

140 - ANALYSIS OF THE PRACTICE OF PHYSICAL THERAPY CURRICULUM COURSE OF THE UNIVERSITY OF THE WEST OF PARANA ON THE PROCESS OF AGING HUMAN HEALTH AND THE ELDERLY.

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INTRODUCTION

The aging population is today a universal phenomenon, caused by increased life expectancy. This increase occurred because of advances in medicine, control of infectious diseases, improved nutrition, improved levels of personal hygiene, better health conditions in general and, particularly, environmental conditions at work and at home more suitable than previously (VERAS, 1988). According to the Brazilian Institute for Geography and Statistics, from 1950 to 2000 the elderly population in the country tripled.

Time to go beyond the description of the changes in the demographic profile for a reflection of the profound cultural and social changes associated with aging, it becomes necessary then the creation of the National Policy for the Elderly, which occurred in 1994 with law No. 8842. This law suggests that the aging process is addressed at all levels of schooling. The implementation of policies and programs considering the new demographics of the country includes the need to increase quantity and quality of professionals to work in senior care, this would expand on specific content in undergraduate, graduate school and continuing education. For this, all people who meet and live with the elderly need knowledge and training.

Considering the role of the physiotherapist in comprehensive care for the elderly, it must master the various physiological systems (cardiorespiratory, musculoskeletal, etc.) while mastering knowledge of the social aspects of the aging, which demonstrates an integral approach to higher viability of this population.

The Course of Physical Therapy was established on the campus of Cascavel-PR in 1999. Runs on full time, offering fourteen places each year. The minimum payment is for five years and the maximum is seven years, with a total workload of 5980 hours of lessons, of which 280 hours are in academic activities (Creation Unioeste: Resolution 004/98-COU, authorization for operation by State Decree 3748 of 0/03/2001, approved by Resolution No. 023/2003-SETI and Decree No. 1708 of 13/08/2003, curriculum structure adopted by Resolution No. 041/2004- CEPE).

The course has made adjustments in its new Educational Policy Project in 2004 due to the evolution of the profession worldwide, the profile of the life expectancy of human beings in the pursuit of quality of life in the evolution of technology and dissemination of information technologies that promote occupational diseases we can say that there is great demand in this professional activity, thus requiring increasingly larger and better training of academic physiotherapist.

Physical therapy in geriatrics is a field of expertise specifically geared toward the elderly, given the current demographic reality has been increasingly sought after. Considering that the goal of this specialty is the well being of the elderly, related to maintenance and improvement of their movements, aiming at the greatest possible independence, it is necessary for the physiotherapist to receive a college degree, as to act along with the segment of the elderly is essential to a better training as a professional in this area, at the undergraduate level. The Gerontology aims to investigate and understand the issues arising from the aging process, in view of the increasing elderly population and the scope of human longevity.

In this sense, this research endeavor, considering the theoretical underpinnings of aging, physical therapy and education, identify and analyze the curriculum practices relating to the human aging process and health of the elderly, in view of the skills needed for this professional to conduct their work segment with the elderly.

On October 13, 1969 act is Decree-Law No. 938/1969 which defines physiotherapy as a profession and defines the top-level functions as a physical therapist, restore, develop and retain the physical capacity of the patient. The decree also describes other possible category assignments. Actually, who currently governs these undergraduate courses is the Resolution CNE / CES n^o 4 / 2002 dated 19 November 2002 establishing the National Curriculum Guidelines of the undergraduate course in physiotherapy.

Age is a very peculiar characteristic and important reference for health care in physiotherapy. When we treat children in the nomenclature we use "physical therapy in pediatrics", at this specificity since the dawn of the profession was always given the best evidence, primarily because of congenital physical disabilities. Regarding the elderly, the nomenclature is "physical therapy in geriatrics and gerontology." We believe that physical therapy as a knowledge area is under development and, gradually, the conception of care to the elderly in their entirety, has been evolving on its characteristics, scope and dimensions of approaches, allowing a continuous review of systematization defined over time. Physical therapy at its interface with the gerontology increasingly needs a training course covering the available knowledge about aging, old age and elderly, with reference to central ethical values of human dignity. Brazil is getting older and heterogeneities associated with the unequal social conditions observed in the country, the state still grappling with the challenges of controlling communicable diseases and infant mortality has not been able to apply strategies for effective prevention and treatment of chronic diseases. Statistics show us that some time ago stopped being a young country with a weak public system of care for the elderly, it can not find adequate support, develop disability and lost independence and quality of life. Investment in health, education and training of the current generation of youth, could result in the formation of a solid support base of the economy. We know that with age, we lose and we win as any other stage of life. But for reasons mainly of a cultural nature, our relationship with old age is often seen as a loss phase, which must be faced by the elderly and society in general. Beauvoir, in *The Elderly*, underscores this idea by stating that "being old is fighting old age" (Beauvoir, 1990, P. 372).

