

Course Unit	Community and Family Nursing		Field of study	Nursing	
Bachelor in	Nursing		School	School of Health	
Academic Year	2022/2023	Year of study	3	Level	1-3
Type	Semestral	Semester	1	ECTS credits	6.0
Code	9501-699-3101-00-22				
Workload (hours)	162	Contact hours	T -	TP 67,5	PL 15
			TC -	S -	E -
			OT -	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) Manuel Alberto Morais Brás, Ana Sofia Coelho de Carvalho, Carla Sofia Miranda Pires Quintas

### Learning outcomes and competences

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

1. Identify factors that affect and determine the health of individuals/families/communities
2. To understand the contribution of primary health care, Continuous and Palliative to improve the quality of life of individuals/families/communities.
3. Recognize the role of nurses in the Primary Health Care context
4. To develop skills within the family nursing across the life cycle.
5. To understand the specificity inherent of good geriatric and gerontologic practical cares.
6. To recognize the impact of environmental factors as emerging determinants of risks in public/community health.
7. To identify, measure and prevent health risk factors with professional origin.
8. To know and connect on the whole, vectors, factors or morphologic phenomena that can be considered the genesis of man illness.

### Prerequisites

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

### Course contents

1 - Communitarian Nursing/Family Nursing. 2 - Environmental Health and Safety, Hygiene and Work Health. 3 - Pathogenicity.

### Course contents (extended version)

1. Communitarian Nursing/Family Nursing
  - Public Health/Communitarian Health.
  - Determinants of health: biological; social and economic factors; lifestyles and access to services
  - Organization of primary health care in Portugal:
  - Evolution of the National Health Service, Primary Health Care/Health Care Differentiated
  - National Network for Integrated Continuous and Palliative Care
  - Nursing in Primary Health Care: Nursing Functions and Activities; domiciliary nursing care
  - School health; National Immunisation Program; travel consulting; Nursing Consultation
  - Nursing Family. Family Health: Family health risks
  - Assessment Family Models: Calgary and MDAIF.
  - Family assessment instruments: genogram; ecomap and Family APGAR.
2. Environmental Health and Safety, Hygiene and Work Health
  - Vectors of public health importance
  - Systems of Water Quality, Waste, Soil and Air Management.
  - Control and Eating Hygiene.
  - Organization of Safety, Hygiene and Work Health Activities.
  - Main Work Problems.
  - Identification, Analysis, Prevention and Control of Occupational Risks.
3. Pathogenicity
  - The Basics of Pathology.
  - The Trigger Factors of Cell Lesion and Compensation Mechanisms.
  - Transmissible diseases.
  - More Frequent Affections in Primary Cares of Health.

### Recommended reading

1. Freitas, L. (2011). Manual de Segurança e Saúde do Trabalho. Lisboa: Edições Sílabo.
2. Hanson, S. (2005). Enfermagem de Cuidados de Saúde à Família: Teoria, Prática e Investigação (2.ª Ed.). Loures: Lusociência.
3. Stanhope, M., & Lancaster, J. (org.) (2011). Enfermagem de Saúde Pública: Cuidados de saúde na comunidade centrados na população, (7. ed.). Loures: Lusodidacta
4. Robbins, S., Cotran, R., & Kumar, V. (org.). (2010). Patologia. Rio de Janeiro: Elsevier
5. Stanhope, M., & Lancaster, J. (2011). Enfermagem de saúde pública : cuidados de saúde na comunidade centrados na população (7a. ed.) Loures: Lusodidacta

### Teaching and learning methods

Theoretical /practical classes: explanatory and reflective lessons using audio-visual aids. Tutor monitoring lessons: monitoring of group works (bibliographic research) related to the curricular unit contents.

### Assessment methods

1. Alternative 1 - Continuous assessment - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 100% (Evaluation of the components taught by each of the teachers. Nursing Consultation Simulation)
2. Alternative 2 - (Regular, Student Worker) (Final, Supplementary, Special)
  - Final Written Exam - 100% (Final evaluation (of all taught contents))

### Language of instruction

Portuguese

## Electronic validation

Manuel Alberto Morais Brás	Andre Filipe Morais Pinto Novo	Maria Eugénia Rodrigues Mendes	Adília Maria Pires da Silva Fernandes
02-03-2023	02-03-2023	02-03-2023	08-03-2023