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|--------------------------|---------------------------|---------------|----------------|----------------------------|-----|
| Course Unit | Geriatrics Rehabilitation | | Field of study | Therapy and Rehabilitation | |
| Bachelor in | Gerontology | | School | School of Health | |
| Academic Year | 2021/2022 | Year of study | 2 | Level | 1-2 |
| Type | Semestral | Semester | 2 | ECTS credits | 5.0 |
| Workload (hours) | | | 135 | Contact hours | |
| | | | T | - | TP |
| | | | 45 | PL | 25 |
| | | | TC | - | S |
| | | | - | E | - |
| | | | OT | 5 | O |
| | | | - | | |
| Code 9833-346-2203-00-21 | | | | | |

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 José Almendra Rodrigues Gomes

Learning outcomes and competences

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

1. Know the importance of rehabilitation in geriatric population
2. Know the therapeutic approach (physical activity and therapeutic exercises) in the promotion of abilities in opposition to the immobility effects
3. Identify rehabilitation strategies for the geriatric population with musculoskeletal pathologies
4. Identify rehabilitation strategies for the geriatric population with cardiovascular pathologies
5. Identify rehabilitation strategies for the geriatric population with respiratory pathology
6. Identify rehabilitation strategies for the geriatric population with neurological pathology
7. Identify rehabilitation strategies for the geriatric population with changes in the sense organs (vision and hearing)
8. Identify rehabilitation strategies for the geriatric population with changes related to bladder and bowel incontinence

Prerequisites

Before the course unit the learner is expected to be able to:
Non applicable.

Course contents

Introduction to the geriatric rehabilitation. Physical exercise and aging; therapeutic exercises. Incapacitating diseases and immobility effects. Rehabilitation in musculoskeletal, cardiovascular, respiratory and neurological pathologies.

Course contents (extended version)

1. Geriatric rehabilitation
 - Physical exercise and aging.
 - Immobility effects. Rehabilitation of the bedridden elderly.
 - Therapeutic exercises. Physical exercise in different pathologies
 - Basic kinesiology techniques.
2. Rehabilitation in cardiovascular and respiratory pathologies.
 - Respiratory rehabilitation.
 - Vascular peripheral pathology. Amputated patient; diabetic foot.
3. Rehabilitation in musculoskeletal pathologies.
 - Osteoarthritis, osteoporosis and fractures
 - Programmes for muscular strengthening.
4. Rehabilitation in neurological pathologies
 - Stroke
 - Parkinson's disease
 - Alzheimer's disease
5. Sight and hearing functional alterations.
6. Vesical and intestinal incontinence.

Recommended reading

1. Abric, M., Dotte, P., Jesus, M. G. T. M., Moreira, H. M. M. S. G., Berger, L., & Kuntzman, F. (2002). Gestos e Ativação para pessoas idosas: Ergomotricidade e cuidado gerontológico. Lusociência
2. DeLisa, J. A. (2002). Tratado de Medicina de Reabilitação - Princípios e Prática. Manole
3. Kauffman, T. L. (2001). Manual de Reabilitação Geriátrica. Guanabara Koogan
4. American College of Sports Medicine (2007). Diretrizes do ACSM para os Testes de Esforço e sua Prescrição. Guanabara Koogan

Teaching and learning methods

Theoretical and practical classes. Practical works. Monitored study.

Assessment methods

1. Alternative 1 - (Regular, Student Worker) (Final)
 - Intermediate Written Test - 30% (After each class, students will individually perform a mini test of the subject taught)
 - Final Written Exam - 70%
2. Alternative 2 - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 100%

Language of instruction

Portuguese

Electronic validation

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|-------------------------------------|--------------------------------|----------------------------------|---------------------------------------|
| Maria José Almendra Rodrigues Gomes | Maria Eugénia Rodrigues Mendes | Ana Maria Nunes Português Galvão | Adília Maria Pires da Silva Fernandes |
| 10-03-2022 | 11-03-2022 | 11-03-2022 | 11-03-2022 |