



## Teaching Guide

| Identifying Data           |   |               |   |         | 2024/25 |
|----------------------------|---|---------------|---|---------|---------|
| <b>Subject (*)</b>         | Work Placement. Clinical Specialty  | <b>Code</b>   | 653540009   |         |         |
| <b>Study programme</b>     | Máster Universitario en Xerontoloxía  |               |   |         |         |
| Descriptors                |   |               |   |         |         |
| Cycle                      | Period  | Year          | Type  | Credits |         |
| Official Master's Degree   | 2nd four-month period   | First         | Optional  | 8       |         |
| <b>Language</b>            | Spanish   |               |   |         |         |
| <b>Teaching method</b>     | Face-to-face  |               |   |         |         |
| <b>Prerequisites</b>       |   |               |   |         |         |
| <b>Department</b>          | Ciencias da SaúdeFisioterapia, Medicina e Ciencias Biomédicas   |               |   |         |         |
| <b>Coordinador</b>         | Lorenzo López, Laura  | <b>E-mail</b> | laura.lorenzo.lopez@udc.es  |         |         |
| <b>Lecturers</b>           | Balo García, Aránzazu<br>González-Abraldes Iglesias, Isabel<br>Lorenzo López, Laura<br>Marante Moar, María Pilar<br>Millan Calenti, Jose Carlos<br>Rodriguez-Villamil Fernandez, Jose Luis  | <b>E-mail</b> | aranzazu.balo@udc.es<br>i.gonzalez-abraldes@udc.es<br>laura.lorenzo.lopez@udc.es<br>p.marante@udc.es<br>jose.millan.calenti@udc.es<br>jose.luis.rodriguez-villamil@udc.es |         |         |
| <b>Web</b>                 | estudos.udc.es/es/subject/4540V01/4540009/2024  |               |   |         |         |
| <b>General description</b> | O Practicum ou Prácticas clínicas é unha materia obrigatoria do segundo semestre do Máster que, cunha carga de estudo de 8 ECTS, pode desenvolverse de xeito asistencial, xeralmente nun centro sociosanitaria para persoas maiores ou de investigación, asignando aos estudantes a un grupo de investigación no campo do envellecemento. Preténdese que a través da práctica os estudantes adquiren e reforcen as competencias do título |               |   |         |         |

## Study programme competences / results

| Code | Study programme competences / results   |
|------|---|
| A1   | To be able to recognize the main pathologies and geriatric syndromes through the application of new and innovative work methodologies adapted to the field of gerontology   |
| A2   | Be able to apply the method of comprehensive geriatric and gerontological assessment in order to establish the bases for implementing the individualized care plan  |
| A3   | To be able to incorporate the Geronto-geriatric intervention methodology into the individualized intervention plans   |
| A4   | To be able to assume responsibility for their own professional development and their specialization in both the socio-health and health care for the older people in order to join the interdisciplinary teams of Geronto-geriatric assessment and intervention   |
| A5   | Acquire knowledge that allows the student to establish the appropriate Geronto-geriatric resource according to the characteristics of the older person  |
| A6   | Develop sufficient autonomy to participate in research projects and scientific or technological collaborations within the field of Gerontology, in interdisciplinary contexts both public and private and, where appropriate, with a high component of knowledge transfer.  |
| A7   | Acquire advanced knowledge and demonstrating, in a context of scientific and technological or highly specialized research, a detailed and informed understanding of the theoretical and practical aspects and the methodology of work in the field of Gerontology   |
| A8   | Know how to apply and integrate the knowledge acquired, the understanding of these, its scientific foundation and its problem-solving capabilities in social and socio-sanitary environments and defined in an imprecise way, including multidisciplinary contexts both researchers and professionals in the field of gerontology |
| B2   | That students know how to apply the knowledge acquired and their ability to solving problems in new or little-known environments within broader (or multidisciplinary) contexts related to gerontology and geriatrics   |
| B3   | That students are able to integrate knowledge and face the complexity of making judgments from information that, being incomplete or limited, includes reflections on the social and ethical responsibilities linked to the application of their knowledge and judgments.   |
| B4   | That students know how to communicate their conclusions ? and the knowledge and ultimate reasons that support them ? to specialized and non-specialized audiences in a clear and unambiguous way  |
| B5   | That students possess the learning skills that allow them to continue studying in a way that will be largely self-directed or autonomous  |
| C3   | Using ICT in working contexts and lifelong learning   |



