



**Karolinska
Institutet**

Course syllabus for

Health and Living Conditions for Older Adults - Before, Now and Future, 7.5 credits

Hälsa och livsvillkor hos äldre - förr, nu och i framtiden, 7.5 hp

This course syllabus is valid from spring 2016.

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

Spring2013 , Spring2016 , Spring2017 , Spring2018 , Spring2020 , Spring2021 , Spring2023 , Autumn2024

Course code	2VA006
Course name	Health and Living Conditions for Older Adults - Before, Now and Future
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Nursing
Level	AV - Second cycle
Grading scale	Pass, Fail
Department	Department of Neurobiology, Care Sciences and Society
Decided by	Programnämnd 9
Decision date	2012-12-17
Revised by	Programme Committee 9
Last revision	2016-01-07
Course syllabus valid from	Spring 2016

Specific entry requirements

Registered nurse certified by the National Board of Health and Welfare. Degree of Bachelor of Science in Nursing of 180 credits or a Bachelor's degree in nursing including a minimum of 180 credits.

Furthermore, knowledge is required in Swedish and English equivalent the Swedish B/Swedish 3 and English A/English 6 (with lowest the grade Pass/E).

Objectives

The general aim of the course is that the student based on the concepts health, living conditions and environment, acquire independent ability to carry out health promotion and health-preventive work for older people.

The course consists of two modules:

1. Health and living conditions at older (6 credits)

2. Scientific theory and method with a focus on epidemiology (1.5 credits)

Part 1

Knowledge and understanding

On completion of the course, the student should:

- show knowledge to describe, analyse and interpret relationship between the living conditions, environment and health of people
- show knowledge and understanding to assess and analyse the health of older people/illness, its causes and consequences based on age, sex, gender and a socio-economic and cultural perspective, and identify and reflect on factors influencing health and vulnerable groups
- show knowledge of health-political control documents and be able to justify the application of these related to the responsibility of the own profession.
- show knowledge to be able to identify, evaluate and apply theories and models around health and current research relevant to health care in the Elder the population on individual or group level

Skill and ability

On completion of the course, the student should:

- show competence and skills independently to be able to initiate, plan, carry out and evaluate health promotion and preventive health care on individual and group level for older people and participate in population-oriented health care.

Judgement ability and approach

On completion of the course, the student should:

- demonstrate the ability to make assessments and priorities within health care considering relevant scientific, social and ethical aspects within nursing

Part 2

Knowledge and understanding

On completion of the course, the student should:

- show knowledge and understanding of commonly occurring concept within epidemiological research
- show knowledge of epidemiological study design

Skill and ability

On completion of the course, the student should:

- analyse and interpret epidemiological statistics and research as a basis for the health care within the nurse practitioner work within care of older.

Judgement ability and approach

On completion of the course, the student should:

- be able to evaluate strengths and weaknesses in knowledge compiled in epidemiological research and how the research is used within nursing

Content

The course consists of two modules:

Health and living conditions for the elderly, 6 hp

- The influence of the social structure and the local environment on the health of people
- Different theories of and view on health
- Theoretical perspectives on aging
- Public health problems/health problems in a life-cycle perspective, its spread, distribution and causal connection
- Living habits
- Risk and health factors, vulnerable groups
- Theories and models current within health care, e g justifying conversations, health consultation
- Health-political control documents
- Strategies for health promotion and preventive work on individual-, group and social level/population level
- Fundamental value and ethical and professional attitude at health care

Scientific theory and methods: epidemiology, 1.5 hp

- Epidemiological concepts, design and methods, e g longitudinal and cross sectional design, cohort studies, prevalence, incidence, selection, non-completion to be able to understand and review epidemiological studies that have relevance for nursing within the expert area critically

Teaching methods

The teaching is based on a problem-oriented and collaborative view on learning where the working methods give precondition because the student takes responsibility for his learning actively. The working methods that are used are lectures, study assignments and literature studies.

The working methods intend to train a scientific approach as basis for evidence-based nursing through active knowledge acquisition, problem-solving, critical analysis and reflection.

Then the course is web-based can group assignments also be carried out virtual in real time or asynchronous (the discussion goes on over a long period of time).

Participation in study assignments and placement are compulsory. The course coordinator decides whether, and if so how, absence from compulsory course elements can be made up. Study results cannot be reported until the student has participated in compulsory course elements or compensated for any absence in accordance with instructions from the course coordinator. Absence from a compulsory course element could mean that the student can not retake the element until the next time the course is offered.

