

61054 - Ecological and holistic care

Syllabus Information

Academic Year: 2020/21

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

1.1.Aims of the course

1.2.Context and importance of this course in the degree

1.3.Recommendations to take this course

2.Learning goals

2.1.Competences

2.2.Learning goals

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

4.Methodology, learning tasks, syllabus and resources

4.1.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.

Students will have support resources on the moodle platform

4.2.Learning tasks

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).

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.

4.3.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:

- Ecology at the beginning of life; the helping relationship; integrative medicine and introduction to holistic techniques. Various techniques associated with pain, discomfort, palliative care and achieving the balance between health and disease (coping with the disease and self-care).

SESSION 7. PERSONAL PROJECT IN THE LIFE CYCLE AND ITS RELATION WITH HEALTH, PAIN AND ILLNESS. IMPORTANCE OF ASSESSING THE QUALITY OF LIFE AS A TOOL TO IMPROVE SELF-CARE.

SESSION 8. ECOLOGY AT THE BEGINNING OF LIFE.

SESSION 9. INFLUENCE OF THE HUMAN MICROBIOTA IN HEALTH CARE.

SESSION 10. EUROPEAN AND LOCAL PROJECTS ON PROXIMITY AND HEALTHY FOODS.

SESSION 11. NURSING DIAGNOSES AND ASSESSMENT INSTRUMENTS.

4.4.Course planning and calendar

Timetable

- The course sessions run from January to March 2019 (Thursday and Friday).
- The dissemination seminars coordinated with other courses: every Thursday of April and May.

Provisional course planning

- Problems and practice sessions.
- Environmental audit.
- Molecular Biology Techniques.
- Review and discussion
- Full attention (combine these sessions with other courses)

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://psfunizar7.unizar.es/br13/egAsignaturas.php?codigo=61054>