
RESEARCH CENTER OF HEALTH SCIENCE AND TECHNOLOGY
[Centro de Investigação em Ciências e Tecnologias da Saúde (CIC&TS)]

CIC&TS has as main objective to investigate the relevant health problems occurring at any stage of the human life cycle, emphasizing specifically those occurring in elderly people. This goal will be achieved through the development of research programs, establishment of clinical orientated standards, orienting upgraded studies in Community Health and Services and other activities promoting and enhancing knowledge about ageing and its health problems and consequently about quality of life.

The specific objectives intend to:

- Provide a contribution about the knowledge of Health Sciences.
- Promote investigation allowing a better perception of the ageing processes.
- Develop investigation about Elderly Health and Quality of Life.
- Promote innovating responses about Health in aged people, namely at level of the Health Care Practice.
- Elaborate frames of systemic and multidisciplinary analysis about ageing and health in elderly.
- Promote the diffusion of scientific knowledge, through publications, meetings and congresses.
- Promote Scientific Exchanges and the constitution of national and international institutional links between Scientific Institution or Health Care Departments working on similar topics.
- Promote Post Graduations, Master's and Doctoral Degrees in Health Sciences and Ageing.
- Form Researchers.
- Maintain a webpage with relevant information (<http://www.cicts.uevora.pt/cicts.htm>)

CIC&TS is organized in 2 research Teams:

(1) Health and Disease Process and Practice of Health Care for Elderly and Families. This team intent to reach in a first stage following objectives:

- Statement of life and health conditions of elderly in Brazil and Portugal using intercultural studies.
- This interdisciplinary, multicentric, interinstitutional and international study intent to characterize life style, health condition, physical and mental functionality of the elderly population in various regions of Brazil and Portugal.
- Improving knowledge about cares for persons at the end of their life.
- Developing a theoretical medium range frame about care modalities for people reaching the life's end.
- Developing research to better understand the relationship between the process of aging and familiar context.
- Promote and divulgate knowledge about aging at home with health cares.
- Elaboration of strategies between Health related Investigation Centers and Technology and Communication Investigation Centers, allowing the permanence of elderly at home.
- Consolidate the practice of health care based on evidences for elderly.
- Development of studies allowing to create clinical norms for Health Cares for elderly.

(2) Experimental Biomechanics, Physical Activities, Well Being and Rehabilitation. This team has for purposes performing research aiming to maintain an autonomous lifestyle and quality of life in elderly, namely:

- Effects of exercise programs in physical fitness and elderly: those programs will achieve to increase the autonomy of the elderly and thus be more sustainable on an economical perspective.
- The role and relationship of physical activity in primary and tertiary prevention of chronic diseases.
- Promoting physical activity for the musculoskeletal prevention and rehabilitation.
- Effects of exercise in promoting positive perceptions of the psychological well-being among elderly.
- Motivation and psychological factors associated with activity.
- Relationship between physical activity and leisure activities on the functional capacity and the well-being of elderly.



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- Biomechanics and mechanobiology of the musculoskeletal system: this research area consists in the behavioural study of the musculoskeletal tissues in order to better understand the mechanisms of injury, physical disabilities, and the processes of rehabilitation and functional recovery.
 - Biocompatibility and osteointegration of bone tissues implants: this research area consists in the study of the behaviour of bone cells in order to better understand the mechanisms of bone formation and osteointegration of bone tissues implants.
 - Biological anthropology and aging: this area consists in a bio-cultural approach of aging, analyzing the dynamic and multidirectional impact of culture, behaviour, and environment on physiology and health.