



Study Plan

School: School of Nursing "São João de Deus"
Degree: Master
Course: Maternal Nursing and Obstetrics (cód. 687)

1st Year - 1st Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF13436M	Biology of Pregnancy and Motherhood	Health Sciences	3	Semester	78
ENF13437M	Anatomophysiology pregnancy and puerperal	Nursing	6	Semester	156
ENF13435M	Obstetrics	Health Sciences	6	Semester	156
ENF13441M	Nursing Care at Preconception	Nursing	3	Semester	78
ENF13442M	Nursing Care at Pregnancy	Nursing	6	Semester	156
ENF13438M	Nursing Research II	Nursing	6	Semester	156

1st Year - 2nd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF13439M	Evolution and Trends in Obstetrics and Maternal Health Care	Nursing	6	Semester	156
ENF13443M	Nursing Care at Childbirth and Puerperium	Nursing	6	Semester	156
ENF13444M	Postconcepcional Nursing Care	Nursing	6	Semester	156
ENF13445M	Preparation for Childbirth and Parenting	Nursing	6	Semester	156
SOC13446M	Sociology and Anthropology of the Family	Sociology	3	Semester	78
ENF13440M	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
ENF13447M	Professional Internship With Final Report	Nursing	60	Year	1560
ENF13448M	Dissertation of Scientific Nature	Nursing	60	Year	1560
ENF13449M	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: { \ } new line

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

2.º Semestre: { \ } new line

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

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2º Ano

3º e 4 Semestre

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

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Biology of Pregnancy and Motherhood (ENF13436M)

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 in pregnancy.

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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Anatomophysiology pregnancy and puerperal (ENF13437M)

Male Reproductive System

Female Reproductive System

- Hormonal cycles and pre-conceptional hormonal regulation non-gravid

Fertilization

Embryonic and fetal development

- Nidation
- Placentation
- Embryogenesis

Anatomophysiology of Pregnancy, Childbirth and Puerperium

Systemic phenomena in pregnant, parturient and postpartum women

- Hematopoietic system
- Endocrine System
- Cardiorespiratory System
- The integumentary system

Local phenomena of the genital system of pregnant, parturient and postpartum women

- Uterine
 - o the Evolution
 - o the contraction
 - o the Involution
- Vaginous-Vulvae

Neonatal transition

- Cardio-Respiratory System
- Hematopoietic System



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Obstetrics (ENF13435M)

- Prenatal care at risk.
- Infections in pregnancy
 - o Tracking
 - o the diagnosis
 - o the treatment
- Abortion
- Cervical isthmus incompetence:
 - o the Cerclage
- Fetal death
- Interruption of pregnancy
 - o the Volunteer
 - o Therapeutics
- Premature Rupture of Membranes
- Pulmonary maturity
- Preterm birth
- Restriction of intrauterine growth
- Bleeding
- Multiple pregnancy
- Blood incompatibilities
- Hypertensive diseases
- Thromboembolic pathology
- Heart disease
- Nephropathies
- Diabetes
- Medical and surgical diseases
- Autoimmune diseases
- Pre and intrapartum fetal evaluation
- Elective discontinuation of labor / labor induction and associated pharmacology
- Distal delivery, pelvic delivery, surgical delivery
- Pharmacological and non-pharmacological measures in pain relief
- Postpartum pathology:
 - o Physiological complications



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Nursing Care at Preconception (ENF13441M)

Sexual and reproductive health

Early diagnosis and prevention of complications for women's health in the field of sexual health.

Anatomophysiology of human reproduction.

Gender, Gender, Citizenship and Health:

Construction of femininity and masculinity

Sexual Orientation Models

Sexual and gender differences in health and disease

Functions of sexuality:

Biological, emotional, psycho-affective, sociocultural and ethical-legal sexuality

Human, sexual and reproductive rights

Models of Human Sexual Response

Family Planning and Pre-Malthusian, Malthusian, and Post-Malthusian Currents

Contraception, methods of fertility control and the ages of the woman

Infertility and human sterility

Human conception and reproduction

Genetic and conceptual risk

Medically assisted procreation

Problems associated with sexuality and gender:

inequalities, dysfunctions, violence, Female genital mutilation and sexually transmitted infections.

Theories and strategies of education for sexual health.

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Nursing Care at Pregnancy (ENF13442M)

- 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.

- Nutritional needs during pregnancy.

- Medication and Vaccinations during pregnancy.

- Assessment of mother and baby well-being.

- Prebirth diagnosis.

- Techniques to relief discomfort during pregnancy

- Birth plan

- Health education and adopting healthy lifestyles.

- Risk factors during pregnancy.

- Addictive behaviours and pregnancy, namely smoking, alcohol and other drugs.

- Nursing intervention in complications during pregnancy and in urgent and emergency situations.



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Nursing Research II (ENF13438M)

Research into the regular skills profile of specialist nurses

Research on the specific competences in Maternal Obstetric and Gynaecological Nursing (MOGN)

Analysis of the research produced in MOGN

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

2nd level research

Literature review. Types. Strategies. Tools

Information management of scientific production. Bibliometrics

Tools to aid the research process

References manager

Visiting a quantitative data analysis programs

Visiting qualitative data analysis programs

Drawing a research project in MOGN

Ethical principles in health care

Ethical decision making

Professional ethics

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Evolution and Trends in Obstetrics and Maternal Health Care (ENF13439M)

Historical evolution of the discipline of Nursing in the context of Maternal and Obstetric Health.

