



Guide for

International Students

Degree courses in Nursing
at **Nursing School of Porto**

Enfermagem.Porto

www.esenf.pt

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 www.esenl.pt

 esenl@esenl.pt

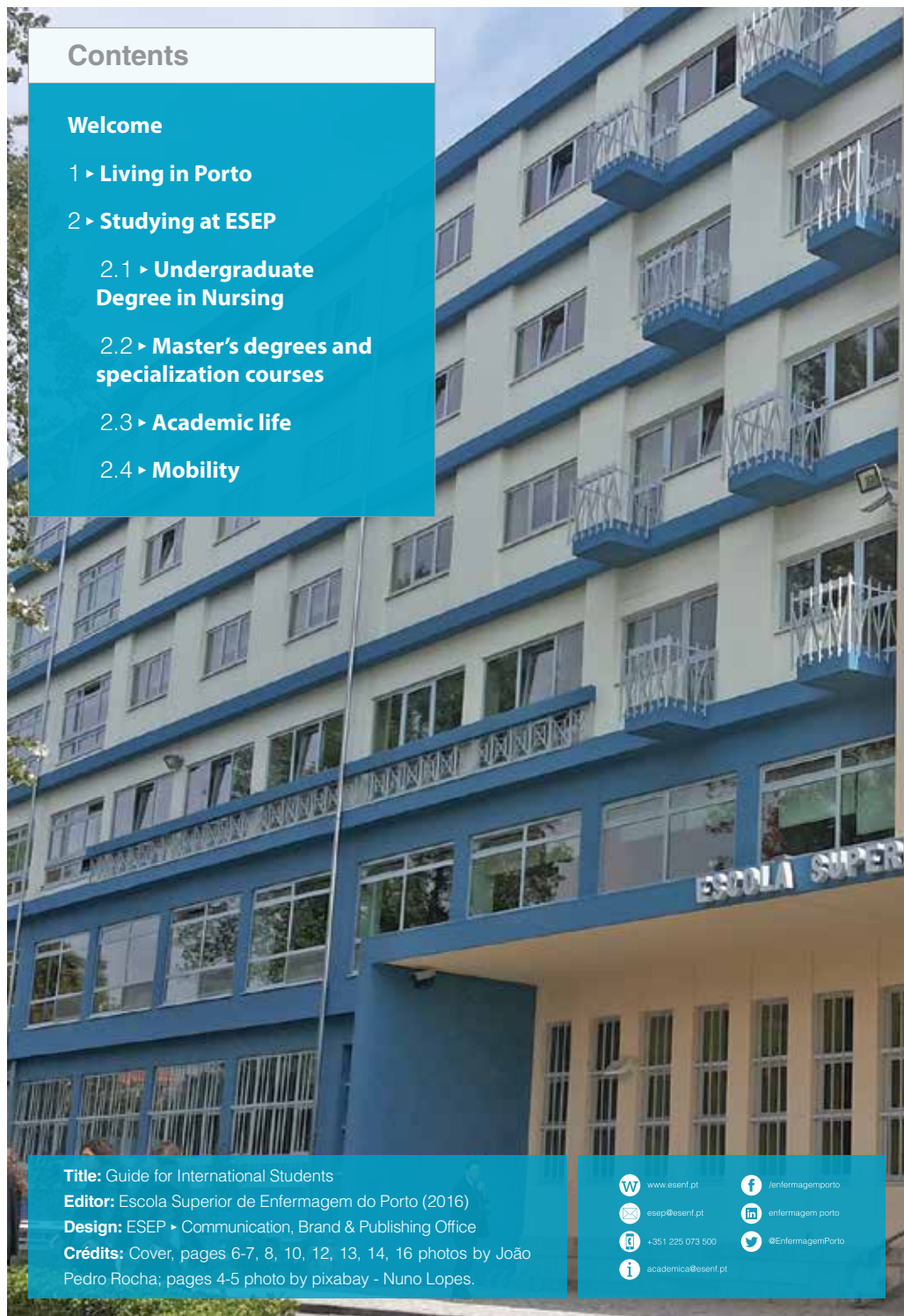
 +351 225 073 500

 academica@esenl.pt

 [/enfermagemporto](https://www.facebook.com/enfermagemporto)

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ESEP

ESCOLA SUPERIOR DE
ENFERMAGEM DO PORTO

Welcome

To the Nursing School of Porto

Dear student,

We would like to invite you to meet our school and become one of our many prestigious nursing students.

