



**Karolinska  
Institutet**

Course syllabus for

## **Health in the Elderly, 15 credits**

Äldres hälsa, 15 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

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

Autumn2010 , [Spring2014](#) , [Autumn2014](#)

Course code	2QA103
Course name	Health in the Elderly
Credits	15 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Clinical Medical Science
Level	Second cycle, has only first-cycle course/s as entry requirements
Grading scale	Pass, Fail
Department	Department of Neurobiology, Care Sciences and Society
Decided by	Styrelsen för utbildning
Decision date	2010-03-19
Course syllabus valid from	Autumn 2010

### **Specific entry requirements**

Bachelor's degree or professional degree worth at least 120 credits is required in healthcare or medicine or a Bachelor of Science in Social Work. English and Swedish language skills equivalent to English A and Swedish B at Swedish upper secondary school are also required.

### **Objectives**

On completion of the course, the student should: - demonstrate an understanding of economical and political conditions for health and quality of life in old age, both in a national and global perspective - show advanced understanding of the importance of the cooperation between different staff categories and in-depth knowledge of teamwork - be able to distinguish and analyse different interdisciplinary perspectives on preventive and rehabilitating interventions for elderly people - show a deeper understanding of the complexity in the rehabilitation of elderly patients - be capable of, independently, evaluating movement- and activity restrictions based on knowledge about normal aging as well about somatic and psychiatric diseases - be capable of planning and accounting for profession specific measures for health promotion, preservation of function and rehabilitating purposes - show competence in delegating tasks and in guiding other staff in approaches to rehabilitation

### **Content**

Focus is set on normal aging from a biological, psychological and social point of view, as well as on the conditions of elderly people from a public health perspective. The importance of health promotion is illustrated. Common diseases and functional disabilities in old age are studied, with particular emphasis on the complexity that often arises when an individual suffers from multiple health problems. Different evaluation instruments are analysed, and their fields of use are discussed. Preventive and rehabilitating measures are penetrated, as well as specific rehabilitation programmes. Cooperation between different professional groups is emphasised, and forms of cooperation between health care and social service are illustrated. Mental problems such as depression are highlighted and strong emphasis is placed on how to approach people with dementia. The relatives' role as care providers is discussed.

## Teaching methods

The course includes different types of working methods such as lectures, seminars, task based work, literature search and report writing.

## Examination

The examination of the course consists of a written group assignment that is presented and reviewed in seminars. Active participation in the work of the group, and individual responsibility for the presentation at the seminar, are required for the Pass grade. Further, approved presentation of other study assignments is required. Compulsory attendance applies to all seminars. In case of absence, an extra written assignment is carried out, as agreed with the course coordinator. A student who has failed in the regular examination, is entitled to participate in five more examinations. If the student has failed six examinations/tests, no more examination is offered. The number of times that the student has participated in one and the same examination is regarded as an examination session. An examination for which the student registered but not participated in, will not be regarded as an examination.

## Transitional provisions

Examination will be provided during a period of two years after a close-down of the course. Examination may take place according to a previous reading list during a period of one year after the date of the renewal of the reading list.

## Other directives

Language of instruction: Swedish. The course replaces 2QA001.

## Literature and other teaching aids

*Dehlin, Ove*

**Gerontologi :b åldrandet i ett biologiskt, psykologiskt och socialt perspektiv**

Stockholm : Natur och kultur, 2000 - 313, [1] s.

ISBN:91-27-06613-4 (inb.) LIBRIS-ID:8348366

[Library search](#)

*Gurner, Ulla; Thorslund, Mats*

**Dirigent saknas i vård och omsorg för äldre : om nödvändigheten av samordning**

Stockholm : Natur och kultur, 2003 - 191, [1] s.

ISBN:91-27-07397-1 (inb.) LIBRIS-ID:9160284

[Library search](#)

*Oddy, Rosemary*

**Promoting mobility for people with dementia : a problem-solving approach**

2nd ed. : London : Age Concern England, 2003 - xii, 172 s.

ISBN:0-86242-361-9 (pbk.) LIBRIS-ID:9421966

[Library search](#)

**Socialgerontologi**

*Andersson, Lars*

Lund : Studentlitteratur, 2002 - 377 s.

ISBN:91-44-01452-X LIBRIS-ID:8352948

[Library search](#)