



Study Plan

School: School of Nursing "São João de Deus"

Degree: Bachelor

Course: Nursing (cód. 688)

1st Year - 1st Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF13363L	History and Nursing Theories	Nursing	6	Semester	156
FIL13364L	Ethics and Deontology in Nursing	Philosophy	3	Semester	78
PSI13365L	Lifelong Development	Psychology	6	Semester	156
CMS13366L	Public Health	Health Sciences	3	Semester	78
ENF13367L	Communication and Nursing Therapeutic Relationship	Nursing	3	Semester	78
CMS12441L	Anatomophysiology I	Health Sciences	6	Semester	156
ENF13369L	Nursing for the Elderly	Nursing	3	Semester	78

*** TRANSLATE ME:UC's do 1º Ano de recuperação no 1º semestre ***

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF13376L	* Clinical Teaching I - Introduction to the Context and Practice of Elderly Care	Nursing	6	Semester	156

1st Year - 2nd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF13370L	Clinical Reasoning in Nursing	Nursing	6	Semester	156
ENF13371L	Therapeutic Intervention in Nursing	Nursing	6	Semester	156
CMS13372L	Health- diseases Processes	Health Sciences	3	Semester	78
ENF13373L	Pharmacology in Nursing	Nursing	3	Semester	78
ENF13374L	Health and Society	Sociology	3	Semester	78
CMS13375L	Anatomophysiology II	Health Sciences	3	Semester	78
ENF13376L	Clinical Teaching I - Introduction to the Context and Practice of Elderly Care	Nursing	6	Semester	156

2nd Year - 3rd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF13377L	Medical-Surgical Nursing	Nursing	6	Semester	156
ENF13378L	Rehabilitation Nursing	Nursing	6	Semester	156
ENF13379L	Mental Health and Psychiatry Nursing	Nursing	3	Semester	78



2nd Year - 3rd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF13380L	Community Nursing I	Nursing	3	Semester	78
CMS13381L	Medical-Surgical Pathology	Health Sciences	6	Semester	156
ENF13382L	Nutrition Fundamentals in Nursing	Nursing	3	Semester	78
ENF13383L	Nursing in Palliative Care	Nursing	3	Semester	78

*** TRANSLATE ME:UC's do 2º Ano de recuperação no 3º semestre ***

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF13384L	* Clinical Teaching II - Medical Nursing Care	Nursing	10	Semester	260
ENF13405L	* Clinical Teaching III - Surgical Nursing Care	Nursing	10	Semester	260
ENF13406L	* Clinical Teaching IV - Nursing Care Mental Health and Psychiatry	Nursing	10	Semester	260

2nd Year - 4th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF13384L	Clinical Teaching II - Medical Nursing Care	Nursing	10	Semester	260
ENF13405L	Clinical Teaching III - Surgical Nursing Care	Nursing	10	Semester	260
ENF13406L	Clinical Teaching IV - Nursing Care Mental Health and Psychiatry	Nursing	10	Semester	260

3rd Year - 5th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF13386L	Maternal Health Nursing and Obstetrics	Nursing	6	Semester	156
ENF13387L	Nursing and Child and Pediatric Health Nursing	Nursing	6	Semester	156
ENF13388L	Nursing and Mental Health and Youth Psychiatry	Nursing	3	Semester	78
ENF13389L	Community Nursing II	Nursing	3	Semester	78
ENF13390L	Fundamentals of Nursing Research	Nursing	6	Semester	156
ENF13391L	Family Nursing	Nursing	3	Semester	78



3rd Year - 5th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
Group of Options					
Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF12477L	Epistemology of Nursing Sciences	Nursing	3	Semester	78
ENF12478L	Nursing for People with Complex Wounds	Nursing	3	Semester	78
ENF12479L	Mental Health and Aging	Nursing	3	Semester	78
ENF12480L	Relaxation	Nursing	3	Semester	78
ENF12481L	Introduction to Scientific Writing	Nursing	3	Semester	78
MVT13403L	Human parasitology	Health Sciences	3	Semester	78
LLT12483L	Foreign Language- English	Nursing	3	Semester	78
LLT12484L	Foreign Language- Spanish	Linguistics	3	Semester	78
*** TRANSLATE ME:UC's do 3º Ano de recuperação no 5º semestre ***					
Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF13407L	* Clinical Teaching V - Community Nursing	Nursing	10	Semester	260
ENF13408L	* Clinical Teaching VI - Maternal and Midwifery Nursing	Nursing	10	Semester	260
ENF13409L	* Clinical Teaching VII - Child Health Nursing and Pediatrics	Nursing	10	Semester	260

