

Course Unit	Health and Aging	Field of study	Health
Bachelor in	Gerontology	School	School of Health
Academic Year	2022/2023	Year of study	1
Type	Semestral	Semester	2
Level	1-1	ECTS credits	6.0
Code	9833-346-1205-00-22		
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) Anabela Paula Seixas Goncalves Martins

#### 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. Understanding the need for health promotion and prevention 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. Health literacy Active aging. Active aging determinants. Aging and autonomy, inability and dependence. Functional assessment of the old people. Assessement tools. The elderly in family/informal caregivers. Human basic needs. Personal hygiene. Security, Walking and mooving. Technical aids.

#### Course contents (extended version)

1. Health and its determinants.
2. Health promotion .Health-disease process. Health prevention. Prevention levels.
3. Health literacy. Health surveillance in the elderly.
4. Active aging determinants. Types of aging: autonomy, inability and dependency
5. Human basic needs of Maslow. Changes related to the aging process
6. Functional assessement in aging. Assessement tools. Decision algorithm
7. Elderly care management.
  - Promotion of autonomy in human basic needs
  - Integrated, proactive and humanized care.
  - Informal caregivers.
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
12. Urgent situations.

#### 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 exame with all the subjects taught in classroom)
  - Laboratory Work - 50% (Practical evaluation)
2. Final exame including every topics in the program - (Regular, Student Worker) (Supplementary, Special)

#### Language of instruction

Portuguese, with additional English support for foreign students.

#### Electronic validation

Anabela Paula Seixas Goncalves Martins	Carlos Pires Magalhães	Ana Maria Nunes Português Galvão	Adília Maria Pires da Silva Fernandes
28-03-2023	15-05-2023	21-05-2023	22-05-2023