

Course Unit	Occupational Therapy		Field of study	Therapy and Rehabilitation	
Bachelor in	Gerontology		School	School of Health	
Academic Year	2023/2024	Year of study	2	Level	1-2
Type	Semestral	Semester	1	Code	9833-346-2106-00-23
Workload (hours)	135	Contact hours	T -	TP 30	PL -
			TC 15	S -	E -
			OT 15	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) Nuno Filipe do Nascimento Quiterio

#### Learning outcomes and competences

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

1. Understanding basic therapy skills occupational therapy and Integrate the knowledge of occupational therapy with the elderly population.
2. Recognize and perform several non-pharmacological interventions in different pathologies and more frequent situations in the elderly.

#### Prerequisites

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

#### Course contents

Occupational Therapy Development in Geriatrics and Gerontology. Occupational therapy definition and legal framework. Central aspect of occupational therapy. The activity as a therapeutic means. Occupational Therapist's Role in Comprehensive Geriatric Assessment. Non pharmacological interventions in the elderly. Chronic diseases and aging that health responses. Reeducate and readapt. Health literacy and self-care the informal caregiver.

#### Course contents (extended version)

1. Occupational Therapy in Geriatrics and Gerontology. Definition and legal framework.
2. Central aspect of Occupational Therapy:
  - Role of occupational therapist
  - Concept of occupation, activity and task .
3. The activity as a therapeutic means Models for practice: Mosey, Reilly, Allen and Kielhofner.
4. Comprehensive geriatric assessment:
  - Balance and gait: Tinetti scale.
  - Practice Support Equipment & Supplies
5. Non pharmacological interventions in Geriatrics and Gerontology:
  - Exercise, Therapeutic massage, Thermotherapy
6. Chronic diseases and aging that health responses. Reeducate and readapt.
7. Literacy in health and self-care the informal caregiver.

#### Recommended reading

1. Martinez, A. M. G. & Cremé, I. A. (2008). Terapia Ocupacional. Cuba: Ciências médicas
2. Molina, P. D. , & Tarrés, P. P. (2004). Terapia ocupacional em geriatria: Principios e prática (2 ed. ). Barcelona: Masson S. A.
3. Ortiz, L. A. Carrasco, M. M. , & Ballesteros, J. C. (2006). Psiquiatria geriátrica (2 ed. ). Barcelona: Masson S. A.
4. Jame Bozorgi, A. A. , et al (2015). The Effectiveness of Occupational Therapy Supervised Usage of Adaptive Devices on Functional Outcomes and Independence after Total Hip Replacement. Occup Ther Int
5. Crepeau, E. B. , Cohn, E. S. , Shell, B. A. B. (2005). Terapia Ocupacional - Willard & Spackman (10 ed. ). Madrid: Editorial medica panamericana

#### Teaching and learning methods

Theoretical practical classes: expositive / reflexive with the support of audiovisual means. Guidance classes for carrying out group work in the curricular unit. Resolution of clinical cases.

#### Assessment methods

1. continuous evaluation - (Regular, Student Worker) (Final)
  - Final Written Exam - 75% (Evaluation test)
  - Practical Work - 25% (group work with oral presentation)
2. Exam - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100%

#### Language of instruction

Portuguese

#### Electronic validation

Nuno Filipe do Nascimento Quiterio	Hélder Jaime Fernandes	Luis Migue Fernandes Nascimento	Adília Maria Pires da Silva Fernandes
09-11-2023	09-11-2023	10-11-2023	13-11-2023