



## Study Plan

**School:** School of Nursing "São João de Deus"  
**Degree:** Master  
**Course:** Maternal Nursing and Obstetrics (cód. 649)

### 1st Year - 1st Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF9518M	Evolution and Tendencies in Maternal Care and Obstetrics	Nursing	6	Semester	156
ENF12503M	Preconceptional Nursing Care	Nursing	3	Semester	78
ENF12504M	Nursing Care in Pregnancy	Nursing	6	Semester	156
ENF12505M	Anatomy and Physiology of Gravidarum-Puerperal	Nursing	6	Semester	156
ENF12506M	Biologia da Gravidez e Maternidade	Biological Sciences	3	Semester	78
ENF12507M	Obstetrice	Health Sciences	6	Semester	156

### 1st Year - 2nd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF9521M	Nursing Care in Delivery & Puerperium	Nursing	6	Semester	156
ENF12508M	Post-conceptional Nursing Care	Nursing	6	Semester	156
PSI12509M	Psychology of Parenthood	Psychology	6	Semester	156
ENF12510M	Nursing Research II	Nursing	6	Semester	156
SOC12880M	Sociology and Anthropology of the Family	*** TRANSLATE ME: ***	3	Semester	78

#### Options

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF12511M	Preparing for Birth	Nursing	3	Semester	78
ENF12512M	Breastfeeding	Nursing	3	Semester	78

### 2nd Year - 3rd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
*** TRANSLATE ME:Obrigatórias Alternativas ***					
Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF12513M	Professional internship with final report	Nursing	60	Year	1560
ENF12514M	Dissertation of Scientific Nature	Nursing	60	Year	1560
ENF12515M	Project Work	Nursing	60	Year	1560



## Conditions for obtaining the Degree:

\*\*\* TRANSLATE ME: Para aprovação na componente curricular deste Mestrado, é necessário a aprovação (através de avaliação ou creditação), das seguintes unidades curriculares:

1.º Ano

1.º Semestre: { \ }newline

- 6 UC Obrigatórias num total de 30 ECTS { \ }newline

2.º Semestre: { \ }newline

- 5 UC Obrigatórias num total de 27 ECTS { \ }newline

- 1 UC optativa num total de 3 ECTS

2º Ano

3º e 4 Semestre

1 UC obrigatória de 60 ECTS (Dissertação, Trabalho de Projeto ou Relatório e Estágio) { \ }newline

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### **Evolution and Tendencies in Maternal Care and Obstetrics (ENF9518M)**

Historical evolution of the Nursing discipline in the context of Maternal and Midwifery Health. Historical perspective of maternal care:

- Caring for ancestral mothers;
- Caring for Western civilizations (cultural roots);
- Caring in the West today
- Evolution of maternal care and its relationship with SMO Nursing

The health of the mother woman (National and International Guidelines)

- The WHO and UN Conferences
- Maternity protection / support structures
- The legislation

Conceptualization and guidelines of the training profile of nurse specialist in SMO:

- Legal framework of SMO specialist career
- Role and responsibilities in Portugal and the European Union

Supervision, Leadership and Care Management

- Environments favorable to clinical practice
- Competencies in Management of care and continuous quality improvement (Quality in health and accreditation systems)
- The Information and Communication System
- Appropriations
- Risk Management and patient safety
- Supervision Concepts;
- Supervision Models;
- Supervisory and Supervisory Practices
- Leadership Processes in different contexts.

Ethical foundations in caring for SMO

- Ethical principles in health care;
- Fundamentals of SMO nursing ethics;
- O Ethical decision-making: models, methods and uncertainties.



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### **Preconceptional Nursing Care (ENF12503M)**

- Sexual and reproductive health
  - o Early diagnosis and prevention of complications for women's health in the field of sexual health.
- Gender, Gender, Citizenship and Health:
  - o Construction of femininity and masculinity
  - o Sexual Orientation Models
  - o Sexual and gender differences in health and disease
- Functions of sexuality:
  - o Biological, emotional, psycho-affective, sociocultural and ethical-legal sexuality
  - o Human, sexual and reproductive rights
  - o Models of Human Sexual Response
  - o Family Planning and Pre-Malthusian, Malthusian, and Post-Malthusian Currents
  - o Contraception, methods of fertility control and the ages of the woman
- Human fertility:
  - o Infertility and human sterility
  - o Human conception and reproduction
  - o Genetic and conceptual risk
  - o Medically assisted procreation
- Problems associated with sexuality and gender: inequalities, dysfunctions, violence and sexually transmitted infections.
- Theories and strategies of education for sexual health.

