Study Plan

School: School of Nursing "São João de Deus"
Degree: Master
Course: Nursing Studies (cód. 662)

1st Year - 1st Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF12800M	Nursing conceptions: Midlle Range Theories	Nursing	6	Semester	162
ENF11317M	Epistemology, Ethics and Law in Nursing	Nursing	5	Semester	135
ENF12801M	Adult Learning and Education in Nursing	Nursing	3	Semester	81
ENF12802M	History of Nursing in the Twenty Century	Nursing	6	Semester	162
ENF12803M	Research Methods and Techniques in Nursing	Nursing	6	Semester	162
ENF11321M	Policies and Models of Health Care	Health	4	Semester	108

1st Year - 2nd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
Options					

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF12804M	Advanced Scientific Writing	Nursing	6	Semester	162
ENF12805M	Qualitative Studies	Nursing	6	Semester	162
ENF12806M	Quantitative Studies	Nursing	6	Semester	162
ENF12807M	Scientific Evidence and Literature Reviews	Nursing	6	Semester	162
ENF12808M	Historical Research in Nursing	Nursing	6	Semester	162
ENF12810M	Therapeutic Comunication and Helping Relation in Nursing	Nursing	6	Semester	162
ENF12811M	Deepening Nursing Epistemology	Nursing	6	Semester	162
ENF12812M	Literacy and Self-Care	Nursing	6	Semester	162
ENF12813M	Gender Issues and Social Identity	Nursing	6	Semester	162
ENF12814M	Violence in Society	Nursing	6	Semester	162
ENF12815M	Ageing Society	Nursing	6	Semester	162
ENF12816M	Emotional Competencies for Clinical Leadership	Nursing	6	Semester	162
ENF12817M	Affective Dimension in Nursing	Nursing	6	Semester	162
ENF12818M	Quality Management and Safety in Nursing	Nursing	6	Semester	162
ENF12819M	Clinical Supervision	Nursing	6	Semester	162
ENF12820M	Safely Growing	Nursing	6	Semester	162
ENF12821M	Health and Sexuality - Children and Youth	Nursing	6	Semester	162
ENF12822M	Aging and Wellbeing	Nursing	6	Semester	162
ENF12809M	Spirituality in Nursing	Nursing	6	Semester	162
ENF12823M	Palliative Care	Nursing	6	Semester	162
Free option					

2nd Year - 3rd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
Dissertation					

2nd Year - 4th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
Dissertation					

Conditions for obtaining the Degree:

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

1º Ano

{ \ } newline

1º Semestre: { \ } newline

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

{ \ } newline

2º Semestre: { \ } newline

UC Optativas num total de 30 Ects dos quais 6 ECTS podem ser de escolha livre

{ \ } newline

Para a obtenção do grau é necessária a aprovação na Dissertação no 3º e 4º semestre com o total de 60 ECTS ***

Program Contents

Back

Nursing conceptions: Midlle Range Theories (ENF12800M)
1. The concept of advanced nursing.
2. Research and nursing theories.
3. Nursing conceptions and discipline development.
4. The importance of theories in nursing intervention - models of analysis and evaluation of theories.
5. The medium-range theories supporting the development of the discipline and the profession - specific problems and research findings.

Back

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 .

Adult Learning and Education in Nursing (ENF12801M)

1. Theories and Models of education;
- Behavorist, Constructivist and Cognitivist Theories
- Learning models
2. Training and Learning
- Diagnosis of training needs
- Drawings of learning plans
- Definition of in-service training plans based on analytical tools.
- Learning activities
- Assessment of learning
3. Adult education
- Principles and characteristics of adult education;
- Adult pedagogy
- Adult education
- Methodological Orientations in Adult Education
- Pedagogical Approaches for Adults

History of Nursing in the Twenty Century (ENF12802M)