Gerontology is as an area of knowledge, the practical possibility of demystifying aging and old age, through the interpretation of scientific facts, to identify the challenges posed by longevity, resulting from the transformation process we go through. The study of aging is a cultural construct. Gerontology facing a social perspective is one that aims to transmit knowledge, grounded in solid theoretical background in order changes to personal and social. In the case of a multidisciplinary study, gerontology seeks to integrate the different studies, areas, and specialists in this way, we must recognize the importance of diversity in its multiple forms of expression, and: understand the reality is [...] understand the present in everyday life and cultural diversity expressed in deeds, in human relationships. We must have the wisdom to understand and value diversity, particularities, specificities, living and learning with different acknowledging the singular. (Silveira, 2004, p.204). Therefore, gerontology is considered not only a new science, but a new conception of science and multidisciplinary and thus new demands arise, in the sense of construction and reconstruction of knowledge, creating new interpretations. We must stress, facing this reality, that

education, through educational institutions, both during training and professional levels should address the aging issue, conducting studies that may include contributions resulting from this multidisciplinary perspective of science and especially of Gerontology. We strive for the study spaces and construction of scientific knowledge about aging and old age is characterized formally, even as a discipline in higher level courses, ensuring the training of professionals aware of this reality and able to work in the care of older people. This idea has been incorporated in public policies. In the case of the National Policy for the Elderly, in part on government actions, chapter III, refers to the area of education and proposes, in one of its clauses, the inclusion of geriatrics and gerontology as curriculum subjects in university courses. Despite these achievements, the challenges are many, in order to reframe, to contextualize and interpret scientific issues related to aging, old age, old, aiming to provide a decent life to those who are aging, placing emphasis on the role and importance of education as a possibility a change in thinking, a conception which we develop and follow. In this work, to education, despite all its specificities as a strategy of legitimizing existing social order, shall be considered as a way of building the "new", and to overcome the current social model. Including these considerations the question of education focused on professional training. In relation to education and training aimed at medical integrity and / or welfare, we reflect on the role of the university in training of physical therapists, and more specifically examine the possibilities of the development of thought reform, this type of education. Reinforcing this view Morin (2004 p. 21) points out: The necessary reform of thought is one that generates a thought of the context and the complex. Thought contextual search where the relationship of inseparability and the inter-feedbacks between any phenomenon and its context, and this with the planetary context. The complex requires a thought that captures relations, inter-relationships, mutual implications, multidimensional phenomena, realities that are both supportive and conflictive [...], which respects diversity, while the drive, an organizer thought that views the relationship interplay between all parties. In this work, we understand that the curriculum guidelines of the physiotherapy course must be guided by a complex thought and perspective, according to Morin. Moreover, these guidelines should be considered as a guide to elaborate the course, covering specific local, regional, demographic and epidemiological. The professional role of therapist in old age is a reality. Considering the phenomena of epidemiological and demographic transition, as the increasing elderly population, whose needs and expectations constitute major challenges for professionals in all areas, we infer the need for studies on vocational training courses that will provide an analysis of this reality, considering the specifics of context that. With the growth evident world population of elderly people, know the need for training of health professionals prepared to meet them.

We believe that the physiotherapy students through their training, based on its Educational Policy Project, receive a base to act specifies the elderly. Given these factors, we take this opportunity to identify and analyze the curriculum practices relating to the process of human aging and aging health of Physiotherapy Course at the State University of West Paraná / UNIOESTE.

The objective of this study is to identify and analyze the curriculum practices relating to the process of human aging and aging health of the Physiotherapy Course at the State University of West Paraná / UNIOESTE. We believe that the research results will contribute to the enrichment of the plan for training of students in order to carry out work with the elderly. The specific intentions, considering the more general goal converge to a reflection on the Educational Policy Project of the physiotherapy course related to aging.

