

**Unidade curricular:**

Alterações na Dinâmica e Estrutura Familiar

Curricular Unit:

Change in Family Structure and Dynamics

**Objetivos da unidade curricular e competências a desenvolver (1000 caracteres);**

Identificar alterações na estrutura e dinâmica familiar - crises normativas e acidentais  
saber aplicar instrumentos de avaliação familiar  
Identifique fatores que determinam a saúde familiar  
Saber quais os recursos que a comunidade pode oferecer às famílias mais carenciadas  
Identificar áreas de intervenção de enfermagem de família  
Planear e executar cuidados à família ao longo do ciclo vital  
saber o papel, dificuldades do cuidador informal na continuidade de cuidados  
Promover a saúde familiar  
Pretende-se que no final da unidade curricular o aluno:  
Conheça e aplique os métodos de avaliação familiar  
Identifique domínios de intervenção familiar  
Analise os fatores que contribuam para a saúde familiar  
Reconheça comportamentos na família como fontes de risco para o bem-estar familiar  
Conheça suportes sociais e as suas relações com as famílias  
Promova o coping e resiliência da família em situações de crises normativas e nas acidentais

Objectives of the curricular unit and competences to be developed (1000 caracteres)

Identify changes in family structure and dynamics-normative crises and accidental  
knowing how to apply assessment tools family  
Identify factors that determine family health  
Know which resources the community can offer to the poorest households  
Identify areas for intervention in family nursing  
Plan and implement care for the family throughout the life cycle  
know the role of informal caregiver difficulties in continuity of care  
Promote family health  
It is intended that at the end of the course the student:  
Knows and applies the methods of family assessment  
Identifies areas of family intervention  
Analyzes the factors that contribute to family health  
Recognizes behaviors in the family as sources of risk to the family welfare  
Meets social supports and his relationship with families

Promotes coping and resilience in situations of family crisis and the Normative accidental

### Conteúdos programáticos (1000 caracteres):

know the role of informal caregiver difficulties in continuity of care  
Promote family health  
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Knows and applies the methods of family assessment  
Identifies areas of family intervention  
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Meets social supports and his relationship with families  
Promotes coping and resilience in situations of family crisis and the Normative accidental

### Syllabus (1000 caracteres)

Family Health - determinants of family health.  
Factors of changes in family dynamics  
Calgary model - a family assessment and family intervention  
Contexts of family care - care to families in the context of hospitalization, and hospital or other family care in a community context  
Nurse Family: A model of care organization, conceptualization of family intervention  
Strategies for change within the family in crisis and regulatory accidental: family resilience and family coping  
Family intervention: to intervene in natural crises, households with elderly; Accidental intervene in crises, bereavement in the family, family with disabilities

### Referências bibliográficas (máximo três títulos):

Brito, L. (2001). A saúde mental dos prestadores de cuidados. Coimbra: Quarteto.  
Hanson, S. (2005). Enfermagem de cuidados de saúde à família. 2ed. Loures: Lusociência.  
Figueiredo, M. (2012). Modelo dinâmico de avaliação e intervenção familiar. Loures: Lusociência.