Dear Colleagues,

Here we are again, together with thousands of colleagues from several countries around the world, in the ICN 24th Quadrennial Congress. After Taipei and Yokohama, it is with great pleasure that, by the third consecutive time, the Ordem dos Enfermeiros (OE) actively participates in one of the major events of the International Council of Nurses (ICN), and therefore, of global nursing.

Last year, the Ordem dos Enfermeiros has completed its 10th anniversary. It was a special moment for those who lived the past, particularly the first steps of this organization, but also for those who lived these 10 years and those who are arriving to the profession. Through this celebration, it was possible to have conscience of the hard work made in a short period by a determined and courageous group of nurses, as well as the significant development of this professional group: from nearly 38,000 members in 2000, to nearly 57,000 members on the 31st December 2008. From a majority with a baccalaureate degree in 1998, to a majority with a Higher Education degree in 2008. From a profession without professional regulation, to a self regulated profession and steadily building a new Professional Development Model.

Having in mind all that I have just mentioned, you can imagine our special enthusiasm in participating in a congress with the theme: Leading Change: Building Healthier Nations. Without forgetting the main purpose of the Ordem dos Enfermeiros – which is to «Promote the defence of the quality of nursing care rendered to the population, as well as to develop, regulate and control the practice of nursing, guaranteeing that ethical and professional deontology rules are respected» – we aim, day by day, to promote nursing as an autonomous and qualified health profession, central piece and link of a multidisciplinary approach, scientifically, technically and humanly prepared to lead innovation and change processes. The final goal, to any nurse, is always to achieve better health results to his co-citizens.

But there’s always something to learn and we are aware of the precious contribute of sharing experiences with colleagues from the entire world. That is why we are here in Durban. And we also want to show the reality of Portuguese nursing. We intend to achieve that purpose through the communications of several of the members of our delegation and through this leaflet / brochure.

I recall that the Ordem dos Enfermeiros was legally established in 1998, as the result of an aspiration of decades of the Portuguese nurses. In April of 2004, OE becomes member of ICN, in the collaboration model with eleven other professional nursing organizations, including APE (Portuguese Nurses Association), former Portuguese ICN member. OE was formally represented, for the first time, in the 23rd ICN’s Quadriennal Congress and CNR, in Taipei, with a delegation that embodies the collaboration model.

Maria Augusta Sousa
President of the
Ordem dos Enfermeiros - Portugal
PORTUGAL: THE COUNTRY AND THE PEOPLE

Portugal, the most western point of continental Europe bordering the North Atlantic Ocean and Spain, was founded in 1143 by King Afonso Henriques and its capital is Lisbon.

Portugal has a total area of 92 117.5 km² which includes the archipelagos of Madeira (two main islands) and Azores (nine islands) in the Atlantic Ocean.

The continental part of Portugal is a rectangle of 960 km from north to south, and 220 km from east to west. It has 832 km of Atlantic coastline and a 1 215 km inland border with Spain.

Portugal has a mild Atlantic climate. The southern region can experience extremely high temperatures in the summer while
during winter the northern regions have lots of rain and temperatures can be very low with snow, especially in high regions.

The islands of Madeira and Porto Santo are known for its particular good weather, with beautiful contrasting landscapes.

The nine islands of Azores are famous for the lakes and lagoons that now occupy the deep craters of ancient volcanoes and a mild climate throughout the year.

Portugal has been a parliamentary democracy since 1974 and joined the European Union in 1986. Until the democratic revolution, in 1974, that finished a 48 year long right-wing dictatorship, Portugal administered the overseas territories of Angola, Mozambique, Guinea-Bissau, Cape Verde, S. Tome and Principe and Timor Leste, which are now independent countries. The state institutions are the President of the Republic (elected each five years in direct universal election) and the Government (elected each four years in direct universal election).
HEALTH AND DEMOGRAPHY INDICATORS

Population (2007): 10 617 575
Crude Birth Rate (2007): 9.7 births / 1000

AGE STRUCTURE (2007)