Escola Superior de Enfermagem do Porto (ESEP) (Nursing School of Porto) is an institution dedicated to nursing education and training at undergraduate and post-graduate levels.

As a national leading nursing school, ESEP is focused on innovative and distinctive curricula, aiming to contribute to enhanced learning and more meaningful approaches in health. Dating back to 1896, the school is dedicated to continuous improvement in nursing care in close relationship with the community.

Become a nursing student at ESEP and be part of this unique project in nursing education.

Paulo Parente

President

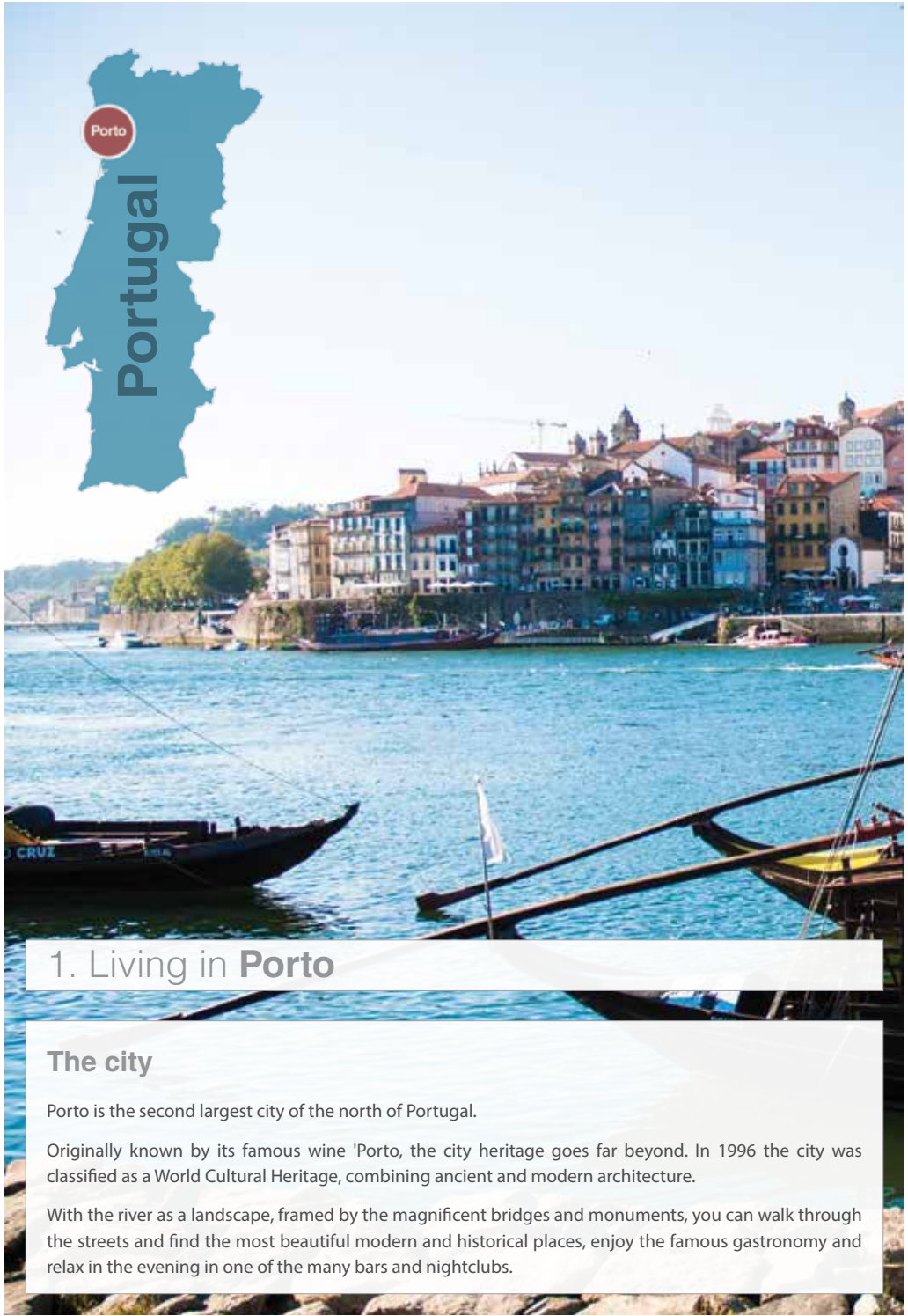
E ENFERMAGEM DO PORTO





Porto

Portugal



1. Living in **Porto**

The city

Porto is the second largest city of the north of Portugal.

Originally known by its famous wine 'Porto, the city heritage goes far beyond. In 1996 the city was classified as a World Cultural Heritage, combining ancient and modern architecture.

With the river as a landscape, framed by the magnificent bridges and monuments, you can walk through the streets and find the most beautiful modern and historical places, enjoy the famous gastronomy and relax in the evening in one of the many bars and nightclubs.

Places to visit

Porto city is embedded in history, proudly exhibiting its many churches, monuments and museums, signalling the amazing historical events and cultural heritage.

The mix between ancient and modern architecture and its warm-hearted people, makes Porto a unique city to visit and to live.



2. Escola Superior de **Enfermagem** do **Porto**

Nursing School of **Porto** • Portugal

Nursing education at ESEP aims at more meaningful supportive care and the guaranty of high quality nursing standards.

ESEP at a glimpse

- ▶ Gold Medal for Distinctive Services, awarded by The Ministry of Health;
- ▶ One of the 8 world Research Centres in Nursing Information Systems (CIDESI) accredited by The International Council of Nurses;
- ▶ National Nursing School with the highest number of master's students
- ▶ Annual scientific events with special participation conditions for students
- ▶ An important recruitment resource for all international health institutions
