



## Study Plan

**School:** School of Nursing "São João de Deus"

**Degree:** Master

**Course:** Nursing (cód. 524)

### Specialization Rehabilitation Nursing

#### 1st Year - 1st Semester

##### Specialization Rehabilitation Nursing

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11317M	Epistemology, Ethics and Law in Nursing	Nursing	5	Semester	135
ENF11318M	Nursing Research	Nursing	5	Semester	135
ENF11319M	Clinical Governance and Health Management	Nursing	4	Semester	108
ENF11320M	Training and supervision in nursing	Nursing	4	Semester	108
ENF11321M	Policies and Models of Health Care	Health	4	Semester	108
ENF11362M	Essentials in Rehabilitation Nursing	Nursing	5	Semester	135
ENF11363M	Functional Anatomy and Human Activity	Health	3	Semester	81

#### 1st Year - 2nd Semester

##### Specialization Rehabilitation Nursing

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11364M	Rehabilitation Nursing: Physiopathological Processes	Nursing	6	Semester	162
ENF11365M	Rehabilitation Nursing: Phenomena and Interventions I	Nursing	5	Semester	135
ENF11366M	Rehabilitation Nursing - Phenomena and Interventions II	Nursing	6	Semester	162
ENF11367M	Rehabilitation Nursing in the Community	Nursing	3	Semester	81
ENF11368M	Clinical Traineeship in Rehabilitation Nursing	Nursing	10	Semester	270

#### 2nd Year - 3rd Semester

##### Specialization Rehabilitation Nursing

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11328M	Final Clinical Traineeship (ER)	Nursing	24	Semester	648
ENF11329M	Clinical Traineeship Report (ER)	Nursing	6	Semester	162



## Conditions for obtaining the Degree:

\*\*\* TRANSLATE ME: Para aprovação na componente curricular nesta área de especialização é necessário a aprovação (através de avaliação ou creditação) das seguintes unidades curriculares: { \ } newline  
 { \ } newline  
 1º Semestre: { \ } newline  
 7 UC obrigatórias num total de 30 Ects  
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 2 UC obrigatórias num total de 30 Ects { \ } newline  
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 É necessário também a aprovação no acto público de defesa do relatório \*\*\*

## Specialization Child and Pediatric Health Nursing

### 1st Year - 1st Semester

#### Specialization Child and Pediatric Health Nursing

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11317M	Epistemology, Ethics and Law in Nursing	Nursing	5	Semester	135
ENF11318M	Nursing Research	Nursing	5	Semester	135
ENF11319M	Clinical Governance and Health Management	Nursing	4	Semester	108
ENF11320M	Training and supervision in nursing	Nursing	4	Semester	108
ENF11321M	Policies and Models of Health Care	Health	4	Semester	108
ENF11322M	Conceptual framework of Child Health Nursing and Pediatrics	Nursing	5	Semester	135

#### Group of Options

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11369M	Personal Development in Mental Health	Nursing	3	Semester	81
ENF11370M	Helping Relationship in Nursing	Nursing	3	Semester	81

### 1st Year - 2nd Semester

#### Specialization Child and Pediatric Health Nursing

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11323M	Child Health and Pediatrics Nursing I	Nursing	6	Semester	162
ENF11324M	Child Health and Pediatric Nursing II	Nursing	6	Semester	162
ENF11325M	Child Health and Paediatrics	Nursing	4	Semester	108
ENF11326M	Intervention Projects In CHP Nursing	Nursing	3	Semester	81
ENF11327M	Clinical Traineeship I	Nursing	8	Semester	216

#### Group of Options

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11371M	Child/youth and family Obesity	Nursing	3	Semester	81
ENF11372M	Child/ Youth and Family safety	Nursing	3	Semester	81



**2nd Year - 3rd Semester**  
**Specialization Child and Pediatric Health Nursing**

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF12009M	Final Clinical Traineeship (EPSI)	Nursing	24	Semester	648
ENF12010M	Clinical Traineeship Report (EPSI)	Nursing	6	Semester	162

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 1º Semestre: {\ }newline  
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 2º Semestre: {\ }newline  
 5 UC obrigatórias num total de 27 Ects  
 1 UC optativa num total de 3 Ects  
 3º Semestre: {\ }newline  
 2 UC obrigatórias num total de 30 Ects {\ }newline  
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 É necessário também a aprovação no acto público de defesa do relatório {\ }newline  
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**Specialization Medical-surgical Nursing. The person in chronic and palliative situation**

**1st Year - 1st Semester**

**Specialization Medical-surgical Nursing. The person in chronic and palliative situation**

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11317M	Epistemology, Ethics and Law in Nursing	Nursing	5	Semester	135
ENF11318M	Nursing Research	Nursing	5	Semester	135
ENF11319M	Clinical Governance and Health Management	Nursing	4	Semester	108
ENF11320M	Training and supervision in nursing	Nursing	4	Semester	108
ENF11321M	Policies and Models of Health Care	Health	4	Semester	108
ENF11343M	Palliative care nursing 1	Nursing	5	Semester	135

**Group of Options**

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11369M	Personal Development in Mental Health	Nursing	3	Semester	81
ENF11370M	Helping Relationship in Nursing	Nursing	3	Semester	81

**1st Year - 2nd Semester**

**Specialization Medical-surgical Nursing. The person in chronic and palliative situation**

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11344M	Clinical syndromes and Therapeutic Intervention 1	Nursing	5	Semester	135
ENF11345M	Clinical syndromes and Therapeutic Intervention 2	Nursing	5	Semester	135
ENF11346M	Palliative care nursing 2	Nursing	4	Semester	108
ENF11347M	Palliative care nursing 3	Nursing	4	Semester	108



### 1st Year - 2nd Semester

#### Specialization Medical-surgical Nursing. The person in chronic and palliative situation

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11348M	Palliative care nursing 4	Nursing	4	Semester	108
ENF11349M	Clinical Traineeship in Palliative Care Nursing	Nursing	8	Semester	216

### 2nd Year - 3rd Semester

#### Specialization Medical-surgical Nursing. The person in chronic and palliative situation

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF12003M	Final Clinical Traineeship (EMC-PSCP)	Nursing	24	Semester	648
ENF12004M	Clinical Traineeship Report (EMC-PSCP)	Nursing	6	Semester	162

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#### Specialization Medical-surgical Nursing. The person in critical situation

### 1st Year - 1st Semester

#### Specialization Medical-surgical Nursing. The person in critical situation

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11317M	Epistemology, Ethics and Law in Nursing	Nursing	5	Semester	135
ENF11318M	Nursing Research	Nursing	5	Semester	135
ENF11319M	Clinical Governance and Health Management	Nursing	4	Semester	108
ENF11320M	Training and supervision in nursing	Nursing	4	Semester	108
ENF11321M	Policies and Models of Health Care	Health	4	Semester	108
ENF11350M	Medical-Surgical Nursing 1	Nursing	5	Semester	135