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### **Nursing Care in Pregnancy (ENF12504M)**

- Signs, symptoms and diagnosing a pregnancy.
- Physical and midwife assessment.
- Additional diagnosis exams, recommended by national standards.
- Development of the pregnancy, discomfort and uterine growth patterns.
- Psycho-social changes during pregnancy and impact on the family.
- Nutritional needs during pregnancy.
- Medication and Vaccinations during pregnancy.
- Assessment of mother and baby well-being.
- Prebirth diagnosis.
- Techniques to relief discomfort during pregnancy
- Health education and adopting healthy lifestyles.
- Risk factors during pregnancy.
- Addictive behaviours and pregnancy, namely smoking, alcohol and other drugs.
- Complications during pregnancy, the signs and symptoms of emergencies, actions to take and reference criteria.
- Acute disease and / or concomitant chronic with pregnancy.
- Supportive measures for women and family risk pregnancy situations.



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### **Anatomy and Physiology of Gravidarum-Puerperal (ENF12505M)**

Male Reproductive System

Female Reproductive System

Hormonal cycles and preconception hormonal regulation (prior to pregnancy)

Gametogenesis

Fertility

Embryonic and fetal development

- Nidation

- Placentation

- Fetal static

Anatomy and physiology of Pregnancy

- Maternal Anatomophysiological changes

- Mamogenesis and Lactogenesis

Anatomy and physiology of Labor

- Essential factors of TP

- Normal TP mechanisms

- Physiology of Pain in Labor

- British nomenclature [Hodge] and American [Lee] of obstetric plans

Anatomy and physiology of the Puerperal Period

- Uterine Involution

- Galactopoiesis

Neonatal transition

- Cardio-Respiratory System

- Hematopoietic System

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### **Biologia da Gravidez e Maternidade (ENF12506M)**

- Basic concepts of cell biology

- Introduction to molecular genetics and genomics

- Molecular biology of replication and recombination

- Gene expression and regulation

- Cell and tissue differentiation

- The genetics of cancer and cell cycle

- Viruses and transmitting viral infections

- The immune system of pregnancy

- Population genetics and evolution

- The genetic basis of complex inheritance

- Karyology

- Genetic disorders in humans

- Nursing intervention on genetic diseases of the newborn



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### **Obstetrice (ENF12507M)**

- Pathology of embryofoetal development
- Infertility
- Prenatal care.
- Drugs and Pregnancy
- Infections in pregnancy. Screening, diagnosis and treatment
- Abortion, fetal death Cerclage, IVG
- RPM. PPT. Pulmonary maturity
- IUGR
- Bleeding
- Multiple pregnancy
- Blood incompatibilities
- Hypertensive diseases and thromboembolic pathology
- Cardiac disorders, Nephropathies
- Diabetes, medical and surgical diseases, autoimmune diseases
- Fetal evaluation before and during delivery
- Elective discontinuation of labor / labor induction and associated pharmacology
- Pathophysiology and health diversion. Dystocic delivery, pelvic delivery, surgical delivery
- Analgesia, resuscitation pharmacological measures in pain relief
- Obstetric emergencies
- Pathophysiology of the puerperium
- Non-reproductive Sexual Health Surveillance
- o Physiology and clinical manifestations of the climacteric period.
- o The Anatomophysiology and alterations of the genito-urinary apparatus.
- A woman with gynecological disease
- Gynecological and breast surgery

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### **Nursing Care in Delivery & Puerperium (ENF9521M)**

- Bipedalism in the reproductive architecture
- Female pelvis. Caldwell and Moley nomenclature. Pelvic floor. Internal/external soft channel.
- Concepts Labor (TP) and Puerperal Period (PP)
- Factors and mechanisms of TP. Contraction, dilation, effacement
- Foetal Static. Presentation, Situation, Attitude, Variety
- Cardinal movements
- Maternal and foetal adaptation to PT
- Initial evaluation: Birth Plan; Admission of parturient and cohabiting-significant
- Care in the 1st Stage of the TP. Assessment of PT progress and maternal-fetal well-being. Pain relief.
- Care in the 2nd Stage of the TP. Cephalic and pelvic presentation technique.
- Care in the 3rd Stage of the TP.
- Preterm and post-term TP. Mechanical and dynamic dystocia's. Obstetric Emergencies
- Systemic changes in foetus-new-born
- Nursing care. Early contact and food. Characteristics of normal NB and health deviations. Resuscitation of the RN.
- Dyad care in PP. Education on the way home



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### **Post-conceptual Nursing Care (ENF12508M)**

Post-conceptual Health:

&#61623; Sexually transmitted infections and infectious genito-urinary tract processes.

&#61623; Pathology of the genitourinary tract.

