

Course Unit	Sexual and Reproductive Health Nursing		Field of study	Nursing	
Master in	Maternal Health Nursing and Obstetric		School	School of Health	
Academic Year	2023/2024	Year of study	1	Level	2-1
Type	Semestral	Semester	1	ECTS credits	6.0
Code	5065-769-1102-00-23				
Workload (hours)	162	Contact hours	T 16	TP 36	PL 4
			TC -	S -	E -
			OT 10	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. Differentiate concepts and dimensions in sexual and reproductive health.
2. Analyze sex and gender differences in health and disease.
3. Deepen knowledge about the anatomy and pathophysiology of sexual function and human reproduction.
4. Identify the potential for sexual, genetic and pre-conception risk.
5. Analyze options for medically assisted procreation.
6. Integrate knowledge to design, plan, coordinate, supervise, implement and evaluate sexual and reproductive health programs, projects and interventions.
7. Analyze situations/cases/problems critically and based on scientific evidence.

### Prerequisites

Before the course unit the learner is expected to be able to:  
Not applicable

### Course contents

Gender and citizenship in health Conjugality and parenting Women as promoters of health and human development Sexual and reproductive rights Issues associated with sexuality and gender Counseling and referral in sexual and reproductive health Fertility, conception and reproduction Genetic and pre-conception risk Contraception and fertility control methods Family planning consultation Complementary diagnostic tests SRH education theories and strategies 21. Screening programs in SRH

### Course contents (extended version)

1. Gender and citizenship in health
2. Construction of femininities and masculinities
3. Conjugality and parenting
4. Women as promoters of health and human development
5. Sex and gender differences in health and disease
6. Sexual and reproductive rights
7. Sexuality: concepts, dimensions and behaviors
8. Physiology of sexual function and dysfunctions
9. Issues associated with sexuality and gender: Inequalities, violence, genital mutilation and STIs
10. Counseling and referral in sexual and reproductive health
11. Anatomy and physiopathology of human reproduction
12. Fertility, conception and reproduction
13. Genetic and pre-conception risk
14. Infertility and sterility
15. Medically assisted procreation
16. Contraception and fertility control methods
17. Family planning consultation: physical and gynecological assessment and contraceptive counseling
18. Pre-conception consultation
19. Complementary diagnostic tests
20. SRH education theories and strategies and Screening programs in SRH

### Recommended reading

1. Osol, G. (2021). Physiology of Human Reproduction. EUA: John Wiley and Sons Ltd.
2. Saraswati, L. A. , Shaw, B. & Rellihan, H. (2020). Introduction to Women's, Gender, and Sexuality Studies: Interdisciplinary and Intersectional Approaches. 2st Edition. Oxford: Oxford University Press
3. Sociedade Portuguesa da Contraceção (2020). Consenso sobre contraceção. Lisboa: SPDC

### Teaching and learning methods

The discussing of themes related to the syllabus, in the presentation and discussion of works that involve the resolution of clinical situations and/or design of nursing interventions. Students carried out research to systematize the evidence that supports scientific knowledge and underpins the most appropriate nursing practices

### Assessment methods

1. Written test, with a weighting 60%. - (Regular, Student Worker) (Final)
2. Practical work, with a weighting of 40%. - (Regular, Student Worker) (Final)
3. Written test of knowledge 100% - (Regular, Student Worker) (Supplementary, Special)

### Language of instruction

Portuguese

Electronic validation			
Ana Fernanda Ribeiro Azevedo	Teresa Isaltina Gomes Correia	Hélder Jaime Fernandes	Adília Maria Pires da Silva Fernandes
19-02-2024	27-02-2024	28-02-2024	28-02-2024

This document is valid only if stamped in all pages.