

SYLLABUS

Health promotion and prevention in care and nursing care 10.5 credits 00100H

Hälsöfrämjande och förebyggande vård och omvårdnad

Course syllabus admitted: Autumn 2020 Sp 1 - Present

**DECISION DATE
2020-02-21**

Health promotion and prevention in care and nursing care 10.5 credits O0100H

Hälsofrämjande och förebyggande vård och omvårdnad

First cycle, O0100H

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

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 .

Selection

The selection is based on 1-165 credits.

Examiner

Päivi Juuso

Course Aim

Upon completion of the course, the student is expected to be able to:

Knowledge and understanding

- 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 which makes the most of human resources
- provide an account of and explain health promotion and preventive interventions at the individual and group level
- explain the importance of intersectional factors in relation to health/illness and healthiness/sickness, based on individual and societal perspectives
- describe internal and external human resources with a view to promoting health and preventing disease
- describe diagnostic systems within the nursing field
- explain and describe the difference between various common medicines used in primary care, based on their pharmacological properties
- provide an account of relevant sample withdrawal associated with common pathological conditions and factors that may influence analysis results, and propose measures in the event of abnormal test results
- provide an account of the laws and statutes governing the health promotion and preventive work of a nurse

Competence and skills

- appraise, plan, implement and evaluate measures to promote health and prevent illness, from a gender and cultural perspective
- based on person-centred nursing, communicate with patients and their relatives in order to strengthen the patient's participation and self-care resources
- analyse, appraise and justify persons'/patients' needs for nursing, and propose and implement nursing measures in consultation with the patient and the patient's relatives
- propose nursing and medical interventions during telephone counselling and reception visits conducted within the context of primary care
- evaluate and keep records of nursing care activities
- handle medical products and medical technical equipment in a manner that protects patient, personnel and environmental safety, and safely carry out medical technical tasks
- apply basic hygiene principles in order to achieve patient safety
- calculate, prepare, and administer medicinal products correctly and in relation to applicable statutes, and inform patients about the effects and potential side effects (adverse drug reactions) of the drug in question
- perform venous and capillary blood sample withdrawal in a safe manner, on the basis of prescription and regulations governing specimen withdrawal
- anticipate risks associated with abnormal test results and be able to act readily and apply accepted strategies for safe care
- demonstrate the ability to reflect on the role and area of responsibility of the nurse in relation to other professions

Judgement and approach

- reflect on the importance of maintaining a professional approach with regard to each individual and her/his relatives
- discuss quality and patient safety in outpatient care
- reflect on issues related to domestic violence

Contents

Epidemiology and public health
Health-promoting and preventative care and nursing in the human life span
Assessment, planning, implementation, evaluation and recordkeeping of nursing in
Primary care
Communication
Person-centred care
Intersectional factors
The importance of the environment in relation to health and illness
Domestic violence
Evidence-based knowledge
Information and teaching as a support for patients and their relatives
Healthcare, self-care and telephone counselling
Cooperation with other primary care professions
Medical technical tasks
Drug management
Hygiene principles
Quality and patient safety aspects
Laws and statutes

Realization

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

Learning occurs through activities that promote interaction between students and between teachers and students. In this course, literature studies, group work, laboratory work/simulations, workshops and seminars may be used to support the student's learning.

Lectures are given within selected knowledge sections. Participation in laboratory work, simulations, workshops, seminars, and clinical practice is compulsory

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.

The grade for the course is determined by means of assessment of professional skills and expertise, a written individual exam, a practical test, seminars plus a written hand-in paper assignment. The grading criteria is stated in the Study Guide. Ordinarily only one re-examination opportunity/reassignment will be allowed for the course in respect of the practicum/internship. If there are special reasons, an additional re-examination/reassignment may be granted. What is meant by special reasons are those reasons stated in the Regulations of the Swedish National Agency for Higher Education, HSVFS 1999:1. To receive a passing grade in the course, the learning objectives must be fulfilled, which means approved results in the course as well as active participation in the required parts. Grades are determined by the examiner.

Remarks

The course is given in the first-cycle study program within supplementary training for nurses and is a practicum/internship placement. "Special prerequisite" means achieving a passing grade in all qualifying prerequisite courses. The special prerequisite requirements when the VFU course is placed in Lp2 must be fulfilled at the latest by the re-examination period in August. This course, which contains a curricular segment with a practicum/internship (VFU element), is encompassed within the *Special Rules for practicum/internship placements* according to the decision of the Head of Department at the Department of Health Sciences, Luleå University of Technology.

Study guidance can be found in the course room in Canvas.

Overlap

The course O0100H is equal to O0111H

Literature. Valid from Autumn 2020 Sp 1

Allgulander, C. (senaste upplagan). Klinisk psykiatri. Lund: Studentlitteratur.

*Almås, H., Stubberud, D. & Grønseth, R. (red.) (senaste upplagan). Klinisk omvårdnad. 1. Stockholm: Liber.

*Almås, H., Stubberud, D. & Grønseth, R. (red.) (senaste upplagan). Klinisk omvårdnad. 2. Stockholm: Liber.

*Björvell, C. (senaste upplagan). Sjuksköterskans journalföring och informationshantering: en praktisk handbok. Lund: Studentlitteratur.

*Boman, L. & Wikström, C. (senaste upplagan). Medicinsk teknik: [teori, planering och genomförande]. Lund: Studentlitteratur.

*Edberg, A. & Wijk, H. (Red.) (senaste upplagan). Omvårdnadens grunder. Hälsa och ohälsa. Lund: Studentlitteratur.

*Ehrenberg, A. & Wallin, L. (Red.) (senaste upplagan). Omvårdnadens grunder: Ansvar och utveckling. Lund: Studentlitteratur.

*Friberg, F. & Öhlen, J. (Red.). (senaste upplagan). Omvårdnadens grunder: Perspektiv och förhållningssätt. Lund: Studentlitteratur.

*Heise Löwgren, C. (Red.). (senaste uppl.). Författningshandbok för personal inom hälso- och sjukvården. Stockholm: Liber. (Lagar och författningar kan även hämtas via nätet)

*Lindskog, B.I. (senaste upplagan). Medicinsk terminologi. Lund: Studentlitteratur.

*Nordeng, H., Nordeng, H. & Spigset, O. (senaste upplagan). Farmakologi och läkemedelsanvändning. Lund: Studentlitteratur.

*Olsen, L.A. & Hälleberg Nyman, M. (senaste upplagan). Säker läkemedelsberäkning: dos, styrka, mängd. Stockholm: Natur & kultur.

Wiklund Gustin, L. (Red.). (2019). Vårdande vid psykisk ohälsa: på avancerad nivå. (2. uppl.). Lund: Studentlitteratur.

*Literature has been used in earlier courses

Elektronisk resurs:

Läkemedelsboken; <https://lakemedelsboken.se/>

Course offered by

Department of Health Sciences

Modules

Code	Description	Grade scale	Cr	Status	From period	Title
0001	Assessment of professional competence	U G#	6	Mandatory	A19	
0002	Practical examination	U G#	0.5	Mandatory	A19	
0003	Individual written examination	U G#	2	Mandatory	A19	
0004	Seminar	U G#	1.5	Mandatory	A19	
0005	Written assignment	U G#	0.5	Mandatory	A19	

Last revised

by Dean of Department of Health Sciences 2020-02-21

Syllabus established

by Dean of Department of Health Sciences 2020-02-21