



UNIVERSIDAD DE CASTILLA - LA MANCHA

GUÍA DOCENTE

1. General information

Course: LONG-TERM NURSING CARE IN THE ADULT PATIENT 2

Type: CORE COURSE

Degree: 2353 - MASTER DEGREE PROGRAMME IN LONG TERM NURSING CARE

Center: 302 - FACULTY OF NURSING OF CUENCA

Year: 1

Main language: Spanish

Use of additional languages:

Web site:

Code: 310974

ECTS credits: 6

Academic year: 2019-20

Group(s): 30

Duration: C2

Second language: English

English Friendly: Y

Bilingual: N

Lecturer: JUAN MANUEL CARMONA TORRES - Group(s): 30

Building/Office	Department	Phone number	Email	Office hours
Edificio 6, despacho 1.3	ENFERMERÍA, FISIOTERAPIA Y TERAPIA OCUP.	5819	juanmanuel.carmona@uclm.es	Martes: 12-14h, previa petición de cita

Lecturer: CARLOS ALBERTO CASTILLO SARMIENTO - Group(s): 30

Building/Office	Department	Phone number	Email	Office hours
SABATINI: 1.11	ENFERMERÍA, FISIOTERAPIA Y TERAPIA OCUP.	5670	carlosa.castillo@uclm.es	Jueves y viernes de 15 a 17 horas (solicitud cita previa por e-mail, por favor).

Lecturer: ANA DIEZ FERNANDEZ - Group(s): 30

Building/Office	Department	Phone number	Email	Office hours
3.15	ENFERMERÍA, FISIOTERAPIA Y TERAPIA OCUP.	4656	ana.diez@uclm.es	Primer semestre: Lunes (12 a 14h), martes (17 a 19h) y miércoles (9 a 11h). Segundo semestre: Lunes y miércoles de 12 a 14h y martes de 17 a 19 horas. Se recomienda pedir cita previa por correo electrónico.

Lecturer: MARIA DOLORES ONIEVA ZAFRA - Group(s): 30

Building/Office	Department	Phone number	Email	Office hours
Facultad de Enfermería. Despacho 8	ENFERMERÍA, FISIOTERAPIA Y TERAPIA OCUP.	926295300 Exte 3555	MariaDolores.Onieva@uclm.es	Lunes de 12h a 15h Martes de 12h a 13h Miercoles de 13h a 15h

2. Pre-Requisites

Not established

3. Justification in the curriculum, relation to other subjects and to the profession

The subjects included in this subject allow the professional to develop the basis of the profession, assessing, identifying, acting and evaluating the health, social and care needs of the adult or paediatric patient, with a scientific basis based on evidence, providing care based on quality standards to promote, maintain and recover health, as well as the prevention of diseases and disabilities in this specific population.

4. Degree competences achieved in this course

Course competences

Code	Description
CB06	Possess and understand knowledge that provides a basis or opportunity to be original in the development and / or application of ideas, often in a research context.
CB07	Apply the achieved knowledge and ability to solve problems in new or unfamiliar environments within broader (or multidisciplinary) contexts related to the area of study
CB08	Be able to integrate knowledge and face the complexity of making judgments based on information that, being incomplete or limited, includes reflections on social and ethical responsibilities linked to the application of knowledge and judgments
CB09	Know how to communicate the conclusions and their supported knowledge and ultimate reasons to specialized and non-specialized audiences in a clear and unambiguous way
CB10	Have the learning skills which allow to continue studying in a self-directed or autonomous way
CE12	To know the main situations of disability, dependency and the need for long-term care based on the main stages of the individual's development: childhood and adolescence, adulthood and old age, as appropriate.
CE13	To identify the main difficulties in the treatment and care of patients with disabilities and dependency, facilitating changes in lifestyle.
CE14	To solve problems related to chronic and dependency processes by guaranteeing, through methodologies and instruments within the health field, the dignity and security, privacy, autonomy and cultural diversity of people.
CE15	To plan care, apply specific nursing techniques and evaluate the results for the promotion of well-being, comfort and quality of life for people with disabilities, dependency and need for long-term care according to the needs of the patient (adult and/or paediatric), primary caregiver, family, community, and other health and social agents.
CE16	To acquire communication skills and approaches to families in order to establish recommendations to improve the situation in which the child is.
CE17	To integrate nursing care both in the institutionalized and in the home settings of patients with mental health problems and people with cognitive impairment, for its prevention, treatment and rehabilitation.
CE18	To know the therapeutic potential of physical activity in the prevention of situations of disability and dependency and in the maintenance of functionality and personal autonomy, especially in older people.
CE19	To acquire knowledge, skills and attitudes necessary for nursing care oriented to the sick and their families in advanced and/or end of life situations that contribute to an increase in their quality of life and better coping with the death process.
CE20	To know the bioethical principles and their implication in decisions at the end of life.
CE21	To acquire skills to develop roles as trainer of formal and/or informal caregivers of people with disabilities, dependency, and in need of long-term care.