<table>
<thead>
<tr>
<th>Region</th>
<th>Total Population</th>
<th>0 - 14 Years</th>
<th>15 - 64 Years</th>
<th>65 + Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Portugal</td>
<td>10 617 575</td>
<td>1 628 852</td>
<td>7 138 892</td>
<td>1 849 831</td>
</tr>
<tr>
<td>Continent</td>
<td>10 126 880</td>
<td>1 538 369</td>
<td>6 801 167</td>
<td>1 787 344</td>
</tr>
<tr>
<td>North</td>
<td>3 745 236</td>
<td>593 048</td>
<td>2 580 689</td>
<td>571 499</td>
</tr>
<tr>
<td>Centre</td>
<td>2 385 911</td>
<td>335 161</td>
<td>1 565 352</td>
<td>485 398</td>
</tr>
<tr>
<td>Lisbon</td>
<td>2 808 414</td>
<td>444 154</td>
<td>1 888 986</td>
<td>475 274</td>
</tr>
<tr>
<td>Alentejo</td>
<td>760 933</td>
<td>101 158</td>
<td>485 099</td>
<td>174 676</td>
</tr>
<tr>
<td>Algarve</td>
<td>426 386</td>
<td>64 848</td>
<td>281 041</td>
<td>80 497</td>
</tr>
<tr>
<td>Azores</td>
<td>244 006</td>
<td>46 437</td>
<td>167 341</td>
<td>30 228</td>
</tr>
<tr>
<td>Madeira</td>
<td>246 689</td>
<td>44 046</td>
<td>170 384</td>
<td>32 259</td>
</tr>
</tbody>
</table>

Life expectancy at birth m / f (years): 75.18 / 81.57
Healthy life expectancy at birth m / f (years, 2003): 67 / 72
Crude death rate m / f (per 1000): 10.40 / 9.16
Infant mortality m / f (deaths per 1000): 3.53 / 3.35
Neonatal mortality rate: 2.1 per 1000 live births
General fertility rate: 39.5 per 1000 inhabitants
GDP per capita (USA $): 21.800
Total expenditure on health per capita (USA $, 2006): 2.080
Total expenditure on health as % of GDP (2006): 10.0

Figures are for 2007 unless indicated.
Sources: Statistical Yearbook of Portugal - National Statistics Institute – Portugal; The World Health Statistics 2008 (WHO) and IndexMundi – CIA World Factbook
The Portuguese health care system is characterized by three co-existing systems: the National Health Service (NHS), special public and private insurance schemes for certain professions (health subsystems) and voluntary private health insurance. The main health care provider is the State, through the public institutions that constitute the National Health Service.

Although going through major changes, since 1979, that all Portuguese citizens have the right to health protection and access to universal and almost free health care within NHS, regardless their economical and social status. The NHS is mainly financed through taxes and provides health promotion, treatment and disease surveillance and prevention.

The NHS is changing and gradually we are witnessing the introduction of more private health care institutions, the growth of private health insurances schemes and the end of the public ones. At the same time the government is reinforcing the already existing co-payments system, which initially was symbolic and seen as a deterrent of the inadequate use of health care.

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### EVOLUTION OF MAIN HEALTH AND DEMOGRAPHIC INDICATORS

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Male life expectancy at birth</td>
<td>65.7</td>
<td>69.4</td>
<td>70.5</td>
<td>71.3</td>
<td>71.7</td>
<td>71.9</td>
<td>72.6</td>
<td>75.18</td>
</tr>
<tr>
<td>Female life expectancy at birth</td>
<td>74.6</td>
<td>76.5</td>
<td>77.5</td>
<td>78.7</td>
<td>79.0</td>
<td>79.1</td>
<td>79.7</td>
<td>81.57</td>
</tr>
<tr>
<td>Death rate (crude rate per 1000)</td>
<td>9.6</td>
<td>9.7</td>
<td>10.4</td>
<td>10.5</td>
<td>10.7</td>
<td>10.8</td>
<td>10.4</td>
<td>9.76</td>
</tr>
<tr>
<td>% of population 65 years or older</td>
<td>10.5</td>
<td>11.9</td>
<td>13.8</td>
<td>14.6</td>
<td>15.2</td>
<td>15.3</td>
<td>15.5</td>
<td>17.5</td>
</tr>
<tr>
<td>Birth rate (1000 population)</td>
<td>16.0</td>
<td>13.0</td>
<td>11.8</td>
<td>10.8</td>
<td>11.4</td>
<td>11.6</td>
<td>11.8</td>
<td>9.7</td>
</tr>
<tr>
<td>Fertility rate (children per woman 15–49 years)</td>
<td>2.2</td>
<td>1.7</td>
<td>1.5</td>
<td>1.4</td>
<td>1.5</td>
<td>1.5</td>
<td>1.5</td>
<td>1.3</td>
</tr>
<tr>
<td>Infant mortality (deaths per 1000 live births)</td>
<td>24.3</td>
<td>17.8</td>
<td>11.0</td>
<td>7.5</td>
<td>6.0</td>
<td>5.6</td>
<td>5.5</td>
<td>3.44</td>
</tr>
</tbody>
</table>

