



# INTERNATIONAL CONGRESS OF REHABILITATION NURSING

"The person's function and autonomy:  
rehabilitating in transition processes"



## Congress

**27-03-2014**

**08:30**

Opening of the Secretariat

**09:30**

Opening Conference - Overall view on rehabilitation nursing in transition processes of people

Cheryl Lehman - Teacher of the University of Texas and member of the Board of Directors of the American Association of Rehabilitation Nurses (RNA)

Moderator: Arménio Cruz - Enfermeiro Especialista de Reabilitação e Docente da ESEnC, Coimbra, Portugal

WITH SIMULTANEOUS TRANSLATION

**10:30**

Coffee-Break

**10:45**

1st Plenary Session - Rehabilitation nursing: impact on people, families and the community / health gains

Moderator: Manuel Mariz - Enfermeiro Especialista de Reabilitação e Docente da ESEnC, Coimbra, Portugal

The nurse's performance in cases of neurogenic bladder patients using intermittent urinary catheters in a rehabilitation unit of a University Hospital in the interior of the State of São Paulo/Brazil: quality and safety of care

Alessandra Mazzo - PhD, Professor of the Department of General and Specialized Nursing, School of Nursing of Ribeirão Preto, University of Sao Paulo, Brazil

Results of rehabilitation nursing interventions in inpatients in an internal medicine unit

José Carlos Januário - Clinical Nurse Specialist in Rehabilitation Nursing, CHUC, Coimbra, Portugal

The performance of the rehabilitation nurse after a disaster: earthquake in Haiti

Rita Lacerda Aquarone - Rehabilitation Centre, Albert Einstein Hospital, Sao Paulo, Brazil

**12:15**

Official Opening Ceremony

**13:00**

Lunch Break

**14:30**

2nd Plenary Session - Rehabilitation in terms of empowerment in health care

Moderator: Maria Clara Ventura - Enfermeira Especialista de Reabilitação e Docente da ESEnC, Coimbra, Portugal

Nursing Rehabilitation from a new perspective of care

Nohemi Ramirez Gutierrez - Coordinator of the specialty of Nursing Rehabilitation at the National School of Nursing and Midwifery of the National Autonomous University of Mexico (UNAM), Mexico

Professional and welfare situation of patients with mental disorders

Marcela Martins Furlan de Léo - Institute of Health Sciences, Federal University of Mato Grosso (UFMT), Brazil

Sexual activity after total hip arthroplasty

João Gaspar - Clinical Nurse Specialist in Rehabilitation Nursing, CHUC, Coimbra, Portugal

Adherence and empowerment - what is the relationship: analysis and reflection based on a study on the adherence to noninvasive ventilation in a home environment

António Morais - Clinical Nurse Specialist in Rehabilitation Nursing e Docente da ESEnC, Coimbra, Portugal

**15:45**

Coffee-Break

**16:00**

Free Communications Session



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3rd Plenary Session - Self-care: functionality and cognition – What is the required mode of intervention?

Moderator: Carlos Oliveira - Enfermeiro Especialista de Reabilitação e Docente da ESEnC, Coimbra, Portugal

Evolution of the type and level of self-care dependence: longitudinal study

Fernando Petronilho - ESE, University of Minho, Braga, Portugal

Self-care gains associated with the provision of care in humanitude

João Miguel Sousa Araújo - IGM Portugal, Alcobaca, Portugal

Deconditioning in elderly inpatients: knowledge, beliefs, attitudes and confidence regarding prevention and rehabilitation strategies

Arménio Guardado Cruz - Clinical Nurse Specialist in Rehabilitation Nursing e Docente da ESEnC, Coimbra, Portugal

**11:15**

Coffee-Break

**11:30**

4th Plenary Session - Innovations in rehabilitation nursing in inpatient units – what are the diagnoses and prescriptions?

Moderator: António Morais - Enfermeiro Especialista de Reabilitação e Docente da ESEnC, Coimbra, Portugal

Rehabilitation Nursing: unveiling the power of clinical practice

Paulo Joaquim Pina Queirós - Clinical Nurse Specialist in Rehabilitation Nursing e Docente da ESEnC, Post-doctoral student, ICBAS-UP, Portugal

Experience with telecare and neurological patients in a rehabilitation unit

Yolanda López Moreno - Inpatient Rehabilitation Unit, Spinal Cord Injury and Brain Injury, Madrid (Spain)

Design and validation of an ICNP® Catalogue for Physical-Motor Rehabilitation of Bowel and Bladder Elimination

