

Academic Year/course: 2022/23

## 61054 - Ecological and holistic care

### Syllabus Information

**Academic Year:** 2022/23

**Subject:** 61054 - Ecological and holistic care

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

**Degree:** 548 - Master's in Nursing Studies

**ECTS:** 6.0

**Year:** 1

**Semester:** Second semester

**Subject Type:** Optional

**Module:**

### 1. General information

### 2. Learning goals

### 3. Assessment (1st and 2nd call)

### 4. Methodology, learning tasks, syllabus and resources

#### 4.1. Methodological overview

The methodology followed in this course is oriented towards the achievement of the learning objectives. It is based on active methodologies that favor the development of critical thinking. A wide range of teaching and learning tasks are implemented, such as lectures, practice sessions, autonomous work and assessment tasks

Students are expected to participate actively in the class. Classroom materials will be available via Moodle platform. These include a papers used in class, the course syllabus, as well as other course-specific learning materials, including a discussion forum. Further information regarding the course will be provided on the first day of class.

All learning activities and evaluation activities will be done on site, at the Faculty of Health Sciences, unless the University of Zaragoza or other local, regional or national authorities, due to sanitary reasons, could decide to do such activities on line.

#### 4.2. Learning tasks

This is a 6 ECTS optional course organized in two modules, the first one that deals with environmental factors and their influence on health and the second one that addresses nursing care from a holistic perspective, all focused on research

In each module the learning tasks are:

Lectures, in an environment that encourages professional growth, teamwork, and problem solving.

Case-solving practice sessions, seminars cooperative learning, tutorials, and ICT management

Laboratory practices

#### 4.3. Syllabus

The course will address the following topics:

## **SECTION I. ENVIRONMENTAL POLLUTION; HEALTH EFFECTS: Analysis, risk assessment and prevention**

- *SESSION 1.* QUALITY OF FOOD
- *SESSION 2.* QUALITY OF DRINKING WATER
- *SESSION 3.* AIR QUALITY
- *SESSION 4.* THEORY OF THE MOST USED GENETIC AND MOLECULAR RESEARCH TECHNIQUES FOR THE STUDY OF SOME DISEASES
- *SESSION 5.* VISIT AND ANALYSIS OF HEALTHY AND SUSTAINABLE SPACES (to be determined)
- *SESSION 6.* IMPLICATIONS OF MICROBIAL EQUILIBRIUM, IN HEALTH

## **SECTION II. ANALYSIS OF PSYCHO-SOCIO-ENVIRONMENTAL FACTORS:**

- *SESSION 7.* PEDIATRIC ENVIRONMENTAL HEALTH
- *SESSION 8.* TRANSCULTURAL NURSING
- *SESSION 9.* RESEARCH PROJECTS TO THE ODS ACHIEVEMENT
- *SESSION 10.* INSTRUMENTS FOR ASSESSING HOLISTIC CARE
- *SESSION 11.* CARE TECHNIQUES ASSOCIATED WITH PAIN AND ACHIEVING THE BALANCE BETWEEN HEALTH AND ILLNESS

### **4.4. Course planning and calendar**

#### **Timetable**

- The course sessions run from January to March (Thursday and Friday).
- The dissemination seminars coordinated with other courses: every Thursday of April and May.

The practical program may be modified according to the guidelines set by the current health situation.

#### **Assessment**

- The evaluation dates and the submission of all evaluable material will be communicated in the first days of the subject

### **4.5. Bibliography and recommended resources**

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=61054>