



**Karolinska
Institutet**

Course syllabus for

Foundation of Nursing Care in Health and Illness, 24 credits

Vårdandets grunder i hälsa och ohälsa, 24 hp

This course syllabus is valid from spring 2025.

Please note that the course syllabus is available in the following versions:

Spring2018 , Autumn2018 , Spring2019 , Spring2020 , Spring2021 , Autumn2021 , Spring2022 , Autumn2022 , Spring2025

Course code	1SJ021
Course name	Foundation of Nursing Care in Health and Illness
Credits	24 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Nursing
Level	G1 - First cycle 1
Grading scale	Pass, Fail
Department	Department of Neurobiology, Care Sciences and Society
Participating institutions	<ul style="list-style-type: none">• Department of Laboratory Medicine
Decided by	Utbildningsnämnden NVS
Decision date	2017-10-25
Revised by	Education committee NVS
Last revision	2024-10-15
Course syllabus valid from	Spring 2025

Specific entry requirements

Admission to semester 2:

Part 1: Research methodology, 3 credits and completed field studies in the course Nurse's profession and nursing as science (1SJ010) as well as Component 3: Clinical skills in the course Anatomy and physiology (1SJ019).

A student who has failed his or her clinical placement or its equivalent due to serious deficiencies in knowledge, skills or attitudes such that patient safety or patients' trust in health care or community care has been jeopardised, is qualified for a new clinical placement only when the student's individual action plan has been completed.

Objectives

The course's general aim is that students acquire and develop knowledge of essential nursing skills, evidence-based nursing, nursing theories and nursing concepts in order to be able to identify, assess, plan and meet the nursing needs of individuals. The student should also be able to reflect on ethical issues, patient and family participation, the implications of technology for nursing care, and care of patients on equal terms. Additional aims are that student should acquire knowledge in pharmacology and microbiology in order to be able to plan and implement nursing that ensures patient safety.

Part 1: Basic hygiene, microbiology and immunology

Knowledge and understanding *On completion of the course, the student should be able to:*

- describe microorganisms and their living conditions, structures and basic functions
- use basic concepts in immunology to explain the immune system's nonspecific and specific defences
- explain basic hygiene principles in healthcare and how infection and disease transmission can be prevented in different (care) environments

Skills and ability *On completion of the course, the student should be able to:*

- explain and apply basic hygiene principles in order to ensure patient safety as well as suggest improved hygiene procedures where needed
- explain and apply principles of common microbiological testing

Judgement ability and approach *On completion of the course, the student should be able to:*

- identify future knowledge needs in order to develop competence in the fields of hygiene, microbiology and immunology.

Part 2: Pharmacology and drug processing

Knowledge and understanding *On completion of the course, the student should be able to:*

- explain the preparation and administration of pharmaceutical drugs
- explain how pharmaceutical drugs are absorbed, metabolized and secreted from body
- explain how pharmaceutical drugs work in the body explain how pharmaceutical drugs work at the level of the cell, organ and whole person
- understand how factors including age and organ function influence dosage and choice of pharmaceutical drugs
- explain the risks of treatment with pharmaceuticals and how pharmaceutical-related problems arise and should be treated
- describe the regulatory frameworks that regulate the handling of pharmaceutical drugs
- explain how to conduct pharmacological testing for the concentration or pharmaceutical drugs and their effects

Skills and ability *On completion of the course, the student should be able to:*

- acquire relevant information about different drugs and its handling

Judgement ability and approach *On completion of the course, the student should be able to:*

- analyse and discuss the risks and quality aspects of different methods for handling, treating with and testing for pharmaceutical drugs to ensure patient safety

Part 3: Nursing responsibilities in health and illness

Knowledge and understanding *On completion of the course, the student should be able to:*

- explain and motivate how the nursing process constitutes a basis for nursing care

- explain different models for communications
- explain methods and reasons for health promotion in nursing
- explain and understand the laws and regulations regarding patient safety as well as patient and family rights to participation and care and equal condition in care

Skills and ability *On completion of the course, the student should be able to:*

- maintain systematic medical records of nursing care
- search for, reflect on and summarize scientific studies of health promotion that can be applied in evidence-based nursing care
- plan, carry out, lead, and evaluate peer learning in nursing care
- communicate in speech and writing in a patient safe way and use concepts and expressions for health care

Judgement ability and approach *On completion of the course, the student should be able to:*

- reflect on the relationship between ethical values and health promotion nursing strategies
- reflect on dignified nursing and person centered care at transitions and at life's end
- reflect on the implications of technologically-mediated nursing