Leonardo Tadeu de Andrade - The Sarah Network of Rehabilitation Hospitals, Department of neurological and spinal cord injury rehabilitation, Belo Horizonte - Minas Gerais, Brazil

**13:00**

Lunch Break

**14:30**

5th Plenary Session - Rehabilitation nurses in planning health care – as members of the team and as a team, and the current standards of documentation

Moderator: Henrique Nunes - Enfermeiro Especialista de Reabilitação e Docente da ESEnC, Coimbra, Portugal

Data valued by the specialist nurse in rehabilitation nursing for the prescription of respiratory kinesiotherapy for COPD patients

Rui Pedro Marques da Silva - Clinical Nurse Specialist in Rehabilitation Nursing, UCC Ermesinde, Portugal

Reflection on/contributions of the current documentation standards in the practice of Rehabilitation Nursing

Natércia Sequeira - Clinical Nurse Specialist in Rehabilitation Nursing, CHUC, Coimbra, Portugal

Information Systems in specialized practice: Health Gains

Rui Miguel Cruz - Clinical Nurse Specialist in Rehabilitation Nursing, District Hospital of Figueira Da Foz, EPE, Figueira da Foz, Portugal

**15:30**

Apresentação de pósteres

**15:45**

Coffee-Break



**16:00**

Free Communications Session

**29-03-2014**

**09:30**

Opening of the Secretariat

**10:00**

Debate - Nursing: consider the rehabilitation nurse in primary health care / continuing care? What are the benefits?

Moderator: Fernando Henriques - Clinical Nurse Specialist in Rehabilitation Nursing e Docente da ESEnFC, Coimbra, Portugal

Belmiro Rocha - Nurse, College of Rehabilitation, Order of Nurses

Carlos Margato - Clinical Nurse Specialist in Rehabilitation Nursing, SMFR, CHUC, Coimbra, Portugal

Floribela Paiva - Clinical Nurse Specialist in Rehabilitation Nursing, UCC Soure/ACES Baixo Mondego, Soure, Portugal

Isilda Rodrigues Santos - Clinical Nurse Specialist in Rehabilitation Nursing, UCC Anadia/ACES Baixo Vouga, Anadia, Portugal

Manuela Martins - Clinical Nurse Specialist in Rehabilitation Nursing, ESEP, Porto, Portugal

**12:30**

Closing Session



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## Workshops

**27-03-2014**

**11:00**

Rehabilitation Nursing Minimum Data Set (RNMDS): contribution of the Physical Medicine and Rehabilitation Unit (SMFR) of the Coimbra Hospital and University Centre (CHUC/HUC)

Sala 5

Nurses have always been concerned with associating the provision of care to evidence in order to produce quality indicators. However, we are still unable to produce systemized information.

We need to identify the major population rehabilitation nursing needs; the responses provided by rehabilitation nurses to the population; and the core nursing-sensitive patient outcomes in rehabilitation nursing and how much they cost to people and society. These and other issues will be easier to identify if we are able to reach a consensus regarding a RNMDS.

Our proposal results from the discussion of the nursing team of the Physical Medicine and Rehabilitation Unit (SMFR) of the Coimbra Hospital and University Centre (CHUC/HUC) and experts' contributions. It aims to get contributions to improve it.

Aims:

- To understand the RNMDS developed;
- To analyse the proposal focused on rehabilitation nurses' area of intervention (bodily and adaptive processes associated to transitions);;
- To identify aspects to be included.

Program:

- RNMDS: definition, requirements and aims;
- Methodology used;
- Proposal of the minimum data set;
- Discussion and analysis of the RNMDS;
- Conclusions.

Animators:

- Nursing team of the SMFR-CHUC/HUC (Carlos Margato, Alice Teodoro, Natália Ramos, Luís Mendes, Maria João Reis and Octávio Ferreira)
- Invited experts: Manuel Mariz (Professor - ESEnfC) / Fernando Petronilho (PhD Professor - ESEnf Un. Minho)

Target group:

- Clinical nurse specialists in rehabilitation nursing and students of the CPLEER

Number of participants:

- 25

**14:00**

Acupuncture and Nursing

Sala 11

Program:

- Chinese Medicine: disciplines and definitions;
- History of Chinese Medicine;
- Principles of Chinese Medicine;
- Main Meridians;
- Possible Applications in Rehabilitation Nursing.

Practical Component:

- Location and prick of some sites.