- ▶ More than 30 ERASMUS destinations in over 10 countries
- ▶ More than 15 specialized labs
- ▶ More than 20 R&D Projects
- ▶ More than 1 700 students



History and mission

History

Located in Porto, Portugal, ESEP is a non-integrated polytechnic higher education institution, dedicated to undergraduate and post-graduate education in nursing. Established in the 1st January 2007, the school is the merger of three public nursing schools of Porto, the ancient dating back to 15th June, 1896, a date that the school celebrates each year.

ESEP is engaged in innovative and distinctive education, supported on state-of-the-art technological equipment and fostering training informed by high quality nursing care standards.

The Nursing School of Porto (ESEP) pioneers nursing education in Portugal and is already a reference in matter of quality in education and research.

Mission

ESEP aims to deliver an exceptional education in nursing at undergraduate and post-graduate levels and to make significant contributions to society. It also provides specialized training programmes aimed at professionals in different areas of knowledge and skilled oriented.

Moreover, the school is actively engaged in research and in development programs, creating new disciplinary knowledge and fostering innovation in health.

The continuous establishment of national and international networks enables ESEP to promote globalization and the quality of nursing education and enhance students' curricula and experience.



2.1 Undergraduate Degree in Nursing

1st study cycle (CLE)

The course syllabus is structured by academic year and semester, corresponding to a total of 240 credits (ECTS) (6.000 hours workload).

The curricular units include theoretical classes and seminars with optional class attendance, theoretical and practical lessons, laboratory practice, tutorial guidance, clinical practice and compulsory practice attendance.

The total of contact hours specified for each curricular unit will determine the number of ECTS credits.

The newly graduate students who have met the requirements for Registered Nurses, are awarded by the Portuguese Nursing Council (Ordem dos Enfermeiros) with a professional licence enabling them to become nurse practitioners.

