



**Karolinska
Institutet**

Course syllabus for

Pain and Painmanagement in Nursing, 7.5 credits

Smärta och smärtlindring i omvårdnad, 7.5 hp

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

Course code	2XX020
Course name	Pain and Painmanagement in Nursing
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Clinical Medical Science
Level	AV - Second cycle
Grading scale	Pass with distinction, Pass, Fail
Department	Department of Neurobiology, Care Sciences and Society
Decided by	Styrelsen för utbildning
Decision date	2008-06-19
Revised by	Board of Higher Education
Last revision	2017-02-22
Course syllabus valid from	Spring 2008

Specific entry requirements

Qualification as a nurse, occupational therapist or physiotherapist certified by the Swedish National Board of Health and Welfare.

Objectives

The aim of the course is to give the students the possibility of an enhancement of their knowledge about the phenomenon of pain, pain alleviation by means of drugs and other methods, and providing practice in pain measurement and documentation.

After the course, the student should be able to

- account for hypotheses that explain the origin of pain and different mechanisms of pain treatments
- identify, analyse and assess causes of the pain
- assess and analyse the pain from a physical, mental, social and cultural perspective
- identify, assess and evaluate the patient's nursing need in connection with pain and pain treatment

- carry out nursing interventions independently and in cross-professional cooperation to mitigate pain in the patient
- evaluate and document nursing interventions in connection with pain.

Content

The course deals with the following themes

- Pain physiology
- analysis of pain
- pharmacological pain alleviation
- complementary pain alleviative methods
- pain from a philosophical, anthropological and psychological perspective
- nursing measures
- Documentation
- current constitution

Teaching methods

In this course, the following working methods are used : lectures, seminars and discussion groups. The working methods, being student-activating, moreover aim to integrate the education field to a scientific approach through active knowledge acquisition, problem-solving and critical reflection.

The studies will mostly be carried out via the Web-based platform PingPong. It means that the student participates in web-based group discussions with other students, lecturers and the course directors. In the course, an individual assignment is also included.

Examination

Formative examination takes place through assessment of the student's ability to actively participate in seminars and web discussions and ability to reflect on the basis of relevant reading material.

Summative examination takes place through a written individual study assignment based on a patient case from the student's clinical experience and oral group presentation based on earlier discussions in PingPong.

Seminars and lectures are compulsory. In case of absence, it is up to the student to in conjunction with the course directors discuss the consequences of the absence and the supplementary assignments that are required for the student to a pass grade.

Limitation of number of examinations: For all examinations it is the case that the student is entitled to participate in a total of six examination sessions. Students without approved results after three completed examinations may be offered to retake parts or a course once more. Times for examinations are announced at the beginning of the course.

Transitional provisions

The course has been **cancelled**.

Other directives

Course evaluation will be carried out in accordance with the guidelines established by the Board of Education.

Literature and other teaching aids

Cancerrelaterad smärta : riktlinjer för smärtbedömning, patientundervisning och komplementär smärtbehandling

Carleson, Barbro

Stockholm : Spri, 1999 - 53 s.

ISBN:110:00 exkl. moms LIBRIS-ID:8233409

[Library search](#)

Haegerstam, Glenn

Smärta hos äldre

1 : Lund : Studentlitteratur, 2007 - 269 s

ISBN:9789144012193

[Library search](#)

Hawthorn, Jan; Redmond, Kathy

Smärta - bedömning och behandling.

Lund : Studentlitteratur, 1999 - 325 s.

ISBN:91-44-00930-5

[Library search](#)

Helman, Cecil

Culture, health and illness

4. ed. : Oxford : Butterworth-Heinemann, 2000 - viii, 328 s.

ISBN:0-7506-4786-8z 0-7506-4789-8 LIBRIS-ID:8304792

[Library search](#)

Jakobsson, Ulf

Långvarig smärta

Lund : Studentlitteratur, 2007 - 221 s.

ISBN:978-91-44-01974-1

[Library search](#)

Metoder för behandling av långvarig smärta : en systematisk litteraturöversikt. V. 2

Stockholm : Statens beredning för medicinsk utvärdering (SBU), 2006 - 532 s.

ISBN:91-85413-09-7 LIBRIS-ID:10186860

URL: <http://www.sbu.se/www/subpage.asp?CatID=284&PageID=1442> z Elektronisk version

[Library search](#)

Rawal, Narinder

Postoperativ smärta : Behandling, kvalitetssäkring och organisation.

Lund : Studentlitteratur., 1999 - 176s.

ISBN:91-44-49291-X

[Library search](#)

Smärta hos barn och ungdomar

Olsson, Gunnar L.; Jylli, Leena

Lund : Studentlitteratur, 2001 - 453 s.

ISBN:91-44-01489-9 LIBRIS-ID:8352961

[Library search](#)

Smärtbehandling i livets slutskede

[Ny, aktualiserad och utvidgad uppl.] : Stockholm : Socialstyr., 2001 - 67 s.

ISBN:91-7201-501-2 LIBRIS-ID:8372116

[Library search](#)

Werner, Mads; Strang, Peter

Smärta och smärtbehandling

Stockholm : Liber, 2003 - 504s.

ISBN:47-04906-5

[Library search](#)