1) History as an instrument for the critical conscience construction
1.1) Chains of thought in History
2) The Portuguese nursing inserted in a time and in a society: factors precursors of the recognition of the profession
3) Portuguese nursing in the first half of the 20th century:
3.1) The First Republic
3.2) World War I
3.3) The development of nursing education
4) Portuguese nursing in the second half of the 20th century:
4.1) The New State
4.2) The contemporaneity of the profession

Research Methods and Techniques in Nursing (ENF12803M)

Module I - Nursing Research
- Fundamentals of Nursing Research
- Evidence-based practice: relations between research, theory, and practice
- Research paradigms: qualitative and quantitative research
- Resources and sources for bibliographic research

Module II - The Research Process
- From the subject to the research problem: the research question
- Review of the literature and reference framework
- The statement of the objective, the research questions, and the hypothesis
- The research design
- Sampling Methods
- The principles of measurement in research
- Data collection methods
- Formal and ethical aspects in research

Module III - The Results of Research
- Data analysis
- The presentation, analysis, and interpretation of results
- Communication of results

Module IV - Critical analysis of research articles
- Methodology in the critical analysis of a scientific article

Policies and Models of Health Care (ENF11321M)

Advanced Scientific Writing (ENF12804M)
• The main indexed journals and international with impact factor.
• Registration in indexing platforms for researchers (Researchgate Profile, ResearcherID, Scopus Author ID, Orcid, Google Scholar)
• Process of writing a scientific article.
• Planning and organization of a presentation for a scientific conference.
• Adequacy and submission of scientific articles and papers in international conferences.

Qualitative Studies (ENF12805M)
1) Introduction to the qualitative methodology
1.1 Origin and framework of the qualitative methodology,
1.2 Qualitative Paradigm: Ethnography, Phenomenology, Grounded Theory, Case Study, and Biography,
1.3 Concept of triangulation,
1.4 Ethical issues in the qualitative methodology.
2) Qualitative research process
2.1 Identification of the problem and formulation of questions,
2.2 Data collection instruments: Participant Observation and Interview; Focus group, life stories;
Narratives; Documentary/audiovisual analysis,
2.3 Data encoding processes,
2.4 Analysis and interpretation of data: Content analysis; Discourse analysis, hermeneutic analysis,
2.5 Ancillary programs in the analysis, potentialities, and limitations. The NVIVO and WEBQDA example.
3) Presentation and dissemination of data - Writing
Research Project and Report

Quantitative Studies (ENF12806M)
The program contents are as follows:
1. Quantitative data and contributions to health
a. Statistical concepts
b. National development indicators
I. National Institute of Statistics; Pordata;
c. International Development Indicators
I. World Bank; Eurostat
2. The nature of the problems and the quantitative
a. Scientific production
b. Problem background
c. Research problems
3. Units of Analysis in Research
a. Defining the sample criteria
b. Sample selection criteria
4. Data collection instruments
a. Questionnaires, forms, censuses
b. Scales and indexes
5. Visit to data analysis using SPSS
a. Database creation and manipulation of variables
b. Observation of descriptive statistics and exploratory analysis
c. Inferential statistics observation
6. Application of contents with quantitative project outline

Scientific Evidence and Literature Reviews (ENF12807M)
Concept of Evidence-Based Practice.
Methodology of EBP:,Question formulation, research and selection of information, critical evaluation.
Implications of EBP in improving care delivery
Narrative reviews
Systematic reviews
Integrative reviews

Last update 22/03/2025

Historical Research in Nursing (ENF12808M)

1) History as knowledge – conceptual issues
1.1) Time and space in History
1.2) The researcher and his circumstance
2) Data sources in History
2.1) Primary and secondary sources
2.2) Materials
3) Methodological options in document analysis
4) Development of historical discourse
5) Historical studies in Nursing in Portugal – production and trends

Therapeutic Comunication and Helping Relation in Nursing (ENF12810M)

Characteristics of therapeutic communication
Therapeutic relationship and theoretical and technical backgrounds
The relationship of help in nursing as "care vehicle" and "care in itself"
Unconscious phenomena that operate in the nursing help relationship
The clinical interview
Co-construction of a nursing helping relationship
Clinical supervision in nursing helping relat