#### Group of Options

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11369M	Personal Development in Mental Health	Nursing	3	Semester	81
ENF11370M	Helping Relationship in Nursing	Nursing	3	Semester	81



### 1st Year - 2nd Semester

#### Specialization Medical-surgical Nursing. The person in critical situation

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11351M	Pathophysiology and therapeutic intervention in specialized nursing	Nursing	4	Semester	108
ENF11352M	Medical-Surgical Nursing 2	Nursing	5	Semester	135
ENF11353M	Medical-Surgical Nursing 3	Nursing	4	Semester	108
ENF11354M	Medical-Surgical Nursing 4	Nursing	5	Semester	135
ENF11355M	Medical-Surgical Nursing 5	Nursing	4	Semester	108
ENF11356M	Internship in nursing to the person in critical situation	Nursing	8	Semester	216

### 2nd Year - 3rd Semester

#### Specialization Medical-surgical Nursing. The person in critical situation

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF12001M	Final Clinical Traineeship (EMC-PSC)	Nursing	24	Semester	648
ENF12002M	Clinical Traineeship Report (EMC-PSC)	Nursing	6	Semester	162

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### Specialization Family Health Nursing

#### 1st Year - 1st Semester

#### Specialization Family Health Nursing

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11317M	Epistemology, Ethics and Law in Nursing	Nursing	5	Semester	135
ENF11318M	Nursing Research	Nursing	5	Semester	135
ENF11319M	Clinical Governance and Health Management	Nursing	4	Semester	108
ENF11320M	Training and supervision in nursing	Nursing	4	Semester	108
ENF11321M	Policies and Models of Health Care	Health	4	Semester	108
ENF11330M	Health and Community	Health	4	Semester	108
ECN11331M	Health Economics	Health	4	Semester	108



**1st Year - 2nd Semester  
Specialization Family Health Nursing**

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11335M	Family Health Nursing	Nursing	3	Semester	81
ENF11338M	Systemic Intervention with Families	Nursing	4	Semester	108
ENF11339M	Vulnerability in family contexts	Nursing	4	Semester	108
ENF11340M	Family Transitions Nursing	Nursing	4	Semester	108
ENF11341M	Socio-anthropology of the family	Nursing	4	Semester	108
ENF11342M	Stage I-Planning in family health nursing	Nursing	8	Semester	216

**2nd Year - 3rd Semester  
Specialization Family Health Nursing**

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF12005M	Final Clinical Traineeship (ESF)	Nursing	24	Semester	648
ENF12006M	Clinical Traineeship Report (ESF)	Nursing	6	Semester	162

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**Specialization Community Nursing and Public Health**

**1st Year - 1st Semester  
Specialization Community Nursing and Public Health**

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11317M	Epistemology, Ethics and Law in Nursing	Nursing	5	Semester	135
ENF11318M	Nursing Research	Nursing	5	Semester	135
ENF11319M	Clinical Governance and Health Management	Nursing	4	Semester	108
ENF11320M	Training and supervision in nursing	Nursing	4	Semester	108
ENF11321M	Policies and Models of Health Care	Health	4	Semester	108
ENF11330M	Health and Community	Health	4	Semester	108
ECN11331M	Health Economics	Health	4	Semester	108



**1st Year - 2nd Semester**  
**Specialization Community Nursing and Public Health**

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11332M	Community and Public Health Nursing	Nursing	5	Semester	135
ENF11333M	Epidemiology	Nursing	5	Semester	135
ENF11334M	Planning in Health	Nursing	5	Semester	135
ENF11335M	Family Health Nursing	Nursing	3	Semester	81
ENF11336M	Methodologies for Community Intervention	Nursing	4	Semester	108
ENF11337M	Clinical Traineeship-Community Nursing and Public Health	Nursing	8	Semester	216

**2nd Year - 3rd Semester**  
**Specialization Community Nursing and Public Health**

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF12011M	Final Clinical Traineeship (ECSP)	Nursing	24	Semester	648
ENF12012M	Clinical Traineeship Report (ECSP)	Nursing	6	Semester	162

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**Specialization Mental and Psychiatric Health Nursing**

**1st Year - 1st Semester**  
**Specialization Mental and Psychiatric Health Nursing**

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11317M	Epistemology, Ethics and Law in Nursing	Nursing	5	Semester	135
ENF11318M	Nursing Research	Nursing	5	Semester	135
ENF11319M	Clinical Governance and Health Management	Nursing	4	Semester	108
ENF11320M	Training and supervision in nursing	Nursing	4	Semester	108
ENF11321M	Policies and Models of Health Care	Health	4	Semester	108
ENF11357M	Mental and psychiatric health nursing I	Nursing	5	Semester	135

**Group of Options**

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11369M	Personal Development in Mental Health	Nursing	3	Semester	81
ENF11370M	Helping Relationship in Nursing	Nursing	3	Semester	81



**1st Year - 1st Semester**  
**Specialization Mental and Psychiatric Health Nursing**

Component code	Name	Scientific Area Field	ECTS	Duration	Hours

**1st Year - 2nd Semester**  
**Specialization Mental and Psychiatric Health Nursing**

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11358M	Mental Health and Psychiatric Nursing II	Nursing	6	Semester	162
ENF11359M	Diagnostic evaluation and therapeutic intervention	Nursing	6	Semester	162
ENF11360M	Helping Relationship in Mental Health	Nursing	4	Semester	108
ENF11361M	Internship I-Mental and psychiatric health nursing	Nursing	10	Semester	270

**Group of Options**

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF11373M	Human responses MH addictive behaviors	Nursing	4	Semester	108
ENF11374M	Human responses MH gender and cultures	Nursing	4	Semester	108
ENF11375M	Mental health in parenting, childhood and adolescence	Nursing	4	Semester	108
ENF11376M	Mental health in aging	Nursing	4	Semester	108

**2nd Year - 3rd Semester**  
**Specialization Mental and Psychiatric Health Nursing**

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF12007M	Final Clinical Traineeship (EPSM)	Nursing	24	Semester	648
ENF12008M	Clinical Traineeship Report (EPSM)	Nursing	6	Semester	162

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 2º Semestre: { \ } new line  
 4 UC obrigatórias num total de 26 Ects  
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 3º Semestre { \ } new line  
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Área de Enfermagem de Reabilitação

{ \ }newline

1º Semestre: { \ }newline

7 UC obrigatórias num total de 30 Ects

2º Semestre: { \ }newline

5 UC obrigatórias num total de 30 Ects

3º Semestre { \ }newline

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Área de Enfermagem de Saúde Infantil e Pediátrica

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1º Semestre: { \ }newline

6 UC obrigatórias num total de 27 Ects

1 UC optativa num total de 3 Ects { \ }newline

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2º Semestre: { \ }newline

5 UC obrigatórias num total de 27 Ects

1 UC optativa num total de 3 Ects

3º Semestre { \ }newline

2 UC obrigatórias num total de 30 Ects { \ }newline

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Enfermagem Médico-cirúrgica. A Pessoa em situação crónica e paliativa

