



Universidade de Évora

Open call rules

Applications for Admission: Curso de formação em Curso 3: Cuidado Integral e Autocuidado no Luto Perinatal (Course 3: Comprehensive Care and Self-Care in Perinatal Bereavement)
Academic Year 2025/2026

1. The program is promoted by

Universidade de Évora - Escola Superior de Enfermagem S. João de Deus

2. Coordenador(a)

Mónica Sofia do Couto Antunes (monica.antunes@uevora.pt)

3. Program description

This course focuses on family-centred care practices in perinatal bereavement and the emotional sustainability of healthcare professionals. It addresses symbolic, spiritual, and integrative strategies in the farewell process and promotes self-care, emotional regulation, and burnout prevention skills.

4. Objectives

Integrate family-centred care practices into the grieving process;
Support symbolic and spiritual farewell practices;
Develop self-care skills and prevent emotional exhaustion in professional practice.

5. General conditions of access and admission

i General conditions

Be over 18 years old and resident permit. If you do not have Portuguese nationality, you must have a residence permit and tax payer number .

ii Specific admission conditions

Bachelor's degree in health sciences.

iii **Required academic qualifications** Higher Education - Degree 1st Cycle (Bologna) or Equivalent

iv **Necessary documentation**

- a) identification document;
- b) document(s) proving the qualifications required in the Announcement for access to the course;
- c) document proving the IBAN of the bank account held by the candidate, in which the name of the holder is mentioned;
- d) proof of residence permit, in the case of foreign students;
- e) document with tax identification number, in the case of foreign students;

6. Selection Process

Date of application submission.

7. Maximum number of admissions

- Maximum number of admissions: 30

OBS: Microcredential within the scope of Impulso Mais Digital of the PRR - MedTech NEXT Project - Medicine, Technology, and Future, subject to an incentive program according to its own regulation.

8. Minimum number of students

Minimum number of students: 15

9. Tuition fee

- Tuition fee: 0,00 €

10. ECTS

- Number of ECTS of the program: 1

11. Horas de Contacto

- Total de horas de contacto: 10

12. Learning Type

b-Learning

13. Schedule type

Mixed

14. Classes location

Online (e-learning platform) and on-site at the Nursing School São João de Deus, University of Évora – Évora (Évora district).

15. Classes schedule (week days and schedule)

Online session: November 12, from 2:00 p.m. to 6:00 p.m.

In-person session (Group A): November 20, from 2:00 p.m. to 5:00 p.m., at São João de Deus Nursing School.

In-person session (Group B): November 27, from 2:00 p.m. to 5:00 p.m., at São João de Deus Nursing School.

16. Program Dates

- Program Start Date: November 12, 2025
- Program End Date: November 27, 2025

17. Application Dates

- Applications Start Date: September 18, 2025
- Applications End Date: October 23, 2025
- Announcement of Results (until): November 4, 2025
- Enrollments Start Date: November 4, 2025
- Enrollments End Date: November 10, 2025

October 8, 2025

The Rector

Hermínia Vasconcelos Vilar