&#61623; Breast problems (benign and malignant)

&#61623; Climatério:

o Sociocultural practices

o The Climacteric and Menopause

o Changes in anatomic physiology

o Expression of sexuality

o Healthy behaviors and lifestyles

o Contraception o Health surveillance

– Tracking

– Early diagnosis

– Complementary diagnostic tests.

o Hormone replacement therapy

- Protocols of articulation for the continuity of care

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### **Psychology of Parenthood (PSI12509M)**

1. The Parenting

1.1. Definitions and conceptual models

1.2. Dimensions and determinants of parenthood

1.3. Positive parenting and risk parenting

1.4. Contexts of parenting

2. Becoming a mother, becoming a father, becoming a baby

2.1 Time of waiting

2.1.1. The desire to have children

2.1.2. Physical transformations of pregnancy and the genesis of maternal and paternal identity

2.1.3. The development of prenatal bonding, between the fantasmatic baby and the imaginary baby.

2.2. Time of encounter

2.2.1. The childbirth and the encounter with the real baby

2.2.2. The birth of a mother and father - tasks and challenge

2.2.3. The baby's psychic birth

2.2.4. The place of the family

3. Become a mother, becoming a father, becoming a baby at risk situations

3.1. Risk pregnancy and prematurity

3.2. Psychopathological disorders of pregnancy and postpartum

3.3. Loss and grief during pregnancy and postpartum

3.4. Pregnancy e and transition to parenting in situations of relational risk (adolescence pregnancy / HIV / drug addiction / assisted reproduction / disability)



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### **Nursing Research II (ENF12510M)**

- Research into the regular skills profile of specialist nurses
- Research on the specific competences in Maternal Obstetric and Gynecological Nursing (MOGN)
- Analysis of the research produced in MOGN
  - o 1st level research. The process, the phases, the elements in Scientific Research. The framework, research question, problem, methodology, approach to the units of analysis, data analysis, dissemination
  - o 2nd level research
    - Literature review. Types. Strategies. Tools
    - Information management of scientific production. Bibliometrics
    - Tools to aid the research process
  - o References manager
  - o Visiting a quantitative data analysis programs
  - o Visiting qualitative data analysis programs
  - Drawing a research project in MOGN
  - o To fill a research form

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### **Sociology and Anthropology of the Family (SOC12880M)**

- I The socio-anthropological knowledge about the family
  - 1.1 Evolution and changes in the definitions and meanings
  - 1.2 Classical theoretical perspectives and current proposals
  - 1.3 Methodological challenges: conditions, procedures and ethics in the research
- II Families in Portugal
  - 2.1 The formation of the family
  - 2.2 Dynamics of conjugal life
  - 2.3 Dynamics of parental life
  - 2.4 Dynamics of family life: gender and the division of labour in the family
  - 2.5 Kinship and social support networks
- III Families, issues & current debates
  - 3.1 New families? New conjugalities and parenthoods
  - 3.2 Biological and social kinship: old and new configurations
  - 3.3 Families without borders: migration, transnational families and international adoption
  - 3.4 Families of choice and same-sex relationships
  - 3.5 The dark side of the family: tensions and challenges

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### **Preparing for Birth (ENF12511M)**

- Concept and Importance of Preparation for the Birth
- Design model for a Preparation for the Birth programme
- Physical exercises to prepare for the birth/postpartum period
  - Exercises to strengthen the perineal/abdominal areas.
- Neuromuscular control exercises
  - Push and relaxation exercises.
- Breathing exercises
  - Appropriate breathing standards.



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### **Breastfeeding (ENF12512M)**

- National/International/Local Breastfeeding Panorama
- The importance of breastfeeding and breast milk
- Communication skills
- Promotion of breastfeeding during pregnancy
- Promotion of breastfeeding
- Birth and breastfeeding practices
- Breastfeeding techniques
- Breastfeeding support practices (extraction of breast milk, bottle feeding)
- Infants with special needs
- Nutrition for mothers
- Women's health and fertility
- How to sustain breastfeeding
- Returning to work

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### **Professional internship with final report (ENF12513M)**

Syllabus result from the application of knowledge and skills acquired at the theoretical component, at the development at clinical care and also using contributions from the public defence of interventions before a panel of experts.

At clinical context, the student use themes and subjects introduced during educational program, so he/she can operate with the woman / family at labour, delivery and postpartum, as well as caring new-borns, early diagnosing complications, demonstrating professional responsibility, ethics and legal and also management and leadership skills.

In addition to the clinical contents, the student is individually oriented to the design methodology and report writing with connection to the Internship experience of a professional nature.

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### **Dissertation of Scientific Nature (ENF12514M)**

The Course Unit provides the accomplishment of a research study that leads to the development of a scientific dissertation. It should involve the analysis of new situations, the collection of relevant information, the development and selection or design of the approach methodologies and the instruments for solving the proposed problem, their resolution, the exercise of synthesis and conclusions.

The content results from the application of the knowledge and skills acquired in the theoretical component of the course, the respective development in the clinic and the contributions to the public defence of the interventions before a jury of experts.

As a didactic-pedagogical activity, the seminars and the tutorial orientation should allow a follow-up to the scientific Dissertation, clarifying the theoretical and methodological aspects.

The dissertation prepared by the student should be introduced at a public proof, considering outcomes.

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### **Project Work (ENF12515M)**

- Grounded development of a Project
- Methodological phases of a Project
- Conceptual framework and its connection to the course and the project.
- Evaluation and Critical Reflection of the Project (analysis of qualitative and quantitative indicators)
- Critical reflection of the activities and strategies implemented in articulation with the skills of the specialist nurse / master
- Critical review of the schedule.
- Guidance for the preparation and presentation of the project work