Students who have successfully been approved in the 'Curso de Licenciatura em Enfermagem' can apply to the 2nd study cycle (Master Degree).

At educational and scientific level, ESEP is structured in **5 Scientific and Pedagogical Units (SPU)**:

- Signs & symptoms management
- Self-care
- Human Development
- Nursing: discipline and profession
- Training and management in nursing



Undergraduate Degree in Nursing ▶ Syllabus

Syllabus ▶ 1st academic year

CURRICULAR UNIT	ECTS
▶ Anatomy	3
▶ Behaviour and interpersonal relationships	3
▶ Biochemistry & microbiology	3
▶ Health psychology	6
▶ Health socio-anthropology	6
▶ Information in health	3
▶ Introduction to clinical practice I	6
▶ Introduction to nursing	6
▶ Introduction to research	3
▶ Parenthood	6
▶ Psychology	6
▶ The adult and the elderly health	6
OPT ▶ Complementary therapies	3
OPT ▶ Entrepreneurship	3
OPT ▶ European cultures and policies	3
OPT ▶ European languages – English	3
OPT ▶ European languages – Spanish	3
OPT ▶ Intervention in disaster	3
OPT ▶ Personal and social development	3
OPT ▶ Portuguese sign language	3

Syllabus ▶ 3rd academic year

CURRICULAR UNIT	ECTS
▶ Clinical practices: community nursing	7,5
▶ Clinical practices: family health	15
▶ Clinical practices: medicine	15
▶ Clinical practices: parenthood and pregnancy	7,5
▶ Clinical practices: surgery	15

Syllabus ▶ 2nd academic year

CURRICULAR UNIT	ECTS
▶ Bioethics and ethics in nursing	3
▶ Body responses to the disease I	6
▶ Body responses to the disease II	6
▶ Disease and treatment regimens management	6
▶ Interdependent interventions	6
▶ Introduction to clinical practice II	6
▶ Introduction to clinical practice III	6
▶ Introduction to nursing management	3
▶ Pathology I	6
▶ Pathology II	3
▶ Pharmacology	3
▶ The dependent person and family caregivers	6

Syllabus ▶ 4th academic year

CURRICULAR UNIT	ECTS
▶ Clinical practices: continuing care in the community	7,5
▶ Clinical practices: continuing care nursing homes	7,5
▶ Clinical practices: mental health and psychiatry	15
▶ Clinical practices: paediatrics	15
▶ Clinical practices: obstetrics	15
OPT ▶ Clinical practices in hospitals settings	15
OPT ▶ Clinical practices in the community	15



2.2 Master's degrees and specialization courses

2nd study cycle & other courses

Master degree programmes

Post-undergraduate & Post-graduate specialization courses

Master's degrees are aimed at delivering an exceptional education in nursing at graduate level and to make significant contributions to society. Students who have completed the undergraduate degree in Nursing can automatically apply for a Master's degree.

The school also provides specialized training programmes (post-undergraduate and post-graduate) aimed at professionals in different areas of knowledge and skilled oriented.

Master's Degree in Community Nursing

& Post-undergraduate Specialization Course

Community Nursing is targeted at the perception of health as a basic human resource with special focus on community, family and individual. Nursing community specialists are key professionals playing an active role in health care demands, transition in needs and actively participating in new policies and legislation targeted at populations, aiming to promote, maintain and restore health in the communities, families and in the individual.

Duration and total ECTS:

Master's Degree: 4 sem. • 120 ECTS

Post-underg. Sp. Course: 2 sem. • 60 ECTS

Course Coordinator: Margarida Abreu (PhD)

Master's Degree in Medical-Surgical Nursing

& Post-undergraduate Specialization Course

Medical-surgical Nursing aims at developing and increasing empirical and scientific, ethical, aesthetic and personal knowledge. The purpose is to empower nurses with the necessary instruments to consolidate a specific culture focused on advanced professional help to those in critical condition, to the elderly and/or chronic, dependent and terminally ill patients.

