

Course Unit	Internship I		Field of study	Health	
Bachelor in	Gerontology		School	School of Health	
Academic Year	2023/2024	Year of study	2	Level	1-2
Type	Semestral	Semester	2	ECTS credits	20.0
Code	9833-346-2201-00-23				
Workload (hours)	540	Contact hours	T	-	TP
			PL	-	TC
			S	-	E
			350	OT	32
			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) Ana Maria Nunes Português Galvão

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:  
Apply the theoretical knowledge acquired during the theoretical component, to the institutionalized elderly person, taking into account the holistic model.

### Prerequisites

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

### Course contents

Skills for working in a multidisciplinary team. Communication skills and interpersonal relationship with the elderly person and family. Identification of alterations inherent of the aging process. Basic health care for the elderly. Promotion of active and healthy aging. Identification of training needs and educational programs for formal and informal caregivers.

### Course contents (extended version)

- Skills for working in a multidisciplinary team
  - Conflict resolution skills
  - Team work; Empathy
- Communication skills and interpersonal relationship with the elderly person and the family
  - Health communication techniques; Health education
  - Self knowledge
  - Personal development
- Identification of alterations inherent of the aging process
  - Screening for the frailty syndrome in the elderly
- Basic health care for older people
  - Participation in hygiene and comfort activities
  - Promotion of healthy eating
  - Psychological support;
  - Participation in rehabilitation activities
  - Study of drugs prescribed to the elderly
  - Take care with humanity
- Promotion of active and healthy aging
  - Educating on nutritional needs of the elderly and promoting healthy eating
  - Study of exercise programs adapted to the needs of the elderly.
  - Interventions to stimulate social engagement, participation in community groups
- Identify training needs and educational programs for formal and informal caregivers
  - Planning and carrying out workshops based on identified needs

### Recommended reading

- Pereira, F. (2012). Teoria e prática da gerontologia - um guia para cuidadores de idosos (F. Pereira (ed.)). Psico & Soma.
- Pinheiro, J. (Ed.). (2021). Olhares sobre o envelhecimento. Estudos interdisciplinares - Vol. I. Universidade da Madeira.
- Galvão, A. (2021). Literacia em saúde e autocuidado: evidências que projetam a prática clínica (A. Galvão (Ed.)). EuroMédice Publicações Médicas.
- Moura, C. (2019). O perfil no mosaico da intervenção gerontológica (C. Moura (Ed.)). Seda Publicações.
- Fragoso, V. (2022). Atos e Retratos do Envelhecimento. Almaletra

### Teaching and learning methods

Internship in residential care facilities for the elderly (practical context).

### Assessment methods

- Final evaluation - (Regular, Student Worker) (Final)
- Practical Work - 60% (Continuous evaluation throughout the stage.)
- Reports and Guides - 40%

### Language of instruction

Portuguese

### Electronic validation

Ana Maria Nunes Português Galvão	Carlos Pires Magalhães	Carina de Fatima Rodrigues	Adília Maria Pires da Silva Fernandes
08-04-2024	09-04-2024	09-04-2024	11-04-2024