

Course Unit	Spirituality, family care and bereavement support in Palliative Care		Field of study	Health Sciences	
	Postgraduate in Palliative Care		School	School of Health	
Academic Year	2023/2024	Year of study	1	Level	ECTS credits 6.0
Type	Semestral	Semester	1	Code	5037-794-1103-00-23
Workload (hours)	162	Contact hours	T - 40	TP - 40	PL - 40
			TC - 10	S - 10	E - 10
			OT - 10	O - 10	

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) Maria José Almendra Rodrigues Gomes, Liseta da Conceicao Pereira Gomes Goncalves, Teresa Tomé Ribeiro Malheiro Sarmento

#### Learning outcomes and competences

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

1. Foresee the pain and suffering on a global basis considering the subject as a whole biopsychosocial;
2. Integrating this perspective in the historical context of the great religious traditions;
3. Rearrange the discomfort of silence inside front of the experience of death and pain acquiring the capacity to monitor the terminally ill to discover the meaning of suffering;
4. Enter your registration cognitive concepts of spirituality, transcendence and otherness without religious constituency, in an anthropological dimension of flight to the mystery of death and life.

#### Prerequisites

Before the course unit the learner is expected to be able to:  
No pre-requisites

#### Course contents

Suffering and death Theories of family development; Spirituality and transcendence and spiritual support of terminally ill

#### Course contents (extended version)

1. Suffering and death - mystery and enigma
2. Pain, suffering and death in the great religious traditions
3. Family.
  - Theories of family development; basics of family functioning, roles and family interactions
4. The search for meaning in life
5. Hope and transcendence
6. Spirituality and religion in the last stage of life
7. Current approach and spiritual support of terminally

#### Recommended reading

1. Consejo Pontificio Para La Pastoral De La Salut. (2006). Cuidados Paliativos Situación actual, Diversos planteamientos aportados por la fe y la religion, Ed Palabra, S A , Madrid
2. Sobrevia, Xavier; Torradeflot, Francesca (Coord). (2013). Atencion religiosa al final de la vida: Conocimientos útiles sobre creencias Y convicciones. Barcelona: Edicion Obra socia " La Caixa"
3. Entralgo , P. L. (2003), Corpo e Alma, Livraria Almedina, Coimbra.
4. Frankel, V. E. (1999), El hombre en busca de sentido, Empresa Editorial Herder, S. A. , Barcelona, ISBN: 84-254-2092-X.
5. Neto, I. G. ; Aitjen, H. -H. ; Paldrón, T (2004), A Dignidade e o Sentido da Vida: Uma Reflexão sobre a Nossa Existência, Editora Pergaminho, Lisboa.

#### Teaching and learning methods

Theoretical Lectures: expository methodology, interactive and participatory. Seminars Group work (Apart from the material provided during the lessons, students are encouraged to conduct research (internet, libraries, etc. ). .

#### Assessment methods

- Research paper with presentation 100% - (Regular) (Final)

#### Language of instruction

Portuguese

#### Electronic validation

Maria José Almendra Rodrigues Gomes	Ana Maria Nunes Português Galvão	Carina de Fatima Rodrigues	Adília Maria Pires da Silva Fernandes
15-01-2024	17-01-2024	17-01-2024	18-01-2024