Module 4: Clinically integrated learning: clinical placement and clinical skills

Knowledge and understanding *On completion of the course, the student should be able to:*

- explain and motivate the importance of following evidence-based guidelines, laws and regulations in clinical skills, in municipal care and care accommodation related to nursing responsibilities
- explain the importance of interprofessional teams for care that ensures patient safety in municipal care and care accommodation
- show knowledge of medicines in municipal care and care accommodation and how these affect the patient's health and caring needs

Skills and ability *On completion of the course, the student should be able to:*

- based on nursing responsibility, apply clinical skills with a patient-safe and ethical approach
- apply the nursing process in patient-near and person-centred nursing in municipal care and care accommodation
- apply evidence-based working methods and an ethical approach in patient care
- apply basic hygiene principles in patient care
- show ability to use medical technology in a safe manner
- based on current legislation, be able to prepare, administer (per os, subcutaneous) and evaluate the effect of commonly used drugs
- based on the nursing profession, demonstrate the ability to communicate patient-safe, nuanced and distinct in speech and writing
- show ability to create a nursing relationship through communication and an empathetic approach that takes into account the patient's and relatives' need for participation
- adapt the nursing environment for health promotion and person-oriented nursing in municipal care and care accommodation
- apply a professional ethical approach in relation to patients, relatives and other professional groups

Judgement ability and approach *On completion of the course, the student should be able to:*

- critically reflect on the meaning of equal conditions in care
- identify and reflect on ethical values and dilemmas in patient care

Content

Course include four components:

Part 1: Basic hygiene, microbiology and immunology, 3 hp

Part 2: Pharmacology and drug processing, 3 hp

Part 3: Nursing responsibilities in health and illness, 7.5 hp

Part 4: Clinically integrated learning: clinical placement and clinical skills, 10,5 hp

Foundations in microbiology, immunology and hygiene, 3.0 hp

Grading scale: GU

.

Pharmacology and medication, 3.0 hp

Grading scale: GU

Nursing care in Health and illness, 7.5 hp

Grading scale: GU

Clinical skills and clinical placement, 10.5 hp

Grading scale: GU

Teaching methods

The teaching is based on a problem-oriented and collaborative approach to learning in which the tasks provide opportunities for students to take active responsibility for their learning. Teaching methods include lectures, seminars, workshops, project work, group assignments, laboratory sessions, study of scientific literature, proficiency training and clinical placements. Participation in seminars, webinars, group assignments, laboratory sessions, proficiency training and the clinical placement is compulsory.

The course's components are integrated in order to support students' self-directed and collaborative learning and to train students in a scientific approach based on active knowledge acquisition, problem-solving and critical reflection.

The examiner assesses if and if so how a student can compensate for absence from a compulsory course activity. Until the student has participated in the compulsory parts (or compensated any absence with assigned tasks in accordance with instructions from the examiner) the final study results can not be reported. Absence from a mandatory course activity could mean that the student can not make up for the missed activity until the next time the course is offered.

Distance learning uses IT and is based on independent and collaborative learning. Different course activities include individual study assignments, project work, work in groups, virtual discussions, seminars, workshops, lectures and student portfolios Teaching support is given via IT-based learning management system. The number of physical course meetings on campus is limited to at most 2 days per 7.5 credits.

The 6-week clinical placements (in municipal care and care accommodation, and primary health care center) are at workplaces of relevance to the course's focus on health and illness. The course includes about 40 hours/week (full-time studies) of which approximately 32 hours/week are in clinical settings where the student will receive individual or group advising. The clinical placements can involve

daytime, evening, night and weekend hours, and even occasionally take place on holidays. Student are not allowed to shorten the clinical placement.

Transitional provisions

If the course has ceased, changed considerably in content, or substantially changed its reading list, the student may take three additional tests (excluding regular test) on the earlier contents or the previous literature for up to one year after the course changes have been made.

Other directives

The course evaluation will be conducted according to the guidelines that are established by the Committee for Higher Education.

Literature and other teaching aids

Melhus, Åsa

Klinisk mikrobiologi för sjuksköterskor

Tredje upplagan : Lund : Studentlitteratur, [2019] - 495 sidor

ISBN:9789144116266 LIBRIS-ID:kwjlpj5hdx24wvp

[Library search](#)

Att förebygga vårdrelaterade infektioner : ett kunskapsunderlag

Stockholm : Socialstyrelsen, 2006 - 461 s.