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Duration:

- 2 Hours

Information about the trainer:

- Luís Fernandes

- Graduated in Nursing

- Postgraduate Degree in Rehabilitation Nursing

- Degree in Studies of Traditional Chinese Medicine - Acupuncture and Phytotherapy by the Chengdu University of Traditional Chinese Medicine

Number of participants:

- 20

**16:00**

## Neuromuscular Bandages

Sala 5

Program:

- Principles; indications; contraindications and practical application of neuromuscular bandages in clinical settings for nurses

Duration:

- 2 Hours

Information about the trainer:

- Humberto Angélico - Licenciado em Enfermagem, Pós-graduado em Reabilitação no Desporto - CHUC

- Pedro Henriques - Clinical Nurse Specialist in Rehabilitation Nursing - CHUC

Number of participants:

- 25

**28-03-2014**

**11:00**

## Nursing and Shiatsu massage

Sala 5

Coming from Eastern traditions of healing, whose origins date back to more than 5000 years ago, Shiatsu, which means "finger pressure", is a relatively modern form of therapy that is becoming increasingly popular in the West.

Shiatsu aims at stimulating the flow of vital energy through the application of pressure, stretching exercises or handling of certain areas of the body.

Program:

- The principles of Shiatsu:

- Concept of energy

- Flow of energy

- Understand the yin and yang

- Kyo and jitsu imbalances

- Preparation for a Shiatsu treatment

- Basic Shiatsu Treatment

In the practical component, we will explain how to give a back massage.

Duration:

- 2 Hours

Information about the trainer:

- Rita Maria da Silva Santos

- Graduated in Nursing

- Specialist and Master in Rehabilitation Nursing



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Number of participants:

- 20

**14:00**

Ventilation/Expectoration: Technological innovations

Sala 10

Aim:

- To acquire and develop skills to use devices and instruments which facilitate the ventilation and elimination of secretions.

Program:

- 1st Part

The trainer will first provide a theoretical background on ventilation and secretion mobilization and then showcase equipment, such as VNI, Vest, Cough Assist.

- 2nd Part

Instruction of and practice with participants using simulation equipment.

Note - The workshop will have the collaboration of the Linde company.

Duration:

- 2 Hours

Information about the trainer:

- Manuel Mariz
- ESEnfC Teacher
- Graduated in Nursing
- Specialist in Rehabilitation Nursing
- Master in Nursing Science
- PhD in Nursing

Number of participants:

- 20

**14:00**

Plaster cast and functional immobilizations

Sala 11

Aims:

- To understand the importance of using plaster cast and functional immobilizations;
- How to maximize their use;
- Practical examples.

Trainer:

- Fernando Venda (Clinical Nurse Specialist in Rehabilitation Nursing)

Number of participants:

- 20

**16:00**

Lymphatic Drainage

Sala 5

Program:

- Concept
- Benefits
- Technique
- Practice (with the user)

Duration:

- 2 Hours



Information about the trainer:

- Florbela Maria Marques Caniceiro Paiva
- Graduated in Nursing
- Specialist in Rehabilitation Nursing

Number of participants:

- 20



## Social Program

**27-03-2014**

**14:00**

### Coimbra – A Different Perspective

It includes a visit to the historical, architectural and sociocultural contexts of the city of Coimbra, as well as a presentation on its toponymic evolution. This path shows some of the popular and academic experiences and traditions of the Alta Coimbrã. The life and works of great personalities who were somehow connected to Coimbra join the path. These personalities include the names of Aristides de Sousa Mendes and, in particular, students who lived in the city. In this regard, we highlight the houses where Eça de Queirós, João José Cochofel and António Nobre used to live.

This guided tour takes visitors through the less explored streets of Coimbra.

**28-03-2014**

**15:00**

### Visit to the historical area of the University of Coimbra

Meeting Point

At the entrance of Campus B, next to the reception - 14:00

The University de Coimbra holds an extremely rich historical, architectural and cultural heritage, thus representing a precious common acquis of Humanity. It was classified by UNESCO as a World Heritage Site on 22th June 2013. More than acknowledging the architectural value of the Campus of the University of Coimbra, this award enhances the Universal Value of the Portuguese Culture and Language and recognises the central role that Portugal played in the world's education.

The University of Coimbra counts approximately 20 thousand students, hosting one of the largest international student communities in Portugal.

Its Joanine Library, dating from the 18th-century, located at the University Palace, at the patio of the University's Law Faculty, presents a predominantly rococo style, being acknowledged as one of the most original and fascinating baroque libraries in Europe. A place of research for many scholars, the site is also frequently used for concerts, exhibitions and other cultural events.

**20:30**

### Social Dinner

Hotel D. Inês - Coimbra