1º Semestre: { \ }newline

6 UC obrigatórias num total de 27 Ects

1 UC optativa num total de 3 Ects { \ }newline

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2º Semestre: { \ }newline

6 UC obrigatórias num total de 30 Ects

3º Semestre { \ }newline

2 UC obrigatórias num total de 30 Ects { \ }newline

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Enfermagem Médico-cirúrgica. A Pessoa em situação crítica

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1º Semestre: { \ }newline

6 UC obrigatórias num total de 27 Ects

1 UC optativa num total de 3 Ects { \ }newline

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2º Semestre: { \ }newline

6 UC obrigatórias num total de 30 Ects

3º Semestre { \ }newline

2 UC obrigatórias num total de 30 Ects { \ }newline

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Enfermagem de Saúde Familiar

1º Semestre: { \ }newline

7 UC obrigatórias num total de 30 Ects

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2º Semestre: { \ }newline

6 UC obrigatórias num total de 30 Ects

3º Semestre { \ }newline

2 UC obrigatórias num total de 30 Ects { \ }newline

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Enfermagem Comunitária e de Saúde Pública

1º Semestre: { \ }newline



## Program Contents

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### **Epistemology, Ethics and Law in Nursing (ENF11317M)**

#### I. Essentials on ethical decision making

- 1 . Epistemic dimension . Sources and patterns of nursing knowledge. Epistemological identity.
- 2 . Ethical Fundamentals. Ethical principles in health care. Fundamentals of nursing ethics . Ethical decision making : models , methods and uncertainties .
- 3 . Law related to health care. The Portuguese legal system. The Law of Health and Nursing . The Nurses Professional Regulation. The Nurses Order. Civil, criminal and administrative responsibility for nursing.. Specific legal regimes of professional practice.
- 4 . Deontological Fundaments . The Deontological Code. Analysis of the Code in the light of people's rights . Relation with the stated position .

#### II . Discussion of issues and cases at the confluence of several dimensions

Readings and interpretations of problem situations . Development of alternatives. Fundamentals of choices . Evaluation of processes and outcomes .

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### **Nursing Research (ENF11318M)**

#### 1. The research of common competence profile of specialized nurses

- a. analysis of the competence units
2. Systematization of Research Process
  - a. Research Methodologies
  - b. Data collection methods
  - c. Data treatment methods
  - d. Presentation and publication of the results

#### 3. Methodology Project

- a. Contextualization, rationale and ways to use
- b. Stages
- c. Resource management in the design and development of the Project
- d. Potential applications

#### 4. Evidence Based Practice

- a. Contextualization, Relevance and Methodology.
- b. Research Evidence: Access to databases.
- c. Assess the validity and relevance of the information found - instruments for critical analysis
- d. Construction of Systematic Reviews, Integrative
- e. Standards of Clinical Guideline (Guidelines) and Manuals of Good Practice



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### **Clinical Governance and Health Management (ENF11319M)**

Structure and dynamics of healthcare organizations.

Information and Communication System

Learner organization and innovation processes.

Leadership processes in different contexts.

Favorable environments for clinical practice

Healthcare quality and accreditation systems

Safe Staffing

Pillars of clinical governance:

Involvement of the patient.

Clinical audit.

Education and training.

Management of clinical information

Resource Management

The clinical effectiveness.

Risk management and patient safety

Knowledge and skills management

From scientific knowledge to clinical practice

Methods of organization of nursing work

Indicators associated with work methods.

Skills of care management and continuous quality improvement.

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### **Training and supervision in nursing (ENF11320M)**

1. Educational Theories and Models;

- Behavioural, Constructive and Cognitive Theories

- Learning Models

2. Pedagogy and Andragogy

- Principles and Characteristics of adult teaching;

- Learning styles:

- Training necessities diagnose;

- Learning plans development;

- Definition of in-service training plans based on analysis instruments;

- Learning activities;

- Learning evaluation.

3. Supervision and Training

- Supervision Concepts;

- Supervision Models;

- Supervision and Supervision Practices;

- Supervision as a training strategy;

- Supervision Relations and Significant Learning;

- The competences of a Nursing Supervisor;

- The management of competences.



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### **Policies and Models of Health Care (ENF11321M)**

1. Organization Health policy and health systems  
Health policy and health systems: Context and evolution of determinants  
Organizational typology of health systems  
Analysis of the evolution of health systems  
Funding, innovation, costs and impacts
2. Evolution of health policies in Portugal  
Health policies in Portugal today
3. Policy and health equity  
The social determinants of health  
Health strategies  
Citizenship and participation in health
4. Health in all policies  
Involving local, regional and national  
Intersectoriality  
Accountability, transparency and participation
5. Models of care

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### **Essentials in Rehabilitation Nursing (ENF11362M)**

- I- Rehabilitation Process and adaptation to disability
  - Life Cycle;
  - Impact of disability;
  - Coping with disabilities: The copying process.
- II - International Classification of Functioning.
- III - Rehabilitation social and cultural perspective, legal and regulatory
- IV-Being a disabled citizen
  - Framework socio-political, economic and legal
  - Resources
- V-Nursing Rehabilitation
  - Historical background and future perspective;
  - Contextualization of nursing rehabilitation specialty at political and economic level;
  - The subject of care with emphasis on persons with disabilities and special needs; self-care functioning, disability, and quality of life; environment; health.
  - Models of care for rehabilitation nursing;
  - Ethical and deontological approach to specific situations
  - Organization of nursing care rehabilitation: phases and priorities of the decision-making process;
  - Care results oriented.



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### **Functional Anatomy and Human Activity (ENF11363M)**

1-Functional anatomy.

Joint movements of spine: cervical, lumbar segments.

Joint movements of the chest and thoracic spine segment.

Joint movements of the upper limbs: shoulder, elbow, wrist and hand.

Joint movements of lower extremity: hip, knee, ankle and foot.

Pelvic movement.

2- Muscle Actions

Physiology of muscle contraction.

Types of contraction and movement.

Functional groups.

Coordination of muscular functions.

Leverage in the human body.

3- Posture and gait

Good posture.

Evaluation of posture in the transverse, sagittal, and frontal plane.

Gait cycle.

Muscle actions in the gait cycle.

4- Surface Anatomy.

Bony, muscular and cutaneous references of head, neck, trunk and members.

5 – Physical activity and health

Physical exercise in healthy populations

6-Human activity and physical environment

Concept of ergonomics

Working postures; Nature of tasks

7- Psychomotricity

Conceptualization and evaluation of seven psychomotor factors.

