

Course Unit	Clinical Training II - Optional - Long Term Care			Field of study	Nursing		
Bachelor in	Nursing			School	School of Health		
Academic Year	2022/2023	Year of study	3	Level	1-3	ECTS credits	6.0
Type	Semestral	Semester	2	Code	9501-699-3205-01-22		
Workload (hours)	162	Contact hours	T - TP - PL - TC - S - E - OT - O 106				

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) Maria Helena Pimentel

### Learning outcomes and competences

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

1. Assess comprehensively the dependent person needs
2. Define functionality and autonomy goals involving the family in the decision-making;
3. Provide humanized and individualized nursing care to the person in a situation of dependency;
4. Cooperate in promoting the continued recovery or maintenance of functionality and autonomy;
5. Contribute to family caregiver enabling in order to establish the continuity of care when returning home and to prevent negative effects of caregiving.

### Prerequisites

Before the course unit the learner is expected to be able to:  
Not applicable

### Course contents

Help relationship; nursing process; identification of potential risk situations; safe therapeutic environment; quality of care; support to families; nursing records; professional secrecy; ethics in care delivery.

### Course contents (extended version)

1. Establishes help relationship with the person in a situation of dependency and his/her family;
2. Applies nursing process to the person, aiming the improvement of well-being/ promotion of self-care;
  - Makes nursing diagnoses;
  - Plans interventions according to diagnoses;
  - Implements the planned interventions
  - Evaluates the results of implemented interventions
3. Identifies potential risk situations;
  - proposes and implements care aiming the prevention / solution of the encountered problems;
4. Promotes and maintains a safe and therapeutic environment;
5. Intervenes in order to create the conditions to maintain the person in his/her environment;
  - ensuring the provision of care with quality and safety;
6. Ensures support to enable families to integrate the patient's within them;
7. Contributes to the existence of information
  - nursing registries reflecting practices/health outcomes sensitive to those care

### Recommended reading

1. Instituto da Segurança Social, I. P (2014). Guia Prático – Rede Nacional de Cuidados Continuados Integrados. Lisboa, ISS. IP.
2. OE (2009). RNCCI: Referencial do Enfermeiro. <http://www.ordemenfermeiros.pt/documentosoficiais/Documents/RNCCI%20-%20v.FINAL%20Referencial%20do%20Enfermeiro%20-%20Abril%202009.pdf>
3. Ordem dos Enfermeiros (2015). Regulamento n.º 190/2015. Regulamento do Perfil de Competências do Enfermeiro de Cuidados Gerais. Diário da República, 2.ª série — N.º 79 de 23 de abril.
4. Portugal, Decreto-Lei n.º 101/2006 de 6 de Junho de 2006. Criação da Rede Nacional de Cuidados Continuados Integrados. Diário da República I série -A, nº 109

### Teaching and learning methods

This Clinical Teaching should preferably take place in services/units with training idoneity certified by the Ordem dos Enfermeiros (Portuguese Nurses Order). The clinical supervision is ensured by Specialist Nurses/Nurses of the contexts and these should preferably have the added competence in clinical supervision awarded by the Ordem dos Enfermeiros (Portuguese Nurses Order).

### Assessment methods

- Continuous evaluation - (Regular, Student Worker) (Final)
  - Practical Work - 80% (Student's daily performance)
  - Development Topics - 20% (work group on a theme proposed by the teacher)

### Language of instruction

Portuguese, with additional English support for foreign students.

### Electronic validation

Maria Helena Pimentel	Andre Filipe Morais Pinto Novo	Maria Eugénia Rodrigues Mendes	Adília Maria Pires da Silva Fernandes
01-06-2023	01-06-2023	02-06-2023	03-06-2023