3rd Year - 6th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF13407L	Clinical Teaching V - Community Nursing	Nursing	10	Semester	260
ENF13408L	Clinical Teaching VI - Maternal and Midwifery Nursing	Nursing	10	Semester	260
ENF13409L	Clinical Teaching VII - Child Health Nursing and Pediatrics	Nursing	10	Semester	260

4th Year - 7th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ECN13392L	Legal Regime of the Profession	Legal-Political Theory and International Relations	3	Semester	78
ENF13393L	Management and Administration in Nursing	Management	3	Semester	78
ENF13394L	Clinical Teaching VIII - Medical-Surgical and Rehabilitation Nursing	Nursing	12	Semester	312
ENF13395L	Clinical Teaching IX - Community and Family Health Nursing	Nursing	12	Semester	312



4th Year - 7th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
*** TRANSLATE ME:UC's do 4º Ano de recuperação no 7º semestre ***					
Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF13396L	* Clinical Teaching X - Community Nursing	Nursing	15	Semester	390
ENF13397L	* Clinical Teaching XI - Nursing in Hospital Care	Nursing	15	Semester	390

4th Year - 8th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF13396L	Clinical Teaching X - Community Nursing	Nursing	15	Semester	390
ENF13397L	Clinical Teaching XI - Nursing in Hospital Care	Nursing	15	Semester	390
*** TRANSLATE ME:UC's do 4º Ano de recuperação no 8º semestre ***					
Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF13394L	* Clinical Teaching VIII - Medical-Surgical and Rehabilitation Nursing	Nursing	12	Semester	312
ENF13395L	* Clinical Teaching IX - Community and Family Health Nursing	Nursing	12	Semester	312

Conditions for obtaining the Degree:

*** TRANSLATE ME: Enfermagem

Para obtenção do grau de licenciado em Enfermagem é necessário obter aprovação a 237 ECTS em unidades curriculares obrigatórias e 3 ECTS em unidades curriculares optativas distribuídas da seguinte forma:

1º Ano

1º Semestre:

7 UC Obrigatórias num total de 30 ECTS

2º Semestre

7 UC Obrigatórias num total de 30 ECTS

2º Ano

3º Semestre

7 UC Obrigatórias num total de 30 ECTS

4º Semestre

3 UC Obrigatórias num total de 30 ECTS

3º Ano

5º Semestre

6 UC Obrigatórias num total de 27 ECTS

1 UC Optativas num total de 3 ECTS

6º Semestre

3 UC Obrigatórias num total de 30 ECTS

4º Ano

7º Semestre

4 UC Obrigatórias num total de 30 ECTS

8º Semestre

2 UC Obrigatórias num total de 30 ECTS



Program Contents

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History and Nursing Theories (ENF13363L)

1. History and Epistemology of Nursing. Introduction to the nature of Knowledge in nursing
 - 1.2-The history of nursing in the national and international context: the role of women in the practice of care
 - 1.3-Nursing Care and its evolution: From traditional systems to the professional system.
 - 1.4- Nursing in the context of the professions. Professional space and social representation0
- 2 -The conceptual framework of nursing
 - 2.1-Nursing as a Practical Human Science
The subject of Nursing study
Identity and purpose of care practice
- 3-The epistemological structure
 - 3.1-The evolution of thought in Nursing
Pre-paradigmatic period
Paradigmatic period
Schools of Thought
 - 3.2- Theories of Medium and Long Range and Conceptual Models of Nursing

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Ethics and Deontology in Nursing (FIL13364L)

- I – Ethics as a disciplinary scope of Philosophy
- II – Ethical values and agency principles
- III – Nursing and bioethical issues
- IV –Deontology as part of Ethics
- V – The ethical dilemmas and the team decision making
- VI – Nursing professionals guidelines and codes

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Lifelong Development (PSI13365L)

1. Life-Span Development: Psychological, relational and contextual factors
 - 1.1. Concept of development
 - 1.1.1. Perspectives and conceptions of the development
 - 1.2. Development, change, routes and life trajectory
 - 1.3. Development and affective relationships
 - 1.4. Development and well-being
2. From birth to school: Development in childhood
 - 2.1. Early childhood development:
 - 2.2. Development between 2 and 6 years:
3. From the entrance in school to adolescence: The developing child
4. Development and adolescence
5. Development and adulthood
6. Development and old age Cognitive development



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Public Health (CMS13366L)

1. Public health: History, scope and methods
2. Public health in Portugal.
The National Health Service
3. Organization of public health services
The Public Health Law
4. Epidemiological, environmental and entomological surveillance
5. Health indicators
6. Public health and health planning
National Health Plan
Examples of National Programs (communicable diseases and chronic noncommunicable diseases)
7. The determinants of health and inequalities in health
8. Health literacy

