

Regulation of the Specific Competences of the Specialist Nurse in Maternal Health, Obstetrics and Gynaecology Nursing¹

Preamble

As per the target concept of intervention, defined and based on the premise that "nursing care takes as a focus point the promotion of the health projects each person lives and pursues", the Woman is defined within the reproductive cycle as the beneficiary entity of nursing care in this speciality, having underneath the assumption that the person, as a sociable being and intentional agent of behaviours, is a unique being, with self-dignity and the right of self-determination (the Woman, as the beneficiary entity of nursing care in this speciality, should be understood in an individual perspective as the person as a whole, considering the interrelation with the significant others and the environment in which they live and develop, made of the human, physical, political, economic, cultural and organizational elements; and in a collective perspective as a target group understood as the collection of childbearing age Women connected by the sharing of common conditions and interests).

The specialist nurse in maternal, obstetrics and gynaecology nursing assumes responsibility for the practice of the following areas of intervention activity:

1. Family and pre-conceptual planning - assistance to the woman experiencing health/disease processes within sexuality, family planning and the pre-conceptual period; 2. Pregnancy - assistance to the woman experiencing health/disease processes during the pre-natal period; 3. Childbirth - assistance to the woman experiencing health/disease processes during labour and childbirth; 4. Puerperium - assistance to the woman experiencing health/disease processes during the post-natal period; 5. Climacteric - assistance to the woman experiencing health/disease processes during the perimenopause period; 6. Gynaecology - assistance to the woman experiencing gynaecological health/disease processes; 7. Community - assistance to the women of childbearing age, acting in the environment in which they live and develop, in order to promote sexual and reproductive health and to prevent disease processes.

The specialist nurse in maternal health, obstetrics and gynaecology nursing assumes, in their professional practice, autonomous interventions in all the low risk situations, understood as those in which normal physiological processes and life processes in the woman's reproductive cycle, and also autonomous and interdependent interventions in all medium- and high-risk situations, understood as those in which pathological processes and dysfunctional life processes in the woman's reproductive cycle are involved.

Therefore:

As per item c) of nr. 4 of article 31-A, item o) of article 20 and item i) of article 12, all pertaining to the Nursing Council [Ordem dos Enfermeiros] Statutes, approved by Decree-Law nr. 104/98, of April 21st, altered and republished by Law nr. 111/2009, of September 16, after approval by the College of Speciality of Maternal Health and Obstetrics Nursing, under proposal of the Board of Directors, having heard the Board of Jurisdiction and the regional boards of directors, the General Assembly approves the following Regulation:

Article 1.

Object

The current regulation defines the profile of specific competences of the specialist nurse in maternal health, obstetrics and gynaecology nursing.

Article 2.

Scope and aim

The profile of specific competences of the specialist nurse in maternal health, obstetrics and gynaecology nursing integrates, together with the profile of common competences, the set of specialized clinical competences that aims to promote a regulating framework for the certification of competences and to inform the citizens about what they can expect.

Article 3.

Concepts

The terms used in the current Regulation abide by the definitions foreseen in article 3 of the Regulation that establishes the common competences of specialist nurses.

Article 4.

Specific competences of the specialist nurse in maternal health, obstetrics and gynaecology nursing

1 - The competences of the specialist nurse in maternal health, obstetrics and gynaecology nursing are as follows:

- a) Cares for the woman inserted in the family and in the community in the scope of family planning and during the pre-conceptual period;
- b) Cares for the woman inserted in the family and in the community during the pre-natal period;
- c) Cares for the woman inserted in the family and in the community during labour;
- d) Cares for the woman inserted in the family and in the community during the post-natal period;
- d) Cares for the woman inserted in the family and in the community during the climacteric period;
- f) Cares for the woman inserted in the family and in the community experiencing processes of gynaecological health/disease;
- g) Cares for the target group (women of childbearing age) inserted in the community.

2 - Each competence foreseen in the previous number is presented with a description, competence units and evaluation criteria (Annex I)

ANNEX I

Competence

H1. Cares for the woman inserted in the family and in the community in the scope of family planning and during the pre-conceptual period

Description

Cares for the woman inserted in the family and in the community in the scope of family planning and during the pre-conceptual period, establishing and implementing intervention and health education programmes in order to promote healthy families, planned pregnancies and positive experiencing of sexuality and parenthood.