Examination

The course includes two examinations:

1. Individual written examination
2. Individual written examination

Students who do not pass a regular examination are entitled to re-sit the examination on five more occasions. A student without approved results after three completed examinations may be offered the opportunity to retake a module or course once more. This is subject to availability. If the student has failed six examinations/tests, no additional examinations are given. Each occasion the student participates in the same test counts as an examination. Submission of a blank exam paper is regarded as an examination. In the case a student is registered for an examination but does not attend, this is not regarded as an examination. A home 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 re-examination.

Other directives

Course evaluation takes place according to the established guidelines of the Board of Education.

Literature and other teaching aids

Dahlberg, Karin; Segesten, Kerstin

Hälsa och vårdande : i teori och praxis

Stockholm : Natur & Kultur, 2010 - 344 s.

ISBN:91-27-12211-5 (inb.) LIBRIS-ID:11766742

[Library search](#)

Gordis, Leon

Epidemiology

Fifth edition. : - xv, 392 pages

ISBN:9781455737338 (pbk. : alk. paper) LIBRIS-ID:16006705

[Library search](#)

Maville, Janice A; Huerta, Carolina G.

Health promotion in nursing

3 ed. : 2012

ISBN:1-133-58997-9 LIBRIS-ID:13527461

[Library search](#)

Barth, Tom; Näsholm, Christina

Motiverande samtal - MI : att hjälpa en människa till förändring på hennes egna villkor

Lund : Studentlitteratur, 2006 - 180 s.

ISBN:91-44-03030-4 LIBRIS-ID:10082182

URL: <http://www.studentlitteratur.se/omslagsbild/artnr/31403-01/height/320/width/320/bild.jpg>

[Library search](#)

Ewles, Linda; Simnett, Ina

Hälsoarbete

2., [rev.] uppl. /b faktagranskning: Nina Buer : Lund : Studentlitteratur, 2005 - 354 s.

ISBN:91-44-03596-9 LIBRIS-ID:9931866

[Library search](#)

Folkhälsorapport 2009

Stockholm : Socialstyrelsen, 2009 - 450 s.

ISBN:978-91-978065-8-9 LIBRIS-ID:11365103

URL: <http://www.socialstyrelsen.se/publikationer2009/2009-126-71>

[Library search](#)

Folkhälsorapport 2011 : folkhälsan i Stockholm - i dag och i morgon

Stockholm : Stockholms läns landsting, 2011 - 34 s.

ISBN:978-91-979698-0-2 LIBRIS-ID:12456972

URL: [Fulltext](#)

[Library search](#)

Handbook of theories of aging

Bengtson, Vern L.

2. ed. : New York, N.Y. : Springer, 2009 - xxiii, 790 s.

ISBN:978-0-8261-6251-9 LIBRIS-ID:11362789

[Library search](#)

LHBTQ-personer och åldrande : nordiska perspektiv

Bromseth, Janne; Siverskog, Anna

1. uppl. : Lund : Studentlitteratur, 2013 - 306 s.

ISBN:9789144077697 LIBRIS-ID:14565708

[Library search](#)

Naidoo, Jennie; Wills, Jane

Folkhälsa och hälsofrämjande insatser

Lund : Studentlitteratur, 2007 - 412 sidor

ISBN:978-91-44-04590-0

[Library search](#)

Nationella riktlinjer för sjukdomsförebyggande metoder 2011 : tobaksbruk, riskbruk av alkohol, otillräcklig fysisk aktivitet och ohälsosamma matvanor : stöd för styrning och ledning

Stockholm : Socialstyrelsen, 2011 - 128 s.

ISBN:978-91-86885-66-3 LIBRIS-ID:12454335

URL: [Fritt tillgänglig via Socialstyrelsen](#)

[Library search](#)

Omsorg och mångfald

Johansson, Stina

1. uppl. : Malmö : Gleerup, 2010 - 238 s.

ISBN:978-91-40-66828-8 LIBRIS-ID:11874284

[Library search](#)

Patientundervisning

Klang Söderkvist, Birgitta

3., uppdaterade uppl. : Lund : Studentlitteratur, 2013 - 276 s.

ISBN:9789144082561 LIBRIS-ID:14504148

[Library search](#)