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Communication and Nursing Therapeutic Relationship (ENF13367L)

- Conceptual assumptions of historical and conceptual framework
- .Contributions from other disciplines
- .The specificity of the nursing intervention
- Personal development versus professional development
- .Self-knowledge
- .Interaction with the personal and professional environment
- Functional communication
- .Conceptualization of the phenomenon of communication.
- .Core Elements of the phenomenon of communication
- .Communication in a clinical context
 - Communication changes
 - Communication throughout the life cycle
 - Communication in specific situations
 - Communication of more news
- Interview and consultation in nursing
- .General considerations about the "Interview"
- .Types of interview
- .Consultation
- Help Relation in Nursing
- .Conceptualization of the help relation
- .The help relation process
- .Strategies for operationalizing the help relation
- .Help Relation as a psychotherapeutic intervention



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Anatomophysiology I (CMS12441L)

Module I – Organization of the Human body

Topographic anatomy.

Cytology .

Histology.

Integumentary system.

Module II – Osteology and Arthrology

Axial and appendicular skeleton;

Arthrology: classification and articular elements.

Module III – Myology, functional and surface anatomy

Muscle tissue.

Myology of the head.

Myology of the neck.

Myology of the back.

Myology of thorax.

Myology of the abdomen.

Myology of the upper extremity.

Myology of the lower extremity.

Functional anatomy of the spine.

Functional anatomy of thorax.

Functional anatomy of the upper extremity.

Functional anatomy of the lower extremity.

Surface anatomic references of the head, neck, torso and limbs.

Posture and gait.

Module IV – Adjustment and Maintenance Systems

Blood tissue.

Lymphatic system.

Circulatory system.

Respiratory system.

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Nursing for the Elderly (ENF13369L)

1. Active aging: a policy for quality of life

1.1 Impact of aging

1.2 Determinants of Active Aging

2 Perspectives on aging (senescence

2.1 -Perspective Biological, Sociocultural, Psychological

2.2-Holistic Perspective on Aging and Well-Being

3 Aging and Welfare

3.1 Relationship between Welfare and Aging Attitudes and prejudices Elderly Care Agents

3.2 Nursing for the Well-being of the Elderly Transitions in the course of life Theory of the promotion of well-being

4. Functionality: Multidimensional evaluation

5. Promotion of Welfare

5.1 Material and human resources

6 Particular health-disease aspects (eg falls)



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Clinical Teaching I - Introduction to the Context and Practice of Elderly Care (ENF13376L)

The syllabus contents of this curricular unit come from the contributions of different previous Curricular Units and that give relevant contributions to this Clinical Teaching.

- Introduction to the process of organizing care.
- Methodology of the nursing process.
- Nursing care process for Elderly Person in the perspective of an active Aging.
- Critical and clinical reasoning associated with nursing care.

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Clinical Reasoning in Nursing (ENF13370L)

The clinical nursing environments

- The nature of the clinical problems
- The concepts of clinical data, clinical reasoning, diagnostic reasoning, clinical judgments, diagnostic evaluation, decision making, critical thinking, the nursing process and clinical supervision
- The collection of clinical data (sources and strategies)
- Strategies for analyzing clinical data (modalities of critical thinking)

Analytical thinking

Inductive thinking

Deductive thinking

Intuitive and analytical thinking

Reflection on action

- The factual, evaluative and interpretive analysis of clinical data
- Diagnostic judgments and diagnostic evaluation / diagnostic taxonomies
- Decisions in simulated context
- Decisions in the context of the
- The synchrony of thought and action
- Decision models
- The relevance of a standardized language
- Reflection in action and on action



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Therapeutic Intervention in Nursing (ENF13371L)

Appreciation, judgement diagnosis, interventions and interventions evaluations on the subject:

- Comfort and Hygiene with changes pertaining to self-care hygiene and comfort

- Eating and drinking

With and without changes in physical condition, and in nutritional psychological condition

With and without physical and psychological condition changes, of the hydroelectrolytic balance

- Elimination

With and without changes on urine and fezes carachteristics

- Breathing and circulation

With and without breathing, pulse, and arterial pressure changes

- Temperature control

With and without body temperature changes (axillary, tympanic, oral, rectal)

- Communication

With pain (scales use)

- Safe environment

On controlling the Health Care associated infection

On instrumental procedures with aseptical medical and surgical technic

On tissue integrity compromise observation, acute and complex wounds

On preparing, administration and conservation of medicines.