Source: WHO Regional Office for Europe health for all database, 2003 and Statistical Yearbook of Portugal – National Statistics Institute – Portugal
NURSING IN PORTUGAL

There are references to nurses in Portugal as early as 1120 and, as in other parts of the world, nursing care was provided by monks and nuns. The first known «nursing manual» has been recently discovered and was published in 1741. In 1974, Portugal had around 3 000 nurses, 15 000 auxiliary nurses, two nursing trade unions and several small professional associations.

SOME HISTORIC FACTS ABOUT NURSING IN PORTUGAL

1975 – A single level of nursing education;
1975-1985 – All the auxiliary nurses undergo additional training to become «nurses»;
1981 – Establishment of a single career for nurses working in public institutions;
1996 – Government law defines the Regulation of the Professional Nursing Practice;
1988 – Nursing education becomes part of the national higher education system;
1999 – Basic nursing education programs of four years – Degree level;
1999 – Begins the additional education programs so that all other nurses can complete their degree;

PRESENT STATUS

In 31st December 2008, there were 56 859 nurses registered in Ordem dos Enfermeiros.
NURSING EDUCATION AND TRAINING

The nursing training system has had a degree to qualify general care nurses since 1975. In 1988, that degree was given the status of a higher education graduation. The first Master’s Programme in Nursing Sciences started in 1992 and presently there are three regular PhD Programmes in Nursing Sciences.

Since 1998, the initial education has been comprised of four school years and has awarded a higher education degree. However, all fully-trained nurses who had finished their education before this date had the possibility of achieving this academic degree via additional training.

Specialised training may be achieved at the post-graduation level in six areas.

The Graduate Degree in Nursing is taught at public or private Higher Education Institutes for Nursing or Higher Education Institutes for Health, in a total of 42 schools, whose scientific and technical development in the area of nursing sciences is of the exclusive responsibility of a teaching staff of trained nurses.

Portugal is among the 27 European countries that signed the Bologna Declaration. This declaration sets the objectives in order to establish, by 2010, the «European Area of Higher Education».

In Portugal the transition processes are in an advanced stage of implementation, and nursing is included. The Ordem dos Enfermeiros is participating, since the beginning, in the different arenas where these decisions are made. This process implies the adaptation or creation of new educational programmes and transition schemes that must encompass the existents as well as their foundation principles and assumptions. Consequently, in a near future, nursing education in Portugal will have some changes.

Under the light of a politically assumed commitment to approve a strategic development plan for the period 2008 / 2012, the Ordem dos Enfermeiros invited schools of nursing education and care giving facilities to appoint experts to a Panel of Representatives that formulated the document. The document results from through documental research, several steps of input gathering, reflection and discussion and sets a shared vision for the future nursing education and research, as well as the paths for its attainment. It was submitted to the Minister of Higher Education and its discussion is waited.
At the same time, the Ordem dos Enfermeiros has approved in General Assembly the principles of a new model for professional development that, among other things, will change the way in which newly graduate nursing students will access to the professional title of nurse and nurses will get the specialist nurse title, by implementing a period of supervised practice and competences certification. Until now, the title of nurse is given to all who present the Degree certificate and the title of specialist nurse can only be assigned to those nurses who have the minimum of two years of professional practice and have completed an education programme in one of six possible areas. This new model of professional development makes part of the review of Ordem dos Enfermeiros’ Statute, which was approved by the Portuguese government in April 2009. The next step is to obtain the approval of the Assembly of Republic, due to happen until the end of the this year.