Competence units	Evaluation criteria
H1.1 Promotes the woman's health in the scope of sexual health, family planning and during the pre-conceptual period.	H1.1.1. Designs, plans, coordinates, supervises, implements and evaluates programmes, projects and interventions of sexual education and of pre-conceptual health. H1.1.2. Designs, plans, coordinates, supervises, implements and evaluates programmes, projects and interventions of promotion of fecundity regulation and of fertility. H1.1.3. Informs and orients about the available resources in the community in the scope of family and pre-conceptual planning. H1.1.4. Informs and orients in the matter of family and pre-conceptual planning. H1.1.5. Promotes the informed decision in the scope of family planning and pre-conceptual health. H1.1.6. Provides contraceptive methods and supervises their use.
H1.2. Diagnoses early and prevents complications for the woman's health in the scope of sexual health, family planning and during the pre-conceptual period.	H1.2.1. Designs, plans, coordinates, implements and evaluates screening and diagnosis interventions regarding the woman's health status. H1.2.2. Designs, plans, coordinates, implements and evaluates interventions of health protection and prevention of sexually transmissible infections. H1.2.3. Identifies problems related to the experiencing of sexuality, referencing the situations that are beyond their area of practice.

¹ Regulation No. 127/2011 - Regulation of Specific Competences of the Specialist Nurse in Maternal Health, Obstetrics and Gynaecology Nursing. Portuguese Official Gazette, 2nd series - No. 35 - February 18, 2011, p.8662-8666. Translated and adapted by the Portuguese Association of Obstetric Nurses, 2013.

Competence units	Evaluation criteria
	H1.2.4. Identifies and monitors the potential of pre-conceptional and obstetric risk, referencing the situations that are beyond their area of practice. H1.2.5. Designs, plans, implements and evaluates interventions in the woman with a sexually transmissible infection, including her significant others.
H1.3. Provides care to the woman with sexual dysfunctions, fertility problems and sexually transmissible infections.	H1.3.1. Designs, plans, implements and evaluates interventions in the woman with sexual dysfunctions, including her significant others. H1.3.2. Designs, plans, implements and evaluates interventions in the woman with fertility issues, considering the health needs of her partner. H1.3.3. Designs, plans, implements and evaluates measures of emotional and psychological support to the woman with sexual dysfunctions and/or fertility issues, including her significant others. H1.3.4. Cooperates with other professionals in the treatment of the woman with a sexually transmissible infection, including her significant others. H1.3.5. Cooperates with other professionals in the treatment of the woman with fertility issues, considering the health needs of her partner.

Competence

H2. Cares for the woman inserted in the family and in the community during the pre-natal period

Description

Cares for the woman inserted in the family and in the community during the pre-natal period, in order to potentiate her health, to early detect and treat complications, promoting maternal-foetal well-being.

Competence units	Evaluation criteria
H2.1. Promotes the woman's health during the pre-natal period and in an abortion situation.	H2.1.1. Designs, plans, coordinates, supervises, implements and evaluates programmes, projects and interventions of promotion of pre-natal health. H2.1.2. Diagnoses and monitors the pregnancy. H2.1.3. Promotes the informed decision in the scope of termination, informing and orienting for the available resources in the community. H2.1.4. Informs and orients about healthy life styles in the pregnancy. H2.1.5. Promotes the informed decision in the scope of pre-natal health, providing the pregnant woman with information about the available resources in the community. H2.1.6. Designs, plans, coordinates, supervises, implements and evaluates programmes, projects and interventions of promotion of mental health while experiencing pregnancy. H2.1.7. Designs, plans, coordinates, supervises, implements and evaluates programmes of complete preparation to childbirth and responsible parenthood. H2.1.8. Designs, plans, coordinates, supervises, implements and evaluates programmes, projects and interventions of promotion of breastfeeding. H2.1.9. Promotes the birth plan, advises and supports the woman in her decision. H2.1.10. Informs and guides the woman regarding sexuality and contraception in the post-abortion period.
H2.2. Diagnoses early and prevents complication in the woman's health during the pre-natal period and in an abortion situation.	H2.2.1. Informs and guides the pregnant woman and her significant other about the signs and symptoms of risk. H2.2.2. Identifies and monitors the maternal-foetal health through the appropriate clinical and technical means. H2.2.3. Prescribes the necessary investigations for detecting a risk pregnancy. H2.2.4. Identifies and monitors deviations to the physiological pregnancy, referencing the situations that are beyond their area of practice. H2.2.5. Identifies and monitors deviations to the patterns of adjusting to pregnancy, referencing the situations that are beyond their area of practice. H2.2.6. Evaluates the maternal-foetal well-being through the appropriate clinical and technical means. H2.2.7. Evaluates and determines the adequacy of the pelvic structure in relation to the foetus H2.2.8. Designs, plans, implements and evaluates interventions aiming to potentiate a healthy pregnancy. H2.2.9. Identifies and monitors abortion events.
H2.3. Provides care to the woman and facilitates her adjustment during the pre-natal period and in an abortion situation	H2.3.1. Informs and orients about support measures for relieving the pregnancy discomforts. H2.3.2. Designs, plans, implements and evaluates interventions in the woman with deviations to the pattern of adjustment to pregnancy. H2.3.3. Designs, plans, implements and evaluates interventions in the woman with pathology associated or concomitant to the pregnancy. H2.3.4. Cooperates with other professionals in the treatment of the woman with pregnancy complications, even if with associated or concomitant pathology. H2.3.5. Applies basic life support measures to the woman in critical situation. H2.3.6. Assumes the decision to transfer, ensures the transference and cares for the pregnant woman during transport. H2.3.7. Designs, plans, implements and evaluates interventions to the woman with post-abortion complications. H2.3.8. Designs, plans, implements and evaluates support interventions to the woman, including her significant others, during the grief period in case of abortion. H2.3.9. Cooperates with other professionals in the treatment of the woman with post-abortion complications.

