



Course syllabus for

## **Sexual Health, 7.5 credits**

Sexuell hälsa, 7.5 hp

This course syllabus is valid from spring 2021.

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

[Spring2019](#) , [Spring2020](#) , [Autumn2020](#) , [Spring2021](#) , [Autumn2021](#)

Course code	1SJ032
Course name	Sexual Health
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Nursing
Level	G2 - First cycle 2
Grading scale	Pass, Fail
Department	Department of Neurobiology, Care Sciences and Society
Decided by	Utbildningsnämnden NVS
Decision date	2018-10-17
Revised by	Education committee NVS
Last revision	2020-10-06
Course syllabus valid from	Spring 2021

## **Objectives**

The overall aim of the course is for students to acquire knowledge about factors that affect individuals' sexual health as well as about ways in which nurses can support patients through dialogue, information and education about sexual health and rights.

### **On completion of the course, the student should be able to**

- demonstrate advanced knowledge of human anatomy and physiology related to sexuality
- explain the effects of medications on sexuality
- explain the effects of acute and long-term illnesses on sexuality
- describe human sexuality in a life-cycle perspective
- explain how sociocultural factors relate to sexual health
- analyse the effects of cognitive, mental and physical functional variations on sexual health
- demonstrate an understanding of how to create a nurse-patient relationship that facilitates dialogue related to sexuality
- argue for equal rights for sexual and gender minorities including equal rights to healthcare
- problematize Sexual and Reproductive Health and Rights (SRHR)

## Content

- the anatomy and physiology of sex organs
- sexuality in a life-cycle perspective
- sexual expressions and variations
- sexuality during disease and illness
- prevention of sexual ill-health and sexually transmitted disease
- the effects of commonly used medications on sexuality
- supportive nurse-patient dialogue
- patient education and evidence-based information on sexual health
- equal rights to equal healthcare
- Sexual and Reproductive Health and Rights (SRHR)

## Teaching methods

The course is web-based and is full-time, that is, 40 hours a week. The course involves 3-4 compulsory campus days at the KI Campus in Flemingsberg. The course is based on the following pedagogical methods: lectures, skills training, workshops and group assignments

The pedagogical methods aim to teach a scientific approach to the subject matter through knowledge acquisition, problem-solving, critical analysis and reflection.

## Examination

Course assessment takes place through an individual two-part examination: Part 1 consists of a student presentation of directed patient education. Part 2 consists of an individual, written, examination.

A student who does not pass the regular examination has the right to take the exam five more times. A student who has not achieved a passing grade after taking the examination three times can take parts of the course or the whole course again. Being able to retake all or parts of the course is subject to availability.

If a student has not passed the course after taking the examination six times no further chances to take the exam will be given.

Submission of a blank exam is counted as an examination. An examination for which a student has registered but in which they have not participated will not be counted as an examination. An examination session counts as a session when the exam the student takes is the same as for previous examination sessions. An examination that has been opened via the learning management system counts as an examination session even if the examination is not submitted.

Late submissions of examinations are not accepted. Students who have not submitted on time are referred to the next examination session.

If there are special grounds, or a need for adaptation for a student with a disability, the examiner may decide to deviate from the syllabus's regulations on the examination form, the number of examination opportunities, the possibility of supplementation or exemptions from the compulsory section/s of the course etc. Content and learning outcomes as well as the level of expected skills, knowledge and abilities

may not be changed, removed or reduced."

## 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 Board of Higher Education.

The course may not count towards a degree if a course with completely or partially similar content has already been counted towards the degree.

## Literature and other teaching aids

### **Omvårdnadens grunder : Hälsa och ohälsa**

*Edberg, Anna-Karin; Wijk, Helle*

tredje upplagan : Lund : Studentlitteratur, 2019 - 756 sidor

ISBN:9789144123165 LIBRIS-ID:5gkprpnf39z8zrjx

[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](#)

### **Perspektiv på barnkonventionen : forskning, teori och praktik**

*Ponnert, Lina; Sonander, Anna*

Upplaga 1 : Lund : Studentlitteratur, [2019] - 490 sidor

ISBN:9789144125015 LIBRIS-ID:3dwlxv2t1pv0stnn

[Library search](#)

*Sandberg, Håkan*

### **Sjuksköterskans samtal : professionalitet och medmänsklighet**

1. uppl. : Lund : Studentlitteratur, 2014 - 364 s.

ISBN:9789144088877 LIBRIS-ID:16926010

[Library search](#)

### **Sexologi**

*Lundberg, Per Olov; Löfgren-Mårtenson, Lotta*

3. uppl. : Stockholm : Liber, 2010 - 469 s.

ISBN:978-91-47-01545-0 (inb.) LIBRIS-ID:11863176

[Library search](#)

*Folkhälsomyndigheten*

### **Sexuell och reproduktiv hälsa och rättigheter i Sverige 2017**

Folkhälsomyndigheten, 2019

URL: [Sexuell och reproduktiv hälsa och rättigheter i Sverige 2017](#)

### **Andrologi**

*Arver, Stefan; Damber, Jan-Erik; Giwercman, Aleksander*

Upplaga 1 : Lund : Studentlitteratur AB, 2017 - 287 sidor

ISBN:9789144097299 LIBRIS-ID:20800412

[Library search](#)

*Brännström, Aurora*

**Sex och psyk: En kunskapsöversikt**

FoU-enheten Psykiatri Södra Stockholm, 2014

URL: [Sex och psyk](#)**Gynekologi***Janson, Per Olof; Landgren, Britt-Marie*

2. uppl. : Lund : Studentlitteratur, 2015 - 376 s.

ISBN:9789144092591 LIBRIS-ID:17350451

[Library search](#)**HBTQ+ : psykologiska perspektiv och bemötande***Lundberg, Tove; Malmquist, Anna; Wurm, Matilda*

Första utgåvan : 2017 - 440 sidor

ISBN:9789127147430 LIBRIS-ID:19873460

[Library search](#)**Kontrollerade unga - - tvångspraktiker på institution***Enell, Sofia; Gruber, Sabine; Andersson Vogel, Maria*

Studentlitteratur AB, 2018 - 256 sidor

ISBN:9789144116358 LIBRIS-ID:ktjvld8vh4rhzz7n

[Library search](#)*Kulick, Don; Rydström, Jens***Loneliness and its opposite : sex, disability, and the ethics of engagement**

Durham : Duke University Press, 2015 - 362 s.

ISBN:978-0-8223-7584-5 LIBRIS-ID:18565442

[Library search](#)*Lukkerz, Jack***En tom arena : gymnasiesärskole- och habiliteringspersonalens perspektiv på sex- och samlevnadsundervisning**

Malmö : Fakulteten för hälsa och samhälle, Malmö högskola, 2014 - 126 s.

ISBN:9789171045942 LIBRIS-ID:16973412

URL: [Online](#)[Library search](#)**Omvårdnad & äldre***Blomqvist, Kerstin; Edberg, Anna-Karin; Ernst Bravell, Marie; Wijk, Helle*

Upplaga 1 : Lund : Studentlitteratur, 2017 - 703 sidor

ISBN:9789144102795 LIBRIS-ID:20899153

[Library search](#)**Sexualitet och hälsa bland unga i Sverige - UngKAB15 - en studie om kunskap, attityder och beteende bland unga 16-29 år**

2017

LIBRIS-ID:jsjk04hkgzc0g31f

URL: [Länk](#)

The global goals - sustainable development

<https://www.globalamalen.se>