

# STUDY GUIDE

## ***REHABILITATION NURSING***

**Organised by**

***Polytechnic University of Viseu***

1. IDENTIFYING DATA.		
• Course Name.	Rehabilitation Nursing	
• Coordinating University.	Polytechnic University of Viseu	
• Partner Universities Involved.	N/A	
• Course Field(s).	Nursing	
• Related Study Programme.	Bachelor Nursing	
• ISCED Code.	913	
• SDG.	3, 4, 10	
• Study Level.	Bachelor	
• EUNICE Key Competencies	<ul style="list-style-type: none"> <li>• Green – strongly</li> <li>• Orange- moderately</li> <li>• Red – partially</li> <li>• Blank cell - not at all</li> </ul>	
	Problem solving	Moderately
	Teamworking	Moderately
	Communication	Moderately
	Self-management	Strongly
	Cognitive flexibility	Strongly
	Digital competence	Strongly
	Technical competence	Moderately
	Global intercultural competence	Moderately

• Number of ECTS credits allocated.	3
• Mode of Delivery.	Online synchronous and asynchronous
• Language of Instruction.	English
• Course Dates.	October 13 <sup>rd</sup> , 2025 – January 16 <sup>th</sup> , 2026
• Precise Schedule of the Lectures.	<p>Synchronous (20 hours) and asynchronous (15 hours)  Synchronous sessions - Thursdays (17:00-19:00 CET)  October 16<sup>th</sup> – 2 hours session  October 23<sup>rd</sup> – 2 hours session  October 30<sup>th</sup> – 2 hours session  November 6<sup>th</sup> – 2 hours session  November 13<sup>th</sup> – 2 hours session  November 20<sup>th</sup> – 2 hours session  November 27<sup>th</sup> – 2 hours session  December 4<sup>th</sup> – 2 hours session  December 11<sup>th</sup> – 2 hours session  Autonomous work: 46h</p> <p><u>Final Assessment:</u> December 18<sup>th</sup>  <u>Normal Exam:</u> January 8<sup>th</sup>  <u>Appeal Exam:</u> January 15<sup>th</sup></p>
• Key Words.	Rehabilitation nursing, rehabilitation nursing care, Neurosciences, Health Sciences, Biotechnology, Ergonomics, Occupational Health, Health literacy, Social Reintegration, Quality of Life, Functionality, Independence, Handicap, Caregiver, Palliative care, Ethics
• Catchy Phrase.	“Nurses save lives, Rehabilitation Nurses save the Quality of Life” Laura Solkowitz

• Prerequisites and co-requisites.	EUNICE Student; English Level: B2
• Number of EUNICE students that can attend the Course.	18
• Course inscription procedure(s).	Eunice Application Portal

## 2. CONTACT DETAILS.

• Department.	School of Health, Nursing department
• Name of Lecturer.	Susana Marisa Loureiro Pais Batista

• E-mail.	<a href="mailto:sbatista@essv.ipv.pt">sbatista@essv.ipv.pt</a>
• Other Lecturers.	Paula Cristina Dias Rocha Cavaleiro Saraiva

### 3. COURSE CONTENT.

The main course topics will revolve around the evolution of technical and scientific knowledge in rehabilitation nursing, the recognition of the importance of the nurse's role, the identification of inherent needs in caring for the person with neurological, cardio- respiratory, musculoskeletal and integument alterations and also of the person in palliative care and the recognition of the principles inherent to the concept, planning, execution and evaluation of rehabilitation nursing care whose action is developed in order to enhance the health project of each person.

### 4. LEARNING OUTCOMES.

To describe the evolution of technical and scientific knowledge in rehabilitation nursing  
 To recognize the importance of rehabilitation nursing in the context of person, family, and community  
 To identify needs in the field of rehabilitation nursing  
 To recognize the principles inherent in the design, planning, implementation, and evaluation of rehabilitation nursing care  
 To recognize the importance of scientific research in decision-making in rehabilitation nursing.

### 5. OBJECTIVES.

The main objective of the course is to understand the importance of Rehabilitation Nursing in caring for individuals, families, and communities.

At the end of the course, students should be able to:

- Identify care needs within the scope of Rehabilitation Nursing in various contexts;
- Describe the evolution of technical and scientific knowledge in the field of Rehabilitation Nursing;
- Recognize and apply the principles of the nursing process in the design, planning, implementation, and evaluation of rehabilitation care;
- Value scientific research as a foundation for evidence-based decision-making in Rehabilitation Nursing.

