

SYLLABUS

Health promotion in care and nursing care 22.5 credits 00093H

Hälsofrämjande vård och omvårdnad

Course syllabus admitted: Spring 2024 Sp 3 - Present

**DECISION DATE
2023-06-05**

Health promotion in care and nursing care 22.5 credits O0093H

Hälsofrämjande vård och omvårdnad

First cycle, O0093H

Education level	Grade scale	Subject	Subject group (SCB)
First cycle	U G VG *	Omvårdnad	Nursing Science

Main field of study

Nursing

Entry requirements

In order to meet the general entry requirements for first cycle studies you must have successfully completed upper secondary education and documented skills in English language and O0092H Fundamental principles in nursing M0094H Fundamental in Medical Science

Selection

The selection is based on 1-165 credits.

Course Aim

The course's overall objective is that the student will be able to work to promote health and prevent disease based on environmental and intersectional aspects and an individual and societal perspective. The student will be able to justify and apply person-centred care based on the person's needs and resources in collaboration with the patient, relatives and team. In addition, the student will acquire knowledge in pharmacology, medication management, clinical chemistry and nutritional physiology in order to plan and provide patient-safe care and nursing.

Component 1: Nursing: Promotion and prevention in health and ill health

Knowledge and understanding

After completing the course, the student will be able to:

- explain basic epidemiological concepts in relation to nursing- explain the concepts of promotion, primary and secondary prevention and rehabilitation
- explain and justify the importance of dialogue, participation and equality in health promotion and disease prevention work that utilises people's resources
- account for and explain health promoting and preventive interventions at individual and group level
- explain and justify care education models in health promotion and disease prevention work
- explain the importance of intersectional factors in relation to health/ill health and health/disease based on an individual and societal perspective
- explain the importance of the physical and psychosocial environment for health and ill health
- describe the internal and external resources of human beings for the purpose of health promotion and disease prevention
- account for the legislation and statutes governing the health promotion and disease prevention work of nurses

Competence and skills

After completing the course, the student will be able to:

- identify risk factors for ill health and disease with a focus on common endemic diseases
- use theoretical knowledge of health promotion and preventive care for the purpose of supporting people's own resources
- prepare a health promotion or preventive intervention at individual level based on evidence-based knowledge

Judgement and approach

After completing the course, the student will be able to:

- show presence and listen with respect, ask open questions, show confidence and strengthen the patient's ability to take responsibility for reflecting on their own approach in dialogue with the patient and relatives
- reflect on dialogue-based discussion (discourse ethics) based on person-centred nursing
- reflect on ethical values in relation to human vulnerability

Component 2: Medical science: Pharmacology and medication management

Knowledge and understanding

After completing the course, the student will be able to:

- describe basic pharmacological concepts and principles
- explain and describe the difference between different antibiotics and antiviral medications based on pharmacological properties
- describe the classification of the autonomic nervous system's pharmacology
- explain the classification of different analgesics based on their mechanisms of action
- account for statutes governing medication management in healthcare

Competence and skills

After completing the course, the student will be able to:

- use relevant information on medications in dialogue with the patient and relatives in a way that supports participation based on the patient's resources and needs
- use relevant information on various medications and their management
- apply and perform medication preparation based on the prescription, and prepare and administer medications in a safe manner
- Identify and assess different types of pain and show understanding of different pharmacological treatment strategies

Judgement and approach

After completing the course, the student will be able to:

- explain how antibiotic resistance occurs and be able to apply this knowledge in clinical situations to achieve sustainable development for individuals and society
- analyse risks and aspects of quality regarding medication management to ensure patient safety

Component 3: Medical science: Clinical assessment, clinical chemistry and physiology

Knowledge and understanding

After completing the course, the student will be able to:

- account for current testing in the case of common endemic diseases
- account for factors which may affect the analysis results
- account for measures in response to deviating test responses
- explain the body's nutritional needs

Competence and skills

After completing the course, the student will be able to:

- identify needs for fluid and nutrition and be able to conduct an intervention assessment
- anticipate the risks of abnormal test results and be ready to act and able to apply recognised strategies for safe care

Judgement and approach

After completing the course, the student will be able to:

- identify normal states as well as deviations in clinical examination and testing
- explain why testing regulations must be observed to ensure patient safety

Component 4: Nursing: Advanced theory and practice in relation to basic human needs and resources

Knowledge and understanding

After completing the course, the student will be able to :

- account for the connection between science and proven experience within preventive care and nursing
- explain how medication management takes place in a patient-safe manner and with environmentally friendly practices
- account for common groups of medicines and their effects and side effects
- account for legislation and statutes regard to information management and patient safety in healthcare

Competence and skills

After completing the course, the student should be able to:

- apply evidence-based knowledge regarding promotion, prevention and diagnostics within the nurse's area of responsibility
- conduct meetings with patients who utilize and strengthen their resources, promote person-centered care, and support the patient's health and abilities
- inform and motivate patients and relatives about measures regarding nursing, diagnostics and treatment
- Based on the nursingprocess, identify resources / needs, as well as plan, implement and evaluate preventive / health-promoting nursing actions
- apply basic hygiene routines in clinical work
- apply existing nursing techniques in a patient-safe manner
- handle and administer drugs in a patient-safe manner
- explain and apply record keeping in a patient-safe manner according to the nurse's area of responsibility

