

25449 - Gender and Health

Syllabus Information

Academic year: 2023/24

Subject: 25449 - Gender and Health

Faculty / School: 127 - Facultad de Ciencias de la Salud
375 - Escuela Universitaria de Enfermería de Teruel

Degree: 559 - Degree in Nursing
561 - Degree in Nursing

ECTS: 3.0

Year: 4

Semester: First semester

Subject type: Optional

Module:

1. General information

Nursing is a holistic discipline that focuses on health care, covering clinical and sociocultural areas both at the individual and community level analysing the relationships between healthy or sick people with their family and environment in a comprehensive manner. The profession's code of ethics emphasizes the importance of gender issues in health care.

Nurses must be trained to identify and address the differences between women and men, the impact of gender roles on health throughout the life cycle, and the inequalities that exist as a result of power structures that influence health. The ministerial regulations on the implementation of Degree in Nursing include as descriptors the analysis of the sex-gender system, gender and health, gender as an organizer of health professions, prevention of gender violence and comprehensive care.

A gender approach to health includes the existing differences as sexed beings, gender roles, sex-affective and gender diversity, and the analysis of the impact that inequalities derived from the impositions of the binary sex-gender system have throughout the life cycle of individuals. Its individual and community management, for the elimination of inequalities and empowerment of communities in vulnerable situations, has a prominent place among the functions of nursing.

These approaches and objectives are aligned with the Sustainable Development Goals (SDGs) of the 2030 Agenda of United Nations (<https://www.un.org/sustainabledevelopment/es/>), specifically, the learning activities planned in this subject will contribute to the achievement of objectives 5.4, 5.5, 5.6, 5 a, b and c, of goal 5; as well as 10.2 of goal 10.

2. Learning results

- To know the evolution of feminist movements, their critical impact on society and contributions to the understanding of the health of individuals and communities
- To know and differentiate the key concepts related to the sex-gender system (differences, inequalities and interactions), the socio-cultural construction of gender and to analyse its impact on health from an intersectional point of view
- To identify gender biases in health, nursing care and care organization.
- To understand strategies to apply the gender perspective and affective-sexual, corporal and gender diversity in the professional nursing practice

As a scientific discipline, Nursing must incorporate the gender perspective, as it is a question of scientific evidence, ethics and social justice and the promotion and development of quality care. This subject provides the tools and instruments for the detection of gender inequalities in health, through the analysis of the impact of gender biases in research and health care practice. In addition, it offers a critical vision for the development of care plans from a gender and diversity perspective, from the application of scientific knowledge and commitment to ethics and quality of care.

3. Syllabus

Module I. Gender and health: general concepts.

Sex-gender system. Gender as a socio-cultural construction.

Gender and Identities, impact on health from a life cycle approach.

Social and gender inequalities in health. Differential Morbidity and Intersectionality.

Module II. Gender as a category of analysis.

Gender as a social determinant of health.

Theoretical sex-gender framework in health: differences, inequalities, roles and approach beyond binarism.

Gender biases in health and nursing practice.

Module III. Methodological aspects of the application of nursing care from a gender perspective.

Gender biases in standardized languages

Nursing process in gender perspective

Initiation to health research with a gender perspective: gender as a variable and as a category of analysis.

4. Academic activities

In general, the methodological techniques employed include:

- Expository and participative classes (20 hours per student)
- Theoretical-practical seminars and/or webinars (7 hours per student)
- Problem-based learning
- Exemplification and case studies
- Exhibition of individual or group work
- Work preparation and review
- Participation in forums, conferences and/or congresses: updating in this subject is essential and almost every year there are related events that will be proposed by teachers or students. Attendance and/or participation will be planned and valued, following the principles of equity of economic, professional and family opportunities. They will account for a maximum of 10% of the final grade of the subject.

5. Assessment system

The evaluation of the subject involves the practical application of the contents worked on during the sessions and different activities, as follows:

1. Relevance of the gender approach in health and nursing.

Group work on the impact of gender inequality on health care in vulnerable situations, from an intersectional vision . Describe a situation of inequality in research, health care, development or organization of care, based on the impact of gender roles/stereotypes, differential morbidity and its implication on health, discrimination based on sex-affective diversity or gender identity.

Weighting on the final grade: 4 points out of 10, minimum of 3 to pass the subject

2. Utility of the gender approach in health and nursing.

Individual work incorporating the gender perspective in the Degree Final Project. To apply the contents and strategies acquired in the theoretical-practical sessions to one's own work at the end of studies.

Weighting on the final grade: 6 points out of 10, minimum of 3 points to pass the subject.