

Course Unit	Gynecological and Climacteric Nursing	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	2
Level	2-1	ECTS credits	6.0
Code	5065-769-1204-00-23		
Workload (hours)	162	Contact hours	T 14 TP 34 PL 8 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. Analyze psychosocial, cultural and epidemiological aspects of gynecological and climacteric health.
2. Analyze measures to promote gynecological and climacteric health.
3. Deepen knowledge about health and disease processes in the context of gynecology and climacteric, allowing for a specialized intervention for the woman/family.
4. Integrate knowledge to design, plan, coordinate, supervise, implement and evaluate interventions within the scope of gynecological and climacteric nursing.
5. 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

Gynecology; Climacteric.

### Course contents (extended version)

1. Gynecology
  - Anatomophysiology and genitourinary and breast changes
  - Epidemiology of gynecological disease
  - Psychosocial and cultural aspects of gynecological health
  - Promotion of gynecological health: referral network and screening programs
  - Assessment and complementary diagnostic tests
  - Clinical breast exam and breast self-examination
  - Changes in the genitourinary system and the breast: infectious and endocrine processes. . .
2. Climacteric
  - Physiology, clinical manifestations and diagnosis of menopause
  - Women's health during menopause
  - Psychosocial and cultural aspects of climacteric and aging
  - Healthy lifestyles in the climacteric period
  - Sexuality, sexual function and sexual dysfunctions
  - Contraception in perimenopause
  - Therapeutic measures: hormonal and non-hormonal therapy, complementary medicines
  - STIs and climacteric
  - Gynecological pathology in climacteric

### Recommended reading

1. Berek, J. S. (2014). Tratado de Ginecologia Berek & Novak. 15ª ed. Rio de Janeiro: Guanabara Koogan.
2. Fonseca, L. , Soares, C. & Vaz, J. M. (2019). Sexologia. Perspectiva multidisciplinar. Vol. I e II (2ª ed). Sociedade Portuguesa de Sexologia Clínica.
3. Jesus, A. M. , Falcão, M. P. , Fernandes, M. , Dias, H. & Coutinho, E. (2020). Estratégias Promotoras de uma Saúde Sexual à Mulher/Casal na Menopausa/Climatério. Revista da UIIPS – UI do IPS
4. Neves, J. (2016). Ginecologia Básica em Medicina familiar. Lisboa: Lidel edições técnicas Lda.
5. Sociedade Portuguesa de Ginecologia (2016). Consenso Nacional sobre Menopausa. Lisboa: SPG.

### Teaching and learning methods

Expository methodologies of concepts and theories, followed by analysis and discussion, allowing the combination of theoretical conceptions with practice; participatory methodologies, with analysis and discussion of scientific articles and group work to be presented in an article/poster format.

### Assessment methods

1. Continuous assessment. - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 70% (Written test of knowledge, with a mandatory minimum score of 8. 5 values.)
  - Development Topics - 30% (Preparation and presentation of group work.)
2. 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	23-05-2024	24-05-2024	31-05-2024