MATERIALS AND METHODS

This research is qualitative, the data were obtained through document analysis and content analysis, having as its primary source the Educational Policy Project of the physiotherapy course UNIOESTE. We believe that conducted a survey and analysis of technical papers on the teaching of the course. The intention was to identify curriculum practices on the human aging process and aging health education in the course of physiotherapy. They were analyzed through detection of words that deal with the aging issue. After collating the data, described and compared with theory in the study.

In search of subjects related to the theme use the following keywords: Gerontology, Geriatrics, Aging, Old and Enderly

RESULTS AND DISCUSSION

Curriculum practices of the physiotherapy course UNIOESTE that address the human aging process and aging health appeared in the five years of the course, and at first year is through the discipline of gerontology, in the second year in Pharmacology, in the third year in Physical Therapy in Geriatrics and in the 5th year in the practice activities.

We agree with Motta and Aguiar (2007) on the little emphasis given to these issues on social gerontology in the curriculum not only reflects a pedagogical question. Despite the existing legislation is not yet clear how important these contents to the society. The inclusion of the aging process as a way of life and all its aspects in undergraduate curriculum is a priority.

Whereas in the course of physiotherapy in UNIOESTE disciplines Geriatrics and Gerontology are already incorporated into the curriculum of the course of a minimum, you should consider if the goal of ensuring knowledge about aging has been successfully achieved, since, while attending an elderly should take into account not only the visible aspects of aging (biological), but all other aspects (socio-economic, psychosocial, etc.).

In this sense, we agree with Ribeiro (2005), whereas academic background in physical therapy is generally directed to performance in rehabilitation programs, developed in levels of health care and tertiary sectors, with an approach to health problems restricted to biological.

CONCLUSIONS

We conclude that to be prepared to meet people that age, began requiring appropriate training and theoretical and methodological competence.

The courses of physical therapy, include in general, the subjects with programming designed to study the issues involving the elderly. However, further studies should look if this approach is restricted to health approach, because we need for an area of knowledge that addresses more broadly the realities of old age.

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ANALYSIS OF THE PRACTICE OF PHYSICAL THERAPY CURRICULUM COURSE OF THE UNIVERSITY OF THE WEST OF PARANA ON THE PROCESS OF AGING HUMAN HEALTH AND THE ELDERLY.

ABSTRACT

The National Curriculum Guidelines for Undergraduate Physiotherapy guide and orient the development of the education program which shall include the specifics of current reality, among them the elderly. Gerontology as an area of knowledge, provides grants to these professionals for the debunking of old age through the scientific interpretation of the facts, answering many questions pertaining to the longevity and aging, resulting from the transformation process we go through. In this sense, our goal is to identify and analyze the curriculum practices relating to the human aging process and health of the elderly of the Physiotherapy Course at the University of Western Paraná / UNIOESTE in order to contribute to the evaluation and revision of training programs such professionals, so they are better motivated and prepared to carry out their work with the elderly. This research is qualitative, the data were obtained through document analysis and content analysis, having as main source of Project Political Course of Physiotherapy UNIOESTE. They were analyzed through detection of words that deal with the theme aging. After collating the data, we confront the theory with the study. We conclude that the courses of therapy include, in general, the subjects with programming designed to study the issues involving the elderly. However, further studies should look if this approach is restricted to health approach.

KEYWORDS: physical therapy, aging, curriculum.

ANALYSE DE LA PRATIQUE DU CURRICULUM COURS DE THÉRAPIE PHYSIQUE DE L'UNIVERSITÉ DE L'OUEST DU PARANÁ, LE PROCESSUS DE VIEILLISSEMENT LA SANTÉ DE L'HOMME ET LES PERSONNES ÂGÉES.

SOMMAIRE

Les lignes directrices du programme national de premier cycle en physiothérapie guider et orienter le développement du programme d'éducation qui doit inclure les détails de la réalité actuelle, parmi eux les personnes âgées. Gérontologie comme un domaine de connaissance, accorde des subventions à ces professionnels pour la démythification de la vieillesse à travers l'interprétation scientifique des faits, répondre à de nombreuses questions relatives à la longévité et le vieillissement, résultant du processus de transformation que nous traversons. En ce sens, notre objectif est d'identifier et d'analyser les pratiques des programmes relatifs au processus de vieillissement humain et la santé des personnes âgées du cours de physiothérapie à l'Université de Western Paraná / UNIOESTE afin de contribuer à l'évaluation et la révision des programmes de formation professionnels, afin qu'ils soient mieux motivés et préparés à accomplir leur travail avec les personnes âgées. Cette recherche est qualitative, les données ont été obtenues par l'analyse de documents et l'analyse de contenu, ayant comme principale source de projet politique Cours de physiothérapie UNIOESTE. Ils ont été analysés grâce à la détection de mots qui traitent de la question du vieillissement. Après la compilation des données, nous sommes confrontés à la théorie de l'étude. Nous concluons que les cours du traitement comprennent, en général, les sujets avec des programmes conçus pour étudier les questions touchant les personnes âgées. Toutefois, d'autres études devraient examiner si cette approche est limitée à l'approche de santé

MOTS-CLÉS: thérapie physique, le vieillissement, le curriculum.

