

Course Unit	The family as a care unit		Field of study	Nursing	
Master in	Community nursing in family health nursing		School	School of Health	
Academic Year	2023/2024	Year of study	1	Level	2-1
Type	Semestral	Semester	1	Code	5066-748-1101-00-23
Workload (hours)	162	Contact hours	T 30	TP 14	PL -
			TC -	S -	E -
			OT -	O 44	

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 Sofia Coelho de Carvalho

### Learning outcomes and competences

- At the end of the course unit the learner is expected to be able to:
1. Analyse the structural conceptions of family and family health nursing
  2. Recognize the influence of culture, gender and power on families
  3. Distinguish family transitions
  4. Draw up a care plan in accordance with the overall processes inherent in the family as a care unit
  5. Recognising highly complex family situations as a care unit
  6. Recognise attitudes, feelings, values and expectations towards the family
  7. Recognising informal caregivers as partners and targets of care
  8. Analyse needs in situations of dependence and end of life

### Prerequisites

Before the course unit the learner is expected to be able to:  
None

### Course contents

Structuring concepts; Family transitions; Family nursing care process; Caring for informal caregivers; Evidence-based practice.

### Course contents (extended version)

1. Structuring concepts:
  - family(s)
  - families in transformation and family health nursing
  - families, culture(s), gender and power
2. Family transitions: developmental, health-disease and situational
3. Family nursing care process
4. Caring for informal caregivers, autonomy/dependence and end of life
5. Evidence-based practice around the family as a care unit

### Recommended reading

1. Figueiredo, M. H. J. S. (2012). Modelo dinâmico de avaliação e intervenção familiar: uma abordagem colaborativa em enfermagem de família. Loures: Lusociência.
2. Oliveira, I. , Figueiredo, B. , Nina, J., Oliveira, X. & Novais, S. (2019). Rep. social da violência doméstica sobre mulheres. Investigação & Inovação Saúde. <https://doi.org/10.37914/riis.v2i2.53>
3. Relvas, A. & Major, S. (2016). Avaliação familiar: vulnerabilidade, stress e adaptação. [em linha]. Coimbra: Imprensa da Universidade de Coimbra. DOI: <https://doi.org/10.14195/978-989-26-1268-3>
4. Lorenzo, Ó, Teixeira, A, Santos, S, Teixeira, D, Penaforte, H, & Sequeira, C (2019). Fatores de isolamento social do idoso. Investigação & Inovação Saúde <https://doi.org/10.37914/riis.v2i2.57>

### Teaching and learning methods

The methodology of integral programmed teaching dynamics that are based on the stimulation of critical, permanent and systematic reflection, aiming at the articulation of knowledge and the operationalization of theoretical knowledge and necessary skills training.

### Assessment methods

1. Alternative 1 - (Regular, Student Worker) (Final, Supplementary, Special)
  - Final Written Exam - 100%
2. Alternative 2 - (Regular, Student Worker) (Final)
  - Development Topics - 100% (Written work for presentation and discussion in class with a weighting of 60% and 40% respectively)

### Language of instruction

Portuguese, with additional English support for foreign students.

### Electronic validation

Ana Sofia Coelho de Carvalho	Adília Maria Pires da Silva Fernandes	Hélder Jaime Fernandes	Olívia Rodrigues Pereira
12-01-2024	13-01-2024	15-01-2024	16-01-2024