### 6. COURSE ORGANISATION.

#### UNITS

- |    |  |
|----|--|
| 1. | Rehabilitation Nursing in a Global Health Care Context<br>Conceptual Bases of Rehabilitation Nursing |
|----|--|

	Importance and implications of rehabilitation nursing in a person, family, and community context
2.	Rehabilitation Nursing Interventions in the Healthcare Team Functional evaluation of the person while performing autonomous functions Levels of actuation of rehabilitation nursing in the prevention of illness, disability, and inability
3.	Rehabilitation Nursing in Caring for the Person with Cardio-Respiratory alterations
4.	Rehabilitation Nursing in Caring for the Person with Neurological alterations
5.	Rehabilitation Nursing in Caring for the Person with Musculoskeletal and Tegumentary alterations
6.	Rehabilitation Nursing in Caring for the Person in Palliative Care and End of Life care
7.	Evidence-Based Rehabilitation Nursing: A Challenge, an Opportunity
8.	Ethical Considerations in Rehabilitation Nursing
<b>LEARNING RESOURCES AND TOOLS.</b>	
The professor will provide the ppt of synchronous lectures, articles and supporting documents.	
<b>PLANNED LEARNING ACTIVITIES AND TEACHING METHODS.</b>	
Lectures, short weekly e-activities, personal research	

## 7. ASSESSMENT METHODS, CRITERIA AND PERIOD.

This course will be assessed continuously, through weekly e-activities (60%) and a final assessment that includes an individual or group assignment (40%).

## OBSERVATIONS.

## 8. BIBLIOGRAPHY AND TEACHING MATERIALS.

Batista, S. M. L. P., Campos, D., Ramos, D., Figueiredo, E., Marques, F., Cardoso, M., & Caldeira, S. (2023). Disfagia pós-AVC: importância de uma avaliação de enfermagem estruturada na prevenção de complicações. *Studies In Health Sciences*, 4(2), 311–326. <https://doi.org/10.54022/shsv4n2-002>

Batista, S. M. L. P., Bonifácio, A. C. M., Simão, C. M. M., Pereira, L. M. C., Albuquerque, C. M. de S., Martins, R. M. L., e Andrade, A. I. N. P. de A., Rocha, P. C. D., & dos Santos, H. R. M. (2023). The rehabilitation nurse's intervention in elderly people with dysphagia: systematic literature review. *Studies In Health Sciences*, 4(2), 610–630. <https://doi.org/10.54022/shsv4n2-027>

Batista, S. et al. (2021) Suffering-associated factors in chronic disease in hospitalised patients in Portugal. *Enfermería Clínica* vol. 31, no 3, pp. 135-147  
<http://dx.doi.org/10.1016/j.enfcli.2020.12.043>

Batista, S.; Martins, R.; Albuquerque, C.; Andrade, Ana; Ribeiro, Olivério; Dinis, Alexandra. (2021) "Fatores determinantes de espiritualidade na pessoa com doença crónica hospitalizada". *Servir* 2,1: 95-107. <https://doi.org/10.48492/servir0201.25863>.

Larsen, P. (2021) Advancing the care of persons with chronic illness and disability. *Rehabilitation Nursing* 48(3): p 75-76. | DOI: 10.1097/RNJ.0000000000000415

Loureiro Pais Batista, S. M., Pereira Gaspar, A. C., Madeira dos Santos, B., da Cunha Silva, F., Fonseca Marta, F., Pinto Pedrosa, I., Lopes Martins, R. M., Sousa Albuquerque, C. M., Nunes Pereira de Azevedo e Andrade, A. I., & Carvalho Duarte, J. (2023). Nurses' knowledge of patients' swallowing ability: a cross-sectional study in Portugal. *International Healthcare Review* (online). <https://doi.org/10.56226/64>

Martins, R., Gomes, S., Vicente, P., Carvalho, N., & Batista, S. (2024). A qualidade de vida das pessoas com esclerose múltipla em Portugal. *Revista Cuidarte*, 15 (2). <https://doi.org/10.15649/cuidarte.2841>

Martins, R., Carvalho, N., Batista, S., & Dinis, A. (2022). Falls in Elderly: Study of the Prevalence and Associated Factors. *European Journal of Development Studies*, 2(3), 12–17. <https://doi.org/10.24018/ejdevelop.2022.2.3.92>

Martins, R.; Fernandes, J.; Martins, S.; Carvalho, N.; Batista, S. (2021). "Eficácia da reabilitação cardíaca na qualidade de vida da pessoa: revisão integrativa da literatura". *Servir* 2 1 (2021): 83-93. <https://doi.org/10.48492/servir0201.25859>. Martins, R., Carvalho, N., Batista, S., & Dinis, A. (2022). Falls in Elderly: Study of the Prevalence and Associated Factors. *European Journal of Development Studies*, 2(3), 12–17. <https://doi.org/10.24018/ejdevelop.2022.2.3.92>

Martins, R. L., Carvalho, N., Albuquerque, C., Andrade, A., Martins, C., Campos, S., Batista, S., & Dinis, A. I. (2020). Musculoskeletal disorders in adolescents: a study on prevalence and determining factors. *Acta Paul Enferm*, 33, e-APE20190173. <https://doi.org/10.37689/acta-ape/2020AO0173>

Rocha, P., Baixinho, C. L., Marques, A., & Henriques, M. A. (2024). Safety-promoting interventions for the older person with hip fracture on returning home: a systematic review. *International journal of orthopaedic and trauma nursing*, 52, 101063.

Smeltzer, S. C. (2021). *Delivering quality healthcare for people with disability*. Sigma Theta Tau.