INSTITUTO POLITÉCNICO DE BRAGANÇA

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| Course Unit | Gerontological and Geriatric Nursing | | | Field of study | Nursing | | |
| Bachelor in | Nursing | | | School | School of Health | | |
| Academic Year | 2021/2022 | Year of study | 1 | Level | 1-1 | ECTS credits | 3.0 |
| Type | Semestral | Semester | 2 | Code | 9501-699-1203-00-21 | | |

| Workload (hours) | 81 | Contact hours | T - | TP 37,5 | PL - | TC - | S - | E - | OT - | O - |
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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. Eliopoulos, C. (2005). Enfermagem Gerontológica. Porto Alegre: Editora Artmed.
2. Freitas, E. V. , Py, L. , Cançado, F. A. X. , Doll, J. & Gorzoni, M. (2011). Tratado de Geriatria e Gerontologia. 3. ª Ed. Rio de Janeiro: Editora Guanabara.
3. Roach, S. (2003). Introdução à Enfermagem Gerontológica. Rio de Janeiro: Editora Guanabara Koogan S. A.
4. Wold, G. H. (2013). Enfermagem Gerontológica. 5ª Ed. São Paulo: Elsevier.
5. Sanz, L. (2002). Manual de Gerontologia. Barcelona: Editorial Ariel, S. A.


## 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

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## Electronic validation

| Carlos Pires Magalhães | Ana Fernanda Ribeiro Azevedo | Eugénia Maria Garcia Jorge Anes | Adília Maria Pires da Silva Fernandes |
|---|---|---|---|
| 09-03-2022 | 10-03-2022 | 10-03-2022 | 11-03-2022 |

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