WHAT IS THE ORDEM DOS ENFERMEIROS

The Ordem dos Enfermeiros is a public association, free and autonomous in the scope of its attributions, with juridical personality, independent of the State, and representative of nursing graduates who practice nursing in Portugal, in compliance with the principles of their Statute and the applicable legislation.

The main aim of the Ordem dos Enfermeiros is to promote the defence of the quality of nursing care rendered to the population, as well as to develop, regulate and control the practice of nursing, guaranteeing that ethical and professional deontology rules are respected.

The Ordem dos Enfermeiros assignes two titles:

– NURSE
which qualifies nurses to provide general care

– SPECIALIST NURSE IN ...
which qualifies nurses to provide specialised care in six specialised areas: community nursing specialist; medical and surgical nursing specialist; rehabilitation nursing specialist; infant health nursing and paediatrics specialist; maternal health nursing and
midwifery specialist; mental health nursing and psychiatrics specialist.

**STRATEGIC DIRECTIONS OF THE ORDEM DOS ENFERMEIROS**

- Quality standards in nursing care;
- Ethical aspects of professional practice;
- Development of the profession;
- Nursing involvement in health policy.

**SOME OF THE DUTIES OF THE ORDEM DOS ENFERMEIROS**

- Define the level of professional qualification of nurses;
- Register all nurses and regulate the practice;
- Assign the professional titles of nurse and specialist nurse;
- Protect the qualification and the profession of nurse;
- Pronouncing on the training models and on the general structure of nursing programs.

**GOVERNANCE BODIES OF THE ORDEM DOS ENFERMEIROS**

**NATIONAL LEVEL**

- General Assembly (all members)
- President
- Board of Directors
- Board of Jurisdiction
- Board of Audit
- Board of Nursing

**NATIONAL STANDING COMMITTEES**

- Education
- General care nursing
- Mental health and psychiatric nursing
- Medical-surgical nursing
- Community nursing
- Maternal health and obstetrics nursing (midwifery)
- Rehabilitation nursing
- Infant health and paediatrics nursing

**REGIONAL LEVEL**

(five regions / sections – North, Centre, South, Autonomous Region of Azores, Autonomous Region of Madeira)
- Regional Assembly
- Regional Board of Directors
- Regional Board of Jurisdiction
- Regional Board of Audit
- Regional Board of Nursing

DEONTOLOGY AND ETHICS

The Nurses Deontological Code (Code of Ethics) is included in the Statute of the Ordem dos Enfermeiros and states that nursing interventions have to guarantee the defence of the freedom and dignity of the human being and of the nurse.

Within its professional relationships, the nurse has to comply with the universal principles of equality, freedom, truth, justice, altruism, solidarity, competence and professional improvement.

THE ACTIVITY OF PORTUGUESE NURSES MUST BE GUIDED BY:

- the responsibilities inherent to the role played by nurses in society;
- the respect for human rights in the relationship with clients;
- excellence in the practice of the profession in general and the relationship with other professionals in particular.

SOME MILESTONES IN THE HISTORY OF THE ORDEM DOS ENFERMEIROS

21ST APRIL 1998

- Decree-law Nr. 104/98 is published:

«The nursing practice in Portugal dates as far back as the 19th century. However, the changes introduced to the competences demanded from nurses in the second half of the 20th century, namely regarding education and professional training, encouraged the development of an increasingly more complex, unique and demanding professional practice.

Consequently, nurses are currently an essential professional and scientific community within the health system, ensuring that the population has access to quality health care, most particularly nursing care».

21ST APRIL 1999

- First Elections.

1ST JUNE 1999 TO 31ST DECEMBER 2003

- 1st term of office.
10th DECEMBER 2003
– Second Elections.

