



Course syllabus

Faculty of Health and Life Sciences

Department of Health and Caring Sciences

2VÅ610 I rörelse mot hälsa, 7,5 högskolepoäng

On the Way to Gaining Health, 7.5 credits

Main field of study

Caring Science

Subject Group

Nursing Science

Level of classification

First Level

Progression

G2F

Date of Ratification

Approved 2011-03-16

Revised 2018-05-07 by Faculty of Health and Life Sciences.

The course syllabus is valid from autumn semester 2018

Prerequisites

At least 60 credits on entry level including 22.5 credits Caring Science.

Objectives

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

- Problematize and analyse the health concept and its significance
- Problematize the importance of the room for the patient's recovery
- Identify the need for and carry out health-promotional and preventative care
- Plan, carry out and evaluate health-support conversations
- Analyse the relationships in society that influence children's, women's and men's health

Content

- different perspectives on health
- human vulnerability
- meaning and context
- life-rhythm and life-force
- caring room
- health-support conversations
- illness prevention and health-promotion

Obligatory elements are specified in the course schedule.

Type of Instruction

- application exercises
- supervision
- individual work
- group work
- lectures
- seminars

Teaching will partly be carried out via the learning platform. The course contains training elements for the development of skills, abilities and attitudes. Part of the teaching will be carried out via campus-based teaching, health centre or other such operations.

Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

The course is examined in the form of written examination and an Oral examination. For a grade of Pass, all expected learning outcomes must be fulfilled. For a grade of Pass with credit, students must receive a grade of Pass with credit of written examination. Assessment of students' performances is carried out in the form of individual written examinations and written assignments. A resit examination is offered. i

Course Evaluation

A written evaluation is carried out and compiled in a report, which is archived at the institution. The results, along with possible measures taken, are reported to the students the next time the course is given.

Required Reading and Additional Study Material

Andersen, T. (2003). *Reflekterande processer: samtal och samtal om samtalen*. Stockholm: Mareld, 237 p., ISBN 9188872386, part of book, ca 150 p.

Arman, M., Dahlberg, K. & Ekebergh, M. (2015). *Teoretiska grunder för vårdande*. Stockholm: Liber. Del av bok ca 10 p.

Benzein, E., Hagberg, M. & Saveman, B-I. *Att möta familjer inom vård och omsorg*. Lund: Studentlitteratur. Senaste upplagan, del av bok ca 10 p.

Berghund, M. & Ekebergh, M. (2015). *Reflektion i lärande och vård: en utmaning för sjuksköterskan*. Lund: Studentlitteratur. Del av bok ca 20 p.

Dahlberg, K. & Segesten, K. (2010). *Hälsa och vårdande i teori och praxis*. Stockholm: Natur & Kultur, 345 p., ISBN 9127122115.

Edberg, A-K. & Wijk, H. (red). (2009). *Omvårdnadens grunder: hälsa och ohälsa*. Lund: Studentlitteratur, 856 p., ISBN 9789144048765, part of book, ca 50 p.

Ehrenberg, A. & Wallin, L. (red). (2009). *Omvårdnadens grunder: ansvar och utveckling*. Lund: Studentlitteratur, 512 p., ISBN 9789144049076, part of book, ca 50 p.

Farbring & Rollnick. (2015). *MI för praktiker: stöd och vägledning för motiverande samtal*. Stockholm: Natur och Kultur Akademisk, (346 p). ISBN10:9127140946

Friberg, F. & Öhlén, J. (red). (2009). *Omvårdnadens grunder: perspektiv och förhållningssätt*. Lund: Studentlitteratur, 480 p., ISBN 9789144049069, part of book, ca 50 p.

Hallberg, L.K. (red.) (2010). *Hälsa och livsstil: forskning och praktiska tillämpningar*. Lund: Studentlitteratur, 358 p., ISBN 9789144058405.

Socialstyrelsen. *Folkhälsorapport*. Stockholm: Socialstyrelsen, part of report, latest edition.

Wijk, H. (Red.). (2014). *Vårdmiljöns betydelse*. Lund: Studentlitteratur AB, (368 s). ISBN10:9144102577, part of book,

Wright, L., Watson, W. & Bell, J. (2002). *Familjefokuserad omvårdnad*. Lund: Studentlitteratur, 405 p., ISBN 9144017758, part of book, ca 200 p.

Also included are scientific articles. Caring-scientific bases from different art forms, such as, fiction and film, are used.