- Sleep and rest

With and wit

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Health- diseases Processes (CMS13372L)

I. Concepts (Health and Disease)

II. Epidemiology and Health

III. Overview of General Pathology

a. Cellular responses to stress and toxic insults; Adaptation, Injury and Death

b. Inflammation and Repair

c. Hemodynamic Disorders, Thromboembolic Disease and Shock

d. Genetic Disorders

e. Diseases of the Immune System

f. Neoplasia

IV. Infectious Diseases.

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Pharmacology in Nursing (ENF13373L)

I. Pharmacology-general introduction.

II. Concepts of pharmacokinetics: Routes of drugs administration; Absorption, Distribution, Biotransformation and Elimination of drugs.

III. Concepts of pharmacodynamic: General mechanisms of drugs action.

IV. Therapeutic groups: Antimicrobial drugs; Nervous system, Cardiovascular system, Blood, Respiratory system, Alimentary tract, Genito-urinary system; Systemic Hormonal preparations and other preparations for treatment of Endocrine Diseases; Musculo skeletal system; Solutions; Antineoplastic and Immunomodulating agents.

V. Rational use of the medication. Main problems regarding the use of drugs. National Pharmacovigilance System.



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Health and Society (ENF13374L)

Healthization and medicalization

The individual and social costs of health and disease

The increase in the prevalence of chronic diseases and the paradigm shift in disease management

Health and interpersonal violence

Gender and health

Multiculturalism, health and disease

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Anatomophysiology II (CMS13375L)

Module I – Integration and Control Systems

- Central nervous system: brain and spinal cord
- Peripheral nervous system: cranial nerves and spinal
- The senses
- Endocrine system

Module II – Adjustment and Maintenance Systems

- Digestive system:
 - Anatomy and digestive functions
 - Histology of the digestive tract
- Urinary system
 - Anatomy and histology of the kidney
 - Urinary tract Functions

Module III – Reproduction and development

- Female and male reproductive and sexual
 - Anatomy and physiology of the reproductive and sexual systems
- Development, growth, and aging
 - Prenatal development
 - Stages of the cycle of life (birth, adolescence, aging and death)

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Medical-Surgical Nursing (ENF13377L)

1. the MEDICAL-SURGICAL NURSING
2. the person in CASE of CARDIOVASCULAR DISEASE
3. the person SUFFERING FROM KIDNEY DISEASE
4. the person SUFFERING FROM METABOLIC and ENDOCRINE DISEASE
5. the person in a SITUATION of GASTROINTESTINAL DISEASE
6. the person in a SITUATION of NEUROLOGICAL DISEASE
7. the person in a SITUATION of ONCOLOGIC DISEASE
8. the SITUATION of SURGICAL INTERVENTION
9. the person in a SITUATION OF INJURY BY PHYSICAL AND CHEMICAL AGENTS
10. the person in a CONDITION OF POISONING
11. the person in END-of-LIFE SITUATION
12. Basic Life Support

LABORATORY PRACTICES



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Rehabilitation Nursing (ENF13378L)

- 1- Introduction to the conceptual aspects of Rehabilitation Nursing.
- 2- Principles of Body Mechanics applied to the context of care
- 3- Experience of disease and aging
- 4- Nursing care in specific health-disease situations of medical scope (respiratory area affecting adults and the elderly (Evaluation of Outbreaks, Diagnoses and Interventions)
- 5.- Nursing care in specific health-disease situations of medical scope (neurological area) affecting adults and the elderly (Evaluation, Outbreaks, Diagnoses and Interventions)
- 6- Nursing care in specific disease situations or musculoskeletal injuries affecting adults and the elderly (Evaluation of Outbreaks, Diagnoses and Interventions)
- 7- Promoting self-care and community resources to support rehabilitation (continuity of care)
- 8- The problem of disability and disability - International Classification of Functioning.
- 9- Resources to support the rehabilitation process in the community

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Mental Health and Psychiatry Nursing (ENF13379L)

- The Patterns of Mental Health Experiences in Adults
- Prevention and rehabilitation of mental health of adults Community resources
- The semiology of psychopathological syndromes with greater epidemiological expression;
- Indicators of assessment of the state of mental health
- Diagnostic assessments on the basis of defined indicators and simulated situations Conceptual tools to approach the patient
- Instruments of intervention in function of the diagnostic evaluations
- Main therapeutic intervention instruments according to the diagnostic evaluations

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Community Nursing I (ENF13380L)

