

Course Unit	Maternal and Obstetric Health Nursing in Pregnancy	Field of study	Nursing
Master in	Maternal Health Nursing and Obstetric	School	School of Health
Academic Year	2023/2024	Year of study	1
Type	Semestral	Semester	1
Workload (hours)	270	Contact hours	T 24 TP 60 PL 18 TC - S - E - OT 8 O -
Level	2-1	ECTS credits	10.0
Code	5065-769-1101-00-23		

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 Fernanda Ribeiro Azevedo, Diana Manuela Santos Leite

### Learning outcomes and competences

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

1. Identify clearly and rigorously knowledge about health processes in pregnancy.
2. Identify with clarity and accuracy knowledge about complications and acute and/or chronic pathology concomitant with pregnancy.
3. Characterize interventions for the promotion of physical and mental health of women inserted in the family and community in pregnancy.
4. Integrate the knowledge to design, plan, coordinate, supervise, implement and evaluate specialized nursing interventions in pregnancy and/or abortion situation.
5. Integrate knowledge to implement and evaluate intervention projects programs: in pregnancy, in preparation for childbirth and parenting and in the promotion of breastfeeding.
6. Analyze situations / cases / problems critically and based on scientific evidence
7. Systematize evidence to support scientific knowledge, ideas and reasoning in specialized nursing intervention in pregnancy.

### Prerequisites

Before the course unit the learner is expected to be able to:  
Non applicable

### Course contents

Sociology and psychology in parenting; Pregnancy physiology; Pathology of pregnancy; Prenatal surveillance and nursing consultation; Childbirth preparation and parenting; Protection, promotion of breastfeeding.

### Course contents (extended version)

1. Sociology and psychology in parenting
  - Socioanthropology of parenting
  - Parenting Protection Laws
  - Mental Health Promotion/evaluation
  - Support for women/families in fetal risk situation
2. Pregnancy physiology
  - Fertilization embryonic and fetal development
  - Signs symptoms and pregnancy diagnosis
  - Physiology of pregnancy changes discomforts
  - Pregnancy at the end reproductive life
3. Pathology of pregnancy
  - Risk factors (Abortion Preterm Childbirth)
  - Termination of pregnancy abortion and voluntary TP
  - Complications of pregnancy and referencing
  - Acute and chronic concomitant disease and pregnancy
  - Additive behaviors and pregnancy
  - Medical/obstetric emergencies
  - Drugs and pregnancy
4. Prenatal surveillance and nursing consultation
  - Prenatal surveillance
  - Physical, obstetric and maternal-fetal well-being evaluation
  - Complementary tests, prenatal diagnosis, IMG
  - Techniques for relieving discomfort in pregnancy
  - Health education and promotion of healthy lifestyles in pregnancy
  - Sexual health in pregnant
5. Childbirth preparation and parenting, protection, promotion of breastfeeding
  - Adaptation empowerment for parenthood childbirth
  - Promotion evaluation of the attachment
  - Birth plan
  - Lactation physiology
  - Protection promotion breastfeeding
  - Stem Cell Preserv

### Recommended reading

1. Direção-Geral da Saúde. (2015). Programa nacional para a vigilância da gravidez de baixo risco.
2. Graça, L. M. (2017). Medicina Materno Fetal (5ª. ed. ). Lisboa: Lidel edições técnicas Lda.
3. Nêné, M. , Marques, R. , & Batista, M. A. (2016). Enfermagem de Saúde Materna e Obstétrica, (1ª ed. ). Lisboa: Lidel.
4. Rodrigues, T. , Ramalho, C. , Montenegro, N. & Campos, D. A. (2014). Protocolos de Medicina Materno-Fetal (3ª. ed. ). Lisboa: Lidel edições técnicas Lda.
5. Sequeira, A. , Amaral, C. & Pousa, O. (2020). Procedimentos de Enfermagem em Saúde Materna e Obstétrica. Lisboa: Lidel edições técnicas Lda.

### Teaching and learning methods

The teaching-learning methodologies include a theoretical approach to understanding essential concepts, scientific research for a specialized nursing practice based on evidence and active methodologies in problem solving and simulation, in the analysis and discussion of the syllabus related to the different proposed themes and in the preparation and presentation of works.

### Assessment methods

1. Continuous assessment - (Regular, Student Worker) (Final)

**Assessment methods**

- Intermediate Written Test - 70%
  - Practical Work - 30%
2. Assessment by examination - (Regular, Student Worker) (Supplementary, Special)
- Final Written Exam - 100%

**Language of instruction**

Portuguese

**Electronic validation**

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19-02-2024	27-02-2024	28-02-2024	28-02-2024