



Universidade de Évora

Open call rules

Applications for Admission: Pós-Graduação em Enfermagem do Estilo de Vida:
Intervenção Integrativa (Lifestyle Nursing: Integrative Intervention)
Academic Year 2025/2026

1. The program is promoted by

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

2. Course Committee

Anabela Pereira Coelho (anabela.coelho@uevora.pt)
Marta Sofia Inácio Catarino (marta.catarino@uevora.pt)
Florbela Maria Marmou Bia (florbela.bia@uevora.pt)

3. Program description

Lifestyle Nursing is a holistic and multidisciplinary approach that aims to promote the health and well-being of individuals by combining conventional nursing practices with complementary therapies and lifestyle interventions. Underpinning this principle is Jean Watson's theory of Human Caring, which emphasises the importance of caring relationships and the holistic nature of nursing, focusing on the interconnectedness of mind and body.

4. Career opportunities

This course enables you to develop recognised competences so that, in the different nursing settings, you can practise nursing that promotes well-being using different integrative and complementary practices. Lifestyle Nursing can be practised during your regular nursing practice in a hospital or community setting or in Lifestyle Nursing Consultations that can be created and offered autonomously and freely within the Health System.

5. General conditions of access and admission

i Conditions for access to the post-graduate program

Those who meet the following conditions may apply to the post-graduate program:

- Holders of the bachelor degree or legal equivalent;
- Holders of a foreign academic degree dully recognised as satisfying the objectives identical to the bachelor degree by the relevant scientific body of the higher education institution they wish to be admitted to;
- Holders of an academic, scientific or professional curriculum vitae that is recognized as attesting to the capacity to carry out this cycle of studies by the relevant scientific body of the higher education institution they wish to be admitted to.

ii **Conditions of access to the post-graduate program at Universidade de Évora**

On the application date, the undergraduate students must satisfy conditions that guarantee the conclusion of their undergraduate degree until the 30th of October of the admission year. The admission and enrollment of these students is conditioned on the conclusion of the degree until this date, and the enrollment is canceled if the student does not complete the degree within that period

During the first application phase, students who have a maximum of 6 curricular units or 36 ECTS missing for conclusion of their degree can apply for the 2nd cycle; in the 2nd application phase students can apply if they have at most 3 curricular units missing and in the 3rd application phase if they have at most one curricular unit missing

The previous condition does not apply to students with a curriculum that reveals professional or scientific experience, which can be recognized by the competent scientific body, as attesting the students ability to carry out the masters degree/post-graduation, provided that the student required that recognition in the application process

iii **Specific admission conditions**

Nursing Graduation

6. Selection Process

- Academic Qualifications: 50%
 - Level of qualifications: 100%
- Curriculum Analysis: 50%
 - Professional Training in the area of the program or related fields: 100%

Successful completion of the following 8 micro-credentials:
 Fundamentals of Lifestyle Nursing: A New Health Paradigm
 Conscious Movement: The Power of Exercise in Health
 Mental Health Promotion
 Human Relations Management
 Functional Nutrition
 Sleep Health
 Healthy Environments
 Integration of spirituality and hope in healthcare

7. Maximum number of admissions

- Maximum number of admissions: 30

8. Minimum number of students

Minimum number of students: 10

9. Tuition fee

- Tuition fee: 0,00 €

10. Organization / Duration

- a. **Duration of the program:** 1 semesters
- b. **Number of ECTS to obtain the degree:** 24

11. Language(s) of teaching

- Portuguese

12. Learning Type

b-Learning

13. Schedule type

Mixed

14. Classes schedule (week days and schedule)

Durante a semana

15. Program Dates

- Program Start Date: May 12, 2025
- Program End Date: September 30, 2026

16. Application Dates

- Applications Start Date: -
- Applications End Date: -
- Announcement of Results (until): April 7, 2026
- Enrollments Start Date: April 7, 2026
- Enrollments End Date: April 14, 2026

March 31, 2026
The Rector

Hermínia Vasconcelos Vilar