- Nursing Community: the argument for healthy populations and communities
- Health Nursing at work context
- Health Promotion - models
- Portuguese National Health System– Primary Health Care (CSP) Ongoing care provision national network (RNCCI)
- Health monitoring programmes for Adults and Elder – Health National Plan (PNS)
- Technical guidelines from DGS
- Nursing appointment
- Health planning
- Management of Community Resources
- Continuity of Care Provision (CSP; RNCCI)

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Medical-Surgical Pathology (CMS13381L)

Introduction to medical history;

- Pathophysiology and semiology manifestations such as, for example, pain and fever;
- Pathophysiology related to systems: Circulatory, Respiratory, Digestive, Genitourinary, Haematology, Endocrine and Metabolic and Neurological. It also includes areas of Orthopaedics and Rheumatology, Dermatology, Oto-Rhino-Laryngology and Ophthalmology.
- medical and surgical pathologies, most prevalent (recognized by epidemiological indicators), related to each of the systems and areas identified above, presenting signs and symptoms and complementary examinations of more appropriate diagnosis;
- Shares and educational measures and therapeutic approach of medical or surgical pathological situations in the context of multidisciplinary teams and in hospital and community environments;
- contain relevant information to the Registers;
- Key determinants of health and measures to promote health and disease prevention in the family and community context.



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Nutrition Fundamentals in Nursing (ENF13382L)

The program contents are intended for the student to be able to:

Acquire the ability to analyze and synthesize fundamental concepts about Nutrition and Food

Distinguish Food from Nutrients

Learn the classification of nutrients and their importance in Human Nutrition

Knowing Nutrition in the life cycle, specifically from birth to the elderly, and how to adapt nutrition in different situations

Valuing knowledge about Nutrition and its importance and influence in the Health/Disease process as a health professional

Identify Normal Nutrition and Dietary Modifications Needed to Solve Problems

Value the importance of knowledge in the field of Nutritional intervention / the nurse as a marker of nutritional problems

Carry out group work on food and healthy eating and presentation to colleagues

A presentation will also be provided on how to correctly read food labels

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Nursing in Palliative Care (ENF13383L)

Thematic unit 1

Attitudes to death and end-of-life: values related to the trajectory of life, end of life and death

Palliative care: concept, philosophy, values and principles

Ethical issues related to the end of life

Thematic unit 2

Communication

Thematic unit 3

General principles for the control of symptoms.

Pharmacological/non pharmacological strategies

Thematic unit 4

Needs of the Family

Thematic unit 5

Management and comfort care in the last days and hours of life.

Grieving process

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Clinical Teaching II - Medical Nursing Care (ENF13384L)

The syllabus contents of this curricular unit come from the contributions of different previous UCs and that give relevant contributions to the Clinical Teaching to be carried out in a context of differentiated care.

- Methodology of nursing process applied to adults and elderly in health-disease situation
- Health care-disease process and interdisciplinary response, to adults and older adults involving the family and informal caregivers
- Clinical reasoning associated with nursing care for adults and the elderly in acute and chronic disease
- Introduction to management process and organization of care.
- Continuity of care process.



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Clinical Teaching III - Surgical Nursing Care (ENF13405L)

The syllabus contents of this curricular unit come from the contributions of different previous UCs and that give relevant contributions to the Clinical Teaching to be carried out in a context of surgical care.

- Methodology of nursing process applied to adults and elderly in health-disease situation
- Health care-disease process and interdisciplinary response, to adults and older adults involving the family and informal caregivers
- Clinical reasoning associated with nursing care for adults and the elderly in acute and chronic disease
- Introduction to management process and organization of care.
- Continuity of care process.

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Clinical Teaching IV - Nursing Care Mental Health and Psychiatry (ENF13406L)

Program contents of the various curricular units taught in the previous 3 semesters, with relevance to:

- Clinical reasoning and diagnostic nursing assessment
- More frequent psychopathological syndromes
- Main therapeutic instruments for intervention in the mental health-illness process
- Interaction processes and therapeutic relationship in nursing

Note: It should be noted that given the nature of some of the previous UC is provided to students to develop clinical skills in a simulated environment (laboratories).