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### **Rehabilitation Nursing: Physiopathological Processes (ENF11364M)**

Cardiac and respiratory pathophysiology

The person with obstructive and restrictive respiratory affections

The person with heart, arterial and venous affections

The child with respiratory and cardiac affections

Neurological pathophysiology

Neurological exam

The person with cerebrovascular disease

The person with demyelinating affections

The person with degenerative central nervous system affections

The person with traumatic brain injury and spinal cord affections

The child with neurological affections

Pathophysiology Ortho trauma

The person with musculoskeletal trauma and osteoarthritis

The person and the degenerative muscular and joint affections

The child with Ortho traumatic affections



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### **Rehabilitation Nursing: Phenomena and Interventions I (ENF11365M)**

Nursing diagnoses related to changes in respiratory and cardiac function

Therapeutic techniques:

- Respiratory re-education
- Inhalation Therapy
- Respiratory Support
- Rehabilitation and exercise in people with chronic respiratory disease.
- Nursing rehabilitation of people with restrictive and obstructive disease
- Nursing respiratory rehabilitation in the person subjected to surgery
- Nursing respiratory rehabilitation in children
- Nursing rehabilitation of persons with cardiac function changes.
- Nursing respiratory and cardiac rehabilitation in the elderly
- Nursing diagnoses related to changes in musculoskeletal function.
- Rehabilitation of mobility
- Activities of living and technical assistance
- Nursing rehabilitation in the person subject to musculoskeletal surgery
- Nursing rehabilitation in degenerative changes of the musculoskeletal system
- Nursing rehabilitation in traumatic changes of the musculoskeletal system.

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### **Rehabilitation Nursing - Phenomena and Interventions II (ENF11366M)**

Person with neurological affections

I-Introduction; Impact of neurological affections.

II-Nursing Rehabilitation to persons with neurological affections.

III-Nursing Rehabilitation to persons with neurosurgical and traumatic affections.

IV-rehabilitation Nursing of children with particular health condition.

II; III and IV points develops comprehensive rehabilitation nursing programs that include:

- Foci of attention and specific nursing diagnoses (using language, instruments and specific rating).
- Specific care Planning.
- Rehabilitation nursing Interventions.
- Evaluation and proposal for continuity of care in a perspective of interdisciplinary intervention.
- Training of the person and family and specific technical training promoters of psychomotor development and functionality.

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### **Rehabilitation Nursing in the Community (ENF11367M)**

I-Introduction

II - Adaptation process of the person with disabilities to community environment.

- Policies, programs and resources
- Determinants of health-illness with reflection on the process of continuity of care to the person with disability
- Transition to the new condition of health and to the community environment
- Rehabilitation Nursing: a resource on continuity of care.

III - Family of the person with disabilities

- Evaluate the family dynamics
- Empower the family caregiver
- Family partner training programs
- Informal caregiver burn out

IV - rehabilitation Nursing in community environment

- Consultations and intervention at home
- . Intervention strategies at home
- Complementary of the interdisciplinary intervention



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### **Clinical Traineeship in Rehabilitation Nursing (ENF11368M)**

- 1-Rehabilitation nursing care to persons with cardiac and respiratory diseases in acute, sub acute and sequels periods (including per operative period).
- 2-Rehabilitation nursing care to person and groups at risk to develop changes in functionality
- 3-Management and supervision of rehabilitation nursing care

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### **Final Clinical Traineeship (ER) (ENF11328M)**

- 1- Rehabilitation nursing care to people with orthopaedic diseases and/or orto traumatic, acute and chronic phases of sequels;
- 2-Rehabilitation nursing care for people with neurological lesions of traumatic origin, acute and chronic phases of sequels;
- 3- Rehabilitation nursing care to people and groups at risk to develop changes in functionality
- 4- Management and supervision of rehabilitation nursing care.

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### **Clinical Traineeship Report (ER) (ENF11329M)**

1. Sintheses phases of Project Methodology
2. Connecting the Conceptual Framework to track and report
3. Evaluation and Critique of Reflection Project (analysis of qualitative and quantitative indicators)
4. Reflection critical activities and strategies implemented in conjunction with specialist skills of the nurse / master himself in a critical situation.
5. Schedule critical analysis.
6. Guidance for preparation and submission of the report

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### **Conceptual framework of Child Health Nursing and Pediatrics (ENF11322M)**

- I- Theoretical Nursing of Child Health and Pediatrics  
Evolution of health care to the child / young person and family  
Determinants of child and youth health  
The influence of family and the family as a resource  
Working methods and organization of care  
Theories and models of nursing  
Family-centered care  
Partnership model of care  
Nontraumatic Care
- II - Policies for Children and Youth Health  
Health indicators  
National programs
- III – Law associated with the child / young person and family  
Child rights.  
Rights in the context of parenting.  
Specialized nursing care and protection of children / youth and family
- IV- Critical thinking and process of nursing care to the child / young person and family  
Assessment of the child / young person and family  
Nursing diagnoses and sensitive results to specialized nursing care of Child Health and Pediatrics  
Reasoning of the decision-making process of care  
Measures of quality of results



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### **Personal Development in Mental Health (ENF11369M)**

The use of Life History in Education, in Research and in Clinics

Individual titration

Concept of "Formative experience"

Oral narrative

Writing narrative

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### **Helping Relationship in Nursing (ENF11370M)**

Characteristics of the therapeutic relationship

The aid relationship in nursing as "vehicle of care" and "care itself"

Unconscious phenomena that operate in the aid relationship in nursing

The clinical interview

The Co-construction of a helping relationship in nursing

Clinical supervision in nursing helping relation

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### **Child Health and Pediatrics Nursing I (ENF11323M)**

1. Healthy growth and development of the child/youth

Assessment of growth and development

Health monitoring

Child and Youth Health nursing consultation

From anticipatory care to the promotion and maximizing of the child/youth's health.

2. The child/youth and family

Inter-relational processes established between the child/youth and family/significant person or informal care giver

Family: Roles and relationships

Transition and development of parenthood throughout the family life cycle

3. Specialized nursing care in the health of the child/youth

Care processes in Child Health and Paediatrics.

Communication processes and strategies

Level of parental involvement: negotiation processes, leadership and decision

From specialized nursing care to collaborative intervention practice.

4. Lifestyle and health of the child /youth

Influence of lifestyles on the health of the child/youth, in their life cycle

Processes to promote healthy lifestyles in the child/youth





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### **Child Health and Pediatric Nursing II (ENF11324M)**

1 - The Impact of hospitalization on the child / youth / family

To discuss the child / youth and family with acute disease, with chronic disease, with special health care needs, disabled and in end of life situations.

2 - Early detection and referral of high-risk situations

To discuss the early detection and referral of high-risk situations.

3 - Community resources to support the child / youth / family

Is intended to identify community resources to support the child / youth / family, recognize the role of the nurse specialist in rehabilitation / early intervention process as well as the core of child protection / youth. Recognize the role of the nurse specialist in ethics committees.

4 - Basic Life and Advanced Pediatric Life Support

Aim is to train students with basic and advanced life support.

