

**Información del Plan Docente**

<b>Academic Year</b>	2017/18
<b>Faculty / School</b>	127 - Facultad de Ciencias de la Salud
<b>Degree</b>	276 - Degree in Occupational Therapy
<b>ECTS</b>	6.0
<b>Year</b>	4
<b>Semester</b>	Annual
<b>Subject Type</b>	Compulsory
<b>Module</b>	---

**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. It favors the acquisition of knowledge related to geriatrics, and its field of action . A wide range of teaching and learning tasks are implemented, such as lectures, practice sessions, and assignments.

Students are expected to participate actively in the class throughout the course .

## 26025 - Geriatrics

Classroom materials will be available via Moodle. These include a repository of the lecture notes used in class, the course syllabus, as well as other course-specific learning materials.

Further information regarding the course will be provided on the first day of class.

### 5.2.Learning tasks

The course includes 6 ECTS organized according to:

- 1. Lectures (1,5 ECTS): 38 hours.
- 2. Practice sessions (0,5 ECTS): 13 hours.
- 3. Individual Assignments (1ECTS): 25 hours.
- 4. Autonomous work (3 ECTS): 74 hours.
- 5. Tutorials: for supervision of individual research work and clarification on theoretical and practical contents of the subject.

Lectures: The professor will present theoretical contents already available at the Moodle website.

Practice sessions: 13 practice sessions where students will work with case studies and problem-based activities (training activity program activities). Students are divided into four smaller groups.

Assignments: students will elaborate an essay (including bibliographical research, analysis, summary, scientific rigor, coherence of

expression and citations).

### 5.3.Syllabus

## 26025 - Geriatrics

The course will address the following topics:

### SECTION I: GERIATRIC BASES

Topic 1- Concepts and historical background of Geriatrics. Its involvement in Occupational Therapy.

Topic 2- Social aspects of ageing and retirement.

Topic 3- Theories of biological ageing.

Topic 4- Systemic physiology of ageing.

Topic 5- Senescence and sleep.

Topic 6- Nutrition and senescence.

Topic 7- Physical activity in the elderly.

### SECTION II: GERIATRIC ASSESSMENT

Topic 8- General geriatric assessment: basic activities of daily living; physical, mental and social activities.

Topic 9- Special assessment by pathologies that are prevalent in an elder: urinary incontinence, immobility, pressure ulcers, depression, dementia, sensorineural deprivation.

Topic 10- General fundamentals of prevention and therapy in the elder.

### SECTION III: GERIATRICS AND OCCUPATIONAL THERAPY

Topic 11- Cardiovascular pathology.

Topic 12- Respiratory pathology.

Topic 13- Rheumatologic diseases.

Topic 14- Reno-urological pathology.

Topic 15- Neurological diseases.

Topic 16- Digestive pathology.

Topic 17- Endocrine and metabolic disorders.

### 5.4.Course planning and calendar

For further details concerning the timetable, classroom and further information regarding this course please refer to the

"Facultad de Ciencias de la Salud", website [www.unizar.es](http://www.unizar.es)

### 5.5.Bibliography and recommended resources

- Cervera Díaz, María Carmen: Actualización en geriatría y gerontología (I). 3ª ed., rev. y act. Alcalá la Real (Jaén), Formación Alcalá, 2004
- Cervera Díaz, María Carmen. Actualización en geriatría y gerontología (II). 3ª ed., rev. y act. Alcalá la Real (Jaén), Formación Alcalá, 2003
- Pont Geis, Pilar, Carroggio Rubí, Maite: Ejercicios de motricidad y memoria para personas mayores. 1ª ed. Barcelona, Paidotribo, 2007
- Rodríguez García, Rosalía, Lazcano Botello, Guillermo: Práctica de la geriatría. 3ª ed. México D. F., McGraw-Hill, 2011
- Cuidados paliativos en geriatría. Editores, Wilson Astudillo A. [et al.]. San Sebastián, Sociedad Vasca de Cuidados Paliativos, 2000
- Durante Molina, Pilar, Pedro Tarrés, Pilar: Terapia ocupacional en geriatría : principios y práctica. 3ª ed. Barcelona, Masson, 2010