

Teaching Guide of the subject

Year 2024 - 2025

COMPLEMENTARY THERAPIES FOR PEOPLE WITH CANCER

Code: 106157

ECTS credits: 3

Titulation	Type	Course	Semester
2500891 Nursing	OT	4	Annual

Contact	Use of languages
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Prerequisites

There are no official prerequisites, but it is advisable to have achieved the knowledge of the subjects: Theoretical Bases of Nursing, Methodological Bases of Nursing and Ethics and Legislation and Education for Health.

Contextualization and objectives

This subject is optional, belongs to the Specific Nursing Care itinerary in the field of oncology and is planned in the seventh semester of the Bachelor's Degree in Nursing.

The person with oncological disease requires specialized and multidisciplinary nursing care and, although the disease at a biophysiological level has significant losses, it should not be forgotten that one of the most important concerns for the person with cancer is the loss of identity, as well as the psychological disorders derived from it.

The purpose is for students to acquire knowledge and deepen their knowledge of complementary therapies and to know and value their function and therapeutic value as well as the interrelation of psychological factors and the development of the disease.

Also, that the student knows the appropriate nursing therapies and interventions according to the type of cancer and phase in which they are planning nursing care.

Learning objectives of the subject

1. Identify the emotional response of the patient, family and environment in the different stages of the oncological disease.
2. To know the main complementary therapies and nursing interventions aimed at the person with cancer and their application according to scientific evidence.
3. Design nursing interventions using complementary therapies.
4. Show therapeutic attitudes and behaviors towards people suffering from cancer.
5. Apply the knowledge acquired in nursing care.

Competencies and learning outcomes

Competence	Learning Outcomes
SPECIFIC	
E01. To provide technical and professional health care appropriate to the health needs of the people being cared for, in accordance with the state of development of scientific knowledge at any given time and with the levels of quality and safety established in the applicable legal and deontological standards.	E01.23. To describe interventions aimed at the readaptation of daily life through proximity and support resources.
E02. Plan and provide nursing care aimed at individuals, families or groups, focused on health outcomes, evaluating its impact through clinical practice and care guidelines, which describe the processes by which a health problem is diagnosed, treated or cared for.	E02. 01. Identify clinical practice and care guidelines related to attention to people's health demands throughout the life cycle and in the alterations that may occur.
E05. Design care systems aimed at individuals, families or groups, evaluating their impact and establishing the appropriate modifications.	E05.05. Design nursing care using the appropriate instruments for the person's situation throughout their life cycle, paying attention to current regulations, the best existing evidence and quality and safety standards.
E06. Base nursing interventions on scientific evidence and available means.	E06.06. Analyze nursing interventions, justifying them with scientific evidence or contributions from experts to support them.
E09. Promote healthy lifestyles, self-care, supporting knowledge of preventive and therapeutic behaviors.	E09.05. Identify the determining risk factors in the health-disease process at the physical, emotional, social and environmental levels.
GENERAL / BASIC	
G01. To introduce changes in the methods and processes of the field of knowledge in order to provide innovative responses to the needs and demands of society.	G01.03. Acquire and use the necessary tools to develop a critical and reflective attitude.

G03. Act with ethical responsibility and respect for fundamental rights and duties, diversity and democratic values.	G03.03. To analyse difficulties, prejudices and discrimination, in the short or long term, in relation to certain people or groups.
G04. Act within the field of self-knowledge by assessing inequalities based on sex/gender.	G04.07. Communicate with a non-sexist and non-discriminatory use of language.
B05. Students must have developed those learning skills necessary to undertake further studies with a high degree of autonomy.	

Content

MODULE 1. Psychological Therapies.

Theme 1. Psychological intervention in cancer patients (psycho-oncology).

Theme 2. Emotional response of the patient, family and environment in the different stages of the disease

MODULE 2. Complementary therapies.

Theme 3. General principles of information and communication with cancer patients. Inequalities by reason sex/gender.

Theme 4. Management of difficult situations in the performance and communication with the cancer patient.

Theme 5. Complementary therapies and nursing intervention. Comprehensive care for cancer patients. Therapies Support: relaxation, mindfulness, laughter therapy, music therapy, art therapy, therapeutic writing, etc.

