Politécnico de Viseu
Saúde

PROGRAMA
Enfermagem de Reabilitação Músculo-Esquelética
2023-24

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[708520814] Enfermagem de Reabilitação Músculo-Esquelética
Plano / Plan:	PLANO CMER - A PARTIR DE 2023/2024
Curso / Course:	Mestrado em Enfermagem de Reabilitação Rehabilitation Nursing
Grau / Diploma:	Mestre
Departamento / Department:	ENFERMAGEM
Unidade Orgânica / Organic Unit:	ESCOLA SUPERIOR DE SAÚDE DE VISEU
Área Científica / Scientific Area:	Enfermagem
Ano Curricular / Curricular Year:	1
Período / Term:	S2
ECTS:	5
Horas de Trabalho / Work Hours:	0125:00

Horas de Contacto/Contact Hours:

(T) Teóricas/Theoretical:	0030:00	(TC) Trabalho de Campo/Fieldwork:	0000:00
(TP) Teórico-Práticas/Theoretical-Practical:	0010:00	(OT) Orientação Tutorial/Tutorial Orientation:	0000:00
(P) Práticas/Practical:	0010:00	(E) Estágio/Internship:	0000:00
(PL) Práticas Laboratoriais/Pratical Labs:	0000:00	(O) Outras/Others:	0000:00
(S) Seminário/Seminar:	0000:00		

Docente Responsável / Responsible Teaching

[5015] Carlos Manuel De Sousa Albuquerque

Outros Docentes / Other Teaching

[504183] Paula Cristina Dias Rocha Cavaleiro Saraiva

Learning Outcomes of the Curricular Unit

-Deepen anatomopathological knowledge of the musculoskeletal system, understanding the importance of biomechanics in the study of human movement;
-Relate some musculoskeletal changes in the person with orthotraumatologic affections;

-Acquire knowledge about specific programs/techniques and equipment used by rehabilitation nurses, both in prevention and in the recovery and promotion of autonomy of the person with affections of the musculoskeletal system

-Establish judgments, diagnostic and therapeutic, related to the rehabilitation and reintegration of the person with affections of the nervous system

- To promote the development of instrumental skills directed to the prevention, recovery and promotion of the autonomy of the person with affections of the musculoskeletal system;

-Understand the scientific methodology of work in the rehabilitation of the person with affections of the musculoskeletal system, guided by an evidence-based practice

Syllabus

1. Anatomo-pathological processes of the musculoskeletal system: Skeletal System; Articular System; Muscular System; Pathologies of Musculoskeletal System.

2.Human Kinesiology: Biomechanics, movement analysis.

3.care process in nursing of musculoskeletal rehabilitation

- Diagnostic judgment: functional assessment of the person with musculoskeletal changes; assessment of joint range; musculoskeletal tests; complementary diagnostic tests; phenomena and nursing diagnoses
- Therapeutic judgement: Rehabilitation Nursing Interventions to the person: with bone, joint, muscle, tendon, congenital and developmental alterations; submitted to orthopaedic surgery; submitted to amputation; burnt; with sports injury

Demonstration of the syllabus coherence with the curricular units' learning objectives

The curricular unit will be based on theoretical principles, methods, techniques and instruments to support the practice of specialized care in musculoskeletal rehabilitation nursing. Thus, the requirements will be gathered, which will allow students to recognize the importance of the nurse's role in the field of people with musculoskeletal disorders, not forgetting the relevance to be given to the informal caregiver. It is also intended to promote skills associated to the process of diagnostic and therapeutic judgment through the proactive participation of students in the discussion of cases and problems of the person with affections of the musculoskeletal system, their views on them and the decision- making involved in the action process. On the other hand, the explanation of the questions and challenges posed to students, supported by the scientific literature, will promote the foundation of a care practice based on the best scientific evidence.

Teaching Methodologies (Including evaluation)

The unit, based on explanatory and interactive methods, aims to motivate students to the fundamentals and practice of musculoskeletal RE care. Of the different teaching methodologies, it highlights the simulated training in laboratory practice, by the nature of the intervention of the nurse specialist in RE. Assessment complies with the course regulations. The theoretical and theoretical-practical component will be assessed through an individual written test (80%) and laboratory practice (20%). Individual/group work may also be required, to be agreed between the teacher and the students at the beginning of the course. If individual/group work with an oral presentation is chosen, the weights will be: individual written test - 60%; individual/group work - 20%; continuous practical assessment - 20%. Unit approval requires obtaining a classification equal to or greater than 10 points. In case of failure, there will be exam periods

Demonstration of the coherence between the teaching methodologies and the learning outcomes

The implementation of different teaching methodologies aims to ensure the consistency of the syllabus according to the objectives and their relationship with the students' learning, promoting in them the ability to mobilize and apply new knowledge in the contexts of clinical practice of rehabilitation nursing with people with musculoskeletal disorders. In this circumstance, it is intended, ultimately, to develop specialized skills in students and make them aware of the importance of the themes/subjects addressed in the real context, contributing to a better framework and greater ease of perception of the objectives that are intended to achieve with the course. In this context, active and participatory methodologies will be adopted, focused on the students' interests. Such methodologies, by allowing the use of information sharing techniques, the research and viewing of films allusive to musculoskeletal disorders, the debate and clarification of case studies and, above all, techniques for training skills in laboratory practice, will allow students to learn by doing, reflecting, and making decisions on the problems and alternative intervention models proposed, assessing and improving their skills in the topics under analysis. To ensure, in its fullness, this desideratum is to emphasize that all teachers teaching in the UC, are qualified with scientific skills and professional experience in the fields of orthopedics, orthotraumatology and physiatrics. On the other hand, group work will have the advantage of trying to stimulate, among students, a process of dialogue and shared reflection in which everyone participates, through their own experience and knowledge.

Bibliografia / Bibliography

Completo A., & Fonseca, F. (2019). Fundamentos de Biomecânica. Medikabook.

*Martins, R., Carvalho, N., Albuquerque, C., et al.,(2020) Musculoskeletal disorders in adolescents: a study on prevalence and determining factors. Acta Paul Enferm. 2020;33:e-APE20190173

*Monteiro, G., Anunciação, S., Saraiva Rocha, P., et al. (2021). Satisfação dos doentes submetidos a Reabilitação Motora pós Artroplastia Total da Anca e Artroplastia Total do Joelho. Revista Millenium, 2 (9): 139-147. https://doi.org/10.29352/mill029e.24180

Neuman. D.(2018) Cinesiologia do Aparelho Musculoesquelético: Fundamentos para Reabilitação. Elsevier. https://doi.org/10.37689/acta- ape/2020AO0173

(Obs: as referências assinaladas com um * são publicações científicas de docentes que integram o ciclo de estudos)

*Rocha, P., Baixinho, C. L., et al. (2022). Safety-Promoting Interventions for the Older Person with Hip Fracture on Returning Home: A Protocol for a Systematic Review. Journal of personalized medicine, 12(5) 654. https://doi.org/10.3390/jpm12050654