LIBRIS-ID:10646754

URL: [Länk](#)

Illustrerad farmakologi

Thoresen, Hege; Simonsen, Terje; Christensen, Hege; Thidemann Johansen, Harald; Tranheim Kase, Eili; Robertsen, Ida; Rustan, Arild Christian; Solberg, Rigmor

Roman, Elisabet

Studentlitteratur AB, 2021 - 472 sidor

ISBN:9789144139753 LIBRIS-ID:jxzmkt7gq79ns87

[Library search](#)

Socialstyrelsens föreskrifter och allmänna råd (HSLF-FS 2017:37) om ordination och hantering av läkemedel i hälso- och sjukvården

Institutionen för neurobiologi, vårdvetenskap och samhälle,

URL: [Länk](#)

Bartelink, V; Lager, A (redaktörer)

Folkhälsorapport 2023

Centrum för epidemiologi och samhällsmedicin, Region Stockholm, 2023

URL: [Folkhälsorapporten 2023](#)

Bergqvist, Monica; Lennström, Ingela

Sjuksköterskans kliniska färdigheter

Liber, 2024 - 348 sidor

ISBN:9789147137985 LIBRIS-ID:0hppdvrlxskpjvnd

[Library search](#)

Björvell, Catrin

Sjuksköterskans journalföring och informationshantering : en praktisk handbok

Fjärde upplagan : Lund : Studentlitteratur, [2023] - 263 sidor

ISBN:9789144114026 LIBRIS-ID:1j4l92bkzb5pqwb2

[Library search](#)

Omvårdnad & äldre

Blomqvist, Kerstin; Edberg, Anna-Karin; Ernst Bravell, Marie; Wijk, Helle

Andra upplagan : Lund : Studentlitteratur, [2024] - 683 sidor

ISBN:9789144154565 LIBRIS-ID:l3b4wsjzj88stlpq

[Library search](#)

Författningshandbok: för personal inom hälso- och sjukvården

Socialstyrelsen,

URL: [Länk](#)

Omvårdnadens grunder : Ansvar och utveckling

Ehrenberg, Anna; Wallin, Lars; Edberg, Anna-Karin

Tredje upplagan : Lund : Studentlitteratur, [2019] - 483 sidor

ISBN:9789144123172 LIBRIS-ID:dpsx0xwsbp338v4z

[Library search](#)

Omvårdnadens grunder : Hälsa och ohälsa

Edberg, Anna-Karin; Wijk, Helle

tredje upplagan : Lund : Studentlitteratur, 2019 - 756 sidor

ISBN:9789144123165 LIBRIS-ID:5gkprpnf39z8zrjx

[Library search](#)

Omvårdnadens grunder : perspektiv och förhållningssätt

Friberg, Febe; Öhlén, Joakim

Tredje upplagan : Lund : Studentlitteratur, [2019] - 711 sidor

ISBN:9789144123189 LIBRIS-ID:3dhmpmln1m0w1rb0

[Library search](#)

Praktiska grunder för omvårdnad

Kristoffersen, Nina Jahren

1. uppl. : Stockholm : Liber, 2016 - 590 s.

ISBN:978-91-47-11412-2 LIBRIS-ID:19451518

[Library search](#)

Sjuksköterskans kärnkompetenser

Leksell, Janeth; Lepp, Margret

Andra upplagan : Stockholm : Liber, [2019] - 374 sidor

ISBN:9789147128020 LIBRIS-ID:nztvsk97l387ldgf

[Library search](#)

Sahlqvist, Lena; Pukk Härenstam, Karin

Säker vård : systemperspektiv och praktik

Upplaga 1 : Lund : Studentlitteratur, [2024] - 326 sidor

ISBN:9789144142357 LIBRIS-ID:2l8sw1wq0dzt6mtg

[Library search](#)

Pedagogik för sjuksköterskor : pedagogiska perspektiv och handledning i VFU

Sandberg, Håkan

Andra upplagan : Lund : Studentlitteratur, [2022] - 358 sidor

ISBN:9789144151052 LIBRIS-ID:t8w7k8v9r86rx6hg

[Library search](#)

Sandman, Lars; Kjellström, Sofia

Etikboken : etik för vårdande yrken

Tredje upplagan : Lund : Studentlitteratur, [2024] - 469 sidor

ISBN:9789144160665 LIBRIS-ID:xfmx0dr1vstt839v

[Library search](#)

Vårdhandboken

Inera AB,

URL: [Länk](#)

Vårdvetenskapliga begrepp i teori och praktik

Wiklund Gustin, Lena; Asp, Margareta

Tredje upplagan : Lund : Studentlitteratur, [2022] - 447 sidor

ISBN:9789144139555 LIBRIS-ID:11w0z437j5txh8tr

[Library search](#)