Course Unit	Nursing in Maternal and Obstetrics Health			Field of study	Nursing		
Bachelor in	Nursing			School	School of Health		
Academic Year	2021/2022	Year of study	3	Level	1-3	ECTS credits	6.0
Type	Semestral	Semester	1	Code	9501-699-3103-00-21		

Workload (hours)	162	Contact hours	T	TP	PL	TC	S	E	OT	O
			-	67,5	15	-	-	-	-	-

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

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:
1. Identify knowledge about: health processes in pregnancy; labor and childbirth; the puerperium; newborn growth and development and breastfeeding process.
2. Identify knowledge about complications of pregnancy puerperium cycle.
3. Identify knowledge about: mechanisms of sexual response, reproduction, contraception safe sex practices; family planning and sexual and reproductive health.
4. Identify knowledge about: physiopathology of female reproductive system; diagnose examinations; medical and/or surgical treatment in gynaecological pathology.
5. Characterize interventions for the promotion of physical and mental health of women inserted in the family and community in the puerperal pregnancy cycle and with gynecological pathology.
6. Integrate the knowledge to design, plan, implement and evaluate nursing interventions: the pregnant and puerperal woman, new born and woman with a gynaecological pathology.

Prerequisites

Before the course unit the learner is expected to be able to:
It doesn't have

Course contents

Physiology of maternal cycle; Health promotion in pregnancy; maternal and fetal care; normal labor; normal puerperium; complications in pregnancy, labor and puerperium; Social support and laws; sexual and reproductive health; Family planning; Interventions in women with problems at the reproductive label.

Course contents (extended version)

1. Maternal and fetal Care
   - Pre natal surveillance; calculation of gestational age and deliver probable.
   - Nursing consultation to the pregnant woman; diagnose examinations in pregnancy.
   - Maternal and fetal risk assessment; physiology of maternal cycle; health promotion in pregnancy.
   - Social support and laws.
2. Normal labor
   - Physiology of labor; pregnant/parturient admission.
   - Nursing care during labor; treatment of pain in labor.
3. Normal puerperium
   - Physical and psychological assessment of the puerperal;
   - Nursing care to puerperal woman and to the new born
   - Revision of puerperium consultation.
4. Complications in pregnancy, deliver and puerperium
   - Gravidarum Hyperemesis; hypertensive disorder in pregnancy; gestational diabetes.
   - Bleeding from the first and second half of pregnancy; puerperium complications.
5. Sexual and reproductive health
   - Family planning;
6. Intervention in women with problems of the reproductive system.

Recommended reading

1. Campos, D. A. , [et al.]. (2008). Protocolos de Medicina Materno-Fetal, 2ª ed. Lisboa: Lidel.
2. Freitas, F. , [et al.]. (2011). Rotinas em Ginecologia, 6ª ed. Porto Alegre: Artmed.
3. Graça, L. M. da. (2010). Medicina Materno-Fetal, 4ª ed. Lisboa: Lidel
4. Néné, M. , Marques, R. , Batista, M. A. , (2016). Enfermagem de Saúde Materna e Obstétrica, 1º ed. Lisboa: Lidel.
5. Sequeira, A. Pousa, O. & Amaral, C. F. (2020). Procedimentos em Enfermagem de Saúde Materna e Obstétrica, 1ª ed. Lisboa: Lidel.

Teaching and learning methods

Theoretical/practical classes; classes of laboratorial practice - expositive, participative and interactive and reflexive. Tutorial Classes - development of written works with oral presentation, promoting the discussion and debate.

Assessment methods

1. Continuous assessment - (Regular, Student Worker) (Final)
   - Final Written Exam - 50% (TP component evaluation)
   - Development Topics - 20% (Development issues presented and discussed in class. TP component evaluation)
   - Practical Work - 30% (P component evaluation to approval - to obtain 8. 5V in TP Component.)
2. Resource Exam - (Regular, Student Worker) (Supplementary, Special)
   - Final Written Exam - 100% (Written exam with evaluation of practical subjects)

Language of instruction

Portuguese

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Electronic validation

Ana Fernanda Ribeiro Azevedo	Eugénia Maria Garcia Jorge Anes	Maria Eugénia Rodrigues Mendes	Adília Maria Pires da Silva Fernandes
10-03-2022	10-03-2022	11-03-2022	11-03-2022

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