

## 61126 - Promoting health and therapeutic aspects

### Syllabus Information

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**Academic year:** 2023/24

**Subject:** 61126 - Promoting health and therapeutic aspects

**Faculty / School:** 127 - Facultad de Ciencias de la Salud

**Degree:** 374 - Master's in Social Gerontology

**ECTS:** 8.5

**Year:** 1

**Semester:** Annual

**Subject type:** Compulsory

**Module:**

### 1. General information

The subject, organized in different modules, focuses on the management of different theoretical and practical strategies for the health promotion of the elderly, both from a community and population perspective, with emphasis on inequalities and situations of greater vulnerability, as well as from the development of individualized interventions focused on the specific situation of the person. It includes modules based on the subjects Aging and Health, Nursing Care, Palliative Care, Occupational Therapy, Pharmacology and Nutrition and Technical Aids applied to the elderly.

These Goals are linked to the following Sustainable Development Goals SDGs of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es>) in such a way that the acquisition of the Learning Results of the subject provides training and competence to contribute to some extent to their achievement, specifically goals 3. Health and Wellness, 5. Gender Equality and 10. Reduction of inequalities

### 2. Learning results

#### Aging and Health Module

- To identify, analyse and discuss the contributions of epidemiology in the gerontological and geriatric field.
- To identify, analyse and discuss social and gender inequalities in health regarding aging and barriers to active aging.
- To analyse, detect and discuss the health needs of the elderly population and health assets as a strength for the improvement of the health status of the elderly.
- To assess the suitability of the salutogenic model and asset mapping in the framework of the care and health of the elderly.

#### Nursing Care of the Elderly module

- To identify, analyse and discuss the role of gerontological nursing in the face of other roles of different professionals.
- To identify, analyse and discuss the causes of nursing care needs specific to the elderly.
- To analyse and discuss the functions of gerontological nursing in the promotion of health and in the disease, as well as the means used by this kind of nursing.
- To identify, analyse and discuss the problems involved in the hospitalization of the elderly.
- To identify, analyse and discuss the nursing process and its value as a tool for care.
- To identify and analyse the factors influencing the quality of life of the elderly patient.

#### Palliative Care in the Elderly module

- To analyse and discuss the objectives of palliative care.
- To identify, analyse and discuss the basic tools to improve the quality of life of the terminally ill patient.
- To analyse and discuss the role of the team in the care of the terminally ill patient.
- To identify, analyse and discuss the assistance that the palliative care team should provide to the family of the terminally ill elderly patient.

#### Occupational Therapy in the Elderly module

- To identify, analyse and reflect on the paradigms on which occupational therapy is based.
- To identify and discuss therapeutic approaches from occupational therapy to pathologies and their consequences, as

well as their prevention.

- To reflect on an aspect of the situation of the role of the older adult.

#### Pharmacology and Nutrition in the Elderly module

- To identify, analyse and discuss the contributions of pharmacology and nutrition to the gerontological and geriatric field.
- To identify, analyse and discuss the causes of the special characteristics of pharmacotherapy in the elderly.
- To analyse and discuss the consequences of pharmacotherapy in the elderly.
- To design a healthy diet for an elderly person.

#### Technical Aids for the Elderly module

- To know assistive products or technical aids.
- To know the rights of the elderly regarding dependency care policies.
- To know the necessary characteristics for technical aids.
- To know how, when and why technical assistance is requested.
- To know the International Classification of Assistive Technologies.
- To know the technical aids according to activities and tasks.

### 3. Syllabus

#### Block I. Ageing and health

1. Tools for the analysis of the health situation of the elderly. Social and gender inequalities.
2. Bases for the design of programs for the integral care of the elderly: salutogenic model.

#### Block II. Nursing care for the elderly

1. Fields of action of the gerontogeriatric nurse, interdisciplinary teamwork in health promotion.

#### Block III. Palliative Care

1. Terminal condition, concept and aspects of palliative care.
2. Systems necessary to cover needs in the terminal stage.

#### Block IV. Occupational therapy in the elderly

1. Potential of occupational therapy in health education and prevention of dysfunctional states in the elderly.

#### Block V. Pharmacology and nutrition in elderly people

1. Application of new aspects of pharmacology in the elderly to the professional context
2. Dietary approach in the gerontological field.

#### Block VI. Technical aids

1. Support products in the field of geriatrics and gerontology

### 4. Academic activities

**Theoretical classes:** lectures and explanatory sessions of contents, including discussion sessions. Relevant and novel aspects of health and disease, care, policy and health promotion in the elderly will be presented.

**Seminars:** case solving, and defence of the results obtained, which can be conducted in a transversal way and in coordination with the different subjects of the master's degree.

**Individual work:** it includes the study of contents related to the theoretical classes, preparation of seminars, data analysis, search for information as well as complementary readings and writing of papers.

**Group work:** it includes the preparation of seminars, data analysis, information search and preparation of a review article, according to each subject and/or module of the master's degree.

**Tutoring/evaluation and guidance:** direct assistance to students, either in person or on-line, in addition to the identification of learning problems.

**Complementary activities:** visits to centres or activities related to the contents and skills of the subject in particular and of the master's degree in general. The offer and planning of these activities is presented at the beginning of the term (dates and schedules to be adapted to the students' availability). The grade obtained in these activities will be included in the final grade of the subjects involved.

### 5. Assessment system

The subject will be assessed by the following activities:

1. **Papers, seminars, case studies and complementary activities:** 90% of the final grade.

Each module will be assessed independently. The evaluation activities will be published in Moodle, and adapted to the characteristics of each module.

**2. Attendance to the sessions and participation:** 10% of the final grade.

The student must demonstrate that they has achieved the learning outcomes.

Global test:

- Students who have not passed any of these modules may take a multiple-choice test of the corresponding module.
- Students who wish to obtain a higher grade may opt for an overall test of the subject.