Duration and total ECTS:

Master's Degree: 4 sem. • 120 ECTS

Post-underg. Sp. Course: 2 sem. • 60 ECTS

Course Coordinator: Célia Santos (PhD)

Master's Degree in Rehabilitation Nursing

& Post-undergraduate Specialization Course

Rehabilitation Nursing aims at mastering training that prepares nurses for an evidence-based intervention on dependent patients, from the acute phase to the chronic condition, empowering the professional with all qualified skills to become a reference in care provision.

Duration and total ECTS:

Master's Degree: 4 sem. • 120 ECTS

Post-underg. Sp. Course: 2 sem. • 60 ECTS

Course Coordinator: Bárbara Gomes (PhD)

Master's Degree in Infant Child Health and Paediatric Nursing

& Post-undergraduate Specialization Course

Infant Child Health and Paediatric Nursing grounds its pedagogical approach on nurses training to achieve solid scientific, technical, ethical, cultural and research skills within the Child Health Nursing and Paediatrics domain.

Duration and total ECTS:

Master's Degree: 4 sem. • 120 ECTS

Post-underg. Sp. Course: 2 sem. • 60 ECTS

Course Coordinator: Margarida Reis Santos (PhD)

Master's Degree in Maternal Health and Obstetric Nursing

& Post-undergraduate Specialization Course

Maternal Health and Obstetric Nursing provides the nursing professionals with the qualified skills and knowledge to focus on the development of the care process oriented to mother, child and family's health in specific given moments of the life cycle, and considering the gynaecological dimension.

Duration and total ECTS:

Master's Degree: 4 sem. • 120 ECTS

Post-underg. Sp. Course: 4 sem. • 120 ECTS

Course Coordinator: Marinha Carneiro (PhD)

Master's Degree in Mental Health and Psychiatric Nursing

& Post-undergraduate Specialization Course

Mental Health and Psychiatry Nursing, focused on health promotion and on the different levels of disease prevention, provides an important support to the health teams by contributing to a more empathetic and patient-centred care, carefully adapted to the patient, family and community.

Duration and total ECTS:

Master's Degree: 4 sem. • 120 ECTS

Post-underg. Sp. Course: 2 sem. • 60 ECTS

Course Coordinator: Wilson Abreu (PhD)

Master's Degree in Clinical Supervision in Nursing

& Post-graduate Specialization Course

Supervision is a necessary tool for professional development and an important skill for nurses involved in teaching, in health care practice and in the management of clinical units and institutions. To become a full clinical supervisor, the nurse needs professional training in supervision and support.

Duration and total ECTS:

Master's Degree: 4 sem. • 120 ECTS

Specialization Course: 2 sem. • 30 ECTS

Course Coordinator: Manuela Teixeira (PhD)

Master's Degree in Nursing Services Management and Administration

Nursing Services Management and Administration empowers nurses to partake in health services management enabling the acquisition of conceptual instruments and critical analysis abilities, decision-making and assessment. It was designed aiming at training students to become chief nurses.

Duration and total ECTS:

Duration: 3 sem. • 90 ECTS

Course Coordinator: Manuela Martins (PhD)

Post-graduate Specialization Course in Services Management

Governmental policies determine specific professional requirements for management, including training in management and administration of health services. In line with these policies and considering the need to achieve a greater professionalization in management, this course is targeted at the development of management skills and competencies to become a chief nurse.

Duration and total ECTS:

Duration: 2 sem. • 30 ECTS

Course Coordinator: Manuela Martins (PhD)

Post-graduate Specialization Course in Information Systems in Nursing

The use of information systems in healthcare services and in the development of an important connection between health services and populations has been determinant in building a reliable data network, fostering new opportunities in Nursing. The relevance of "Nursing Information" for governance in health is nowadays unquestionable and it derives not only from information systems legal and ethical enforcements, but also from those considered important to the decision-making processes, to the continuity and quality of care, to management and to the training and research in nursing.

Duration and total ECTS:

Duration: 2 sem. • 30 ECTS

Course Coordinator: Paulino Sousa (PhD)

Single Curricular Units

These training plans concern single curricular units included on the ongoing Courses at ESEP.