Theme 6. Emotional health: nursing strategy.

Methodology

The methodology of this subject is based on a continuous evaluation in which all the student's work, exams, case analysis and work are assessed. All sessions include different types of activities to promote dynamism. Likewise, students must carry out various activities between sessions aimed at promoting the development of autonomous learning strategies.

Supervised activity: The subject has a single theory group.

1. Expository classes: the theoretical development of the topic is combined with more practical classroom activities (individual and/or group), in order to consolidate the theoretical content and achieve the competences of the subject.

Supervised activity:

1. Critical readings of articles and searches for information.
2. Preparation of a group work and presentation in class.

Face-to-face tutorials are established with the work groups scheduled or electronically.

Training activities

Activity	Hours	ECTS	Learning Outcomes
Types: Directed			<i>E01.23, E02.01, E05.05, E06.06, E09.05, G01.03, G03.03, G04.07</i>
Theory (TE)	23	0,92	
Types: Supervised			<i>E02.01, G01.03, G03.03, G04.07</i>
Scheduled tutorials:	1	0,04	
Type: Self-employed			<i>E02.01, E05.05, E06.06, G04.07</i>
Personal study, bibliographic consultations and documents. Preparation of works.	44,5	1,78	

The teaching staff will spend approximately 15 minutes after the end of the subject to allow the students to answer the assessment surveys on the teaching performance and the subject.

Evaluation

Students have only one call per academic year to pass the subject. Students who plan absences or punctuality disorders must report it at the beginning of the course.

Academic progression and the passing of the subject is assessed by:

Continuous evaluation

A continuous and summative evaluation is carried out throughout the subject through 3 tests:

Assessment instruments:

- **Written evaluation (50%):** An objective test, selection items, is carried out at the end of modules 1 and 2 and includes all the topics covered.
- Delivery of reports and oral defense of the work (40%): Group written work and oral presentation/presentation of the work.
- **Written evaluation (10%): Submission of Report** (short essay test, reflective individual work, etc.).

The grade of the subject is given by the weighted sum of the marks obtained in these tests. It is considered an essential requirement to pass the continuous assessment to have obtained a minimum score of 4.5 out of 10 in each of the tests.

The results of the evaluation tests will be retroacted through the classroom and tutorials where appropriate. The work evaluation rubric is available in the virtual classroom.

Qualification

- 0 to 4.9: Fail
- 5.0 to 6.9: Pass
- 7.0 to 8.9: Remarkable
- 9.0 to 10: Excellent (in the event that the student has obtained a grade equal to or higher than 9, he/she may opt, at the discretion of the teacher, for an honors).

Unique assessment

1. In this subject there is no homework scheduled to be done in a group.
2. The date of the unique test will coincide with the date of the last continuous assessment test that appears in the daily schedule and in the calendar of training and evaluation activities
3. The unique assessment will consist of:
 - Test 1 which will consist of a **written evaluation**: objective test and weights **50%**
 - Test 2 which will consist of a **written evaluation**: brief essay test and weights **10%**
 - Test 3 which will consist **of the delivery of reports**: individual written work and oral presentation of the work and weights **40%**

Recovery activity

1. A unique date is set for the remedial activity for all students, whether or not they are eligible for a unique assessment.
2. A remedial activity is proposed to students who have been previously evaluated for a set of activities whose minimum weight is equivalent to 2/3 of the total grade of the subject and who have obtained a final grade of less than 5 and higher than 3.5.
3. This test will consist of an evaluation activity of the retrievable test(s) not passed.
4. The remedial tests will be determined by the teaching staff.
5. Teachers can exclude from the recovery process those activities that, by their nature, they consider not to be recoverable.
6. In the event that the student passes the retake test corresponding to the failed part, the maximum grade of the same will be a 5.
7. The retake grade will replace the grade originally obtained and the final weighted grade will be recalculated.
8. Once the subject has been passed, it may not be subject to a new evaluation.

Not assessable

When the student has not provided sufficient evidence to allow an overall grade of the subject, the grade is recorded as "*not assessed*" in the record.

