

Course Unit	Maternal and Obstetric Health Nursing in the Puerperium		Field of study	Nursing	
Master in	Maternal Health Nursing and Obstetric		School	School of Health	
Academic Year	2022/2023	Year of study	1	Level	2-1
Type	Semestral	Semester	2	ECTS credits	7.0
Code	5065-769-1202-00-22				
Workload (hours)	189	Contact hours	T 16	TP 40	PL 10
			TC -	S -	E -
			OT 11	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. Identify with clarity and accuracy, knowledge about the puerperium, newborn growth and development and about breastfeeding process.
2. Identify with clarity and rigour, knowledge about risk factors in puerperal women and new born babies.
3. Systematize the knowledge to design, plan, coordinate, supervise, implement and evaluate specialized nursing interventions to puerperal women, new born and family.
4. Systematize knowledge to conceive, plan, coordinate, supervise, implement and evaluate specialized interventions in the resolution of obstetric urgency/emergency problems.
5. Integrate knowledge to care the puerperal woman/new born inserted in the family and community during the puerperium.
6. 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

Puerperium, growth and development of the newborn and breastfeeding process; Risk factors in postpartum women and newborns; Health problems and obstetric urgency/emergency situations of postpartum women, newborns and family; The woman/newborn inserted in the family and community during the puerperium.

### Course contents (extended version)

1. Parenthood as a developmental transition and implications for conjugality.
2. Attachment process and family dynamics after birth.
3. Recovery process of the woman's organism in the postpartum period.
4. Techniques of postpartum recovery.
5. Satisfaction of the puerperal/new born and family needs.
6. Risk factors and psychological problems.
7. Postpartum complications and/or concomitant pathology.
8. Postpartum surgery.
9. Breastfeeding process.
10. Support and problems in breastfeeding
11. Pharmacological measures in puerperium
12. Contraception in the postpartum period.
13. Growth and development of the new born baby.
14. New born competences.
15. Health changes in the new born.
16. Health promotion and prevention of disease in the new born including screening and immunization.
17. Fetal/neonatal mourning processes.
18. Specialized Nursing Care in Maternal and Obstetric Health.

### Recommended reading

1. Graça, L.M. (2017). Medicina Materno Fetal. (5ª. ed.). Lisboa: Lidel.
2. Montenegro, C. A. B., & Rezende, J. (2017). Rezende OBSTETRÍCIA, (13ª ed.). Brasil: Guanabara Koogan.
3. Nêné, M., Marques, R., & Batista, M. A. (2016). Enfermagem de Saúde Materna e Obstétrica, (1ª ed.). Lisboa: Lidel.
4. Sequeira, A. Pousa, O. & Amaral, C. F. (2020). Procedimentos em Enfermagem de Saúde Materna e Obstétrica. (1ª ed.). Lisboa: Lidel.
5. World Health Organization (2018). Intrapartum care for a positive childbirth experience. Geneva.

### Teaching and learning methods

The teaching-learning methodologies include a theoretical approach to the understanding of the essential concepts, scientific research to support specialized evidence-based practice nursing and active training methodologies including problem solving and simulation. An active participation is encouraged, both in the analysis and discussion of programmatic content relating to the themes proposed.

### Assessment methods

1. The continuous assessment - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 60% (Written test of knowledge, obligatory minimum grade of 8.5 values.)
  - Development Topics - 40% (Practical work)
2. Evaluation by written exam - (Regular, Student Worker) (Final, Supplementary, Special)
  - Final Written Exam - 100% (Written test of knowledge on all the contents of the course.)

### Language of instruction

Portuguese

## Electronic validation

Ana Fernanda Ribeiro Azevedo	Teresa Isaltina Gomes Correia	Maria Eugénia Rodrigues Mendes	Adília Maria Pires da Silva Fernandes
15-04-2023	20-04-2023	05-05-2023	06-05-2023