

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[7085857] A Família como Unidade de Cuidados		
Plano / Plan:	PLANO - CMEC-ESF - a partir 2023/2024		
Curso / Course:	Mestrado em Enfermagem Comunitária - área de Enfermagem de Saúde Familiar		
Grau / Diploma:	Mestre		
Departamento / Department:	ENFERMAGEM		
Unidade Orgânica / Organic Unit:	ESCOLA SUPERIOR DE SAÚDE DE VISEU		
Área Científica / Scientific Area:	Enfermagem		
Ano Curricular / Curricular Year:	1		
Período / Term:	S2		
ECTS:	7		
Horas de Trabalho / Work Hours:	0175:00		
Horas de Contacto/Contact Hours:			
(T) Teóricas/Theoretical:	0030:00	(TC) Trabalho de Campo/Fieldwork:	0000:00
(TP) Teórico-Práticas/Theoretical-Practical:	0040:00	(OT) Orientação Tutorial/Tutorial Orientation:	0000:00
(P) Práticas/Practical:	0000:00	(E) Estágio/Internship:	0000:00
(PL) Práticas Laboratoriais/Practical Labs:	0000:00	(O) Outras/Others:	0000:00
(S) Seminário/Seminar:	0000:00		

Docente Responsável / Responsible Teaching

[5025] Ana Isabel Nunes Pereira De Azevedo E Andrade

Outros Docentes / Other Teaching

[606861] Catarina Inês Costa Afonso

Learning Outcomes of the Curricular Unit

Students should acquire knowledge and develop competences at the level of interventions to the family as a system, to each of its members taking into account the different sub-systems.

- To understand the concept of family, family structures and their functioning
- To analyse the determining and conditioning factors of family health
- Identify family transitions in the context of family development, health-illness and situational
- To promote interventions that aim the health of the family and of each of its members
- To plan nursing care to the family as a unit of care, based on scientific evidence and research in the area of family health.

Syllabus

Structuring Concepts: Family(s), changing families and Family Health Nursing; Families, culture(s), gender, ethnicity, spirituality, religion and power

Family transitions: developmental, health/illness and situational

Family nursing care: Principles of collaborative intervention; Nursing process and family care throughout the life cycle; Caring informal

caregivers, autonomy/dependence and end of life

Evidence based practice in the family as a care unit

Demonstration of the syllabus coherence with the curricular units' learning objectives

The programmatic contents of the course unit are organized in a coherent, sequential and articulated way to meet the defined objectives.

The contents enable the student to understand the concepts of family, family structure as well as the determinant factors for family health

throughout the life cycle. The identification of family transitions, resulting from the development processes of each family, allows students to

plan a process of nursing interventions to the family, based on scientific evidence and research in family health nursing. These interventions

aim at promoting the health of the family, as a unit of care, as well as of each of its members.

Teaching Methodologies (Including evaluation)

The syllabus will be taught in theoretical and theoretical-practical classes, with the active participation of students in the construct of the family as a unit of care. The methodologies will favour the involvement of students in active learning strategies, using collaborative learning. The students' personal and professional experiences will enable them to think critically and reflectively about practices in a clinical context and from the perspective of the family as a system. Pedagogical resources include: reading scientific and technical documents, researching scientific evidence in the field of care and care, analysing and discussing practical cases. The sessions will use methodologies that encourage reflection and critical thinking on the part of the students, using the most favourable teaching resources for understanding the content (gamification) and developing skills in decision-making and caring for the family as a unit of care.

Demonstration of the coherence between the teaching methodologies and the learning outcomes

The teaching and assessment methodologies aim at the integrated development in students of the knowledge referred in the syllabus and the achievement of the objectives and competencies established for the curricular unit. The proposed methodologies aim at fostering the integration of knowledge, reinforcing the approach to family structure and dynamics as well as to the facilitating or conditioning mechanisms of family health as a care unit. The methods and strategies proposed for the development of the course intend that students acquire knowledge and understand them in order to develop critical and reflective thinking about the practices at the level of family health nursing. The use of innovation and creativity, problem situations with answers based on scientific evidence promote students' self-knowledge and motivation for learning. The planning of nursing care inherent to the family presupposes the application of acquired knowledge and skills as well as the development of competences in the area of family health nursing. The development of an individual/group work, in the thematic areas to be developed according to the curricular unit, with database research, will allow the student to share knowledge and experiences with their peers. The presentation and discussion in the classroom context will enable the exposure of the main results, the debate of ideas and improvement in decision-making about situations to experience in clinical practice in family health nursing.

Bibliografia / Bibliography

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Fernandes, C. S.; Margareth, A.; M. Martins. (2018). Dar Voz aos Cuidadores: um jogo para o cuidador familiar de um doente dependente. *Rev. esc. enferm. USP vol.52, São Paulo: 1 - 15.*

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Spínola, A., Figueiredo, M (2022). *Família como Unidade de Cuidados, Conceito Família*. In *Enfermagem de saúde familiar*. Lidel