|     |   |
|-----|---|
| C6  | Acquiring skills for healthy lifestyles, and healthy habits and routines  |
| C7  | Developing the ability to work in interdisciplinary or transdisciplinary teams in order to offer proposals that can contribute to a sustainable environmental, economic, political and social development |
| C8  | Valuing the importance of research, innovation and technological development for the socioeconomic and cultural progress of society   |
| C9  | Ability to manage times and resources: developing plans, prioritizing activities, identifying critical points, establishing goals and accomplishing them  |
| C10 | Know and apply the scientific method in the writing of projects   |
| C11 | Know how to disseminate the results obtained in the development of its activity through the sources of information available to the scientific community  |
| C12 | Broadening care, teaching and research perspectives through the exchange of students and teachers   |
| C13 | Know the possibilities of research in the field of gerontology in order to motivate students to join it, enabling the realization of doctoral theses  |

| Learning outcomes   |                                       |                   |                                     |
|---|---------------------------------------|-------------------|-------------------------------------|
| Learning outcomes   | Study programme competences / results |                   |                                     |
| Prácticas asistenciais: Que os estudantes adquiran os coñecementos necesarios que lles permitan establecer o recurso xeronto-xeriátrico axeitado segundo as características da persoa maior.  | AJ2<br>AJ3<br>AJ5                     | BC2<br>BC3        | CC3<br>CC6<br>CC7                   |
| Prácticas asistenciais: que os estudantes sexan capaces de asumir a responsabilidade do seu propio desenvolvemento profesional e a súa especialización tanto nos ámbitos de atención social como sanitaria da atención ás persoas maiores para unirse aos equipos de intervención e avaliación xeronto-xeriátrica interdisciplinares. | AJ1<br>AJ2<br>AJ3                     | BC2<br>BC3<br>BC5 | CC6<br>CC10<br>CC11<br>CC12<br>CC13 |
| Prácticas asistenciais: que os estudantes sexan capaces de aplicar o método de avaliación xeriátrica integral empregando as ferramentas de avaliación adecuadas para establecer as bases para implementar plans de atención individualizados.   | AJ1<br>AJ2<br>AJ3<br>AJ4              | BC2<br>BC3<br>BC4 | CC6<br>CC7                          |
| Prácticas asistenciais: que os estudantes adquiriran os coñecementos necesarios para poder incorporarse a calquera recurso de atención xeriátrica como profesional da atención.   | AJ2<br>AJ3<br>AJ4<br>AJ5              | BC2<br>BC3        | CC6<br>CC7                          |
| Prácticas asistenciais: que os estudantes sexan capaces de aplicar e integrar os coñecementos adquiridos para estar en condicións de realizar unha análise crítica sobre a súa participación no prácticum asistencial.  | AJ4<br>AR2<br>AC1                     | BC2<br>BC3<br>BC4 | CC6<br>CC7<br>CC9                   |
| Prácticas de investigación: que o alumnado sexa capaz de aplicar a metodoloxía adecuada no desenvolvemento de proxectos de investigación.   | AR1<br>AR2<br>AC1                     | BC3<br>BC4        | CC3<br>CC8<br>CC9                   |
| Prácticas de investigación: que o estudantado poida participar na busca e selección de artigos científicos en relación coa liña de investigación que realizan.  | AR1<br>AR2                            | BC2<br>BC5        | CC3<br>CC9                          |
| Prácticas de investigación: que o estudantado sexa capaz de aplicar a metodoloxía axeitada de recollida de datos para realizar estudos científicos.   | AR1                                   | BC2<br>BC5        | CC3<br>CC9                          |
| Prácticas de investigación: que os estudantes adquiriran os coñecementos necesarios para elaborar artigos científicos.  | AR2<br>AC1                            | BC2<br>BC3        | CC6<br>CC9                          |
| Prácticas de investigación: Que os/as estudantes desenvolvan o coñecemento e autonomía necesarios para decidir a súa incorporación aos estudos de doutoramento e / ou realizar a súa tese de doutoramento.  | AR1<br>AR2                            | BC2<br>BC5        | CC8<br>CC9                          |