Competence

H3. Cares for the woman inserted in the family and in the community during labour

Description

Cares for the woman inserted in the family and in the community during labour, carrying out the labour in a safe environment, in order to optimize the parturient's health and the newborn's health in their adjustment to extra-womb life.

Competence units	Evaluation criteria
H3.1. Promotes the woman's health during labour and optimizes the adjustment of the newborn to extra-womb life.	<p>H3.1.1. Acts accordingly with the birth plan established with the woman, ensuring quality interventions and controlled risk.</p> <p>H3.1.2. Ensures a safe environment during labour and childbirth.</p> <p>H3.1.3. Designs, plans, implements and evaluates interventions of promoting the comfort and well-being of the woman and her significant others.</p> <p>H3.1.4. Designs, plans, implements and evaluates interventions promoting attachment between the mother/father/newborn/significant others.</p> <p>H3.1.5. Designs, plans, implements and evaluates interventions of promotion, protection and support to breastfeeding.</p> <p>H3.1.6. Cooperates with other professionals in the implementation of interventions of promotion, prevention and pain control.</p>
H3.2. Diagnoses early and prevents complications for the woman and newborn's health.	<p>H3.2.1. Identifies and monitors labour.</p> <p>H3.2.2. Identifies and monitors the maternal-foetal risk during labour and childbirth, referencing the situations that are beyond their area of practice.</p> <p>H3.2.3. Identifies and monitors deviations to the normal progress pattern of labour, referencing the situations that are beyond their area of practice.</p> <p>H3.2.4. Evaluates and determines the adequacy of the pelvic structure in relation to the foetus during labour.</p> <p>H3.2.5. Designs, plans, implements and evaluates interventions that are adequate to the progress of labour, optimizing the health conditions of the mother and the foetus.</p> <p>H3.2.6. Applies adequate techniques performing a delivery with cephalic presentation and, in case of emergency, a delivery with pelvic presentation.</p> <p>H3.2.7. Ensures the immediate evaluation of the newborn, implementing support measures in the adjustment to extra-womb life.</p> <p>H3.2.8. Ensures the newborn reanimation in emergency situations.</p> <p>H3.2.9. Cooperates with other professionals in the treatment of the newborn with morphological and functional alterations.</p> <p>H3.2.10. Identifies morphological and functional alterations in the newborn, referencing the situations that are beyond their area of practice.</p>
H3.3. Provides care to the woman with pathology associated and/or concomitant to the pregnancy and/or labour.	<p>H3.3.1. Designs, plans, implements and evaluates measures of emotional and psychological support to the parturient and the woman in labour, including her significant others.</p> <p>H3.3.2. Designs, plans, implements and evaluates interventions in the parturient with pathology associated or concomitant to the pregnancy during labour.</p> <p>H3.3.3. Designs, plans, implements and evaluates interventions to the parturient in case of placenta retention, doing, in case of emergency, the manual extraction and uterine revision.</p> <p>H3.3.4. Evaluates the integrity of the birth canal and applies reparation techniques, referencing the situations that are beyond their area of practice.</p> <p>H3.3.5. Cooperates with other professionals in the treatment of the parturient with pregnancy and labour complications.</p> <p>H3.3.6. Assumes the decision to transfer, ensures the transference and cares for the parturient during transport</p>

Competence

H4. Cares for the woman inserted in the family and in the community during the post-natal period

Description

Cares for the woman inserted in the family and in the community during the post-natal period, in order to potentiate both mother's and the newborn's health, supporting the transition process and the adjustment to parenthood.

