

Course Unit	The Family as the Unit of Care		Field of study	Nursing	
Master in	Nursing in Family Health		School	School of Health	
Academic Year	2019/2020	Year of study	1	Level	2-1
Type	Semestral	Semester	2	ECTS credits	4.0
Code	5039-527-1201-00-19				
Workload (hours)	108	Contact hours	T -	TP 30	PL -
			TC -	S -	E -
			OT 15	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) Adília Maria Pires da Silva Fernandes

### Learning outcomes and competences

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

1. To conceptualize family health nursing as an area of contemporary development in a multidisciplinary approach;
2. To identify the various conceptual models of nursing as a guide for the family care unit;
3. To analyze the complexity of the family system over the life cycle and in the context of multiculturalism;
4. To develop skills within the nursing family throughout the life cycle.

### Prerequisites

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

### Course contents

1 - Family; 2 - Family Health; 3 - Familiar environment; 4 - Nursing family care.

### Course contents (extended version)

1. Family
  - Conceptual models and functions of the family
  - Family structures and family configurations
  - Social policies and health programs for family
  - Culture, gender and power in the family
  - Design systemic family: from the homeostatic model to the evolutionary model
2. Family Health
  - Ecological dimensions of family health
  - Indicators and contextual determinants of family health
  - Humanization and bioethics in family health
  - Education, communication and family competence
  - Factors affecting family health
  - Promotion of family health.
3. Familiar environment
  - Structural levels: from micro to macrosystems
  - Macrotime: context, time and history
  - Proximal processes
  - Social networks
4. Nursing family care
  - Principles of collaborative intervention
  - Nursing intervention in the family over the life cycle at the primary, secondary and tertiary level
  - Intervention in situations of acute illness, chronic disease and the dysfunctional family

### Recommended reading

1. Ausloos, G. (2003). A competência das famílias: tempo, caos, processo. Lisboa: Climepsi.
2. Figueiredo, H. (2012). Modelo dinâmico de avaliação e intervenção familiar: uma abordagem colaborativa em enfermagem de família. Loures : Lusociência
3. Hanson, S. (2005). Enfermagem de Cuidados de Saúde à Família: Teoria, Pática e Investigação (2.ª Ed. ). Loures: Lusociência.
4. Relvas, A. (1996). O ciclo vital da família: perspectiva sistémica. Porto: Edições Afrontamento
5. Relvas, A. , & Alarcão, M. (2002). Novas formas de família. Coimbra: Quarteto.

### Teaching and learning methods

Theoretical /practical classes: explanatory and reflective lessons using audio-visual aids and recourse to COLIBRI platform. Analysis and reflection on problem situations related to professional practice of maste student's as well as scientific and technical documents. Tutor monitoring lessons: monitoring of group works.

### Assessment methods

1. Alternative 1 - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 100% (TP evaluation)
2. Alternative 2 - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100% (TP evaluation)

### Language of instruction

Portuguese, with additional English support for foreign students.

### Electronic validation

Adília Maria Pires da Silva Fernandes	Manuel Alberto Morais Brás	Maria Eugénia Rodrigues Mendes	Carlos Pires Magalhães
05-03-2020	09-03-2020	10-03-2020	10-03-2020