1st OF JANUARY 2004 TO 31st DECEMBER 2007
– 2nd term of office.

Maria Augusta Sousa was elected for her 1st term of office as President of the Ordem dos Enfermeiros.

1st APRIL 2004
– The Ordem dos Enfermeiros becomes a member of the ICN. After a long negotiating process that involved the several professional organizations of nurses, the Ordem dos Enfermeiros became the representative of Portuguese nursing at the ICN following the new collaboration model. To make this possible – affiliation with the ICN and international representation – the National Forum for Professional Nursing Organizations (FNOPE) was created. Besides the Ordem dos Enfermeiros, eleven other professional nursing organizations are represented in this Forum, including two unions.

13th DECEMBER 2007
– Third Elections.

Maria Augusta Sousa was reelected as President of the Ordem dos Enfermeiros.

26th JANUARY 2008 TO 31ST DECEMBER 2011
– 3rd term of office.

21st APRIL 2008 TO 21st APRIL 2009
– Official commemoration of the 10th anniversary of the Ordem dos Enfermeiros.

7th APRIL 2009
– World Health Day – Mariana Diniz de Sousa, first President of the Ordem dos Enfermeiros, was awarded with the highest Portuguese recognition in the health field – the National Health Prize, given by the Ministry of Health of Portugal. This prize was assigned for her important contribution in professional exercise as nurse, as teacher, as a policy manager and as one of the most important promoters of the creation of the Ordem dos Enfermeiros.
RECENT ACTIVITIES

The Ordem dos Enfermeiros has carried out and participated in numerous activities for and on behalf of its members, among which we would like to highlight:

– An Annual Seminar on Nursing Ethics (since 2000);
– The 1st (2001) and 2nd Congress of the Ordem dos Enfermeiros (2006);
– The National Forum on Health Policy (2001);
– Participation of a national delegation in the 23rd ICN’s Quadrennial Congress in Taipei (2005) and in ICN Conference and CNR in Yokohama (2007);
– Translation to Portuguese and publication of ICNP® Version 1, ICNP® Version 1.1, «Partnering with Individuals and Families to Promote Adherence to Treatment – ICNP® Catalogue»;
– Participation of the President, as a member of the official portuguese delegation, to the World Health Assemblies (May 2006, May 2007, May 2008 and May 2009);
– Participation of a national delegation in the Triad Meeting (May 2006, May 2008);
– Public ceremonies, entailing to the profession, to the newly registered nurses;
– Implementation in Portugal of the Leadership for Change Programme (2006);
– Implementation of the OE / ICN Portuguese Mobile Library (2007);
– Election of a member as Vice-president of the European Federation of Nurses (2006);
– Official commemoration of the 10th anniversary of the Ordem dos Enfermeiros (2008 / 2009). This included a formal ceremony with the members on the 21st April 2008, a special commemoration of the International Day of Nurse, the launch of the Commemorative Exhibition «10 years with the Ordem dos Enfermeiros», the edition of a magazine dedicated to nursing distributed with several Portuguese newspapers, the organization of a special cycle of debates on ethics, a ceremony of closure of the 1st edition of LFC Programme in Portugal, the organization of the 1st Conference on Regulation – with the presence of ICN President, Hiroko Minami – and the presentation of a video about the 10th anniversary of the Ordem dos Enfermeiros.
– Application of Maria Augusta Sousa, President of the Ordem dos Enfermeiros, to the Board of ICN (2009).

The Ordem dos Enfermeiros also publishes a quarterly magazine that is distributed to all its members free of charge; additionally, it has an Internet page and provides members with free e-mail hosting services.

In the field of social and economic well-being, the Ordem dos Enfermeiros created a solidarity fund that may be used by members that are facing difficult financial situations, and provides all members with professional responsibility insurance. The Ordem dos Enfermeiros has had talks with the Government and other State bodies whenever necessary or whenever its opinion is requested. Recently, we have contributed to several new proposals regarding the areas of primary, continuing and emergency health care, as well as individual specific programmes such as HIV / AIDS.

There were also numerous regional activities, as well as visits to the nurses' working places, not only to observe but also to intervene.