

Course Unit	Option I - Bonding in Pregnancy	Field of study	Nursing
Master in	Maternal Health Nursing and Obstetric	School	School of Health
Academic Year	2023/2024	Year of study	1
Type	Semestral	Semester	1
Workload (hours)	54	Contact hours	T - , TP 12, PL 2, TC - , S - , E - , OT 8, O -
		Level	2-1
		ECTS credits	2.0
		Code	5065-769-1107-03-23

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 Fernanda Ribeiro Azevedo, Diana Manuela Santos Leite, Teresa Isaltina Gomes Correia

### Learning outcomes and competences

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

1. Identify factors implicit in the pregnancy bonding process.
2. Identify facilitating strategies for the couple/family in building the parental bond.
3. Critically analyze the impact of changes in prenatal attachment on the health and well-being of the mother and fetus.
4. Analyze the role of the specialist nurse in the context of nursing interventions that facilitate parental bonding processes in pregnancy.
5. Integrate knowledge to design, diagnose, plan, implement and evaluate interventions that facilitate parental attachment in pregnancy.

### Prerequisites

Before the course unit the learner is expected to be able to:  
Non applicable

### Course contents

Dimensions of attachment in pregnancy; Skills of the fetus, Impact of attachment on mother and fetus; Promoting parental attachment in pregnancy.

### Course contents (extended version)

1. Dimensions that interfere with the attachment in pregnancy
2. Motor and sensory skills of the fetus.
3. Impact of attachment on the health and well-being of mother and fetus.
4. Strategies and methods for promoting parental attachment in pregnancy.

### Recommended reading

1. Azogh, M. , Shakiba, M. , & Navidian, A. (2018). The effect of cognitive behavioral training on maternal-fetal attachment in subsequent pregnancy following stillbirth. *Hayat*, 24(1), 71–83.
2. Salehi, K. , Kohan, S. (2017). Maternal-fetal attachment: what we know and what we need to know. *Internacional Journal Pregnant & Child Birth*, 2(5): 146-148. DOI: 10. 15406/ipcb. 2017. 02. 00038.
3. Lowdermilk, D. L. , Perry, S. E. (2008). *Enfermagem na Maternidade*. 7ª ed. , Loures: Lusodidacta.
4. Canavarro, M. C. (2001). *Psicologia da gravidez e da maternidade*. 2ª ed. , Coimbra: Quarteto.
5. Abasi, E, Keramat, A, Borghei, NS, Goli, S, Farjamfar, M. (2020). Evaluating the effect of prenatal interventions on maternal-foetal attachment: A systematic review and meta-analysis. *Nursing Open*.

### Teaching and learning methods

Participatory methodologies, through the analysis and discussion of scientific articles, visualization and analysis of videos and demonstration of methods/techniques of parental attachment.

### Assessment methods

1. Continuous assessment - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 30% (Written knowledge test,)
  - Development Topics - 70% (Group work,)
2. The assessment by examination - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100% (Written test of knowledge about all syllabus of the CU.)

### Language of instruction

Portuguese

### Electronic validation

Ana Fernanda Ribeiro Azevedo	Teresa Isaltina Gomes Correia	Hélder Jaime Fernandes	Adília Maria Pires da Silva Fernandes
07-05-2024	07-05-2024	07-05-2024	10-05-2024