Deepening Nursing Epistemology (ENF12811M)

1- Knowledge and beliefs grounded.
2 - Epistemological Approaches - Currents and Authors Bachelard, Karl Popper, Thomas Kuhn, Imre Lakatos, Paul Feyerabend, Michael Polanyi, Larry Laudan)
3 - Exploring the sources of knowledge in Nursing
4 - Pragmatism and internal debate of epistemology (Sandra Hasting), including "epistemology of the south"
5- The epistemological problems of Nursing and a question of value

Literacy and Self-Care (ENF12812M)

1. Health literacy and self-care
2. Health communication and marketing
3. The demand, access and appropriation of health information
4. The informed health decisions and the promotion of self-care
5. The exercise of citizenship in health

Gender Issues and Social Identity (ENF12813M)

Gender, citizenship and equality.
Processes of construction of identities and social construction of the differences between sexes.
Practices and representations of the body: symbolic construction, individual and collective perceptions and representations.
Individual and collective representations, behaviors, practices and health policies: Issues related with interculturality and intergenerationality; Migration and gender; Violence and health promotion.
Reconciliation of work and family life versus gender equality.
Gender Equality: social responsibility and citizenship; Care and gender inequalities.

Violence in Society (ENF12814M)
- Epidemiological data, incidence and prevalence;
- Beliefs, stereotypes and attitudes blocking the problem of the life cycle;
- Risk factors of violence;
- Types of violence in different stages of life (children and young people, adults and the elderly);
- Detection and evaluation of signs and symptoms of violence throughout the life cycle;
- Characterization of victims and aggressors;
- Social, economic and health costs associated with violence;
- Strategies to prevent violence, in different contexts, throughout the life cycle.
- Intervention of care structures in situations of violence: Public ministry, Security Forces, - Health services, Protection and monitoring institutions

Ageing Society (ENF12815M)
1- Historical perspective: sources and paths
2- Epistemological perspective: concepts and meanings
3- Social perspective: socio-family dimension
4- Political perspective: social policies and health policies
5- Perspectives for the future:
5.1- Ageing Nursing
5.2- An ethic for the elderlies
5.3- Investigate to intervein
5.4- Policy design for an aging society
5.5- "Gray economy"
5.6- Innovation and entrepreneurship

Emotional Competencies for Clinical Leadership (ENF12816M)
I - Neurobiology of Emotions
• The emotional brain.
• Emotion: characteristics, typology, functions, and effects on cognition, motivation, and behavior.
II - From Emotional Intelligence to Emotional Competence
• Theoretical Models and Approaches
III - Emotional Competence and Health Promotion
• Emotions, Health and the necessities of life.
• Emotional competence - concept and theoretical models
• Development of emotional competencies in the context of communities, work, and organizations.
IV - Clinical Leadership
• Background and concept
• Emotions, leadership, and motivation in care management/teams
• Emotional leadership profile - The emotionally competent nurse: contributions to clinical leadership.

Affective Dimension in Nursing (ENF12817M)
1 - The affectivity as a personal dimension. The affective phenomena
2 - Caring as a relational process
3 - Affective experiences in the context of nursing care - fundamentals and structuring elements
4 - Ethical relevance of affectivity - its implications in nursing
5 - Strategies of affective / emotional regulation in the care relationship
6 - Development of emotional competence of nurses
7 - Research on affective / emotional phenomena in nursing

Quality Management and Safety in Nursing (ENF12818M)
A) Quality
- Concept and historical evolution of quality in health
- Quality evaluation models in health
- Quality in nursing
B) Safety
- Concept and historical evolution of client safety
- Conceptual models for patient safety
- Safety culture
C) Relevant impacts on quality and safety
- Nursing practice environment