Competence units	Evaluation criteria
H4.1. Promotes the woman and the newborn's health in the post-natal period.	<p>H4.1.1. Informs and guides about the available resources in the community that can respond to both the mother's and the newborn's needs, promoting the informed decision.</p> <p>H4.1.2. Informs and guides the woman about the growth, development, signs and symptoms of alarm in the newborn.</p> <p>H4.1.3. Informs and guides the woman regarding the sexuality and contraception in the post-childbirth period.</p> <p>H4.1.4. Designs, plans, implements and evaluates interventions of promotion, protection and support to breastfeeding</p> <p>H4.1.5. Designs, plans, implements and evaluates interventions of promotion, and support to the post-childbirth adjustment.</p> <p>H4.1.6. Designs, plans, coordinates, supervises, implements and evaluates programmes, projects and interventions of promotion of mental health while experiencing childbirth, potentiating a responsible parenthood.</p>

Competence units	Evaluation criteria
H4.2. Diagnoses early and prevents complications for the woman and newborn's health during the post-natal period.	H4.2.1. Informs, guides and supports the mother in her self-care and in the care for the newborn. H4.2.2. Identifies and monitors alterations to the transition processes and to adjusting to parenthood, referencing the situations that are beyond their area of practice. H4.2.3. Identifies and monitors the health status of the mother and of the newborn, referencing the situations that are beyond their area of practice. H4.2.4. Identifies post-childbirth complications, referencing the situations that are beyond their area of practice. H4.2.5. Designs, plans, implements and evaluates interventions aiming to potentiate the woman's health after childbirth.
H4.3. Provides care in the situations that may negatively affect the woman the newborn's health in the post-natal period.	H4.3.1. Designs, plans, implements and evaluates measures of emotional and psychological support to the woman in childbirth, including her significant others. H4.3.2. Designs, plans, implements and evaluates interventions of post-childbirth recovery. H4.3.3. Designs, plans, implements and evaluates corrective measures to the breastfeeding process. H4.3.4. Designs, plans, implements and evaluates interventions to the woman with post-childbirth complications. H4.3.5. Designs, plans, implements and evaluates interventions in the woman in childbirth with associated or concomitant pathology. H4.3.6. Designs, plans, implements and evaluates support interventions to the woman, including her significant others, in case of morphological or functional alterations of the newborn. H4.3.7. Designs, plans, implements and evaluates support interventions to the woman, including her significant others, during the mourning period in case of foetal/neonatal death. H4.3.8. Cooperates with other professionals in the treatment of the woman with post-childbirth complications. H4.3.9. Cooperates with other professionals in the treatment of the woman in childbirth with associated and/or concomitant pathology. H4.3.10. Cooperates with other professionals in the treatment of the newborn with health issues in the neonatal period. H4.3.11. Assumes the decision to transfer, ensures the transference and cares for both the mother and the newborn during transport.

Competence

H5. Cares for the woman inserted in the family and in the community during the climacteric period

Description

Cares for the woman inserted in the family and in the community during the climacteric period, in order to potentiate her health, supporting the transition process and the adjustment to menopause.

Competence units	Evaluation criteria
H5.1. Promotes the woman's health, supporting the process of transition to menopause.	H5.1.1. Designs, plans, coordinates, supervises, implements and evaluates programmes, projects and interventions of screening and health promotion during climacteric. H5.1.2. Designs, plans, coordinates, supervises, implements and evaluates programmes, projects and interventions of promotion of mental health in experiencing the menopause. H5.1.3. Informs and guides the woman regarding changes associated with climacteric. H5.1.4. Informs and guides the woman about the available resources, promoting the informed decision.
H5.2. Diagnoses early and prevents complications for the woman's health during the climacteric period	H5.2.1. Designs, plans, coordinates, supervises implements and evaluates interventions of health protection and prevention of changes associated with climacteric. H5.2.2. Identifies and monitors the health status of the woman in the climacteric, referencing the situations that are beyond their area of practice. H5.2.3. Identifies and monitors the potential of risk for diseases caused by the decrease in the ovarian function, referencing the situations that are beyond their area of practice. H5.2.4. Identifies physical, psychological, emotional and sexual changes resulting from climacteric, referencing the situations that are beyond their area of practice. H5.2.5. Designs, plans, implements and evaluates interventions to the woman with changes associated with climacteric.
H5.3. Provides care for the woman experiencing processes of adjustment to menopause.	H5.3.1. Designs, plans, implements and evaluates interventions in the woman with sexual dysfunctions associated with climacteric, including her significant others. H5.3.2. Designs, plans, implements and evaluates interventions in the woman with pathology associated or concomitant to the climacteric. H5.3.3. Designs, plans, implements and evaluates measures of emotional and psychological support to the woman with complications associated to climacteric, including her significant others. H5.3.4. Cooperates with other professionals in the treatment of the woman with complications associated to climacteric.

