

**Clinical Practice in the Elderly and Health**

Code: 101819  
ECTS Credits: 12

Degree	Type	Year	Semester
2500891 Nursing	OT	4	0

### Contact

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### Use of Languages

Principal working language: catalan (cat)  
Some groups entirely in English: No  
Some groups entirely in Catalan: Yes  
Some groups entirely in Spanish: No

### Teachers

Justo Rueda López

### Prerequisites

They will be able to carry out the practicals

Students who have attended the risk prevention classes and have passed the risk assessment test before the start of the first practicum.

The students that have attended the classes of laboratory practices of second. (See calendar)

Students who have attended the visits planned for the evaluation and update of the vaccine card and tuberculin screening, carried out by the Vall d'Hebron Hospital Preventive Medicine and Epidemiology service, before completing the first practical subject. (See calendar)

Students who have the personal identification card provided by the Academic Management service of the Vall d'Hebron Teaching Unit, North Module.

The knowledge necessary to follow the subject correctly are those of the subjects that have been studied in the first and second years.

It is also recommended to have passed the "nursing care to the aging process"

In this sense, the student enrolling in this subject will have to apply the contents of the "Behavioral Recommendations of the students of the Faculty of Medicine" document and will have to keep "The Confidentiality Commitment". Both documents are available through the following link: [www.uab.cat/medicine](http://www.uab.cat/medicine) within the Degrees: Nursing; Practicum

### Objectives and Contextualisation

In this Practicum, emphasis is placed on the activities to be developed to provide comprehensive nursing care for the elderly, which must include the participation of the family.

It also addresses the functions and activities that the professional develops both in the primary health care team and in the sociosanitary and residential centers.

The participation of the elderly person and their family in the health-disease process must be taken into account.

It is necessary to identify the factors related to health and environmental problems to attend to the elderly in health-illness situations as members of a community.

It is necessary to bear in mind both the internal and external factors that intervene in the level of health of the elderly.

The objective of the internship is for the nursing degree student to reach specific professional skills. Therefore, in clinical practices nursing students have the opportunity to develop knowledge, skills, attitudes and values in a real professional field. Thanks to this opportunity, the student can face, accompanied by a professional, the ability to mobilize their knowledge, attitudes, skills and values. On the other hand, the practices should promote theoretical reflection, being the link between theory and reality and professional and research initiation.

Therefore, learning in clinical practices must take into account the following principles:

- A greater relationship and communication between the student and the tutor of practices.
- A negotiation and / or argumentation of the specific objectives of the place of practice.
- That the evaluation be meaningful and continuous for the student, allowing him to reflect on his own practice and manage his progress.

Goals:

1. Use methods and procedures necessary to identify the relevant monthly health problems among the elderly.
2. Identify the statistical data that refer to population studies, identifying the possible causes of the health problems of the elderly.
3. Promote and prevent health among the elderly.
4. Identify the changes associated with the aging process and its impact on health.
5. Identify the most prevalent geriatric syndromes in the elderly.
6. Carry out care interventions aimed at treating or preventing health problems and their adaptation to daily life through resources of proximity and support for the elderly.
7. Specific care in the care of chronic wounds, which due to their prevalence are pressure ulcers (UPP) and venous and / or arterial vascular ulcers in this population group.
8. Palliative cures and pain control to improve the situation in patients with advanced and terminal diseases.

## **Competences**

- Acquire and use the necessary instruments for developing a critical and reflective attitude.
- Analyse and synthesise complex phenomena.
- Base nursing interventions on scientific evidence and the available media.
- Develop critical thinking and reasoning and communicate ideas effectively, both in the mother tongue and in other languages.
- Develop independent learning strategies.
- Express in a fluent, coherent and appropriate manner the established rules, both orally and in writing.
- Find, evaluate, organise and maintain information systems.
- Form part of and work with groups and teams.
- Identify, analyse and choose the most suitable option to respond efficiently and effectively to problems in the professional context.
- Identify, analyse and solve ethical problems in complex situations.

- Offer technical and professional health care and that this adequate for the health needs of the person being attended, in accordance with the current state of scientific knowledge at any time and levels of quality and safety established under the applicable legal and deontological rules.
- Plan and carry out nursing care aimed at people, families and groups orientated to health results and evaluate the impact of them using clinical and care practice guides describing the processes for the diagnosis, treatment or cure of a health problem.

