

Course Unit	Geriatrics Rehabilitation		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	2	ECTS credits	5.0
Code	9833-346-2203-00-23				
Workload (hours)	135	Contact hours	T -	TP 45	PL 25
			TC -	S -	E -
			OT 5	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)

### 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 the geriatric population
2. Know the therapeutic approach, with emphasis on physical activity and therapeutic exercises, in promoting capabilities in contrast to the effects of immobility
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:

### Course contents

### Course contents (extended version)

1. Geriatric rehabilitation
  - Physical exercise and aging
  - Effects of immobility Rehabilitation of the bedridden elderly
  - Therapeutic exercises
  - Physical exercise in different pathologies
  - Basic techniques in kinesiology
2. Rehabilitation in cardiovascular and respiratory pathologies.
  - Respiratory rehabilitation
3. Peripheral vascular pathology - Amputee patient; Diabetic foot.
4. Rehabilitation in musculoskeletal pathologies
  - Osteoarthritis, osteoporosis and fractures.
  - Muscle strengthening programs
5. Rehabilitation in neurological pathologies
  - stroke
  - Parkinson's disease
  - Alzheimer's disease
6. Functional changes in vision and hearing
7. Intestinal and bladder 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 Classes: Presentation of theoretical contents. Practical classes:

### Assessment methods

1. Two assessment tests in the semester - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 50% (First frequency)
  - Intermediate Written Test - 50% (Second frequency, you will be exempt from the exam with the average of the 2 frequencies 10 points.)
2. final exam - (Regular, Student Worker) (Final)
  - Final Written Exam - 100% (The grade is the one obtained in the final exam)
3. final exam - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100% (The grade is the one obtained in the final exam)

### Language of instruction

Portuguese

### Electronic validation

Matilde Cristina Costa Poca	Maria José Almendra Rodrigues Gomes	Luis Migue Fernandes Nascimento	Adília Maria Pires da Silva Fernandes
17-06-2024	17-06-2024	18-06-2024	18-06-2024