



Universidade de Évora

Open call rules

Applications for Admission: Curso de formação em Estomaterapia: Capacitação para o Autocuidado (Stomatherapy: Self-care Training)
Academic Year 2025/2026

1. The program is promoted by

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

2. Coordenador(a)

Isabel Maria Tarico Bico (isabelbico@uevora.pt)

3. Program description

The number of people with ostomies in Portugal demonstrates the importance of specialised health-care. According to the study by Dias et al. (2024), the prevalence of individuals with at least one stoma was estimated at 22,045 in 2021, considering mainland Portugal and the Autonomous Region of Madeira. There were also approximately 6,622 new cases of people with stomas, of which 5,834 (88.1%) were elimination stomas. These data highlight the need for a robust healthcare system and nursing professionals trained in stoma care, capable of offering comprehensive and specialised support to this population.

People living with an ostomy, whether for elimination, feeding or breathing, face challenges that go far beyond physiological changes. Changes in body image, loss of control over physiological functions, and fear of social stigma can lead to anxiety, depression, and low self-esteem. Adapting to this new reality requires a holistic approach that considers the individual as a whole, encompassing not only physical and technical dimensions, but also psychological, social, and spiritual needs.

The approach to people with ostomies should be a continuous and multidisciplinary process, beginning in the preoperative period and extending throughout their lives. The main objective is to empower them not only to adapt to their new reality, but also to regain their autonomy and well-being.

Recognising and responding to all needs, whether physical, psychological, social or spiritual, is the starting point for successful self-care training. The support of a team of healthcare professionals, especially stoma nurses, is essential for the person to acquire the knowledge and skills necessary for self-care, promoting their independence and full participation in community life.

4. Objectives

The aim of this course is for nursing professionals to acquire and develop skills in the field of stomatherapy nursing; to provide training for the practice of stomatherapy nursing for the individual and their family/caregiver, promoting comprehensive, preventive, effective, safe, and timely care for the person with an ostomy.

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 Nursing

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

8. Minimum number of students

Minimum number of students: 15

9. Tuition fee

- Tuition fee: 0,00 €

This course is covered by the PRR's Digital Plus Impulse. Students may be eligible for completion prize, in accordance with [Regulation](#), to be paid into a bank account held by the student.

10. ECTS

- Number of ECTS of the program: 3

11. Horas de Contacto

- Total de horas de contacto: 30

12. Learning Type

Presential

13. Schedule type

Mixed

14. Classes location

São João de Deus School of Nursing, University of Évora

15. Classes schedule (week days and schedule)

February 12 - 9 a.m. to 5 p.m.

February 13 - 9 a.m. to 5 p.m.

February 18 - 2:18 p.m.

February 25 - 2:00 p.m. to 6:00 p.m.

16. Program Dates

- Program Start Date: February 12, 2026
- Program End Date: February 25, 2026

17. Application Dates

- Applications Start Date: December 2, 2025
- Applications End Date: January 26, 2026
- Announcement of Results (until): January 30, 2026
- Enrollments Start Date: January 30, 2026
- Enrollments End Date: February 4, 2026

November 26, 2025

The Rector

Hermínia Vasconcelos Vilar