If successfully completed, the student will be given reusable ECTS credits.

Enrolment in these modules is limited and complies with submission order entries. Also, the enrolment in one of these modules does not imply enrolment in any course/degree. Upon successful completion of a module, a certificate will be issued, including grade and ECTS credits.

Should the student not apply for assessment or fails to complete the module, a registration certificate will be issued, upon the student's request.





2.3 Academic Life

Academic Tuna ▶ TAEP School Music Group

The *Tuna Académica de Enfermagem do Porto* (School Music Group) is a musical group created to encourage the passion for music. Through its many performances, the Tuna of ESEP has already reached a vast community of students and populations and helped to promote ESEP within local and national institutions.

Academic Tuna ▶ TFEnfP School Music Group

The *Tuna Feminina de Enfermagem do Porto* (School Music Group) was created in 2000. It has engaged in many performances throughout the country representing not only music but helping to disseminate ESEP and the best the school has to offer.

Alumni ESEP

ALUMNI ESEP is an association focused on establishing and preserving an intergenerational relationship between former ESEP students, fostering the promotion and preservation of the cultural and human inheritance of ESEP (Nursing School of Porto).

ESEP Theatre Group

Created in 2008, the ESEP theatre group is the initiative of a group of students and teachers of ESEP. Its purpose is to reach all the academic community and promote this artistic expression, inviting people to participate and fostering cooperation between other amateur theatrical groups.

Fado Group

Grupo de Fados (Fado Group) of ESEP was created in 2012. The passion for this Portuguese traditional music genre and its cultural legacy (2011 UNESCO Intangible Cultural Heritage) encouraged ESEP students to turn a dream into reality.

Solidarity ESEP

Founded in 2013, the *ESEP Solidária* (Solidarity ESEP) is a non-profitable and humanitarian group. Its voluntary work is targeted at local communities and at developing field interventions within the most needed families.

Students Association of ESEP

The Students Association of ESEP (AESEEnfP) is an organization that represents the students of the Nursing School of Porto (ESEP) and its major goals are to promote and support students in their academic, scientific, cultural, social, physical and personal areas.



2.4 Mobility

Erasmus+

ERASMUS⁺ is the largest mobility programme in the world

Statistics show that in 2014 more than 270 000 students benefitted from this programme.

Mobility programmes are signed between higher education institutions and provide students the opportunity to attend a minimum of 3 months (or 1 academic term or trimester) to a maximum of 12 months. The traineeship mobility can last two months minimum, within one cycle of study.

Prospective incoming students can apply to ESEP until 31st May (application for the 1st semester) and 15th November (application for the 2nd semester), in the year prior to mobility.

After mobility a transcript of records is issued confirming that the agreed programme has been completed and acknowledging the results, using the ECTS credits.

All classes and clinical practice units are lectured in Portuguese, so a minimum proficiency in Portuguese language is required.

Before mobility, plans should be made to ensure your stay here in Porto. ESEP and other national institutions can provide incoming students all the necessary information.



ESEP PARTNERSHIPS AND MOBILITY PROGRAMMES



Exchange students testimonies

“It was a great experience. I met many awesome people and saw new amazing places. I like Portugal and Portuguese people. It was nice to get to know a new culture. It also gave the opportunity to grow up a little. I will recommend Erasmus for everybody!”

Finnish student attending ESEP

“It was a great experience, I discovered a country, people and I learned a lot.”

French student attending ESEP

“En general, mi experiencia Erasmus ha sido muy buena. He tenido la oportunidad de conocer la cultura portuguesa, de desarrollar mis conocimientos de portugués, conocer buena gente, conocer el profesionalismo de la profesión enfermera en Portugal. Excelente.”

Spanish student attending ESEP



ESEP Contacts



Escola Superior de Enfermagem do Porto

Address: Rua Dr. António Bernardino de Almeida
4200-072 Porto Portugal

www.esenf.pt • esep@esenf.pt
f /enfermagemporto • t @EnfermagemPorto

International Relations Office: ri@esenf.pt

