

## 61054 - Ecological and holistic care

### Información del Plan Docente

Academic Year	2017/18
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**

#### **1.1.Introduction**

#### **1.2.Recommendations to take this course**

#### **1.3.Context and importance of this course in the degree**

#### **1.4.Activities and key dates**

### **2.Learning goals**

#### **2.1.Learning goals**

#### **2.2.Importance of learning goals**

### **3.Aims of the course and competences**

#### **3.1.Aims of the course**

#### **3.2.Competences**

### **4.Assessment (1st and 2nd call)**

#### **4.1.Assessment tasks (description of tasks, marking system and assessment criteria)**

### **5.Methodology, learning tasks, syllabus and resources**

#### **5.1.Methodological overview**

The methodology followed in this course is oriented towards achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as lectures, case-solving practice sessions, seminars cooperative learning, tutorials, and ICT management.

#### **5.2.Learning tasks**

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The course includes the following learning tasks:

- Section I: The analysis of environmental, epigenomic factors and their health problems: the qualities of drinking water, *Legionella*, GMOs, agriculture and food. Principles of environmental health: the environmental audit applied to health. Emerging diseases. New techniques for the study of the diseases: genetic and molecular techniques. Implications of microbial balance in health.
- Section II: The holistic nursing: the ecology at the beginning of life; The therapeutic relationship; Integrative medicine; Diverse techniques framed within the therapeutic relationship: those of communication, active listening and mindfulness. Various techniques associated with pain, discomfort, palliative care and the achievement of serenity in health and illness. Holistic techniques: energy, reflexology and relaxation.
- Section III: In the dissemination seminars, which are coordinated with other Master's courses, we will share in a guided way the obtained results and conclusions of the Master's (to the scientific world).

### 5.3.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.* THE PERSONAL PROJECT IN THE VITAL CYCLE AND ITS RELATIONSHIP WITH HEALTH DOLPHIN AND DISEASE. MINDFULNESS AS A SELF-CARE TOOL
- *SESSION 8.* ECOLOGY AT THE BEGINNING OF LIFE
- *SESSION 9.* THEORY AND PRACTICE OF THE FERMENTATION AND INFLUENCE IN THE HUMAN MICROBIOTA
- *SESSION 10.* EUROPEAN AND LOCAL PROJECTS ON FOOD AND HEALTHY FOOD
- *SESSION 11.* NURSING DIAGNOSES AND ASSESSMENT INSTRUMENTS

### 5.4.Course planning and calendar

#### **Timetable**

- The course sessions run from January to March 2017 (Thursday and Friday).
- The dissemination seminars coordinated with other courses: every Thursday of April and May.

#### **Provisional course planning**

- 1. Problems and practice sessions.
- 2. Environmental audit.
- 3. Molecular Biology Techniques.
- 4. Review and discussion
- 5. Fermentation (late)
- 6. Fluvio therapy / Fluviohappiness (on Saturday or spring weekend in April or May)
- 7. Full attention (combine these sessions with other courses)

#### **Assessment**

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- The evaluation date and the submission of all evaluable material will be on June 9, 2018 for the first call, and on September 8, 2018 for the second call.

### **5.5. Bibliography and recommended resources**