

Course Unit	Maternal and Obstetric Health Nursing in Childbirth	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	2
Level	2-1	ECTS credits	13.0
Code	5065-769-1201-00-23		
Workload (hours)	351	Contact hours	T 34 TP 78 PL 22 TC - S - E - OT 9 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 knowledge about labor and childbirth.
2. Identify knowledge about maternal-fetal risk factors.
3. Identify knowledge about the adaptation of the NB (new-born) to extrauterine life, changes and resuscitation manoeuvres.
4. Characterize the interventions that promote physical and mental health of women inserted in the family and community in labor and childbirth.
5. Integrate knowledge to design, plan, coordinate, supervise, implement and evaluate specialized nursing interventions for the parturient and family.
6. Integrate knowledge to design, plan, coordinate, supervise, implement and evaluate specialized nursing interventions in the resolution of health problems and obstetric urgent/emergency situations.
7. Integrate knowledge to take care of the parturient and NB inserted in the family and community in the four stages of labor.
8. Analyse situations/cases/problems critically and based on scientific evidence.

### Prerequisites

Not applicable

### Course contents

Specialized nursing interventions: Labor and delivery; Maternal and fetal risk factors; Adaptation of the R/N to extrauterine life and resuscitation maneuvers; Physical and mental health of the woman/family in labor; Simulation of childbirth and surgical correction of the perineum; Health problems and obstetric urgency/emergency situations of the parturient, NB and family.

### Course contents (extended version)

1. Cultural and psychological aspects of labor.
  - Psycho-affective support measures aimed at the woman/couple.
2. Normal delivery.
  - Signs and symptoms of labor.
  - Fetal anatomy, diameters and reference points.
  - Physiology of labor.
  - Progression in the first 3 stages of labor.
  - Mechanism and technique of delivery, surgical correction of the perineum.
3. Physiological process of placental delivery.
  - Principles of active driving in placental delivery.
4. Complications in the 4 stages of labor.
  - Placental delivery birth.
  - Obstetric emergencies in labor.
5. Safe birth environments.
  - Assessment of maternal-fetal well-being during the 1st, 2nd stages and 3rd stages of labor
  - Comfort measures in labor.
  - Pharmacological measures in labor.
  - Non-pharmacological measures in labor.
  - BF (breastfeeding) protection, promotion and support.
6. Assessment and immediate care for the NB.
  - Promotion of early attachment.
  - New-born adaptation to extrauterine life.
  - Physical and neurological examination of the NB.
  - New-born health problems.
7. Description of obstetric practices according to WHO guidelines

### Recommended reading

1. Cunningham, F. G. , Leveno, K. J. , Bloom, S. L. , Spong, C. Y. , Dashe, J. S. , Hoffman, B. L. Casey, B. M. & Sheffield, J. S. (2016) *Obstetrícia de Williams*. (24ª ED. ). Brasil: MCGRAW-HILL
2. Graça, L. M. (2017). *Medicina Materno Fetal*. (5ª. ed. ). Lisboa: Lidel.
3. Montenegro, C. A. B. , & Rezende, J. (2017). *Rezende OBSTETRÍCIA*, (13ª ed. ). Brasil: Guanabara Koogan.
4. Posner, G. D. , Dy, J. , Black, A. Y. , & Jones, G. D. (2014). *Trabalho de Parto & Parto de Oxorn e Foote*. (6ª ed. ). Brasil: Mcgraw-Hill
5. Sequeira, A. Pousa, O. & Amaral, C. F. (2020). *Procedimentos em Enfermagem de Saúde Materna e Obstétrica*. (1ª ed. ). Lisboa: Lidel.

### Teaching and learning methods

Teaching-learning methodologies include a theoretical approach to understanding essential concepts, scientific research to support evidence-based practice in specialized nursing, and active training methodologies including problem solving and simulated practice.

### Assessment methods

1. Continuous assessment - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 70% (Written knowledge test, mandatory minimum grade of 8.5 values;)
  - Development Topics - 30% (Practical work.)
2. Assessment by exam: - (Regular, Student Worker) (Final, Supplementary, Special)
  - Final Written Exam - 100% (Written knowledge test on all syllabus of the course)

## Language of instruction

Portuguese

## Electronic validation

Ana Fernanda Ribeiro Azevedo	Teresa Isaltina Gomes Correia	Hélder Jaime Fernandes	Adília Maria Pires da Silva Fernandes
07-05-2024	07-05-2024	07-05-2024	10-05-2024