

Course Unit	Family transitions		Field of study	Psychology	
Master in	Nursing in Family Health		School	School of Health	
Academic Year	2019/2020	Year of study	1	Level	2-1
Type	Semestral	Semester	2	ECTS credits	4.0
Code	5039-527-1206-00-19				
Workload (hours)	108	Contact hours	T -	TP 30	PL -
			TC -	S -	E -
			OT 15	O -	

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Maria Augusta Pereira da Mata

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Understand the family as a unit in transition;
2. Understand and describe the family transitions (both normative and accidental or non normative) derived from its developmental processes inherent to the life cycle;
3. Mobilize knowledges to the early diagnosis of situations that may compromise the fundamental family functions;
4. Implement nursing responses to the family based on scientific evidence and on the previous diagnose

### Prerequisites

Before the course unit the learner is expected to be able to:  
Not applicable

### Course contents

Developmental transitions Health/disease transitions Situational transtions From the adaptative proceses to family resilience

### Course contents (extended version)

1. Developmental transitions
  - Evolutionary cycles, changes and crisis
  - Growth and development
  - Family life cycle: developmental patterns of regularity
  - Anticipating crisis in the promotion of adaptation
2. Health/diseases transitions
  - The family and the experience of disease: internal and external coping family resources
  - The dependency in the family and the role of carer
  - The Chronic disease and the family life cycle
  - Resilience model to stress
3. Situational Transitions
  - Death and bereavement in the family
  - Family violence
  - Pregnancy in adolescence
  - Social exclusion: ethnic minorities and poverty
4. From the adaptive processes to family resilience
  - Key processes in family resilience
  - Transactional processes and co-evolutionary resilience

### Recommended reading

1. Alarcão M. -(Des)(2002). Equilíbrios familiar, uma visão sistémica. Coimbra: Quarteto
2. anço, H. ; Bairrada, P. ; Rodríguez, E. ; Carvalho, A. (2010). Novos Tipos de Família: Plano de Cuidados. Coimbra: Imprensa da Universidade de Coimbra.
3. Figueiredo, H. (2010). Modelo Dinâmico de Avaliação e Intervenção Familiar. Lisboa, Lusodidata
4. Hanson, S. M. H. (2005). Enfermagem de Cuidados de Saúde à Família. Teoria, Prática e Investigação. Loures: Lusociência
5. Stanhope, M. ; Lencaster, J. (2011). Enfermagem de saúde pública : Lisboa, Lusociência.

### Teaching and learning methods

The methodologies proposed focus on an approach of analysis and reflection, promoting the development of skills and decision making. The theoretical/practical classes include the problematisation of professional practices of master students, with presentation, discussion and analysis of scientific papers. Seminars will be given by invited experts .

### Assessment methods

1. Final exam - (Regular, Student Worker) (Final)
  - Development Topics - 50% (written work.)
  - Presentations - 50% (Oral presentation of the study and discussion in classroom)
2. final supplementary exam - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100% (Written final exam including all the contents)

### Language of instruction

Portuguese, with additional English support for foreign students.

### Electronic validation

Maria Augusta Pereira da Mata	Manuel Alberto Morais Brás	Maria Eugénia Rodrigues Mendes	Adília Maria Pires da Silva Fernandes
10-03-2020	23-03-2020	23-03-2020	23-03-2020