ANÁLISIS DE LA PRÁCTICA DE CURSO DE TERAPIA FISICA PLAN DE ESTUDIOS DE LA UNIVERSIDAD DEL OESTE DE PARANA EN EL PROCESO DE ENVEJECIMIENTO DE LA SALUD HUMANA Y LA TERCERA EDAD.

RESUMEN

Las Directrices Curriculares Nacionales para la guía de Pregrado Fisioterapia y orientar el desarrollo del programa de educación que incluirá los detalles de la realidad actual, entre ellos los ancianos. Gerontología como área de conocimiento, otorga subvenciones a estos profesionales con el descrédito de la vejez a través de la interpretación científica de los hechos, en respuesta a muchas preguntas relacionadas con la longevidad y el envejecimiento, como resultado del proceso de transformación que atravesamos. En este sentido, nuestro objetivo es identificar y analizar las prácticas curriculares relacionadas con el proceso de envejecimiento humano y la salud de los ancianos del Curso de Fisioterapia en la Universidad del Oeste de Paraná / UNIOESTE con el fin de contribuir a la evaluación y revisión de los programas de formación profesionales, por lo que están más motivados y preparados para llevar a cabo su trabajo con los ancianos. Esta investigación es cualitativa, los datos fueron obtenidos a través de análisis de documentos y análisis de contenido, teniendo como principal fuente de Proyecto Político Curso de Fisioterapia UNIOESTE. Ellos fueron analizados a través de la detección de palabras que tienen que ver con la cuestión del envejecimiento. Después de cotejar los datos, nos enfrentamos a la teoría con el estudio. Se concluye que los cursos de la terapia incluyen, en general, los sujetos con una programación diseñada para estudiar las cuestiones relacionadas con las personas mayores. Sin embargo, otros estudios deberían mirar si este enfoque se limita a enfoque de salud.

PALABRAS CLAVE: terapia física, el envejecimiento, programas de estudios.

ANÁLISE DAS PRÁTICAS CURRICULARES DO CURSO DE FISIOTERAPIA DA UNIVERSIDADE ESTADUAL DO OESTE DO PARANÁ SOBRE O PROCESSO DE ENVELHECIMENTO HUMANO E A SAÚDE DO IDOSO

RESUMO

As Diretrizes Curriculares Nacionais do Curso de Graduação em Fisioterapia norteiam e orientam a elaboração do projeto pedagógico que deve contemplar as especificidades da realidade vigente, dentre elas a velhice. A gerontologia, como área de conhecimento, oferece subsídios a esses profissionais para a desmistificação da velhice através da interpretação científica dos fatos, respondendo às inúmeras questões pertinentes à longevidade e ao envelhecimento, decorrentes do processo de transformação pelo qual passamos. Neste sentido, nosso objetivo é identificar e analisar as práticas curriculares referentes ao processo de envelhecimento humano e à saúde do idoso do Curso de Fisioterapia da Universidade do Oeste do Paraná/UNIOESTE, tendo em vista contribuir para a avaliação e reformulação dos programas de formação desses profissionais,

a fim de que sejam melhor fundamentados e preparados para realizar seu trabalho junto à pessoas idosas. Esta pesquisa é de caráter qualitativo, os dados foram obtidos através da análise documental e análise de conteúdo, tendo como fonte principal do Projeto Político Pedagógico do curso de Fisioterapia da UNIOESTE. A análise se deu através de detecção de palavras que versem sobre o tema envelhecimento. Depois de organizados os dados, os confrontamos com a teoria do estudo. Concluímos que os cursos de fisioterapia incluem, de modo geral, a disciplinas com programação destinada aos estudos das questões que envolvem os idosos. Porém, novos estudos devem buscar se essa abordagem é restrita ao enfoque da saúde

PALAVRAS-CHAVE: fisioterapia; envelhecimento; currículo.