

Course Unit	-	Field of study	-
Master in	Long Term Care	School	School of Health
Academic Year	2016/2017	Year of study	1
Type	Semestral	Semester	2
Level	2-1	ECTS credits	5.0
Code	1350-478-1206-00-16		
Workload (hours)	135	Contact hours	T -    TP 30    PL 15    TC -    S -    E -    OT 10    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) Leonel São Romão Preto

### Learning outcomes and competences

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

1. Understand the concepts of rehabilitation, disability and handicap.
2. Understand the components of functioning and disability on health and methods of functional evaluation.
3. Recognize the importance of interdisciplinary work in rehabilitation in long-term care and the roles of different professionals.
4. Acquire knowledges that enable the understanding of rehabilitation programs for dependent patients.

### Prerequisites

Before the course unit the learner is expected to be able to:  
Não se aplica

### Course contents

Rehabilitation: philosophy of caring. Rehabilitation programs. Particularities in long term care. Functionality and functional assessment. Prevention of complications of immobility. Respiratory rehabilitation. CNS. Kinesiology and exercise therapy. Methods of muscle strength. Therapeutic exercises and therapy by movement. Patient positioning. Transfers between superficies. Fisioterapia, OT and Rehabilitation Nursing in Long Term Care.

### Course contents (extended version)

1. Rehabilitation: Philosophy in care. An asset in continuing care
2. Disability and handicap.
3. Rehabilitation programs. Particularities in continuing care.
4. Functionality and functional assessment. Autonomy and independence (assessment tools).
5. Prevention of complications of immobility in various organs and systems.
6. Procedures in respiratory rehabilitation.
7. Neurological disorders of the central nervous system and peripheral. Role of rehabilitation.
8. Kinesiology. The skeletal system and muscle function.
9. Methods of muscle strength. Therapeutic exercises and therapy by movement.
10. Positioning of patients. Transferring patients between adjacent surfaces.
11. Occupational therapy (Role in interdisciplinary team).
12. Role of physiotherapy in interdisciplinary team.
13. Speech therapy in rehabilitation in Long Term Care.
14. Role of rehabilitation nursing in Long Term Care.

### Recommended reading

1. Afonso, R. , Novo, A. , & Martins, P. (2014). Fisioterapia em Cuidados Paliativos - Da Evidência à Prática. Loures: Lusodidacta.
2. Hesbeen, W. (2003). A Reabilitação. Criar novos caminhos. Loures: Lusociência.
3. DeLisa, J. (2002). Tratado de Medicina de Reabilitação: Princípios e Práticas. São Paulo: Editora Manole.
4. Ordem dos Enfermeiros (2013). Cuidados à pessoa com alterações da mobilidade- Posicionamentos, transferências e treino de deambulação.

### Teaching and learning methods

Expository technique. Theoretical-practical and practical lessons in simulated environment / work-oriented research.

### Assessment methods

1. Of group work (40%). Written test (60%) - (Regular, Student Worker) (Final)
2. Written exam (100%) - (Regular, Student Worker) (Final, Supplementary, Special)

### Language of instruction

Portuguese

### Electronic validation

Leonel São Romão Preto	Maria Augusta Pereira da Mata	Maria Helena Pimentel
13-12-2016	13-12-2016	15-12-2016