

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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