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### **Child Health and Paediatrics (ENF11325M)**

National Plan for Child Health Surveillance.

Vaccination (PNV and vaccines extra-PNV)

Drugs most frequently used in Pediatrics

Basic and advanced life support in situations of CPR.

Influence of inherited diseases in life and health of children and young people

Evaluation of growth (normal and identification of pathology) and development in different age groups.

The Newborn. Risk Factors. Prophylaxis. Most frequent pathologies. Parental linking. Accident prevention

Infant (up to 12M). Food diversification. Most frequent pathologies. Accident prevention

Pre school age (up to age 6). Influence and integration of rules in the pre-school. Most frequent pathologies

Accident prevention The child from 6 to 12 years. Integration and influence of the school environment on behavior. Most frequent pathologies. Accident prevention

The youth of 12 to 18 years. Most frequent pathologies . Accident prevention and toxic consumption.

Autonomy acquisition, social integration.

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### **Intervention Projects In CHP Nursing (ENF11326M)**

I-Project Methodology of intervention in child health and pediatrics: the situational diagnosis to dissemination

Design Concept

Definition of the project methodology (The project as a method for problem solving)

Definition of participation and partnerships project

Identification of the project phases (diagnostic, planning, implementation and evaluation)

Systematization and presentation phases of project work

II-Seminar Dissemination Project

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### **Clinical Traineeship I (ENF11327M)**

Undertake information about family health determinants;

Undertake the analysis of family health status;

report family health assessment.



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### **Child/youth and family Obesity (ENF11371M)**

1. Overweight and obesity in the child/youth
  - 1.1. Definitions of overweight and obesity;
  - 1.2. Epidemiology, aetiology and pathophysiology of obesity
  - 1.3. Risk factors/determinants and consequences of overweight and obesity in the child/youth and family
  - 1.4. Ways of assessment and classification of overweight and obesity in the child/youth
2. Promotion and adoption of healthy eating habits by the child/youth and family.
3. Promotion and adoption of physical activity behaviours by the child/youth and family.
4. Promotion and adoption of healthy behaviours in the community and in the school community;
5. Projects/Intervention Programs on Obesity.
6. Specialized nursing care for the child/youth and family, for prevention and in situations of overweight and obesity.

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### **Child/ Youth and Family safety (ENF11372M)**

I- Promoting the safety of the child / young person and family

Ecological approach to health behavior

Concept and determinants of safety

The Nurse promoter child safety / young person and family

II - The child / young person and family and the risk

Concept and measurement of risk

Perception of risk and predictors of risk

Opportunities and threats of childhood development

The Nurse and the prevention of risks of the child / young person and family

III - Management of safety of the child / young person and family

Quality indicators in child health nursing and pediatrics

Instruments and cost effective security management

Decision algorithms in nursing

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### **Final Clinical Traineeship (EPSI) (ENF12009M)**

Module A, Module B and Module C

(6 ECTS + 6 ECTS +12 ECTS)

Should be performed in units of Medicine / Pediatric Surgery; Pediatric emergencies; neonatology; Paediatric Day Hospital, Centre for Learning Difficulties / Cerebral Palsy Center, Associations.

May be done in the international context in partner institutions.

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### **Clinical Traineeship Report (EPSI) (ENF12010M)**

1. Diagnosis of health status
2. Goal, objectives and priorities of the project to develop in the final internship
3. Rationale for the intervention to develop in the final internship
4. Characterization of the context and the recipients of the intervention
5. Grounds of the intervention's strategies and methodologies
6. Schedule and logistical conditions for the realization of the project
7. Monitoring and evaluation of the project
8. The leading of the project



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### **Palliative care nursing 1 (ENF11343M)**

Historical Aspects of Palliative Care

Definition and concept of Palliative Care;

Philosophy of Hospice

Assumptions in palliative care;

Instrument care in palliative care

Principles in the organization of services and palliative care teams

Typologies of the patients and care organizations

the Constitution of palliative care teams

theological approach to health and spirituality

Definition and measurement of spirituality as building space for direction of life

The meaning of life

Care for people living different needs and spiritual problems

Strategies of therapeutic communication in palliative care

Communication protocol of bad news

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### **Clinical syndromes and Therapeutic Intervention 1 (ENF11344M)**

- Pain: Epidemiological Reality

- Etiology, Pathophysiology and Types of Pain

- Evaluation of multidimensional pain

- General principles for pain control

- WHO Analgesic Ladder: Opioid analgesics / adjuvant therapy

- Neuropathic Pain; Cancer pain and noncancer

- Not Pharmacologic Strategies

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### **Clinical syndromes and Therapeutic Intervention 2 (ENF11345M)**

Intervention situation:

- Dyspnea, cough and airway hypersecretion;

- Nausea and vomiting; Constipation and diarrhea;

- Confusion and Delirium;

- Fatigue, sweating and pruritus;

- Anxiety and depression in palliative care;

- Xerostomia and mucositis; Cachexia and anorexia;

- Emergencies in Palliative Care

- Obstruction / urinary retention;

- Palliative Sedation;

- Care to people with ostomies, with wounds and / or malignant ulcers;

- Hypodermoclysis, Care in the administration of therapeutic and solutions subcutaneously;

- Take care in the last hours of life

- Liverpool Care Pathway



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### **Palliative care nursing 2 (ENF11346M)**

- Impact of the process of adaptation to chronic illness and death in the patient, family and staff;
- People with chronic degenerative disease.
- Person with organ failure.
- Social and familial evaluation.
- Instruments of social and familial evaluation.
- Diagnosis of needs of the family / informal caregiver
- Caring for family / informal caregiver
- Lameness family;
- Family Conference as a therapeutic tool;
- Build capacity for self-care.

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### **Palliative care nursing 3 (ENF11347M)**

Explanatory models of the grieving process

Grief: definition and characteristics

Symptoms of Grief

Types of mourning: anticipatory grief, pathological grief; healthy grieving

Stages of the grieving process

Basis of neuropsychology-theory on emotions

Characteristics, structure, methodology and intervention techniques of self-help groups.

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### **Palliative care nursing 4 (ENF11348M)**

Models of Palliative Care Organization

Planning and Implementation of Palliative Care Services: Strategies

Monitoring and Improving Quality in services: quality indicators

Organization of services and facilities and Palliative Care Care Support

Teamwork in Palliative Care

Self-Care Professionals / Prevention of stress in Palliative Care.

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### **Clinical Traineeship in Palliative Care Nursing (ENF11349M)**

The traineeship is an integrated course in the 2nd semester that must be developed in inpatient services in palliative care.

Each student mobilizes the knowledge acquired in the curricular units that precede. With this stage it is intended that each student develop your practice care to persons and families to experience the end of life process.

