



## 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	Postconceptional 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
<b>*** TRANSLATE ME:Obrigatórias Alternativas ***</b>					
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: { \ }newline

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

2.º Semestre: { \ }newline

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

{ \ }newline

2º Ano

3º e 4 Semestre

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

{ \ }newline

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## Program Contents

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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
- 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
  - Tracking
  - the diagnosis
  - the treatment
- Abortion
- Cervical isthmus incompetence:
  - the Cerclage
- Fetal death
- Interruption of pregnancy
  - the Volunteer
  - 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:
  - 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 sexual and reproductive 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

Sexuality biological emotional psycho-affective sociocultural ethical-legal

Human Reproductive Rights

Models of Human Sexual Response

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

Contraception methods of fertility control and ages of the woman

Human Fertility

Infertility and human sterility

Human conception and reproduction

Conceptual genetic risk

Medically assisted procreation

Problems associated with sexuality and gender:

Inequalities, Female Genital Mutilation, Dysfunctions, Rape, Sexually Transmitted Infections

Sexuality Theories and Strategies

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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
- 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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### **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
  - 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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### **Evolution and Trends in Obstetrics and Maternal Health Care (ENF13439M)**

- Historical evolution of the Nursing discipline in the context of Maternal and Obstetrical Health. Historical perspective of maternal care:
  - o Caring for ancestral maternal and Western civilizations
- Evolution of maternal care and its relationship with ESMO
- Women's health (national and international guidelines)
  - o the WHO and UN Conferences
  - o Maternity protection / support structures
- Conceptualization and guidelines of the EESMO training profile
  - o The ESMO Career Legal Framework
  - o Role and responsibilities in Portugal and EU
- Supervision, Leadership and Care Management
  - o Clinical practice environments
  - o Care Management and Quality Improvement Skills
  - o the Information / Communication System
  - o Appropriations
  - o Risk Management and patient safety
    - o Supervision Concepts
  - o Supervisory and Supervisory Practices
  - o Leadership in different contexts.
- Ethical foundations in SMO care
  - o Ethical Principles and ESMO
  - o Ethical decision-making: models, methods and uncertainties



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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 (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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### **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
  - Anatomy of the breast
  - The Physiology of Lactation
  - Characteristics of breast milk
- Communication skills in breastfeeding
- Promotion of breastfeeding during pregnancy
  - Preparation of the breasts and nipples during the prenatal period
- The importance of breastfeeding and breast milk
  - 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
  - Breastfeeding in case of maternal illness
  - Medicines and breastfeeding
  - Relative and absolute contraindications to breastfeeding
- How to maintain breastfeeding
- Back to work

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### **Professional Internship With Final Report (ENF13447M)**

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 methodology of research and report writing with connection to the internship experience of a professional nature.

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### **Dissertation of Scientific Nature (ENF13448M)**

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 final note 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