

26014 - Activities for functional independence II: Occupational performance in daily life

Syllabus Information

Academic year: 2023/24

Subject: 26014 - Activities for functional independence II: Occupational performance in daily life

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

Degree: 276 - Degree in Occupational Therapy

ECTS: 9.0

Year: 2

Semester: Annual

Subject type: Compulsory

Module:

1. General information

The subject is developed within the context of the study of human occupation, delving into the effect of occupations on the autonomous functioning, health and well-being of people. The objectives of the subject are directed towards the acquisition of knowledge and application of methods, techniques and professional skills, as well as evaluation instruments, specific materials, support products and adapted equipment and assistance that are used in the Occupational Therapy process in the area of performance of Activities of Daily Living (ADL). The practical application of these contents is sought in the usual care contexts, highlighting the contribution that the occupational therapist, as a specialist in human occupation, can make in the different professional teams.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>): 3, 4 (Objective 4.7) and 10 (Objective 10.2). In such a way that the acquisition of the learning results of the subject provides training and competence to contribute to some extent to their achievement.

2. Learning results

1. Define activities of daily living and their relationship to health, well-being and participation.
2. Explain the relationship between functioning and occupational performance in Activities of Daily Living (ADL).
3. Identify the professional profile of the occupational therapist and their role in the area of ADLs, developing self-knowledge and self-criticism.
4. Distinguish and evaluate the use of the therapeutic relationship in the process of occupational therapy in the area of ADLs, taking into account individual differences, beliefs and customs.
5. Identify and apply the occupational therapy process in the assessment and intervention in the area of therapy ADL.
6. Define, analyse and perform ADLs from different approaches and types of intervention.

3. Syllabus

Thematic block 1

Functional independence and activities of daily living. Basic concepts.

- 1.1. Concept and classification of activities of daily living (ADLs).
- 1.2. Characteristics and meanings of ADLs.
- 1.3. Factors influencing performance and autonomy in ADLs.

Thematic block 2

Occupational Therapy and ADL Process

- 2.1- Fundamental aspects of the Occupational Therapy process.
- 2.2- Evaluation I.
- 2.3- Evaluation II.
- 2.4- Intervention. Design and development of the ADL intervention plan.
- 2.5- Results.

Thematic block 3

Occupations and ADL in practice

- 3.1- Basic Activities of Daily Living (BADL)
 - 3.1.1. Functional mobility.

- 3.1.2. Hygiene and personal care: therapeutic resources, techniques and aids.
- 3.1.3. Feeding: therapeutic resources, techniques and aids.
- 3.1.4. Dressing: therapeutic resources, techniques and assistive devices.
- 3.1.5. Sexual activity: therapeutic resources, techniques and aids.
- 3.2- Instrumental activities of daily living (IADL) and home environment.
- 3.2.1. Care of others and health maintenance.
- 3.2.2. Use of communication systems.
- 3.2.3. Food preparation.
- 3.2.4. Home maintenance and care.

4. Academic activities

Theoretical classes in large groups (36 h): 1.5 h/week throughout the term.

Practical classes and seminars on problem solving and case studies (54 hours). 1 practice every 15 days and 1 seminar per week depending on the group distribution schedule.

Teaching assignments and other activities (25h):

- Assignments and exercises directly related to the practices: they will be handed in according to the corresponding sessions.
- Final content integration work: to be delivered by the end of April.
- Tutorials: mainly aimed at orientation and preparation of work during the term.

Personal study and evaluation (110 h)

5. Assessment system

Evaluation of the practical part (60% of the grade of the term):

- Homework and final paper (30% of the grade):
 - Short assignments and exercises related to the practices, may be individual or in small teams (15% of the final grade)
 - Final work of integration of contents (15% of the grade). In teams of 3-4 people.
- Attitudes and skills demonstrated during the development of classroom activities (30% of the final grade)

Attendance to the practical sessions is an essential requirement to pass this evaluation, only a maximum of 20% of absences duly justified will be allowed.

The grade of the evaluation of the practical part will be kept for the second call of the same academic year academic year, it will not be saved for the second or successive enrolments in the subject.

In the following cases, students will have to take a practical test in the official call to evaluate the competences related to this part of the subject:

1. Students who have opted for the global test.
2. Students who have exceeded 20% of duly justified absences.
3. Students who have not passed the minimum grade of the evaluation of the practical part.

Evaluation of the theoretical part (40% of the grade of the subject):

- Midterm eliminatory exam (averages 5 points). At the end of the first semester. There will be an exam including multiple-choice, short and essay questions. Without attendance to practical classes, the midterm exam will not be taken.
- Final exam:
 - First official call for exams It will include the content of the second semester topics of the subject' syllabus for those who have passed the first midterm, and the entire syllabus for the rest of the people enrolled. There will be a combined examination of multiple-choice, short and essay questions.
 - Second official call for exams: The exam will cover all the contents of the subject, and no partial grades will be saved. There will be a combined exam of multiple-choice questions, short and essay questions.

In order to pass the subject, the student must obtain a grade equal to or higher than 5 points in each of the evaluation blocks