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### **Final Clinical Traineeship (EMC-PSCP) (ENF12003M)**

Stage 2 is an integrated course in 3rd semester that must be developed in services, choosing from among the following: 1) Community Teams Support in Palliative Care; Teams-hospital Support in Palliative Care; Teams continued, belonging or not to the network care. 2) Care Unit to the person with Oncological Disease; Care Unit to the person with CKD; Care Unit to the person with Chronic Heart Disease; Care Unit to the person with Chronic Respiratory Disease; Care Unit to the person with Degenerative Diseases; Care Unit to the person with Chronic Metabolic Disease.



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### **Clinical Traineeship Report (EMC-PSCP) (ENF12004M)**

1. Synthesis phases of Project Methodology
2. Connecting the Conceptual Framework to track and report
3. Evaluation and Critique of Reflection Project (analysis of qualitative and quantitative indicators)
4. Reflection critical activities and strategies implemented in conjunction with specialist skills of the nurse / master himself in a critical situation.
5. Schedule critical analysis.
6. Guidance for preparation and submission of the report

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### **Medical-Surgical Nursing 1 (ENF11350M)**

- 1 - The person in critical condition and / or organ failure
  - Theories and conceptual models in medical-surgical nursing.
  - The importance of theories and conceptual models in the diagnostic evaluation in nursing to the critically ill patient.
  - The importance of theories and conceptual models in nursing intervention to the critical patient.
  - Contexts of nursing intervention to the critical patient.
  
- 2 - Relationship and communication in health
  - Communication in Health
  - Therapeutic Communication
  - Interpersonal Relationship in Health
  - Therapeutic Relationship
  - Intervention in crisis situations
  - Management of emotions
  - Disclosure of bad news

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### **Pathophysiology and therapeutic intervention in specialized nursing (ENF11351M)**

Principles about complex processes of critical illness and/or bankruptcy related organic amendments:

Air and respiratory routes

Cardiovascular

Neurological Conditions

Musculoskeletal conditions

Gastrointestinal

Genitourinary and nephrological

Endocrine and metabolic

Immune Hematologic

Applied Anatomy and Physiology

Biophysics and biochemistry applied

Applied microbiology and epidemiology

Applied Pharmacology

Nutrition of high-risk patient:

Sick doctor

Sick surgery



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### **Medical-Surgical Nursing 2 (ENF11352M)**

1 - Complex processes of critical illness and / or organ failure related to changes

- Airways and Respiratory
- Cardiovascular
- Neurological
- Musculoskeletal
- Gastrointestinal
- Genitourinary and nephrology
- Endocrine e Metabolic
- Immune Hematologic

2 - Nursing the person / family emergency and / or organ failure

- Assessment of the person / family emergency and / or organ failure
- Priorities Management
- Surveillance and monitoring
- Pain and Wellness

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### **Medical-Surgical Nursing 3 (ENF11353M)**

1 - Situations of Exception and Catastrophe

Conceptualization of health care in situations of Exception and catastrophe

Management of situations of exception and catastrophe

Accident scenario definition

Characterization of the means available

2-Conceptualization of Emergency, Exception and Catastrophe plans

Interaction between the various agencies, services and structures that intervene in situation of exception and catastrophe

Principles of screening and performance

Stabilization and evacuation of victims

Evaluation of the impact on professional teams

3- Treatment of the person victim of Violence, Mistreatment and Neglect

Harvest, preservation and documentation of Evidence

Ethical-legal aspects



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### **Medical-Surgical Nursing 4 (ENF11354M)**

1. The Advanced Life Support (ALS) in Adult
  - Airways approach
  - Rhythms recognition
  - Pharmaceuticals
  - SAV-Algorithm
  - Special-Cases
  - Post-resuscitation care
2. The Advanced Life Support (ALS) in Trauma
  - Injury mechanism
  - Initial Assessment of the traumatized
  - Major injury and its approach
  - Risks to the team, precautions
3. Transport of the Person in Critical Situation
  - Transportation inside the hospital and secondary transportation
  - Helicopter transport
4. Harvesting of organs and transplantation
  - National Programme for organ harvesting
  - Donor selection
  - Brain death diagnosis
  - Donor maintenance
  - Extraction and organ preservation
5. Vital functions replacement therapies
  - Aerial therapies
  - Renal and liver replacement therapies
  - ECMO, Extra Corporeal Membrane Oxygenation
6. Nursing interventions to the person in critical condition and / or organ failure

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### **Medical-Surgical Nursing 5 (ENF11355M)**

1. Epistemology of prevention and control of IACS;
2. Basic precautions, precautions dependent of the pathways of transmission, isolation measures;
3. Multiresistant microorganisms and epidemiologically important;
4. National and institutional organization of the prevention and control of IACS;
5. National plan for prevention and control of IACS/Bundles;
6. Strategies of individual and collective protection;
7. Screening and packaging of wastes, circuit and treatment;
8. Policy of disinfectants and antiseptics;
9. Centralized Sterilization Service.

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### **Internship in nursing to the person in critical situation (ENF11356M)**

Clinical Traineeship 1 is a curricular unit integrated in the 2nd semester that must be developed in emergency services.

Each student mobilizes the knowledge acquired in the curricular units that precede. With this stage it is intended that each student develop their practice of care next to persons who experience situations of urgency and/or the exacerbation of situations of critical illness and/or organic failure.



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### **Final Clinical Traineeship (EMC-PSC) (ENF12001M)**

The Final Stage focuses on the articulation and integration of knowledge from different subjects developed throughout the course. As a whole, constitutes a set of knowledge to be mobilized by the student in the activities to be undertaken during their clinical practice, developed in the Polyvalent Intensive Care Units; Specific Intensive Care Units; Pre-Hospital Units or the Operating Units.

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### **Clinical Traineeship Report (EMC-PSC) (ENF12002M)**

1. Synthesis phase of Project Methodology
2. Connecting the Conceptual Framework to track and report
3. Evaluation and Critique of Reflection Project (analysis of qualitative and quantitative indicators)
4. Reflection critical activities and strategies implemented in conjunction with specialist skills of the nurse / master in person in a critical situation.
5. Schedule critical analysis.
6. Guidance for preparation and submission of the report.

