

Course Unit	Gerontological and Geriatric Nursing		Field of study	Nursing	
Bachelor in	Nursing		School	School of Health	
Academic Year	2022/2023	Year of study	1	Level	1-1
Type	Semestral	Semester	2	ECTS credits	3.0
Code	9501-699-1203-00-22				
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.S.S (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. 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

Electronic validation			
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02-03-2023	02-03-2023	02-03-2023	07-03-2023