It is a reason for lack of sufficient evidence if the student has not participated in any activity of continuous assessment.

Revision of the final grade

Once the final grade has been published, the student can request the review of the final test within the established period. Requests for revision are not accepted on dates outside this period.

Procedure in case of copying/plagiarism

1. Copying or **plagiarism** in any type of assessment activity is a crime, and will be penalised with a 0 as the grade of the subject, losing the possibility of recovering it, whether it is an individual or group work (in this case, all members of the group will have a 0).
2. If during the completion of an individual project in class, the teacher considers that a student is trying to copy or is discovered some type of document or device not authorised by the teaching staff, it will be graded with a 0, with no retake option, and therefore, the subject will be suspended.
3. A work, activity or exam is considered to be "copied" when it reproduces all or a significant part of the work of oneself or another classmate.
4. A work or activity will be considered "plagiarized" when a part of a text by an author is presented as one's own without citing the sources, regardless of whether the original sources are on paper or in digital format.

Aspects of assessment related to values and attitudes

1. The teacher may reduce the grade of the subject by between 1 and 2 points when the student repeatedly does not respect the indications of behavior in the classroom and/or disturbs the normal functioning of the classroom.
2. "No disrespect for colleagues or teachers will be tolerated. Homophobic, sexist or racist attitudes will not be tolerated either. Any student in whom any of the attitudes described above are detected will be classified as failing the subject."

Formal aspects of written work

In all activities (individual and group) linguistic correctness, writing and formal aspects of presentation will be considered.

Other considerations

1. All the evaluation tests will be published in the daily program and in the calendar of the training and evaluation activities.
2. The date of the unique test will coincide with the date of the last continuous assessment test.
3. Students who repeat the subject may request at the beginning of the academic year to take only a final synthesis assessment (Article 117, page 46 of the Academic Regulations of the Universitat Autònoma de Barcelona (Approved by agreement of the Governing Council of 7 July 2022, and amended by agreement of the Governing Council of 1 February 2023).

Students in the second or higher enrolment who have taken all the assessment tests the previous year may choose to take assessment with a single synthesis assessment activity. This activity will consist of an exam at the end of the subject coinciding with the written exam of the subject. Students in the second or higher enrolment who wish to opt for the synthesis exam must notify the teaching staff responsible for the subject in writing two weeks before the published date.

Evaluation activities

Activity	Weight	Hours	ECTS	Learning Outcomes
Written Assessments: - Objective multiple-choice test	50%	1	0,04	<i>E01.23, E02.01, E05.05, E06.06, E09.05, G03.03, G04.07</i>
Delivery of reports: - Group work and oral defense	40%	2	0,08	<i>E01.23, E02.01, E05.05, E06.06, E09.05, G01.03, G03.03, G04.07</i>
Written evaluation: - Submission of reports (Short essay test. Individual work).	10%			<i>E02.01, E09.05, G01.03, G03.03, G04.07</i>

Bibliography

- Yáñez Amorós B. Music therapy in cancer patients. *Cult los Cuid* [Internet]. 2011 Nov 7; 29(1138–1728):57–73. Available from: <http://hdl.handle.net/10045/17454>
- GREEKS. Health Care Research Group. Evidence-based guide to good practices [Internet]. April 2019. 2019. 404 p. Available from: <https://www.coib.cat/ca-es/arees-interes/terapies-naturals/recursos-documents.html>
- Remon Masip J, Lianes Barragán P. Complementary medicines in oncology. *Primary Care*. 2007; 39(1):5–6.
- Cosmina Maerean A. Are complementary therapies effective in the symptomatological relief of cancer patients? 2018;80. Available from: <http://hdl.handle.net/10459.1/65499>

Websites of interest:

- Kalida Foundation. <https://www.fundaciokalida.org/informacio-sobre-el-cancer/el-tractament/tipus-de-tractament/>
- National Cancer Institute. <https://www.cancer.gov/espanol>
- National Center for complementary with integrative Health. <https://www.nccih.nih.gov/health/cancer-in-depth>

Teaching Programs

- Moodle
- Mendeley
- Kahoot
- Google Forms

