral vascular pathologies; Neuromuscular pathologies and peripheral neuropathies; Neurogenic bladder and bowel

### Course contents (extended version)

1. Anatomy and biomechanics of the locomotor system: a) upper limbs b) lower limbs c) spine.
2. Functional health patterns.
3. Physical examination/assessment of range of motion: shoulder, elbow and forearm, wrist and hand.
4. Physical examination/assessment of range of motion: hip and thigh, knee and leg, foot and ankle.
5. Physical examination/assessment of range of motion of the cervical, dorsal and lumbar spine.
6. Diagnosis of motor function. Pathological conditions and treatment.
7. Rehabilitation of disorders of the upper and lower limbs and spine.
8. Programs and projects in nursing rehabilitation.
9. Specialized care in practice: patient assessment, therapeutic exercises, positioning in bed.
10. Cuidados na prática especializada: training for functional independence and self-care.
11. Anatomy and physiology nervous system. Person evaluation with neurological alterations
12. Cerebral vascular pathologies Neuromuscular pathologies and peripheral neuropathies
13. Neurogenic bladder and bowel
14. Sexuality in the context of traumatic and nontraumatic neurological pathology
15. Daily life activities training

### Recommended reading

1. Menoita, E. (2012). Reabilitar a pessoa Idosa com AVC: contributos para um envelhecer resiliente. Lusociência
2. Greene, W. (2006). Netter Ortopedia. Rio de Janeiro: Elsevier.
3. Proença, A. (2008). Ortopedia e Traumatologia - Noções essenciais. Coimbra: Imprensa da Universidade de Coimbra.
4. Hoeman, S. (2011). Enfermagem de Reabilitação - Prevenção, tratamento e resultados esperados. Lusodidacta.
5. Kapandji, A. I. (2001). Fisiologia Articular. Vol. n.º 1, 2 e 3. Guanabara Koogan.

### Teaching and learning methods

Classes and seminars taught in a comprehensive and multidisciplinary way, using active teaching methodologies. The individual student's work will be accompanied by tutorial guidance. It will be emphasizes the practical component by troubleshooting and performing simulated practice using the laboratory work with simulators, mannequins and other equipment.

### Assessment methods

1. Distributed evaluation - (Regular, Student Worker) (Final)
  - Final Written Exam - 70% (minimum score of 8. 5 out of 20 possible)
  - Work Discussion - 30%
2. Evaluation by final exam - (Regular, Student Worker) (Final, Supplementary, Special)
  - Final Written Exam - 100%

### Language of instruction

Portuguese

| Electronic validation  |                                |                        |                                       |
|--|--------------------------------|------------------------|---------------------------------------|
| Andre Filipe Morais Pinto Novo, Maria José Almendra Rodrigues Gomes, Sandra Cristina Soeiro Correia Borges, Susana Catarina Sarmento Banrezes Salselas | Maria Eugénia Rodrigues Mendes | Hélder Jaime Fernandes | Adília Maria Pires da Silva Fernandes |
| 24-03-2024   | 02-04-2024                     | 08-04-2024             | 11-04-2024                            |

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