5. Objectives or Learning Outcomes

Course learning outcomes

Description

The student will be able to confront from a biopsychosocial point of view nursing care for people with mental health problems and people who have cognitive impairment.

The student will be able to integrate into a multidisciplinary team for the comprehensive approach to pathologies with cognitive impairment and mental health.

The student will be able to implement emotional regulation resources to deal with situations that have an emotional impact on their care work.

The student must be able to understand the physiological processes of adaptation of the human body to the practice of physical activity.

The student must be able to differentiate the concepts of physical activity, physical exercise and physical condition.

The student must be able to know the methods of assessment of physical abilities.

The student must be able to integrate the knowledge for the prescription of physical activity adapted to the patient according to their physical and health characteristics.

6. Units / Contents	
Unit 1: Mental disorders: types, characteristics and intervention from nursing care. Multidisciplinary teams in their approach. Case analysis.	
Unit 1.1 Healthy and pathological ageing: health concepts and implications. Cognitive impairment: generalities and particularities.	
Unit 1.2 Pathologies with cognitive deterioration: types, basic physiopathology, treatments, characteristics and intervention from nursing care. Case analysis.	
Unit 1.3 Dementias and their application in therapeutic and social management. Multidisciplinary teams in the approach to dementias.	
Unit 1.4 Violence against the elderly, mistreatment of institutionalised and non-institutionalised persons, detection and action protocols.	
Unit 1.5 Process of coping and adaptation to disability and dependence: psychosocial variables, psychological impact and approach.	
Unit 1.6 Emotional impact on the nursing professional: strategies for emotional regulation.	
Unit 1.7 Concepts of physical activity, physical exercise and physical condition. Principles of physical activity programs.	
Unit 1.8 Assessment of health-related physical condition.	
Unit 1.9 Physical inactivity and its relationships in chronic disease processes.	
Unit 1.10 Physical activity as a non-pharmacological treatment in the main chronic pathologies.	
Unit 1.11 Evidence of physical activity programmes in the most prevalent situations of disability and dependency.	

7. Activities, Units/Modules and Methodology									
Training Activity	Methodology	Related Competences (only degrees before RD 822/2021)	ECTS	Hours	As	Com	R	Description	
Class Attendance (theory) [ON-SITE]	Lectures	CB06 CB07 CB08 CE12 CE13 CE14 CE17	0.8	20	Y	Y	Y	Presentation of the key aspects of the fundamental contents of the subject. It is also intended to lead students to reflect.	
Workshops or seminars [ON-SITE]	Workshops and Seminars	CB06 CB07 CB08 CB09 CE12 CE13 CE14 CE15 CE17	0.8	20	Y	Y	Y	Carrying out activities that connect the theoretical contents with the practical contents. Seminars, practical workshops, problem solving and clinical cases. It is also intended to lead students to reflect.	
Group tutoring sessions [ON-SITE]	Group tutoring sessions	CB07 CB08 CB09 CE13 CE14 CE17	0.4	10	Y	Y	Y	Freelance work and problem solving. Creativity and relationship with the group. Contributions to group work and assessment of interventions.	
Final test [ON-SITE]	Assessment tests	CB06 CB07 CB08 CE12 CE13 CE14 CE17	0.1	2.5	Y	Y	Y	Mastery of the basic concepts of the subject. Demonstration of the knowledge by means of a written test.	
Study and Exam Preparation [OFF-SITE]	Self-study	CB10	2	50	N	-	-	Study of the contents of the subject and preparation of evaluation tests.	
Analysis of articles and reviews [OFF-SITE]	Reading and Analysis of Reviews and Articles	CB08 CB10 CE12 CE13 CE17	1	25	Y	Y	Y	Critical reading of bibliography and tasks of reflection, deduction and synthesis.	
On-line debates and forums [OFF-SITE]	Debates	CB09 CE14	0.9	22.5	N	-	-	Participation in forums and debates through a virtual campus.	
Total:			6	150					
Total credits of in-class work: 2.1			Total class time hours: 52.5						
Total credits of out of class work: 3.9			Total hours of out of class work: 97.5						

Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	25
On-line debates and forums [AUTÓNOMA][Debates]	22.5
Group 30:	
Initial date: 19-02-2020	End date: 27-02-2020
Global activity	
Activities	hours
Final test [PRESENCIAL][Assessment tests]	2.5
On-line debates and forums [AUTÓNOMA][Debates]	22.5
Workshops or seminars [PRESENCIAL][Workshops and Seminars]	20
Group tutoring sessions [PRESENCIAL][Group tutoring sessions]	10
Study and Exam Preparation [AUTÓNOMA][Self-study]	50
Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	25
Class Attendance (theory) [PRESENCIAL][Lectures]	20
Total horas: 150	

10. Bibliography and Sources						
Author(s)	Title/Link	Publishing house	City	ISBN	Year	Description
Sylvia Escott-Stump	Nutrición. Diagnóstico y tratamiento. 8ª ed	LIPPINCOTT WILLIAMS AND WILKINS. WOLTERS KLUWER HEALTH		9788416353637	2016	
Sociedad Española de Geriatria y Gerontologia	Guía PRÁCTICA para favorecer el buen trato a las personas mayores	Sociedad Española de Geriatria y Gerontologia	Madrid		2011	
	https://www.segg.es/media/descargas/Acreditacion%20de%20Calidad%20SEGG/CentrosDia/SEGG.%20GUIA%20BUEN%20TRATO%20A%20PERSONAS%20MAYORES.pdf					
García Hernández, Misericordia	Enfermería y envejecimiento /	Elsevier,		978-84-458-2117-6	2012	
Carmona Torres JM, Rodríguez Borrego MA	Maltrato a personas mayores en el entorno familiar y comunitario: En España (Andalucía-Córdoba), Portugal (Oporto, Azores) y Bolivia (Santa Cruz de la Sierra). Estudio comparativo.	Editorial Académica Española	Madrid		2016	Tesis doctoral
	https://helvia.uco.es/bitstream/handle/10396/13170/2015000001241.pdf?sequence=1&isAllowed=y					
ICB Editores	Manual Enfermería Geriátrica	Interconsulting Bureau	Madrid		2012	
	Manual ACSM para la valoración y prescripción del ejercicio	Paidotribo		84-8019-427-8	2007	
Rahl, Riva L. (1973-)	Physical activity and health guidelines :recommendations for	Human Kinetics		978-0-7360-7943-3	2010	
Mahan, L. Kathleen.	Krause dietoterapia /	Elsevier,		978-84-9113-084-0	2017	
Pino MJ, Verdugo MA	Atención integral a la discapacidad y dependencia	Universidad de Córdoba, Servicio de Publicaciones	Córdoba		2010	
Moya Bernal A, Barbero Gutiérrez J	MALOS TRATOS A PERSONAS MAYORES: Guía de actuación	Ministerio de Trabajo y Asuntos Sociales Secretaría de Estado de Servicios Sociales	Madrid		2005	
	http://www.copib.es/pdf/imsero-malostratos-01.pdf					
Rueda Estrada JD	El maltrato a las personas mayores: bases teóricas para su estudio.	Junta de Castilla y León	Valladolid		2008	
	http://www.infogerontologia.com/documents/maltrato/maltrato_mayores_castillaleon.pdf					
Dishman, Rod K.	Physical activity epidemiology	Human Kinetics		0-88011-605-6	2004	
	Physical activity instruction of older adults	Human Kinetics		0-7360-4513-9	2005	
Casado, Demetrio	Afrontar la discapacidad, el envejecimiento y la dependencia	CCS		978-84-9842-760-8	2011	