Competence

H6. Cares for the woman inserted in the family and in the community experiencing processes of gynaecological health/disease

Description

Cares for the woman inserted in the family and in the community experiencing processes of gynaecological health/disease in order to potentiate health.

Competence units	Evaluation criteria
H6.1. Promotes the woman's gynaecological health.	H6.1.1. Designs, plans, coordinates, supervises, implements and evaluates programmes, projects and screening interventions in order to promote gynaecological health. H6.1.2. Informs and guides the woman about gynaecological health. H6.1.3. Informs and guides the woman about community resources in the scope of gynaecological health, promoting the informed decision.
H6.2. Diagnoses early and prevents complications related with the genito-urinary system and/or breast disorders.	H6.2.1. Diagnoses and monitors the risk potential of the woman for genito-urinary system and/or breast disorders. H6.2.2. Diagnoses and monitors genito-urinary system and/or breast disorders, referencing the situations that are beyond their area of practice. H6.2.3. Designs, plans, implements and evaluates interventions in the woman with genito-urinary system and/or breast disorders, including her significant others. H6.2.4. Cooperates with other professionals in the diagnosis of genito-urinary system and/or breast disorders.
H6.3. Provides care to the woman with genito-urinary system and/or breast disorders and facilitates her adjustment to the new situation.	H6.3.1. Informs and guides the woman in treatment of genito-urinary system and/or breast disorders. H6.3.2. Designs, plans, implements and evaluates interventions to the woman in treatment of genito-urinary system and/or breast disorders. H6.3.3. Designs, plans, implements and evaluates emotional and psychological support measures to the woman with genito-urinary system and/or breast disorders, including her significant others. H6.3.4. Designs, plans, implements and evaluates interventions to the woman with post-surgical complications of genito-urinary system and/or breast disorders. H6.3.5. Cooperates with other professionals in the treatment of the woman with genito-urinary system and/or breast disorders.

Competence

H7. Cares for the target group (women of childbearing age) inserted in the community

Description

Cares for the target group promoting quality care, culturally sensitive and consistent with the population's needs.

Competence units	Evaluation criteria
H7.1. Promotes the target group's health.	H7.1.1. Identifies health infrastructures and their access conditions in the community. H7.1.2. Manages the available resources in the community to respond in an urgency/emergency and transport situation. H7.1.3. Diagnoses and monitors the health state of women of childbearing age. H7.1.4. Identifies nursing care needs related with sexual and reproductive health. H7.1.5. Identifies the direct and indirect causes of maternal and neonatal morbi-mortality using epidemiologic knowledge. H7.1.6. Develops strategies for promoting safe care in different childbirth environments. H7.1.7. Advocates and promotes empowerment strategies for women of childbearing age. H7.1.8. Advocates for abiding with the existing laws related with reproductive health and parenthood.
H7.2. Diagnoses early and intervenes in the target group in order to prevent complications in the area of sexual and reproductive health.	H7.2.1. Designs, plans, coordinates, supervises, implements and evaluates programmes, projects and interventions in order to respond to the sexual and reproductive health needs. H7.2.2. Values the traditional and contemporary health practices, managing their risks and benefits for the health of women of childbearing age. H7.2.3. Manages the benefits and risks of the available childbirth locations. H7.2.4. Evaluates and gives their assessment regarding conditions appropriate for the clinical practice. H7.2.5. Applies the national vaccination programme and informs about the terms of access to the immunization services.
H7.3. Intervenes in the minimization of maternal-foetal morbi-mortality causes.	H7.3.1. Designs, plans, coordinates, supervises, implements and evaluates programmes, projects and interventions in order to minimize the direct and indirect causes of maternal-foetal morbi-mortality. H7.3.2. Cooperates with other professionals in programmes, projects and interventions to improve the global quality of services in the scope of sexual and reproductive health

Approved in the Assembly of the Maternal Health and Obstetrics Nursing Speciality College, September 11th 2010.

Approved in the Extraordinary General Assembly, November 20th 2010.

November 20th 2010. — The Nursing Council President, Maria Augusta Purificação Rodrigues de Sousa.