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### **Health and Community (ENF11330M)**

- Sociocultural construction of health and illness
- New demographic context
- The changing everyday life of health
- “Healthization”
- Biomedicalization
- Life styles and risk
- Body, media and health
- Lay rationalities about health
- Citizenship and health

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### **Health Economics (ECN11331M)**

1. Economics and Healthcare
2. The Demand of Healthcare
- 2.1 The induction of healthcare
3. The Supply of Healthcare
- 3.1 The associated costs
4. The Functioning and Specificities of the Healthcare Market
5. The Financing of the Healthcare Systems
- 5.1 Models of payment





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### **Family Health Nursing (ENF11335M)**

1. Theoretical foundations of family nursing
  - 1.1. theoretical approaches: systems theories; family therapy theories; nursing theories
  - 1.2. conceptual framework of family health nurse.
2. Family as a care unit
  - 2.1. concept of family
  - 2.2. different family structures and forms
  - 2.3. family demography
3. Family Health
  - 3.1. concept
  - 3.2. determinants of family health
4. Family Environment
  - 4.1. concept
  - 4.2. structural levels
  - 4.3. social networks
5. Family Nursing Care
  - 5.1. concept
  - 5.2. focus
  - 5.3. family evaluation tools
6. Research on Family Health Nursing

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### **Systemic Intervention with Families (ENF11338M)**

1. Main concepts of the systemic approach with families;
2. Theoretical and epistemological foundations of family systemic approach;
3. Situations that compromise the fundamental tasks to family development
4. Models and theories of family intervention
5. Principles and instruments of assessment and family intervention
6. Research in family health nursing

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### **Vulnerability in family contexts (ENF11339M)**

- Vulnerability, risk, resources and protection
- Resilience and skills of families
- Health and social family policies
- State intervention in family life – competences and limits
- The intervention of the Commissions for the Protection of Children and Young People
- The multisectorial and multidisciplinary intervention in case management
- Multi-assisted families/ Multi-risk families
- Family and addictive behaviors: alcoholism, drug addiction, gambling
- Violence, maltreatment and abuse in the family
- Disability - early intervention
- Poverty, integration of migrants and minorities
- Marginalization and delinquency
- Family empowerment
- Intervention in vulnerable families
- Building networks of support to vulnerable families



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### **Family Transitions Nursing (ENF11340M)**

Transitions in development:

- Family life cycle: developmental patterns of regularity;
- Growth and development;
- Evolutionary cycles, change and crisis;
- The anticipation of the crisis in promoting adaptation.

Transitions health / illness:

- The experience of illness: the family coping resources;
- Chronic illness and the life cycle of the family;
- The role of the caregiver in the family dependency;

Situational transitions:

- Pregnancy in adolescence;
- Death and bereavement in the family;
- Family Violence;
- Social exclusion: poverty and ethnic minorities;

Family resilience:

- Characteristics of resilient families;
- Adaptive processes in resilience.

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### **Socio-anthropology of the family (ENF11341M)**

1. Sociological Thought about family and health

Family concept

Diversity, plurality and family types

Historical perspective of the family

2. The Family as a social object of analysis

Family in the contemporary society

Family Demography: the Portuguese case

Culture, gender and power in the family

The family as an object of investigation in Portugal

3. Transitions, rearrangements, family ties and relationships

Life cycle and transitions in family

Wedding place in the family and the new conjugality?s

Ties, networks and donation

4. Family, school and work

The child and adolescent in the family

The school as educational partner

The place of the elderly in the family

Family and Work: From domestic sphere to professional daily

5. Modes and family practice in health status / disease

Families and caregivers

The impact of the disease on daily family

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### **Stage I-Planning in family health nursing (ENF11342M)**

Undertake information about family health determinants;

Undertake the analysis of family health status;

report family health assessment.



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### **Final Clinical Traineeship (ESF) (ENF12005M)**

The contents of CU were selected and organized to meet the respective objectives and expected results taking into account the skills profile of the specialist nurse in family health nursing.

Since this is a training that occurs in the final step of the Master's degree, all contents taught throughout the course, as well as learning in the clinical context, are liable to mobilization and contribute for the students so they can achieve the learning outcomes expected for this Final Traineeship.

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### **Clinical Traineeship Report (ESF) (ENF12006M)**

This unit intends to provide input to the report:

- Development of family diagnosis
- Objectives and priorities of the project
- Grounds of interventions to develop
- Context characterization and intervention recipients;
- Explanation intervention strategies and methodologies;
- Schedule and logistical conditions for project realization;
- Monitoring and evaluation of the project;
- Leadership of the project.

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### **Community and Public Health Nursing (ENF11332M)**

- Evolution of community and public health nursing.
- Settings in community and public health nursing. Primary health care.
- Demographic dynamics and individual and collective health.
- Determinants of Health / Lifestyles.
- Theories and Models in Health Promotion.
- Health Promotion / Diseases Prevention / Education - central concepts.
- Occupational health and occupational nursing: epidemiological model in occupational nursing work/hazards, accidents and occupational diseases.
- School health and nursing school health: community intervention strategies, planning of programs and projects in school health.
- Aging and aged care.
- Globalization and health: emerging and reemerging diseases.
- Nursing interventions in situations of: migration, multiculturalism, poverty, social exclusion, violence and abuse, disasters and conflicts, infectious diseases, epidemiological vigilance and vaccination.



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### **Epidemiology (ENF11333M)**

- Concepts and scope of Epidemiology
- Dynamic and distribution of health and disease in the community and its determinants
- Identification of Health Problems:
- Binomial Health / Disease
- Natural History of Disease
- Levels of Prevention
- Screening and opportunistic detection in clinical practice
- Validity of diagnostic tests
- Sources of information
- Health indicators
- Measures frequency of morbid phenomena
- Incidence and prevalence
- Causality in epidemiology

#### Epidemiological surveys

- Epidemiological studies
- Effect measures -risk factors and prognosis
- absolute, relative, attributable risk and etiologic fraction
- Methods of standardization -Direct and indirect
- Contribution of epidemiology in the management and evaluation of health care:
- Analysis of epidemiological indicators
- Analysis and design of programs and projects

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### **Planning in Health (ENF11334M)**

- Planning Health: concepts and steps;
- Health Information and planning: databases and health information systems; Key strategies for data analysis;
- Health situation diagnosis: problems and health population needs ;
- Health priorities;
- Planning the intervention: action plans, programs and health projects;
- Health monitoring and evaluation;
- Planning for contingency situation;
- Health planning for efficient resource use: contributions to health facilities contractualization and to promote quality care.



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### **Methodologies for Community Intervention (ENF11336M)**

Community intervention and health promotion

- Paradigms of health and community intervention strategies
- Ideological assumptions of community intervention
- Community intervention and leadership processes

&#9679; Training groups and communities in developing community intervention projects and citizenship

- Community / vulnerable groups
- Empowerment in health promotion: concepts and practices

&#9679; Contributions from different disciplines to the design of community intervention programs

&#9679; Management of health information to groups and community

- Communication techniques in health
- Active approaches in defining strategies of health promotion and education
- Specific information needs

&#9679; Theoretical and practical tools that support the intervention in Health Education / Promotion

- Theories and models in health promotion and education

&#9679; Construction stages of a project for Community intervention in the prevention, protection and promotion of health.

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### **Clinical Traineeship-Community Nursing and Public Health (ENF11337M)**

Preparing the plan:

- diagnosis of the health status of a community - intervention in order to identify determinants of community health;
- Setting priorities;
- setting goals;
- Planning the intervention: action plans, programs and health projects.

