

Course Unit	Health and Aging		Field of study	Health	
Bachelor in	Gerontology		School	School of Health	
Academic Year	2021/2022	Year of study	1	Level	1-1
Type	Semestral	Semester	2	ECTS credits	6.0
Code	9833-346-1205-00-21				
Workload (hours)	162	Contact hours	T -	TP 50	PL 30
			TC -	S -	E -
			OT 9	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) Adriana Cristina Falcao de Oliveira, Anabela Paula Seixas Goncalves Martins, Hélder Jaime Fernandes, Vania Daniela Santos Borges

Learning outcomes and competences

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

1. - understand health's problematic based upon the normal aging process
2. Identify Health determinants
3. Identify active aging determinantes
4. Understand the need for health promotion and prevention of disease in the elderly
5. Identify pertinent indicators for the basic needs diagnosis and satisfaction in the elderly
6. Be able to give basic care to the old people
7. Know how to act in urgent situations

Prerequisites

Before the course unit the learner is expected to be able to:
None

Course contents

Health and its determinants. Health Promotion. Disease/levels of prevention. Global aging. Active aging determinants. Aging and autonomy, inability and dependence. Functional assessment of the old people. Assesment tools. The elderly in family/informal caregivers. Human basic needs. Personal hygiene. Security, Walking and moving. technical aids.

Course contents (extended version)

1. Health and its determinants. Health promotion
2. Prevention of disease
3. Active aging determinants. Types of aging: autonomy, inability and dependency
4. Health promotion, prevention of disease and health survey in the elderly
5. Functional assesment in aging. Assesment tools. Decision algorithm
6. Human basic needs of Maslow. Changes related to the aging process
7. Promotion of autonomy in human basic needs
8. Personal Hygiene. Bathing in bed and in the bathroom. Oral Hygiene
9. Security: environmental adaptation to the elderly. Age friendly cities
10. Urinary and fecal elimination. Incontinence. Urinary infections
11. Moving and walking. Adapative resources. Prothesis. Technical aids

Recommended reading

1. Berger, Louise; Mailloux – Poirier, Danielle (1995) – Pessoas Idosas: Uma abordagem Global. Loures, Lusodidacta
2. Dohme, S. A. (2005) – Saúde e Bem – Estar para Pessoas Idosas. Fundamentos Básicos para a Prática. Loures, Lusodidacta.
3. Villaverde Cabral, M (coord) (2013). Processos de Envelhecimento em Portugal: Usos do tempo, redes sociais e condições de vida. Lisboa, Fundação Francisco Manuel dos Santos.
4. Viana de Freitas, et al (2006) – Tratado de geriatria e Gerontologia. 2ª ed. Rio de Janeiro, Guanabara – Koogan
5. Sequeira, Carlos (2010). Cuidar de Idosos com dependência física e mental. Lisboa, Lidel

Teaching and learning methods

There are theoretical, theoretical-practical classes and also laboratorial practice, using expositive, active and participative methodologies with the analysis and discussion of scientific papers in order to the construction of working sheets

Assessment methods

1. Continuous evaluation; test and written work - (Regular, Student Worker) (Final)
 - Final Written Exam - 50% (final exam with all the subjects taught in classroom)
 - Laboratory Work - 50% (Practical evaluation)
2. Final exam including every topics in the program - (Regular, Student Worker) (Supplementary, Special)

Language of instruction

Portuguese, with additional English support for foreign students.

Electronic validation

Adriana Cristina Falcao de Oliveira, Anabela Paula Seixas Goncalves Martins, Hélder Jaime Fernandes, Vania Daniela Santos Borges	Carlos Pires Magalhães	Ana Maria Nunes Português Galvão	Adília Maria Pires da Silva Fernandes
03-06-2022	03-06-2022	06-06-2022	06-06-2022