



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-Abraldes Iglesias, Isabel	E-mail	i.gonzalez-abraldes@udc.es	
Lecturers	González-Abraldes Iglesias, Isabel	E-mail	i.gonzalez-abraldes@udc.es	
Web	<a href="http://estudos.udc.es/es/subject/4540V01/4540019/2024">estudos.udc.es/es/subject/4540V01/4540019/2024</a>			
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 degenerativas, 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 farmacolólica dos trastornos de conduta, desde unha perspectiva da prevención.	AJ2	BC2 BC5	
Ser capaz de desenvolver e planificar programas de intervención nos procesos cognitivos, conductuais e emocionais dirixidos a persoas con demencia.	AR1 AR2		CC7
Conseguir as habilidades necesarias para asesorar aos coidadores 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 neuropsicológicas e clínicas das demencias	2.1. Demencias Clasificación. 2.2. Diagnóstico. 2.3 Diagnóstico Diferencial.
TEMA 3. Síntomas conductuales e psicológicos da demencia ( SCPD)	3.1. Bases biológicas e fisiopatológicas. 3.2. Síntomas psicológicos e conductuales. 3.3. Principais instrumentos de avaliação. 3.4. Fármacos de uso frecuente.
TEMA 4. Intervención nos síntomas conductuales e psicológicos	4.1. Intervención nos Síntomas psicológicos e conductuales. 4.2. Terapia conductual
TEMA 5. Terapias non farmacolóxicas nas demencias	5.1. Bases neuropsicológicas 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 metodológicos. 5.10. Terapias de Estimulación Multisensorial tipo "Snoezelen"
TEMA 6. Atención aos coidadores informais	6.1. Coidadores informais de pacientes con demencia. 6.2 Sobrecarga no coidador informal.
TEMA 7. Intervención terapéuticas dirigidas a coidadores informais	7.1. Apoyo formal. Programas psicoeducativos. 7.2. Grupos de ayuda 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 respuestas 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 respuestas 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



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

#### Sources of information

Basic	<ul style="list-style-type: none"><li>- Millán Calenti JC (2011). Gerontología y Geriatría. Valoración e Intervención . Ed. Médica Panamericana</li><li>- Millán Calenti JC (2006). Principios de Gerontología y Geriatría Madrid.. Ed. Mc-Graw Hill Interamericana</li><li>- Millán Calenti JC (2011). Cuidar y acompañar al enfermo con demencia. Madrid. Ed. Médica Panamericana</li></ul>
Complementary	

#### Recommendations

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

Assessment in Gerontology/653540002

Intervention in Gerontology/653540003

Clinic Gerontology I/653540005

##### Subjects that are recommended to be taken simultaneously

##### Subjects that continue the syllabus

#### Other comments

Recomendacións para o estudo da materia:  
Asistencia regular ás clases.  
Realización das prácticas de laboratorio.  
Estudo diario dos materiais impartidos e da bibliografía básica.  
Consulta da bibliografía complementaria recomendada.  
Participación e discusión activa nas actividades que se organicen.  
Realización das probas obxectivas que se vaian realizando. Para axudar a conseguir un entorno inmediato sustentable e cumplir co obxectivo estratégico 2 do "V Plan de Acción do Programa Green Campus FCS (2023-2025)", os traballos documentais que se realicen nesta materia:a) A mayoría solicitarase en formato virtual e soporte informático.b) Se está realizado en papel:- Non se utilizarán plásticos.- Realizaranse impresións a dobre cara.- Utilizarse papel reciclado.- Evitaranse borradores.-Segundo se recolle nas distintas normativas de aplicación para a docencia universitaria deberase incorporar a perspectiva de xénero nesta materia (usarase linguaxe non sexista, utilizarase bibliografía de autores/as de ambos性es, propiciarase a intervención en clase de alumnos e alumnas...)&nbsp;-Traballarase para identificar e modificar prexuízos e actitudes sexistas e influírse na contorna para modificalos e fomentar valores de respecto e igualdade.-Deberanse detectar situacións de discriminación por razón de xénero e proporanse accións e medidas para corrixilas.

(\*)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.