

Course Unit	Option I - Alternative Therapies in Pain Management in Obstetrics		Field of study	Nursing	
Master in	Maternal Health Nursing and Obstetric		School	School of Health	
Academic Year	2023/2024	Year of study	1	Level	2-1
Type	Semestral	Semester	1	ECTS credits	2.0
Code	5065-769-1107-02-23				
Workload (hours)	54	Contact hours	T -	TP 12	PL 2
			TC -	S -	E -
			OT 8	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) 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 accurately, knowledge about alternative therapies for pain control in obstetrics
2. Integrate skills that allow the application of alternative therapies for pain control in response to the needs presented by women in labor
3. Integrate the role of the specialist nurse in obstetric nursing care in the management of women's pain in labor.
4. Analyse situations/cases/problems critically and based on scientific evidence

Prerequisites

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

Course contents

History of pain in obstetrics Pain assessment and management in obstetrics. Coping therapies and alternative therapies in pain control and management in obstetrics
Nursing care in the use of alternative therapies in pain management in obstetrics Skills and strategies in alternative therapies Pain control education in obstetrics

Course contents (extended version)

1. History of pain in obstetrics
2. Pain assessment and management in obstetrics.
3. Coping therapies and alternative therapies in pain control and management in obstetrics
 - Denial Repressio Projection Displacement Sublimation Reactive training Regression; Rationalization.
4. Nursing care in the use of alternative therapies in pain management in obstetrics
 - Pilates ball; Relaxation and massage techniques. Acupuncture and acupressure; Aromatherapy.
5. Skills and strategies in alternative therapies
6. Pain control education in obstetrics

Recommended reading

1. Moulaz, A. & Correia, T. (2020). O enfermeiro especialista e o controlo da dor em obstetrícia. Novas Edições Académicas: Brasil.
2. Balaskas, J. (2017). Parto ativo: guia prático para o parto natural. 4Estações: São Pedro do Estoril.
3. World Health Organization (2018). Intrapartum care for a positive childbirth experience. Geneva.

Teaching and learning methods

Theoretical and practical classes with exposition of concepts. Practical laboratory classes: Demonstration and training of techniques in the laboratory for the development of skills using simulators, mannequins and other clinical equipment. Demonstration-oriented study. Method used in tutorial classes and as individual student work (non-face-to-face - 32 hours).

Assessment methods

1. Written test 30% Practical work 70% - (Regular, Student Worker) (Final)
2. Final Written Exam - 100% - (Regular, Student Worker) (Supplementary)

Language of instruction

Portuguese

Electronic validation

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