

II CONGRESSO INTERNACIONAL DE ENFERMAGEM DE REABILITAÇÃO

"A Pessoa, Função e Autonomia - Reabilitar nos Processos de Transição no Ciclo de Vida"

março.2016.Coimbra, Portugal



Pré Congresso

9 March 2016

09:00

Course: Electrostimulation in Rehabilitation Nursing - Sala 5

Electrostimulation is a technique used in rehabilitation with excellent therapeutic results. The Nurse Specialist in Rehabilitation Nursing should have knowledge about the use of this technique.

Contents:

- 1 - Electrostimulator;
- 2 - Types of Waves and Frequencies;
- 3 - Most used frequencies in pain management;
- 4 - Motor points;
- 5 - Most used frequencies in muscle strengthening;
- 6 - Simulated Practice

Schedule:

- 09:00-9:15 - Presentation
- 09:15-10:15 - Electrostimulator
- 10:15-10:30 - Coffee-break
- 10:30-12:00 - Types of Waves and Frequencies
- 12:00-13:00 - Most used frequencies in pain management
- 13:00-14:00 - Lunch
- 14:00-14:30 - Motor point
- 14:30-15:30 - Most used frequencies in muscle strengthening
- 15:30-15:45 - Coffee- break
- 15:45-16:45 - Simulated practice
- 17:45-17:00 - End of activities

Trainer:

Luís Fernandes - Bachelor's Degree in Nursing, ESEAF, Coimbra; Postgraduate Specialization Degree in Rehabilitation Nursing, ESESFM, Lisbon; Bachelor's Degree in Studies of Chinese Traditional Medicine - Acupuncture and Phytotherapy from the Chengdu University of Traditional Chinese Medicine; Postgraduate Degree in Chinese Osteopathy, ESMTTC, Lisbon.

O Curso irá decorrer com o mínimo de 5 inscritos.

14:00

A Enfermagem de Reabilitação em Portugal, da forma como é praticada

Rehabilitation Nursing is becoming increasingly more important in the several clinical practice settings due to the singularity and complementarity in the real and potential responses to patients and caregivers. It is based on the concept of caring in nursing, valuing functionality and its impact on the quality of the care provided to patients.

The provision of Rehabilitation Nursing care to the individual throughout the life span aims both at preventing the risks of function changes that lead to activity restrictions and/or disabilities and promoting the self-care readaptation processes of the person with

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special needs (Ordem dos Enfermeiros, Regulamento dos Padrões de Qualidade dos Cuidados Especializados em Enfermagem de Reabilitação, 2015)

The aim of this course is to disseminate the competencies acquired by Rehabilitation Nurses during their training and the gains in terms of recovery and maintenance the function and autonomy of individuals.

Contents

- 1 - Presentation and analysis of curricula leading to the title of specialist/master in rehabilitation nursing in Portugal.
- 2 - Presentation of intervention contexts for Rehabilitation Nurses in clinical practice, namely their integration in the teams of the inpatient, long-term, palliative and community care units.
- 3 - Analysis of the impact of the rehabilitation nurses' interventions and of the health gains in terms of self-care promotion, prevention of complications and maximization of skills.

Schedule

14:00 - Presentation

14:15 - Development of Contents

18:00 - Course Assessment

Trainers

Maria Clara Ventura - Coordinating Professor, ESEnfC, Specialist in Rehabilitation Nursing.

Manuel Mariz - Adjunct Professor, ESEnfC, Specialist in Rehabilitation Nursing.

Number of Participants - max. 15

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Congress

10 March 2016

08:30

Secretariat opening

09:30

1st Plenary Session - Rehabilitation nursing in neonatology and in childhood

Moderator: Manuel Mariz

The Rehabilitation Nurse in Neonatology, Nisa Souto, Specialist and Master in Rehabilitation Nursing, UCINP of the Hospital Dr. Nélcio Mendonça, Funchal, Portugal

The Rehabilitation Nurse with the Hospitalized Child, Paula Pleno, Nurse Specialist in Rehabilitation, CHUC- HP, Coimbra, Portugal

The Rehabilitation Nurse in the School Community, Raquel Silva, Specialist in Rehabilitation, UCC Cuidar - ACES Porto Ocidental, Portugal

11:00

Coffee-Break

11:15

Initial conference

Rehabilitation in the life cycle - Walter Hesbeen

Presided by: M Clara Ventura

12:15

Official opening ceremony

13:00

Lunch

14:30

2nd Plenary Session - Adolescence "what intervention from Rehabilitation Nursing

Moderator: Carlos Oliveira

Physical activity in adolescence: an open window for the work of rehabilitation nurses, Ilda Fernandes

Postural assessment through biophotogrammetry in children and adolescents from a school cluster - Ana Santos, RN and Master in Rehabilitation Nursing. Portuguese Red Cross - Delegation of Bragança

15:15

Presentation and release of the following monographs

No. 14 - Rehabilitation Nursing: Research Paths

No. 15 - Rehabilitation Nursing: Research Results

15:45

Coffee-Break

16:00

Oral presentations (see regulation)

11 March 2016

09:30

3rd Plenary Session - Rehabilitation Nursing in the adult in hospital settings

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Novo Prazo para
Submissão de Abstracts
20.JAN.2016

