

Course Unit	Health Planning and Intervention		Field of study	Health	
Master in	Applied Health Sciences - Community Intervention		School	School of Health	
Academic Year	2023/2024	Year of study	1	Level	2-1
Type	Semestral	Semester	2	ECTS credits	4.5
Code	5055-668-1205-00-23				
Workload (hours)	121,5	Contact hours	T -	TP -	PL -
			TC -	S -	E -
			OT -	O	54

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) Ana Maria Geraldês Rodrigues Pereira

#### Learning outcomes and competences

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

1. Know the framework of the health system and services in Portugal.
2. Identify and know the main determinants and indicators of health in Portugal.
3. Know how to identify the main national health problems and in the different regions in order to develop interventions that improve the indicators and the health of the populations.
4. Develop the ability to intervene with populations in order to improve health literacy for populations and increase their empowerment throughout the health process.
5. Develop skills in planning, organizing and implementing education campaigns and promoting individual and community health.
6. Develop de capacity of self-learning, research and choice of appropriate information
7. Demonstrate adequate synthesis and communication skills

#### Prerequisites

Not applicable

#### Course contents

1. Organization of health services in Portugal
2. Health planning and resource rationalization
3. National strategy for quality in health
4. Health determinants
5. Diagnosis and monitoring of the health status of populations
6. National Health Plan and Local Health Plans
7. Priority health programs and other programs
8. Education and health promotion interventions for populations

#### Course contents (extended version)

1. Organization of health services in Portugal
2. Health planning and resource rationalization
3. National strategy for quality in health
4. Health determinants
5. Diagnosis and monitoring of the health status of populations
6. National Health Plan and Local Health Plans
7. Priority health programs and other programs
8. Education and health promotion interventions for populations

#### Recommended reading

1. Rabarison, K.M., Timsina, L., & Mays, G.P. (2015). Community Health Assessment and Improved Public Health Decision-Making: A Propensity Score Matching Approach. *Am J Public Health*.105(12):2526-33
2. Direção Geral de Saúde (DGS). Plano Nacional de Saúde, Boletim Informativo Semanal
3. Direção Geral de Saúde (DGS). Plano Nacional de Saúde 2021-2030
4. Relatórios Oficiais sobre o estado de saúde das populações e Dados estatísticos sobre do Instituto Nacional de Estatística
5. Simões, J. A., Augusto, G. F., Fronteira, I., & Hernández-Quevedo, C. (2017). Portugal: Health system review. *Health Systems in Transition*, 19 (2), 1-184.

#### Teaching and learning methods

The teaching methodologies include typologies: T, TP, TC, OT. The theoretical themes will be approached in a theoretical-practical context in which practical exercises will be proposed with consultation of the regulatory entities websites. Official documents will be analyzed. Teaching in collaboration with IPG, using videoconferencing by Fátima Roque

#### Assessment methods

- Unique alternative - (Regular, Student Worker) (Final, Supplementary, Special)
- Work Discussion - 100% (Written work with oral presentation and discussion.)

#### Language of instruction

Portuguese, with additional English support for foreign students.

#### Electronic validation

Ana Maria Geraldês Rodrigues Pereira	Josiana Adelaide Vaz	Ana Maria Nunes Português Galvão	Adília Maria Pires da Silva Fernandes
16-04-2024	18-04-2024	18-04-2024	22-04-2024