



**Karolinska  
Institutet**

*Programme syllabus for*

# **Study Programme in Occupational Therapy, 180 credits**

*Arbetssterapeutprogrammet, 180 hp*

## **Basic programme information**

Programme code	1AR07
Name of the programme	Study Programme in Occupational Therapy
Number of credits	180.0 credits (180.0 ECTS credits)
Starting date	The syllabus applies to students who commence their studies in or after autumn 2007.
	Approved revisions of the syllabus are described under the heading Transitional Provisions.
Decision date	2007-04-04
Decided by	Board of Higher Education
Last revision	2024-08-05
Revised by	Committee for Higher Education
Reference number	3-3003/2024
Specific eligibility requirements	Maths B, Social Sciences A and Natural Sciences B (or Physics A, Chemistry A and Biology A) with a minimum grade of Pass/3
Main field of study	Occupational therapy
Qualification	Arbetssterapeutexamen ( <i>Bachelor of Science in Occupational Therapy</i> )  Medicine kandidatexamen med huvudområdet arbetsterapi ( <i>Bachelor of Medical Science with a Major in Occupational Therapy</i> )  Upon request, a student who meets the requirements for a qualification is to receive a diploma.

# Outcomes

## Outcomes of first cycle education according to the Higher Education Act

First level education shall essentially build on the knowledge that students acquire in national or specially designed programmes at upper secondary school or corresponding knowledge. The Government may, however, allow exceptions where education in the field of arts is concerned.

First level education shall develop the students'

- ability to make independent and critical assessments,
- ability to independently perceive, formulate and solve problems, and
- preparedness to deal with change in working life.

In the educational field concerned, in addition to knowledge and skills, students shall develop an ability to

- seek and evaluate knowledge at a scholarly level,
- follow the development of knowledge, and
- exchange knowledge with other people, including people without specialist knowledge of the field.

## Objectives of the degree of Bachelor of Science in Occupational Therapy according to the Higher Education Ordinance

For a degree of Bachelor of Science in Occupational Therapy, students must demonstrate the knowledge and skills required for certification as an occupational therapist.

### *Knowledge and understanding*

For a degree of Bachelor of Science in Occupational Therapy students must

- demonstrate knowledge of the scientific basis of the field and an awareness of current research and development work, together with knowledge of the connection between science and proven experience and the significance of this connection for professional practice;
- demonstrate knowledge of conditions in society that affect the health of individuals and groups; and
- demonstrate knowledge of relevant legislation.

### *Skills and abilities*

For a degree of Bachelor of Science in Occupational Therapy students must

- demonstrate an ability, independently and working with the individual patient, to carry out occupational therapy measures that prevent, improve and compensate for reduced functional capacity;
- demonstrate an ability to identify and implement measures addressing environmental factors at individual, group and societal level;
- demonstrate an ability to initiate and participate in health-promoting work;
- demonstrate an ability to apply their knowledge so as to deal with different situations, phenomena and issues on the basis of individual and group needs;
- demonstrate an ability to inform and instruct different groups;
- demonstrate an ability to present and discuss measures and treatment results with the parties concerned, orally and in writing, and to document these measures and results in accordance with relevant legislation;
- demonstrate an ability to engage in teamwork and cooperation with other professional groups, and

- demonstrate an ability to critically examine, assess and use relevant information and to discuss new facts, phenomena and issues with different groups, so as to contribute to the development of the profession and professional activities.

*Judgment and approach*

For a degree of Bachelor of Science in Occupational Therapy students must

- demonstrate self-knowledge and a capacity for empathy;
- demonstrate an ability to make intervention assessments based on a holistic approach to the human person and on relevant scientific, social and ethical aspects, paying particular attention to human rights;
- demonstrate an ability to take a professional approach to clients or patients, their family members and other groups; and
- demonstrate an ability to identify their need of further knowledge and to continuously upgrade their capabilities.

**Objectives of the Degree of Bachelor according to the Higher Education Ordinance**

*Knowledge and understanding*

For a Degree of Bachelor students must

- demonstrate knowledge and understanding in their main field of study, including knowledge of the scientific basis of the field, knowledge of applicable methods in the field, in-depth knowledge of some part of the field and a general sense of current research issues.

*Skills and abilities*

For a Degree of Bachelor students must

- demonstrate an ability to seek, gather and critically interpret information that is relevant to a problem and to critically discuss phenomena, issues and situations;
- demonstrate an ability to independently identify, formulate and solve problems and to perform tasks within specified time limits;
- demonstrate an ability to present and discuss information, problems and solutions in dialogue with different groups, orally and in writing; and
- demonstrate the skills required to work independently in the field that the education concerns.