Moderator: Henrique Nunes

Autonomy beyond functional independence: Reconstruction of nursing care, Maria Manuela Martins, Nurse Specialist in Rehabilitation, Teacher at the Nursing School of Porto, Portugal

Health Gains in Dependent Stroke Patients Admitted to the National Network of Integrated Long-Term Care, Fernando Petronilho, Specialist in Rehabilitation and Teacher of the School of Nursing, University of Minho, Braga, Portugal

The dependent person after a stroke: process of transition from the episode to the hospital discharge, Ana da Conceição Faria, Specialist in Rehabilitation, Médio Ave Hospital Center, EPE, Portugal

The impact of the intervention of the Rehabilitation Nurse on the arterial oxygenation of the critically ill patient undergoing invasive ventilation, Marco China, Specialist in Rehabilitation, RN, Centro Hospitalar e Universitário de Coimbra, EPE

11:15

Coffee-Break

11:30

4th Plenary Session - The adult in home settings – what Rehabilitation Nursing?

Moderator: Fernando Henriques

Social representation of rehabilitation nursing in the family, António Morais, Specialist in Rehabilitation and Teacher of the Nursing School of Coimbra, Coimbra, Portugal

Care skills of the family caregivers of people with spinal cord injury, Zuila Carvalho, PhD, Federal University of Ceará, Fortaleza, Brazil

Adapting/Empowering the person - A case study, Octávio Ferreira, Nurse Specialist in Rehabilitation Nursing of the Physical Medicine and Rehabilitation Unit, CHUC

13:00

Lunch

14:30

5th Plenary Session - Rehabilitation and the older person

Moderator: M Rosário Carreiró

The Intervention of the Nurse Specialist in Rehabilitation Nursing with the Older Person: the promotion, maintenance and recovery of functional ability, Cátia de Jesus Duarte, Specialist in Rehabilitation, Hospital Beatriz Ângelo, Loures, Portugal

Structuring of a Functional Rehabilitation Program for the senior population with functional impairment, Rui Pedro Silva, Specialist in Rehabilitation, Community Care Unit, Ermesinde, Portugal

The ProBalance Program improves balance in community dwelling elderly adults: A controlled and randomized clinical trial, Bruna Raquel Gouveia, Specialist in Rehabilitation and Teacher of the Nursing School of St. Joseph of Cluny, Funchal, Madeira, Portugal

Physical Activity in People Over the Age of 65 years and Health Promotion, Maria Clara Monteiro, Specialist in Rehabilitation, Medicine Unit - CHPVVC, Viana do Castelo, Portugal

15:45

Coffee-Break

16:00

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Oral presentations (see regulation)

12 March 2016

10:00

Debate

Advanced Nursing: Rehabilitation in the life cycle - what link?

Participants - Members of the several specialty colleges of the Ordem dos Enfermeiros

Streamlines: António Amaral

12:45

Closing session

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Workshops

10 March 2016

11:00

Neuromuscular bandages - sala 3

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

Trainer:

Nuno Catela - Bachelor's Degree in Nursing; Specialist and Master in Rehabilitation Nursing.

14:00

Acupuncture and Nursing - sala 3

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

Trainer:

Luís Fernandes - Bachelor's Degree in Nursing, ESEAF, Coimbra; Postgraduate Specialization Degree in Rehabilitation Nursing, ESEFSM, Lisbon; Bachelor's Degree in Studies of Chinese Traditional Medicine - Acupuncture and Phytotherapy from the Chengdu University of Traditional Chinese Medicine; Postgraduate Degree in Chinese Osteopathy, ESMTTC, Lisbon.

16:00

Entrepreneurship and Rehabilitation - sala 6

Information:

Pedro Parreira - Bachelor's Degree in Nursing; Specialist in Rehabilitation Nursing; Master's in Organizational Behaviour; PhD in Management, specialization in human resource organization; Post-doctorate.

11 March 2016

11:00

Lymphatic drainage - sala 3

Concept; Benefits; Technique; Practical component (with patient).

Trainer:

Florbela Maria Marques - Bachelor's Degree in Nursing; Specialist in Rehabilitation Nursing.

14:00

Ventilation/Expectoration: Technological innovations - Sala 5

Program:

Trainer:

Manuel Mariz - Professor of the Nursing School of Coimbra; Bachelor's Degree in Nursing; Specialist in Rehabilitation Nursing; Master's in Nursing; PhD student in Nursing.

16:00

Nursing and Shiatsu massage - sala 3

The principles of Shiatsu: concept of energy; energy flow; understanding the yin and the yang; kyo and jitsu imbalances;

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Preparation for a Shiatsu treatment;

Basic Shiatsu treatment;

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

Trainer:

Rita Maria da Silva Santos

Bachelor's Degree in Nursing; Specialist and Master in Rehabilitation Nursing.

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Social Program

10 March 2016

15:00

"Coimbra â€“a Different Perspective"

Groups of 25 participants

16:30

"Coimbra â€“a Different Perspective"

Groups of 25 participants

18:00

"Fado ao Centro" (performance of fado music)

Group of 20/25 Participants

11 March 2016

14:00

Visit to the historical area of the University of Coimbra (World Heritage)

Groups of 25 participants

15:00

Machado de Castro Museum

Group of 25 participants

15:30

Visit to the historical area of the University of Coimbra (World Heritage)

Groups of 25 participants

20:30

Social Dinner