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Maternal Health Nursing and Obstetrics (ENF13386L)

Pre-conception period:

Path of nursing care in the pregnancy-puerperal cycle

Family Planning and Contraception

Medically assisted procreation

Abortion

Parental competencies

Prenatal period:

Fertilization and embryonic and fetal development

Rh incompatibility

Prenatal consultation

Physiological changes in pregnancy

Health deviations in the pregnancy process

Period of birth and postpartum

Pharmacological and non-pharmacological methods in labor

Nursing care in labor and delivery

Normal labor process Dystocic delivery

Process of distal birthing

Immediate baby care

Care in the process of adaptation to extra uterine life

Nursing evaluation of the new-born

Physiological changes of the puerperal period

Physiological and psychological complications of the puerperal period

Promoting self-care after high clinic

Breastfeeding

Post-conception period:

Conception of climacteric

Promoting health and well-being in climacteric and menopause



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Nursing and Child and Pediatric Health Nursing (ENF13387L)

The child in Portugal and in the World

- A philosophy and practices of childcare. Historical and social evolution of childhood value
- Analyse to specific health indicators
- As skills of nurses in Paediatrics
- A communication with the child and family
- Alliance with parents and parental empowerment. The model of partnership and family. The atraumatic care

The growth and development of the new born to teenager

- A sick child and hospitalization
- The impact of illness and hospitalization in children and family. The child's initial evaluation. Interview host to the assessment, diagnosis, planning and evaluation of strategies to use the dyad

The RN Risk

The child/family with chronic disease

- A child with pain

The child underwent surgery. The pre-and postoperative

Intervention of nursing the child in the most common diseases

The child abused or neglected

Urgency/emergencies in children (poisoning, accidents, trauma, head trauma ...)

Procedures and Techniques in Paediatric Nursing

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Nursing and Mental Health and Youth Psychiatry (ENF13388L)

Family typologies and patterns of functioning

The parent / child relationships standards, and mental health

The phratries and their dynamics

Somatic expression disorders:

- Eating disorders
- Elimination disorders
- Sleep disturbances

Anxiety and mood disorders; fears and phobias

Developmental disorders:

- Autism
- Asperger's Disorder and Rett disorder
- Down syndrome and West syndrome

Motor and behavioural disorders:

- Gilles de la Tourette's syndrome
- Hyperactivity and attention deficit
- Antisocial behaviour

Particular situations:

- Negligence; mistreatment; sexual abuse

The clinical intervention instruments



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Community Nursing II (ENF13389L)

Recent dynamics of nursing care to child/family based on the community
Infant and Youth Health in Portugal: Health
National Plan benchmarks National Health Programmes
The Infant Health surveillance appointment in different ages
Growing and developing: Assessment criteria
Vaccination:
National Vaccination Plan (PNV) and other vaccines
Vaccine administration basics
Cold chains in vaccines
Adolescent development and healthy lifestyles
Sexuality in adolescence
Risk behaviours in adolescence
Education for health and prevention – working with infants and adolescents:
Identification of needs
Defining goals
Selecting strategies
Methods and techniques most used in EpS
Used models in EpS and implications for the care practice of nurses as educators

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Fundamentals of Nursing Research (ENF13390L)

1. The knowledge construction and translation process;
2. Ethical principles in research
3. Research paradigms
4. Fundamentals of Nursing Research
5. Use of the produced research - basic consumer research skills:
 - a. Criteria for analyzing research articles
 - b. Integrative review and systematic review
 - c. Rules for using fonts
6. Research production - The research process
 - a. Framing and formulating research problems
 - b. Population and Sample Definition
 - c. Data collection techniques and instruments; interviews and questionnaires
 - d. Treatment and data analysis
 - i. Statistical analysis
 - ii. Qualitative analysis of data
 - e. Interpretation and analysis of research produced
7. Outline of a pre-project research



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Family Nursing (ENF13391L)

Different family theoretical approaches

Family settings in today's society. Family evolution over life cycle

The domains involved in parenting

The influence of family functioning on the health of its members

The influence of acute, chronic and mental illness, in family's functionality

The socio-cultural, political, ethnic, spiritual and religious influences in the family health

The promotion of family health.

Instruments used in Family Nursing assessment

The family nursing assessment, identification of the focus of attention and preparation of nursing diagnoses based on the CIPE

Family Nursing intervention concept and specific strategies

The contribution of evaluation of nursing to the family in definition of objectives and nursing actions in the promotion of health and prevention of disease, considering community resources

The contribution of family intervention in the development of nursing actions appropriate to the nursing diagnosis previously established

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Epistemology of Nursing Sciences (ENF12477L)

- The conceptual framework, the nursing domain and the specificity of a scientific area
- Differentiate areas of scientific fields
- The meaning of a theoretical body for the development of a scientific area
- The path of knowledge construction in the field of nursing
- The analysis of the course in the light of theories of revolution and integration
- Nursing in the theoretical currents of knowledge
- The complementarity of knowledge areas

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Nursing for People with Complex Wounds (ENF12478L)

- Good practices in the treatment of the person with complex wound

a. The. Complex wounds (Pressure ulcers; Ulcer of the lower limbs; Diabetic foot; Malignant ulcers)

b. Approach of the person with complex wound

- Healing process

c. Physiology and healing criteria

d. "Ideal" environment to the healing process

- Therapeutic options

e. Wound evaluation

f. Cleaning the wound bed

g. infection Management

h. Exudate Management

i. Dressing material with therapeutic action

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Mental Health and Aging (ENF12479L)

- Mental health and aging

- Aging process

- Main changes associated with aging.