Historical perspective of maternal care:

- Ancestral maternal care and in Western civilizations

Evolution of maternal care and its relation with ESMO

The health of the woman-mother (National and international guidelines)

WHO and UN Conferences

Maternity protection/support structures

Conceptualization and guidelines of the EESMO training profile

Legal framework of the EESMO career

Environments favorable to clinical practice

Management and organization of nursing care

People management (leadership, delegation, safe allocation, supervision, conflict management, professional performance and evaluation)

Risk management and patient safety in SMO

Information/Communication System

Clinical Information Management

Quality and development of health services

Quality Standards of Skilled Nursing Care



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Nursing Care at Childbirth and Puerperium (ENF13443M)

- Bipedalism in the reproductive architecture
- Female pelvis. Caldwell and Moloy nomenclature. Pelvic floor. Internal/external soft channel.
- Concepts Labor and Birth Stages (LBS) and Puerperal Period (PP)
- Factors and mechanisms of LBS
- Foetal Static.
- Cardinal movements
- Maternal and foetal adaptation to PT
- Initial evaluation: Interpreting Birth Plan; Admission of parturient and cohabiting-significant
- Care in the 1st Stage of the Labor. Assessment of LBS progress and maternal-fetal well-being. Assistance on pain relief.
- Care in the 2nd Stage of the Labor. Cephalic and pelvic presentation technique.
- Care in the 3rd Stage of the Labor.
- Preterm and post-term Labour. 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 NB.
- Dyad care in PP. Education on the way home

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Postconceptional Nursing Care (ENF13444M)

Physiology and clinical manifestations of the climacteric period
Women's health during the climacteric period
Sociocultural aspects related to the climacteric period and aging
Healthy lifestyles in the climacteric period
Anamnesis and Physical Examination in Gynecology
Health surveillance
Tracking
Early diagnosis (including clinical breast examination and self-examination)
Complementary diagnostic tests.
Sexuality (Sexual problems/dysfunctions)
Endocrine processes of the reproductive tract, including changes in the menstrual cycle
Perimenopause contraception
Therapy in the climacteric period
hormone replacement therapy
non-hormonal therapy
complementary medicines
Sexually transmitted infections and infectious processes of the genito-urinary apparatus
Gynecological pathology
Oncological processes of the reproductive system
Breast pathology (benign and malignant)
Gynecological and breast surgery
Psychosocial aspects of women with gynecological and breast affectio
Referral network gynec



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Preparation for Childbirth and Parenting (ENF13445M)

Parenting

- Definitions and conceptual models
- Dimensions and determinants of parenthood
- Positive parenting and risk parenting
- Physical transformations of pregnancy, childbirth and postpartum and the genesis of maternal and paternal identity;
- The development of prenatal bonding, between the fantasmatic baby and the imaginary baby.
- The development of the bond between mother and baby

Transition to parenting in risk situations

- Risk pregnancy and prematurity
- Psychopathological disorders of pregnancy and postpartum
- Loss and grief during pregnancy and postpartum

Preparing for childbirth

- 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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Sociology and Anthropology of the Family (SOC13446M)

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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Breastfeeding (ENF13440M)

- National / International / Place of Breastfeeding
- Anatomophysiology of the breast from pregnancy to puerperium
 - o Anatomy of the breast
 - o The Physiology of Lactation
 - o Characteristics of breast milk
- Communication skills in breastfeeding
- Promotion of breastfeeding during pregnancy
 - o Preparation of the breasts and nipples during the prenatal period
- The importance of breastfeeding and breast milk
 - o Research on the Implications of AM in maternal and child systems in the short and long term
- Protection of breastfeeding
- Delivery practices and breastfeeding
- Breastfeeding technique
- Practices that support breastfeeding (including milk extraction, cup feeding and relaying)
- Infants with special needs
- Maternal Nutrition
- Women's Health and Fertility
 - o Breastfeeding in case of maternal illness
 - o Medicines and breastfeeding
 - o Relative and absolute contraindications to breastfeeding
- How to maintain breastfeeding
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Professional Internship With Final Report (ENF13447M)

The contents result from the application of knowledge and skills acquired in the theoretical component, their development in clinical practice and contributions to the public defence of the interventions before a jury of experts.

In the clinical context, the student makes use of the contents taught throughout the course, so that they can intervene with the woman/family in the preconception period, labour, delivery, postpartum and postconception period, as well as in the care of the newborn, diagnosing complications early, demonstrating professional, ethical and legal responsibility and also management and leadership skills.

In addition to the clinical content, the student is individually oriented towards the methodology of practice based on scientific evidence and report writing linked to the experience of the Professional Internship. Each student has 200 hours for the production of the probatory report.

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Dissertation of Scientific Nature (ENF13448M)

Research and development work leading to the elaboration of a scientific dissertation is expected. It should involve the analysis of new situations, the collection of pertinent information, the development and selection or design of approach methodologies and tools for solving the proposed problem, their resolution, the exercise of synthesis and drawing conclusions.

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

As a didactic and pedagogical activity, fieldwork and tutorial guidance should allow a follow-up for the completion of the Scientific Nature Dissertation, clarifying theoretical and methodological aspects.

The final grade of the dissertation prepared by the student is subject to public presentation and discussion of the results achieved.



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Project Work (ENF13449M)

- 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