

Course Unit	Internship II		Field of study	Health	
Bachelor in	Gerontology		School	School of Health	
Academic Year	2023/2024	Year of study	3	Level	1-3
Type	Semestral	Semester	2	ECTS credits	30.0
Code			9833-346-3201-00-23		
Workload (hours)	810	Contact hours	T	-	TP
			PL	-	TC
			S	-	E
			550	OT	42
			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, Kleiver Alexis Sanchez Rodriguez, Luis Manuel Jacob Jacinto

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:
To develop the knowledge and skills in operations in gerontological contexts, technical aspects, communication, scientific and relational.

Prerequisites

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

Course contents

Skills for working in a multidisciplinary team; management functions of residential structures for the elderly; Promotion of activities for active aging; training needs (Caregivers/elderly); Organization skills and execution of psico-educational workshops.

Course contents (extended version)

- Skills for working in a multidisciplinary team
 - conflict management
 - self knowledge
 - self regulation
 - creativity
 - leadership
 - Problem solving
 - health communication skills
 - interpersonal relationship skills
- Management functions of residential structures for the elderly
 - stock management
 - human resource management
 - activity planning
 - participation in health care management activities
 - Accompaniment and collaboration in management functions of the institution.
- Promotion of activities for active aging
 - physical activity plans
 - management of meal plans and personalized nutrition
 - cognitive training and rehabilitation activities
 - participation, planning and execution of social, cultural, recreational and occupational activities
- Training needs (Caregivers/elderly)
 - promoting literacy about the aging process
 - promotion of the Humanitude tool
- Skills for Organization and execution of educational actions
 - identification of training needs in caregivers/elderly people
 - searches in scientific databases
 - organization and participation in Gerontological Seminars

Recommended reading

- Bermejo García, L. (2010). Envejecimiento activo y actividad socioeducativas con personas mayores. Madrid: Panamericana.
- 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.
- 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.

Teaching and learning methods

Internship in gerontological context (social support and healthcare institutions for the elderly, residential structures for the elderly, Senior Universities, Municipal Councils, among others).

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			
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08-04-2024	09-04-2024	09-04-2024	11-04-2024

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