- Criteria for evaluating the mental health status.

- Prevention and Rehabilitation

- Health policies and social facilities

- Intervention Methods



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Relaxation (ENF12480L)

- Origin of relaxation and some associated philosophies
- Relaxation as an intervention technique
- The psychophysiological effects of relaxation and the common steps of the relaxing process
- Simple relaxation, autogenic training Schultz; Jacobson's Progressive Relaxation, Imagery.
- Practice relaxation: exploratory exercises and basic instructions.
- Atelier relaxation

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Introduction to Scientific Writing (ENF12481L)

1. The Scientific Text Nursing
 - a. Report types
 - I. The pre-textual, textual and post-textual elements
 - II. Sections of the elements and their characteristics
2. Electronic sources as resources for the development of the Scientific Text
 - a. Construction of the research equation
 - b. Search by keywords and / or descriptors
3. Tools like procedures for the preparation of the Scientific Text
 - a. Using Word for writing and referencing
4. Characteristics of Scientific Text
 - a. Correction of written expression

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Human parasitology (MVT13403L)

1. Basics of Parasitology: parasites and parasitism, parasitism and parasitic specificity, hosts, vectors and reservoirs, evolutionary cycles, host-parasite interaction.
2. Study of helminths agents of diseases in humans (Nematoda, Cestoda and Trematoda Classes), main helminthiasis. Study of the main arthropods as parasites and as vectors of infectious and parasitological agents.
3. Study of Protozoan disease agents; major human disease caused by protozoa



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Foreign Language- English (LLT12483L)

Topics

- The Hospital Team
- In and around the Hospital
- Hospital Admissions
- Accidents and Emergencies
- Pain
- Symptoms

Language skills

1. Listening:

- a. Admission;
- b. Job interview;
- c. Patient record form;
- d. Instructions;
- e. Pain chart;
- f. Pain relief;
- g. Symptoms;
- h. Helpline call;
- i. Care home;
- j. Assessing a patient;

2. Reading:

- a. The nursing profession;
- b. Wheelchairs;
- c. Bad handwriting;
- d. Surprise passenger;
- e. Pain;
- f. Mystery syndromes;

3. Speaking:

- a. Talking personality;
- b. On the ward;
- c. Admitting a patient;
- d. Emergency helpline;
- e. Filling a pain chart;
- f. Asking question on a helpline;

4. Writing:

- a. Profile of a student nurse;
- b. Giving directions via e-mail;
- c. Patient summary;
- d. Information poster;
- e. Pain report;
- f. Symptom report



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Foreign Language- Spanish (LLT12484L)

Greetings and saying goodbye.

- Introductions. Physical and psychological description.
- Daily routine and leisure activities.
- Tastes and preferences.
- States of mind and health.
- Talking about future plans.
- Describing people and places using the Past tense.
- Explaining a situation using the Past tense.
- Indicating agreement and disagreement.

Contents

- Personal pronouns in Spanish. Uses of tú / usted. Ways of greeting and introduction.
- The article. Uses.
- Interrogatives.
- The names in Spanish: gender and number. Plural construction.
- Demonstratives.
- The presente de indicativo (regular and irregular verbs).
- The pretérito imperfecto de indicativo (regular and irregular verbs).
- The futuro simple (regular and irregular verbs).
- Grammatical agreement between noun and adjective.

Cardinal and ordinal numbers.

- The possessives. Ways, uses and position.
- Main auxiliary verbs in Spanish: Ser / Estar / Haber.
- Several prepositions and adverbs of place.

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Clinical Teaching V - Community Nursing (ENF13407L)

- The syllabus contents of this curricular unit come from the contributions of different previous UCs and that give relevant contributions to the Clinical Teaching to be carried out in the context of Primary Health Care.
- Methodology of Community intervention, health education, self-care.
- Methodology of the nursing process applied to the prevention of disease, promotion and recovery of the health of the individual throughout the life cycle.
- Health care-disease process and interdisciplinary response to the individual / family.
- Clinical reasoning associated with nursing care of the individual / family, in a situation of health surveillance, recovery and disease management.
- Introduction of the process of management and organization of care in the scope of nursing consultation and home visit.
- Continuity of care process.