| Contents |           |
|----------|-----------|
| Topic    | Sub-topic |



|  |   |
|--|---|
| Coñecer o recurso sociosanitario ou xerontolóxico onde se realiza o practicum, dentro do contexto xeral                          | <ul style="list-style-type: none"> <li>- Residencia</li> <li>- Centro de Día</li> <li>- Apoio Xerontolóxico a domicilio</li> </ul>  |
| Coñecer o funcionamento e o papel de cada profesional dentro do equipo interdisciplinar do recurso para levar a cabo o practicum | <ul style="list-style-type: none"> <li>- Médico</li> <li>- Enfermeira</li> <li>- Psicólogo</li> <li>- Terapeuta ocupacional</li> <li>- Fisioterapeuta</li> <li>- Logopeda</li> <li>- TASOC</li> <li>- Outros profesionais</li> <li>- Otros profesionales</li> </ul> |
| Participar en sesións interdisciplinares   | <ul style="list-style-type: none"> <li>- Trastornos de conduta e psicolóxicos</li> <li>- Atención centrada na persoa</li> <li>- Prescrición de produtos de apoio</li> </ul>   |
| Manexar os instrumentos de avaliación xeriátricos específicos do seo perfil  | <ul style="list-style-type: none"> <li>- Funcional (Barthel, Katz, ...)</li> <li>- Cognitivo e afectivo (MMSE, MEC, MOCA, Yesavage, ...)</li> <li>- Social (OARS, Xixón, ...)</li> </ul>  |
| Coñecer e participar en actividades individuais e grupais dirixidas a usuarios segundo os seus trastornos da saúde               | <ul style="list-style-type: none"> <li>-Xerontogimnasia</li> <li>- Actividade física Multicompoñente</li> <li>- Estimulación multisensorial</li> <li>- Xadrez terapéutico</li> <li>- Outras</li> </ul>  |
| Cantos outros se desenvolven no centro e poden ser de interese para aumentar o nivel de competencia dos alumnos                  | <ul style="list-style-type: none"> <li>- Saídas ao exterior</li> <li>- Horticultura</li> <li>- Apoio á familia</li> <li>- Outras</li> </ul>   |

### Planning

| Methodologies / tests       | Competencies / Results                              | Teaching hours (in-person & virtual) | Student?s personal work hours | Total hours |
|-----------------------------|---|--------------------------------------|-------------------------------|-------------|
| Summary                     | A4 A6 A7 B3 B4 C3<br>C9                             | 0                                    | 48                            | 48          |
| Clinical practice placement | A1 A2 A3 A5 A8 B2<br>B5 C6 C7 C8 C10<br>C11 C12 C13 | 150                                  | 0                             | 150         |
| Personalized attention      |   | 2                                    | 0                             | 2           |

(\*)The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

### Methodologies

| Methodologies               | Description  |
|-----------------------------|--|
| Summary                     | Memoria das actividades realizadas a modo de resumo. Distinguirase entre a memoria do practicum (prácticas clínicas) e a memoria de investigación (prácticas realizadas dentro dun grupo de investigación)   |
| Clinical practice placement | En relación ao tipo de estadías prácticas escollidas (asistencia ou investigación), os/as estudantes incorporaranse a un centro asistencial (asistencia) ou a un grupo de investigación (investigación), realizando as tarefas de cada un deles segundo as competencias para adquirir e os resultados de aprendizaxe establecidos. |



## Personalized attention

| Methodologies                             | Description  |
|---|--|
| Summary<br>Clinical practice<br>placement | Ao longo das prácticas externas (practicum), os/as estudantes poderán solicitar atención personalizada para resolver as dúbidas suscitadas tanto polas prácticas clínicas como pola preparación do seu resumo. |

## Assessment

| Methodologies                  | Competencies / Results                              | Description  | Qualification |
|--------------------------------|---|--|---------------|
| Summary                        | A4 A6 A7 B3 B4 C3<br>C9                             | Memoria das actividades realizadas a modo de resumo  | 25            |
| Clinical practice<br>placement | A1 A2 A3 A5 A8 B2<br>B5 C6 C7 C8 C10<br>C11 C12 C13 | En relación ao tipo de estadias prácticas escollidas (asistencia ou investigación), os estudantes incorporaranse a un centro asistencial (asistencia) ou a un grupo de investigación (investigación), realizando as tarefas de cada un deles segundo as competencias para adquirir e os resultados de aprendizaxe establecidos | 75            |

## Assessment comments

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|--|
| All aspects related to "academic dispensation", "dedication to study", "permanence" and "academic fraud" shall be governed in accordance with the current academic regulations of the UDC. |
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## Sources of information

|                      |   |
|----------------------|---|
| <b>Basic</b>         | - Millán Calenti, José Carlos et al (2006). Principios de Geriatría y Gerontología. Madrid. McGraw-Hill-Interamericana.<br>- Millán Calenti, José Carlos et al (2010). Gerontología y Geriatría: Valoración e Intervención. Madrid. Ed. Médica Panamericana |
| <b>Complementary</b> |   |

## Recommendations

### Subjects that it is recommended to have taken before

Intervention in Gerontology/653540003  
Clinic Gerontology I/653540005

### Subjects that are recommended to be taken simultaneously

Clinic Gerontology II/653540007  
Geriatric Pathology and Intervention/653540008

### Subjects that continue the syllabus

### Other comments

(\*)The teaching guide is the document in which the URV publishes the information about all its courses. It is a public document and cannot be modified. Only in exceptional cases can it be revised by the competent agent or duly revised so that it is in line with current legislation.