

**Course Unit: 400344 – Approaches in Occupational Therapy**

Year 2 Semester 1 ISCED Code: 0915 ECTS: 4,5

Type of Course Unit: Compulsory Delivery Mode: Face-to-face Language of Instruction: Portuguese

COURSE COORDINATOR: Clarisse Isabel de Oliveira Mendes

**HOURS OF WORK**

TOTAL HOURS	Contact Hours								Hours in autonomous work
	Theory	Theory and practice	Practical and laboratory work	Field work	Seminar	Internship	Tutorial guidance	Other	
112,5	-	40	20	-	-	-	-	-	52,5

Prerequisites (if applicable):

**LEARNING OUTCOMES (knowledge, skills and competence)**

- \* Describe the concept of accessibility and support product, and the importance of the occupational performance with different populations
- \* Identify the training of supporting products, identify and describe adaptations
- \* Identify and describe the environmental and instrumental adaptations
- \* Characterize the concept of posture, positioning and transfer customers to different disorders and occupational performance in various contexts
- \* Identify, describe and execute joint and muscular mobilization techniques and procedures;

**CONTENTS**

Module 1

Positions, Transfers and Postures:

1. Concept, definition and demonstration of positioning
2. Concept, definition and demonstration of transfers
3. Conception and changes in posture, Musculoskeletal injuries, Repetitive stress injuries;
5. Primary, secondary and tertiary prevention
6. Load handling

Accessibility and Ergonomics

8. Principles, concepts, legislative support and standards of accessibility and ergonomics
9. Ability in occupational performance, analysis and adaptation of context

Support Products:

10. Principles, concepts, legislation and standards relating to support products

11. Study and evaluation of support products
12. Positioning in Wheelchair

## Module 2

### Mobilizations:

13. Types of mobilization exercise
14. Passive stretching, muscle relaxation and active inhibition
15. Flexibility Exercises and Joint Mobilization
16. Joint stability
17. Procedures for applying techniques Passive, active and active-assisted mobilization

## DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE COURSE UNIT'S LEARNING OUTCOMES

Understand the need to implement and teach compensatory strategies such as the use of orthoses, prostheses, assistive technologies and other, adaptations to the environment, involvement of others and of nonhuman elements in carrying out the tasks and occupations when the desired tasks can not be performed in the usual manner.

Demonstrate the ability to scale and adapt tasks and occupations related to the different areas of performance.

Demonstrate knowledge and understanding of the structures and functions of the human body for biological and physical level and how these structures and functions interact to perform the activity and task.

Understanding the effects of health, disability, disease processes, degeneration and traumatic injuries to the person in the context of family and society

To develop clinical reasoning for the analysis of occupational performance in activity, and the influence of the environment..

## TEACHING METHODOLOGIES

Theoretical-practical and laboratory practice lessons.

Interactive method and exhibition, with slideshow and use of multimedia projector.

Problem solving methodology.

## DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE LEARNING OUTCOMES

This course facilitators are addressed themes of occupational performance in children, adults and elderly.

## EVALUATION METHODS

Continuous Assessment (CA) - Module 1: 1 practical test (PT) and 1 individual written test (IWT) (minimum grade 10 points in the PT to be able to perform the IWT with minimum admissible rating of 8 points); 1 work group (minimum rating of 8 points). Approval: minimum grade of 10 points, in the weighted average of the evaluation tests. Module 2: 1 PT (minimum rating og 10 points). Only the final CU classification is obtained by rounding.

Final Assessment in Normal Season (NS) - Applies to students who do not opt for CA (same type of evaluation methods except group work; minimum admissible rating: 10 points for each evaluation method). Only the final CU classification is obtained by rounding.

Final Assessment at Resource Season (RS) - Applies to students who have not passed CA and Final Assessment in NS (same type of evaluation methods except group work; minimum admissible rating: 10 points for each evaluation method. Improvements are contemplated in Final Assessment at RS.

## MAIN BIBLIOGRAPHY

Edams, J. (2010). Occupational Therapy and stroke (2nd edition). Wiley - Blackwell

Edmond, S. L. (2006). Mobilização/manipulação articular - técnicas para extremidades e coluna, Lusodidata.

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Guia para Acessibilidade e Mobilidade para Todos (2006). Secretariado Nacional de Reabilitação e Integração das Pessoas com Deficiência.

Mcclure, P.W., Bialker, J., Neff, N., Williams, G., & Karduna, A. (2004). Shoulder function and 3-dimensional kinematics in people with shoulder impingement syndrome before and after a 6- week exercise program. Physical Therapy, 84(9), 832-48.

Prentice, W.E., & Voight, M.L.(2003). Técnicas em reabilitação musculoesquelética: Porto Alegre: Art Med.

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