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Clinical Teaching VI - Maternal and Midwifery Nursing (ENF13408L)

Contents are the result from the application of knowledge and skills acquired and the respective development, combining to theoretical and practical mobilization.

Particular emphasis is placed on the new aspects of learning:

- Care in the puerperal pregnancy process;
- Nursing care to the New Born;
- Linking;
- Women's care in the climacteric;
- Health deviations.



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Clinical Teaching VII - Child Health Nursing and Pediatrics (ENF13409L)

The syllabus contents of this curricular unit come from the contributions of different previous UCs and that give relevant contributions to the Clinical Teaching to be carried out in a context of differentiated care. Programmatic contents related to the following themes are highlighted:

- Urgent the Hospitalization of the child; Parenting and care partnership.
- Methodology of the nursing process applied to the child / youth / family in crisis situation due to illness
- Process of health care-illness and interdisciplinary response to the child / young person / family.
- Clinical reasoning associated with nursing care for the child / young person / family in crisis situation due to acute and chronic illness
- Introduction of the process of management and organization of care
- Continuity of care process.

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Legal Regime of the Profession (ECN13392L)

1. The Portuguese legal system and the normative order of health: medicine law. Public and Private Law.
2. The importance of the Law for the nursing practice: standard of care.
3. The rights and duties of the patient: Personality rights. From prenatal human life to the living wills and care instructions.
4. Duties and rights of the nursing health professional: as leges artis; Informed consent; Registration duties (medical records); secrecy. Professional independence; Technical objections and consciences. Patient safety '(prevention, risks and adverse effects)
5. The responsibilities of the nurse.

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Management and Administration in Nursing (ENF13393L)

- Organizational structures and dynamics
- The administrative process
- Communication and interaction within the organization
- Leadership / Direction / Supervision; Control;
- Planning; Home
- Methodologies of work and the role of the team
- Quality in health and innovation in health
- Patient safety

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Clinical Teaching VIII - Medical-Surgical and Rehabilitation Nursing (ENF13394L)

The syllabus contents of this curricular unit come from the contributions of different previous UCs and that give relevant contributions to the Clinical Teaching to be carried out in a context of hospital care.

- Methodology of nursing process applied to the person with need complexity care in the life cycle
- Health care-disease process and interdisciplinary response, to the person with need complexity care in the life cycle, involving the family and informal caregivers
- Clinical reasoning associated with nursing care need complexity care in the life cycle
- Introduction to management process and organization of differentiated care.
- Continuity of care process to the differentiated Units



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Clinical Teaching IX - Community and Family Health Nursing (ENF13395L)

Care provision will be directed to individuals, families, groups and communities focused on health promotion, focusing particularly on education for health, illness promotion, and rehabilitation.

Care provision is directed to all stages of the cycle of life and is based on instruments for the evaluation of the need of health care and quality of life of the individuals (Katz Index, Mini Mental State, Lawton Index, Norton Scale, Braden Scale, Barthel Index...).

For the evaluation of the health of the family uses the Calgary Model, Genogram, Ecomap among others.

All the student activity is supported by the methodology of the nursing process, clinical thinking, critical thinking and problem-solving techniques. Develops activities taking into account the local contexts of care, as well as the functions of the general care nurse. Provides nursing care to groups and community according to the health diagnosis.

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Clinical Teaching X - Community Nursing (ENF13396L)

- Caring for individuals, families, groups and the community, focused on providing complex nursing care and health promotion, with special emphasis on health education, disease prevention and rehabilitation (including Integrated Continuing Care).

- Organization and management of Primary Health Care

- Epidemiological Surveillance and Community Health Indicators

- Contingency Plans: Levels of preparation, response and recovery phases;

- Priority Health Programs defined by the DGS, In the scope of community health:

Smoking Prevention and Control

Promotion of Healthy Eating

Promotion of Physical Activity

Diabetes

Cardiovascular Diseases

Oncological diseases

Respiratory Diseases

HIV / AIDS and Tuberculosis

Prevention and Control of Infections and Resistance to Antimicrobials

Mental Health

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Clinical Teaching XI - Nursing in Hospital Care (ENF13397L)

The syllabus contents of this curricular unit come from the contributions of different previous UCs and that give relevant contributions to the Clinical Teaching to be carried out in a context of hospital care.

-Methodology of nursing process applied to the person with need complexity care in the life cycle

- Health care-disease process and interdisciplinary response, to the person with need complexity care in the life cycle, involving the family and informal caregivers

- Clinical reasoning associated with nursing care need complexity care in the life cycle

- Introduction to management process and organization of differentiated care.

- Continuity of care process to the differentiated Units