## Learning Outcomes

1. Acquire and use the necessary instruments for developing a critical and reflective attitude.
2. Analyse and synthesise complex phenomena.
3. Apply an educational strategy based on people, following the objectives set out in the health plan.
4. Apply different educational strategies aimed at the patient and their carer.
5. Apply nursing care to the elderly in their environment.
6. Cite the evaluation indicators used for evaluating the results of the strategies employed.
7. Defend the planning of cures for the elderly and in their environment according to contrasted scientific evidence.
8. Describe the process of healthy and pathological ageing to be able to offer professional care according to the health needs of the elderly.
9. Determine the preventative recommendation to maintain good health and justify them through the evidence demonstrated.
10. Develop independent learning strategies.
11. Draw up a health education plan for a family or group.
12. Express in a fluent, coherent and appropriate manner the established rules, both orally and in writing.
13. Find, evaluate, organise and maintain information systems.
14. Form part of and work with groups and teams.
15. Identify, analyse and solve ethical problems in complex situations.
16. Identify, analyze and make the right choice paragraphs to address problems professionally, efficiently and effectively.
17. Present an analysis and reflection on the protocols and practical clinical guides for the detection and intervention of problems with a high health or social impact.

## Content

In the clinical practices, nursing degree students of the Vejez and Health itinerary have the opportunity to develop knowledge, skills, attitudes and values in a real professional field. The objective of the practice is that the student reaches the specific professional skills acquired in the optional subjects that make up the itinerary: Anthropology, Geriatric Syndromes and Learning to Live and Accompany in the Process of Death.

Thanks to this opportunity, the student will be able to face, accompanied by a professional, the ability to mobilize their knowledge, attitudes, abilities and values. On the other hand, the practices have to strengthen theoretical reflection, being the link between theory and reality and professional and research initiation.

The student of nursing degree, within the framework of the clinical practices of the Vejez y Salud itinerary, at the end of his training he must be able to:

1. Demonstrate the ability to communicate effectively with the people served.
2. Demonstrate the ability to collaborate with the team, recognizing the limits of the competence itself and maintaining the principles and values of ethics in the dimensions of the nursing role.
3. Demonstrate the ability to objectively recognize and document the specific physical, psychological and cultural assistance needs of the person served.
4. Demonstrate the ability to carry out nursing activities based on the principles of a reflective practice, based in turn on an attitude of continuous learning and the specific help needs of the person and family, taking as reference the user rights and ethical principles.

5. Demonstrate the ability to develop actions that help promote health, disease prevention and health education in different areas of practice.

6. Prepare registration reports in all areas of practice.

## Methodology

Clinical practices

Stay in hospitalization services, primary care and / or social and health services appropriate to training needs, during which each student will be assigned a nurse from the unit where he practices, which will ensure and guide his learning process individually and continuously.

The shifts and schedules are established according to the needs of the services. In principle, shifts are eight hours in the morning or afternoon from Monday to Friday.

## Activities

Title	Hours	ECTS	Learning Outcomes
Type: Supervised			
PRACTICAL WITH GUIDELINES (PRCUM)	300	12	1, 2, 3, 14, 8, 10, 9, 11, 12, 16, 15, 17

## Assessment

The clinical competences will be evaluated continuously and training during the daily activity of the clinical practice, through the activities and interventions carried out, as well as with the final presentation of the written report and a final reflection of the practice.

The evaluation of the clinical practices in the hospitalization services, primary care and / or socio-sanitary services will be carried out by the supervising nurse of the unit where he practices according to the practical evaluation guide, with a weight in the final grade of 80% .

The evaluation of the report with the knowledge collected, the evidence provided and a final reflection of the process of practices are evaluated with a weight in the final grade of 50%.

It is mandatory to perform the entire period of clinical practice scheduled in the teaching calendar, regardless of the schedule in which the practices are done.

It is considered a justified fault those who give in the following situations:

- Deaths of relatives of first and second degree of consanguinity
- Scheduled medical visit
- Acute diseases
- Driving license exam
- Official university exams
- Official language tests

In all cases, the corresponding receipt is required and the hours are recovered.

For each unexcused absence, 0.5 points will be subtracted from the final grade (from 0 to 10).

Obtaining the final grade:

The requirement for obtaining the final grade is having completed all the practices.

1. The student who has missed the scheduled practical sessions is considered non-evaluable.

2. The final grade will be the sum of the different parts that make up the practice. The final grade according to agreement 4.4 of the Governing Council 17/11/2010 of the evaluation regulations is as follows:

- 0- 4,9 = Suspense
- 5-6.9 = Approved
- 7- 8.9 = Remarkable
- 9- 9,5 = Excellent
- 9,6-10 = Matriculation of Honor

3. The student has the right to review the evaluations. For this purpose the date will be specified through the Virtual Campus.

4. The assessment of special and particular situations will be evaluated by a committee set up for this purpose.

### Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Delivery of reports- Written works	50	0	0	1, 2, 4, 5, 3, 7, 13, 6, 14, 8, 10, 9, 11, 12, 16, 15, 17
Evaluation during practices at the health center	50	0	0	1, 2, 4, 5, 3, 7, 13, 6, 14, 8, 10, 9, 11, 12, 16, 15, 17

### Bibliography

In line with the methodology used and given that one of the general skills that the student is expected to acquire is to develop strategies for autonomous learning, the bibliography is not specified. The student must become competent in the search and management of information.