*Judgment and approach*

For a Degree of Bachelor students must

- demonstrate an ability to make assessments in their main field of study, taking into account relevant scientific, social and ethical aspects;
- demonstrate insight into the role of knowledge in society and into people's responsibility for how knowledge is used; and
- demonstrate an ability to identify their need of further knowledge and to upgrade their capabilities.

**Outcomes of the study programme at Karolinska Institutet**

In addition to the national objectives, the following objectives apply for the Study Programme in Occupational Therapy at Karolinska Institutet.

*Judgment and approach*

After completing the education students must

- be able to apply their knowledge based on a professional approach and in accordance with the ethical code of the profession.

## Description of the main field of study

The scientific basis for the main field of study, occupational therapy, consists of occupational science, which includes knowledge of human occupation in everyday activities and participation in the living environment in relation to health and development. Occupation is understood as culturally-defined and individually-valued activities that humans perform on a daily basis over the course of their lives in such environments as the home, work, school and leisure venues.

Studies within occupational therapy and occupational science develop the student's knowledge of:

- the interaction between individual and contextual conditions in relation to everyday occupations
- how participation and engagement in occupation contributes to health and development
- the consequences of injury, illness, impairment and environmental barriers on occupation and participation
- occupation-based initiatives and interventions which promote activity and participation

Knowledge within the main field of study is applied within evidence-based occupational therapy, which aims to enable individuals' participation in everyday occupations. This knowledge is used for the assessment, goal formulation, implementation, evaluation and documentation of occupational therapy, which can be implemented at individual, group and society levels.

## Content and structure

### Occupational therapy - professional practice and function

Occupational therapy as a profession has grown out of society's need to habilitate/rehabilitate people following illness and/or injury. Occupational therapists base their work on the needs and resources of the user/patient/client and the people around them. Occupational therapy interventions aim to enable the individual to cope with everyday occupations, work and leisure, and involve both the individual and the surrounding environment.

Occupational therapy's focus on the possibilities of the user/patient/client for occupation have been of particular importance in terms of the development of the profession, and represent a significant contribution to society, particularly within health and medical care, the social sector, the school sector, the employment market and preventative healthcare. As a profession, occupational therapy is regulated by the Health and Medical Services Act, the Act Concerning Support and Service for Persons with Certain Functional Impairments, the Professional Activity in the Health Services Act and the Social Services Act.

Improving the health of the user/patient/client is a key goal for all health workers. The professional practice of the occupational therapist therefore includes tasks which touch upon those of other professions within fields such as health and medical care, social work and pedagogy. In terms of occupational therapy, health involves more than just treating illness and injury. The concept of health also includes occupations which are meaningful for the individual, and which contribute towards participation, security and dealing with various life situations, including illness and injury.

### Study Programme in Occupational Therapy at Karolinska Institutet

The focus of the Study Programme in Occupational Therapy is on knowledge of occupation in relation to health, ill-health and everyday human actions, occupation in relation to creativity, agency and change, and occupation in relation to technology, the environment and participation. The programme cooperates with other universities internationally, enabling students to benefit from advances within occupational

therapy in other countries.

Scientific theory and research methodology are integrated into the programme. Studying these brings knowledge and understanding of the importance of science in terms of knowledge and the development of knowledge, within occupational therapy specifically and within health and medical care and the social sector in general.

Based on an evidence-based way of working, the education emphasises an understanding of the situation of the user/patient/client and those around them, knowledge of different problem-solving strategies, and ethical viewpoints. When ethical dilemmas arise in professional practice, the occupational therapist must take into consideration the personal integrity, health, living conditions and rights of the user/patient/client and those around them, as well as available resources, priorities and the employer's requirements. Problematising evaluations and working with ethical dilemmas thus plays a central role within the Study Programme in Occupational Therapy at Karolinska Institutet.

There is an emphasis within the programme on the importance of interprofessional collaboration and having knowledge of other professional groups within health and medical care and the social sector in order to be able to evaluate one's own competence and that of others in concrete collaborative situations.

Applied occupational therapy is an integrated part of the programme, and all terms include clinical placements. The aim is to acquire, apply and integrate theoretical knowledge and practical experience. The work-based elements of the occupational therapy education should also provide an opportunity to develop a professional approach and cooperation with other professional groups through critical thought, problem-solving and creativity when dealing with various professional situations.