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### **Final Clinical Traineeship (ECSP) (ENF12011M)**

The contents of CU were selected and organized to meet the respective objectives and expected results taking into account the skills profile of the specialist nurse in community and public health nursing (Regulamento n.º 128/2011 DR, 2.ª série N.º 35 de 18 de Fevereiro de 2011).

Since this is a training that occurs in the final step of the Master's degree, all contents taught throughout the course, as well as learning in the clinical context, are liable to mobilization and contribute for the students so they can achieve the learning outcomes expected for this Clinical Traineeship.

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### **Clinical Traineeship Report (ECSP) (ENF12012M)**

1. Health diagnosis
2. project goals, objectives and priorities to develop during the final clinical practice;
3. reasoning on the intervention developed during the final clinical practice;
4. characterization of context and recipients of the intervention plan;
5. reasoning on the intervention strategies and methodologies;
6. Schedule and logistical conditions to implement the project;
7. monitoring and evaluate the project;
8. the leadership of the project



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### **Mental and psychiatric health nursing I (ENF11357M)**

1. Mental Health and life span.
2. Theories in Mental Health.
3. Historical perspective of mental health and psychiatric nursing
4. Ontological and theoretical understandings of mental health and psychiatric nursing
5. Human answers in mental health
6. Discussion of existing conceptualizations
7. National Network and organization of mental health services.
8. Protection and Promotion of the Rights of Persons with mental disorder: legislation and ethical dimensions. National and European updates.
9. General approach of the specialist nurse competences.

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### **Mental Health and Psychiatric Nursing II (ENF11358M)**

1. Neuro-biological basis of mental illness
2. Psychological and social bases of mental illness
3. Responses in Human major psychiatric syndromes identifying the main focus
  - a. Changes of psychological development;
  - b. Mental retardation
  - c. Behavioral and emotional disorders with onset in adolescence
  - d. Schizophrenia and related psychoses
  - e. Mood changes (eg, bipolar, cyclothymia, depression and other unipolar depressions)
  - f. Changes neurotic, stress-related and somatoform
  - g. Mental and behavioral changes to use of psychoactive substances
  - h. Behavioural syndromes associated with physiological changes and physical factors (eg, dietary changes, sleep)
  - i. Dementias and other psycho-organic frameworks
4. Experience of mental illness throughout the life span in the family context and socio-occupational

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### **Diagnostic evaluation and therapeutic intervention (ENF11359M)**

- 1 Diagnostic Evaluation in Nursing
  - a. conceptual framework
- 2 Model for diagnostic evaluation
  - a. Strategies for diagnostic evaluation
  - b. Diagnostic assessment tools
  - c. diagnostic evaluation and use of measuring instruments
  - d. Sensitive instruments to measure nursing care
- 3 Training of diagnostic evaluation
- 4 Models of organization intervention in Mental Health (therapist referral, case management, stepped care)
- 5 Interventions biological based - Psychopharmacology, ECT
- 6 Psychotherapeutic interventions - relaxation techniques, management of aggression and impulse, use of mediators of expression
- 7 Psychosocial therapeutic interventions scope - therapeutic management of environment, social and psychodrama techniques, conflict resolution techniques, therapeutic occupation
- 8 Psycho educational interventions framework - psycho education



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### **Helping Relationship in Mental Health (ENF11360M)**

Characteristics of the therapeutic relationship  
Theoretical and technical perspectives of the therapeutic relationship  
The aid relationship in nursing as "vehicle of care" and "care itself"  
The counseling process in helping to change  
Unconscious phenomena that operate in the aid relationship in nursing  
The clinical interview  
The Co-construction of a helping relationship in nursing  
Clinical supervision in nursing helping relation

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### **Internship I-Mental and psychiatric health nursing (ENF11361M)**

- Methodology of Project
- Process of care to the patient and / or family with mental health disorders in the context of internment;
- Process of care to the patient and / or family with mental health problems in a community context;
- Process management and leadership of care;
- Diagnostic tools and evaluation of nursing care
- Clinical Traineeship Report

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### **Human responses MH addictive behaviors (ENF11373M)**

- Explicative models of addiction
- Models of intervention in people with acute-phase addiction and residual phase;
- Differentiated therapeutic relationship according to the phases of the addiction;
- Life stories and life projects - analysis and simulation of therapeutic projects;
- Assessment with process indicators of therapeutic project

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### **Human responses MH gender and cultures (ENF11374M)**

- 1 Ethnicities, cultures and mental health:
  - a) the variability of human and social expression
  - b) health and mental sickness
  - c) ethnic beliefs and practices related to mental health
  - d) culturally sensitive psychiatric syndromes - nosology and folk understanding
  - e) migration as a determinant of mental health
  - f) art and literature: cultural manifestations and understandings of mental health
2. Gender, culture and mental health
  - a) epidemiological aspects of gender and mental health
  - b) sexual orientation as a psycho-cultural phenomenon
  - c) the masculine, the feminine and the third (gender) - understandings and social functions
  - d) changes in gender and mental health: transvestism and transsexualism, She-Mailes
  - e) gender violence from the perspective of mental health
3. Integrated and holistic perspective
  - a) mental health policies and programs focused on gender and cultures
  - b) inter-sectoriality in mental health promotion
  - c) discussion of cases and experiences of the students



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### **Mental health in parenting, childhood and adolescence (ENF11375M)**

- Models of understanding of development in the parental process, childhood and adolescence
- Models of understanding of mental disorders in the parental process, childhood and adolescence;
- Models for intervention in the parental process, with children and with adolescents with mental health and psychiatry problems;
- Therapeutic relationship and psychotherapy with children and adolescents;
- Creation of the appropriate intervention and / or therapeutic model scenarios;
- Instruments of psychotherapeutic intervention with children and adolescents who have maladapted human responses in mental health.

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### **Mental health in aging (ENF11376M)**

- Models in mental health and situational understanding on aging
- Positive mental health and mental health promotion
- Basic Aspects of the psychopathology of aging; reaction to loss and disease
- Epidemiological data and primary prevention of dementia, depression and suicide in the elderly
- Psychosocial interventions and family mental health in the context of aging
- Examples of research studies in areas related
- Examples of programs and projects in the area of mental health promotion and primary prevention of mental disorders (an aging).

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### **Final Clinical Traineeship (EPSM) (ENF12007M)**

- Project Methodology - continuation and deepening
- Process of care to the patient and / or family with mental health disorders in the context of internment;
- Process of care to the patient and / or family with mental health problems in a community context;
- Process management and leadership of care;
- Diagnostic tools and evaluation of nursing care
- Internship Report

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### **Clinical Traineeship Report (EPSM) (ENF12008M)**

1. Diagnosis of health status
2. Goal, objectives and priorities of the project to develop in the final internship
3. Rationale for the intervention to develop in the final internship
4. Characterization of the context and the recipients of the intervention
5. Grounds of the intervention's strategies and methodologies
6. Schedule and logistical conditions for the realization of the project
7. Monitoring and evaluation of the project
8. The leading of the project