Judgement and approach

After completing the course, the student should be able to:

- show a good ethical approach in the meeting with the patient / care recipient and relatives, taking into account intersectional perspectives and human rights
- show consideration for human rights such as empathy, consideration for autonomy, integrity and dignity in the meeting with patient / care recipient
- identify the need for additional knowledge in order to continuously develop their competence

Contents

Component 1: Nursing: Promotion and prevention in health and ill health

Component 2: Medical science: Pharmacology and medication management

Component 3: Medical science: Clinical assessment, clinical chemistry and physiology

Component 4: Nursing: Advanced theory and practice in relation to basic human needs

Component 1: Nursing: Promotion and prevention in health and ill health

Epidemiology and public health

Health promotion and preventive care and nursing over a person's lifetime

Communication

Person-centred care

Care education

Intersectional factors

The importance of the environment in relation to health and ill health

Violence in close relationships

Evidence-based knowledge

Ethics

Legislation and statutes

Component 2: Medical science: Pharmacology and medication management

General pharmacology

Medication management

Pharmaceutical calculation

Autonomic nervous system pharmacology

Medication for infectious diseases

Legislation and statutes

Component 3: Medical science: Clinical assessment, clinical chemistry and physiology

Clinical chemistry

Nutrition

Component 4: Nursing: Advanced theory and practice in relation to basic human needs and resources

Ethics

Health-promoting and preventive care and nursing in a lifetime

The patient meeting

Care pedagogy

The nursing process

Care hygiene

Nursing techniques

Drug management

Evidence-based nursing

Current laws, statutes and safety regulations

Professional approach

Realization

Each course occasion's language and form is stated and appear on the course page on Luleå University of Technology's website.

The course component is carried out using integrated forms of work that support the student's understanding, in-depth learning and independence. This is done by searching for knowledge, problem-solving and critical reflection based on the course objectives. Student learning is supported by lectures, laboratory experiments, seminar, study assignments, individually and in groups, individual studies and supervised placement.

Participation in and performance of laboratory experiments, seminars, study assignments and placements are mandatory.

Examination

If there is a decision on special educational support, in accordance with the Guideline Student's rights and obligations at Luleå University of Technology, an adapted or alternative form of examination can be provided. A three-grade scale is used; pass with credit, pass or failed. For placements a two-grade scale is used: pass or failed. The course objectives are examined through an individual written exam, written report, seminar, practical individual test and assessment of professional skills in the placement. In order to pass the whole course, students must pass all parts and the mandatory components must be completed.

When the examiner interrupts the practice-based education period assigned to the activity, it means that the student fails prematurely and an examination opportunity on the practice-based education component is forfeited.

If a student chooses to cancel or not complete the practice-based education period, this means that the student fails prematurely and an examination opportunity on the practice-based education component is forfeited unless special reasons exist and are supported by a medical certificate.

Unauthorized aids during exams and assessments

If a student, by using unauthorized aids, tries to mislead during an exam or when a study performance is to be assessed, disciplinary measures may be taken. The term "unauthorized aids" refers to aids that the teacher has not previously specified as permissible aids and that may assist in solving the examination task. This means that all aids not specified as permissible are prohibited. The Swedish version has interpretative precedence in the event of a conflict.

Remarks

This course, containing components with a placement, is subject to Special Regulations for Placements according to the prefect decision of the Department of Health Sciences, Luleå University of Technology.

Passing this course is a special entry requirement for courses involving a placement and degree project.

Transition terms

The programme syllabus is valid from autumn semester 2018 for those students who will then be accepted on the course. The faculty programme director and heads of subjects decide on individual study plans for students who were accepted on previous programme syllabuses and who, following approved leave from studies, resume their studies in accordance with the current programme syllabus.

If a course has ceased to exist or has undergone major changes, in the first year after the change has occurred students must be offered two opportunities to take the exam and then one more each year for a further two years, based on the course syllabus that was valid at the time of registration.

Course offered by

Department of Health, Education and Technology

Modules

Code	Description	Grade scale	Cr	Status	From period	Title
0001	Seminar with individual written assignment	U G VG *	3	Mandatory	A18	
0005	Examination Pharmaceutical calculation	U G#	0.5	Mandatory	A18	
0009	Clinical education	U G#	7.5	Mandatory	A18	
0010	Practical individual examination	U G#	1	Mandatory	A19	
0011	Laboration	U G#	0.5	Mandatory	A19	
0012	Written exam Pharmacology	U G VG *	4	Mandatory	A20	
0013	Seminar Drug management	U G#	1	Mandatory	A20	
0015	Simulation	U G#	0.5	Mandatory	A20	
0016	Examination Clinical chemistry and physiology	U G VG *	1	Mandatory	A21	
0017	Seminar nutrition	U G VG *	0.5	Mandatory	A21	
0018	Take-home examination Public health	U G VG *	3	Mandatory	S23	

Last revised

by Anna Öqvist, Director of Undergraduate Studies at the Department of Health, Education and Technology 2023-06-05

Syllabus established

by Prefekt vid Institutionen för hälsvetenskap 2018-10-31