

Course Unit	Person and Family	Field of study	Nursing
Master in	Community nursing in family health nursing	School	School of Health
Academic Year	2023/2024	Year of study	1
Type	Semestral	Semester	1
Workload (hours)	162	Contact hours	T 30 TP 14 PL - TC - S - E - OT - O 44
Level	2-1	ECTS credits	6.0
Code	5066-748-1104-00-23		

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 Sofia Coelho de Carvalho

### Learning outcomes and competences

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

- Recognize the different life contexts for the healthy development of children and young people; • Discuss the needs of children and young people and the impact of chronic illness on the family.
- Analyze the social, cultural, spiritual and political dimensions of sexual and reproductive health; • Recognize the importance of multidisciplinary work in promoting sexual and reproductive health.
- Analyze aging from a family transition perspective; • Integrating functional assessment tools for the elderly.
- Identify the needs of the family that integrates an adult/elderly person dependent on self-care; • Recognize the role of health literacy in individual and family empowerment.
- Identify the methodology with evidence-based practice as the basis for transferring knowledge to clinical practice • clinical decision-making according to the best available scientific evidence.

### Prerequisites

Not applicable

### Course contents

Anthropobiopsychosocial, cultural and spiritual care. Adult and Elderly Health. Chronic disease management, self-care and literacy. Evidence-based practice around the individual in the family. .

### Course contents (extended version)

1. Anthropobiopsychosocial, cultural and spiritual care  
- In the context of child and youth health Sexual and reproductive health.
2. Adult and Elderly Health.
3. Chronic disease management, self-care and literacy.
4. Evidence-based practice around the individual in the family.

### Recommended reading

1. Shajani, Z. & Snell, D. (2019). Wright & Leahey's : nurses and families : a guide to family assessment and intervention. Seventh edition. Philadelphia: F. A Davis
2. Alves, O. , Morais, C. ; Barreira, C. ; Cruz, M. & Lima, A (2019). Health Literacy: The Reality of a Community in Alto Minho. Portuguese Journal Public Health, 1-7,
3. Gottlieb, L. N. (2016). O Cuidar em enfermagem baseado nas forças: saúde e cura para a pessoa e família. Loures: Lusodidata.
4. Figueiredo, M. H. J. S. (2012). Modelo dinâmico de avaliação e intervenção familiar: uma abordagem colaborativa em enfermagem de família. Loures: Lusociência
5. International Family Nursing Association (2017). Position statement on advanced practice competencies for family nursing. Washington: IFNA.

### Teaching and learning methods

The program will be developed using individual and group work dynamics, based on systematic reflection on the ethical-legal, political and epistemological assumptions of systemic thinking and the profession with a focus on specialized Family Health Nursing (ESF).

### Assessment methods

1. Normal Assessment - Group Work - (Regular, Student Worker) (Final)  
- Practical Work - 70% (Written work)  
- Presentations - 30% (Oral presentation)
2. Resource-Improvement Exam - (Regular, Student Worker) (Supplementary, Special)  
- Final Written Exam - 100% (Written test)

### Language of instruction

Portuguese

### Electronic validation

Ana Sofia Coelho de Carvalho	Eugénia Maria Garcia Jorge Anes	Hélder Jaime Fernandes	Adília Maria Pires da Silva Fernandes
12-01-2024	02-02-2024	07-02-2024	07-02-2024