Clinical Supervision (ENF12819M)
1. Clinical Supervision
• Clinical Supervision Models;
• Supervising and Supervisory Practices
• Supervision as a training strategy;
• Supervisive Relationships and Significant Learning;
• The figure of the supervisor: role and profile
• Evaluation in clinical supervision
2. Personal and Interpersonal Dimension of Clinical Supervision
• Interpersonal relations and conflict management
• Conflict management in supervision: types, perspectives, causes, manifestations and phases
• Conceptual framework of the actors of clinical supervision, organizations and knowledge
• Basic communication tools
3. Ethical issues under supervision

Safely Growing (ENF12820M)
I - Safety culture
Concept and determinants of safety
Patient safety and impact on professionals and institutions
Ecological approach to health behavior
The nurse promoting child / youth safety and family

II - Promotion of child / youth safety and family
Child / youth and family and risk
Concept of risk
Perception of risk and predictors of risk
Risk assessment and management
Opportunities and threats of child and youth development
Nursing and child / youth prevention 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

Health and Sexuality - Children and Youth (ENF12821M)
I-Political-legal framework of sexuality in Portugal
- Sexuality, culture and sexual health
- Portuguese legislative and ethical framework in sex education
- The National School Health Program;

II - Theoretical foundations on the sexuality of children and adolescents
- Theories and models in health promotion and education
- Sex education models
- Theoretical and practical instruments that support the intervention in Education

III - Fundamentals of Sex Education Programs
- Adolescent risk behaviors: factors associated with the early onset of sexual activity
- Needs and interests related to sexuality education in the life cycle;
- Values and attitudes towards sexuality
- Contributions from different disciplines to the design of sex education programs
- Methodologies, strategies and resources for sexuality education;
- Sexuality education at school - the school health nurse;
- Stages of the construction of projects in the area of sexuality.

Aging and Wellbeing (ENF12822M)
1-Aging and Well-being
1.1. Life cycle perspective. Active Aging
1.2. Holism: human response to life with quality
1.3. Demographic profile of the elderly population.
1.4. Functionality and aging
1.5. The wave of age ... The centenarians
2. Theories of Nursing that base the discipline and the investigation to PI
2.1. Nursing Thought Schools
2.2. Knowledge coming from research and arising from theory
3. Conceptual framework for care practice, centered on the elderly
3.1. Nursing model for the well-being
4. Aging and (In) Safety
4.1. From Activity to Disability: The Challenge of Aging
4.2. Falls. Multidimensional risk assessment
4.2.1. Research on associated factors
4.2.2. Capacity building and risk reduction programs
4.2.3. Manage environmental safety
4.2.4. Risk groups: Anticipatory approach
4.3. Fragility
4.3.1. Determinants and Consensus
4.3.2. Explanatory models. Anticipatory actions

Spirituality in Nursing (ENF12809M)
- The study of the dimensions of spirituality and religiosity
- The concepts of spirituality in nursing
- Nursing models in the approach to spirituality
- Spiritual needs
- The instruments of appreciation
- The nursing focuses of the area of spirituality.
- Reference frames in the area of spirituality in nursing.
- Models of intervention in nursing in the foci of spirituality.
- The state of the art on spirituality in nursing

Palliative Care (ENF12823M)
Attitudes towards death: life trajectory, the end of life and death
Palliative Care: philosophy, values and principles, evolution, organizational models
Ethical issues related to the end of life.
Communication: skills and strategies of interpersonal communication; Communication of bad news / conspiracy of silence / dealing with uncertainty / management of hope. Self-care of professionals
General principles in symptom control. Prevalent symptoms. Evaluation and management of pain and human suffering, use of standardized instruments. Non-pharmacological strategies used to alleviate physical and psychological suffering.
Family Needs: socio-family assessment; APGAR Family; Genogram and ecomap; Family conference; Management care for the family / caregiver, including psychological and spiritual care. Caregiver training.
Management and comfort care in the last days and hours of life.
Process of mourning: normal, anticipatory / preparatory, complicated.