



Teaching Guide

Identifying Data					2024/25
Subject (*)	Non-Pharmacological Intervention in Dementias		Code	653540019	
Study programme	Máster Universitario en Xerontoloxía				
Descriptors					
Cycle	Period	Year	Type	Credits	
Official Master's Degree	2nd four-month period	First	Optional	3	
Language	Spanish				
Teaching method	Face-to-face				
Prerequisites					
Department	Fisioterapia, Medicina e Ciencias Biomédicas				
Coordinador	González-Abrales Iglesias, Isabel	E-mail	i.gonzalez-abrales@udc.es		
Lecturers	González-Abrales Iglesias, Isabel	E-mail	i.gonzalez-abrales@udc.es		
Web	estudos.udc.es/es/subject/4540V01/4540019/2024				
General description	Nesta materia se estudarán as diferentes técnicas de intervención non farmacolóxicas no ámbito da deterioración cognitiva.				

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
B1	Possess and understand knowledge that provides a basis or opportunity to be original in the development and/or application of ideas, often in a research context
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
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

Learning outcomes



Learning outcomes	Study programme competences / results		
Estudar aspectos sobre a deterioración cognitiva e as demencias dexenerativas, como base para as terapias non farmacolóxicas de intervención propostas.	AJ1	BC1 BC4	
Coñecer e ser capaz de aplicar diferentes terapias non farmacolóxicas que poden aplicarse en persoas con demencia.	AJ3 AC1	BC3	
Profundar na abordaxe non farmacolóxica dos trastornos de conduta, desde unha perspectiva da prevención.	AJ2	BC2 BC5	
Ser capaz de desenvolver e planificar programas de intervención nos procesos cognitivos, conductuales e emocionais dirixidos a persoas con demencia.	AR1 AR2		CC7
Conseguir as habilidades necesarias para asesorar aos cuidadores informais e outros profesionais sobre a intervención en demencias.	AJ4 AJ5		CC6

Contents	
Topic	Sub-topic
TEMA 1. Deterioración cognitiva e demencia	1.1. Envellecemento normal e funcións mentais. 1.2. Cambios cognitivos no envellecemento. 1.3. Perda de memoria asociada á idade. 1.4. Deterioración cognitiva leve. 1.5. Demencia.
TEMA 2. Clasificación e características neuropsicolóxicas e clínicas das demencias	2.1. Demencias Clasificación. 2.2. Diagnóstico. 2.3 Diagnóstico Diferencial.
TEMA 3. Síntomas conductuales e psicolóxicos da demencia (SCPD)	3.1. Bases biolóxicas e fisiopatolóxicas. 3.2. Síntomas psicolóxicos e conductuales. 3.3. Principais instrumentos de avaliación. 3.4. Fármacos de uso frecuente.
TEMA 4. Intervención nos síntomas conductuales e psicolóxicos	4.1. Intervención nos Síntomas psicolóxicos e conductuales. 4.2. Terapia conductual
TEMA 5. Terapias non farmacolóxicas nas demencias	5.1. Bases neuropsicolóxicas de la estimulación y actividad cognitiva. 5.2. Métodos y objetivos de intervención cognitiva. 5.3. Orientación a la realidad. 5.4. Reminiscencia. 5.5. Programas de estimulación y actividad. 5.6. Terapia cognitiva específica. 5.7. Técnicas de comunicación y Terapia de validación. 5.8. La Psicomotricidad como método de estimulación cognitiva. 5.9. Musicoterapia en Geriatría y Demencias: Aspectos metodolóxicos. 5.10. Terapias de Estimulación Multisensorial tipo "Snoezelen";
TEMA 6. Atención aos cuidadores informais	6.1. Cuidadores informais de pacientes con demencia. 6.2 Sobrecarga no cuidador informal.
TEMA 7. Intervencións terapéuticas dirixidas a cuidadores informais	7.1. Apoio formal. Programas psicoeducativos. 7.2. Grupos de axuda mutua. 7.3 Intervención psicoterapéutica

Planning				
Methodologies / tests	Competencies / Results	Teaching hours (in-person & virtual)	Student?s personal work hours	Total hours



Supervised projects	A1 A2 A5 A4 A6 A7 A8 B1 B2 B3 B4 B5 C7	1	20	21
Multiple-choice questions	A1 A2 A5 A4 A6 A7 B1 B2 B3 B4	1	8	9
Guest lecture / keynote speech	A1 A2 A3 A5 A4 A6 A7 B1 B2 B3 B4 C6	16	16	32
Critical bibliographical	A1 A2 A5 A4 A6 A7 B1 B2 B3 B4 B5	1	10	11
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
Supervised projects	De revisión bibliográfica
Multiple-choice questions	Exame tipo test composto por corenta preguntas con catro respostas cada unha das cales unicamente unha será correcta. As preguntas mal contestadas restarán 0,33 puntos sobre as correctas, non restando as non contestadas. Para superar o exame o alumno deberá obter unha puntuación final do 65% do total unha vez restados os puntos das falladas. Ej; 30 ben, 4 mal e 6 non contestadas. A puntuación final será $30-4 \cdot 0,33=28,68=6,5$
Guest lecture / keynote speech	Valorarase a asistencia e participación en clase
Critical bibliographical	Análise crítica artigos científicos

Personalized attention	
Methodologies	Description
Supervised projects	Students with part-time dedication and academic waiver of exemption from attendance recognition must indicate it at the beginning of the course to adopt appropriate measures of attention in each case.

Assessment			
Methodologies	Competencies / Results	Description	Qualification
Critical bibliographical	A1 A2 A5 A4 A6 A7 B1 B2 B3 B4 B5	Análise crítica artigos científicos	20
Supervised projects	A1 A2 A5 A4 A6 A7 A8 B1 B2 B3 B4 B5 C7	De revisión bibliográfica	20
Multiple-choice questions	A1 A2 A5 A4 A6 A7 B1 B2 B3 B4	Exame tipo test composto por corenta preguntas con catro respostas cada unha das cales unicamente unha será correcta. As preguntas mal contestadas restarán 0,33 puntos sobre as correctas, non restando as non contestadas. Para superar o exame o alumno deberá obter unha puntuación final do 65% do total unha vez restados os puntos das falladas. Ej; 30 ben, 4 mal e 6 non contestadas. A puntuación final será $30-4 \cdot 0,33=28,68=6,5$	55
Guest lecture / keynote speech	A1 A2 A3 A5 A4 A6 A7 B1 B2 B3 B4 C6	Valorarase a asistencia e participación en clase	5

Assessment comments