### **Main content**

The Study Programme in Occupational Therapy is worth a total of 180 higher education credits, of which courses in occupational therapy make up more than half. The programme also covers anatomy, physiology, psychology, pedagogy, anthropology and medical subjects, and provides a foundation for second-level studies and further specialisation within occupational therapy.

The aim of the *first year of study* is that students should acquire basic knowledge and understanding of the significance of occupation in terms of human health/ill-health, as well as judgment and approach in relation to empathy and ethics. Occupational science, the philosophy and history of occupational therapy, fundamental ideas, theories and models, an ethical approach, occupational therapy skills and scientific theory and methods are all introduced. Knowledge and understanding of human anatomy and physiology are also included, as are basic psychological theories in terms of human development and socialisation, theories on occupation, change, development, creativity and play in relation to social interaction.

The first year of study includes short work-based practical periods in basic skills and abilities. The aim of this is that students should acquire basic knowledge and understanding of occupational therapy measures and an awareness of the profession and its organisation and social conditions.

The *second year of study* for the Study Programme in Occupational Therapy involves the application of and reflection on the concepts, models and theories introduced previously, and the occupational therapy methods relating to assessment, treatment and evaluation within occupational therapy. In order to be able to apply occupational therapy, knowledge and understanding of the most common illnesses in society and their epidemiology, diagnostics and medical treatment is required. The focus is on restrictions on bodily functions and possible causes of functional and occupational limitations, as well as the importance of interprofessional work. A key part of this involves giving students the necessary tools to seek knowledge of different illnesses, and to be able to make evaluations and draw conclusions from an occupational therapy perspective. The second year of study also includes knowledge and understanding of interaction, communication and discursive methods in relation to human motivation, problem-solving and change processes connected to occupational perspectives and professional

development.

In order to allow students to develop multicultural understanding and insight into how they themselves are characterised by their own cultures and social backgrounds, knowledge of human occupation and the relationship between social, material and cultural conditions and health, as well as the individual's own valuations are also included.

Occupational therapy skills and abilities are applied in work-based teaching both through students identifying clinical problems and then seeking out theories which can contribute towards knowledge, understanding and explanations of these problems, and through applying occupational therapy theory in practice.

The scientific knowledge is integrated through students applying and reflecting on data collection methods and data analyses relating to patient work.

The objective of the *third year of study* is to deepen the application of occupational therapy theories, models and concepts which relate to people's ability to work, their leisure activities and their social participation. Here, there are greater requirements in terms of abilities and skills for independent critical review, evaluation and the integration of theory and practice. Knowledge and understanding of society's structures, laws, regulations and support with relevance to those with occupational limitations are included, as are various social phenomena with an emphasis on participation. Professional development is deepened through greater empirical cooperation, through greater knowledge and understanding of the professional identity and operational development, and in interprofessional work.

Knowledge and understanding of scientific theory and methods are deepened through completing a degree project on occupational therapy worth 15 higher education credits. In the degree project, students should demonstrate abilities and skills in terms of problem formulation, taking an ethical stance, choice of methods for collecting and processing data, and valuating the results of, and relating to, existing research within the subject area.

During the final term, students choose from elective courses worth 7.5 higher education credits. Elective courses in occupational therapy aim to broaden and deepen knowledge within the subject area. Elective courses in other subjects aim to complement occupational therapy competences and prepare occupational therapists for a greater degree of teamwork.

### **Pedagogical profile**

The pedagogy of the Study Programme in Occupational Therapy is based on three key concepts: transparency, diversity and participation. Transparency means that the education has a clear pedagogy, with references to pedagogical theory and research. This pedagogy is presented and discussed in course introductions and at course evaluations. Diversity means that the programme applies different pedagogical theories and working methods in different course modules, based on the aims of the courses and the modules. Participation means that students, educationalists, professionals and other actors have an influence on the pedagogy of the education, through formal authorities such as the programme committee, and through recurring pedagogical days involving student representatives and professional representatives.

As a tool for enabling transparency, diversity and participation, the study programme has its own pedagogical platform which is available on the programme's website. This platform functions as a working document, where pedagogical theory, research and pedagogic methods are introduced and problematised. The platform also presents the programme's pedagogical research and development projects, and acts as an arena for discussing the pedagogy of the education and the profession.

### **Internationalisation**

Parts of the education can be carried out abroad in accordance with Karolinska Institutet's international policy and within the framework of the programme's international exchange arrangements. As an element of this internationalisation, courses will be offered to students at universities with which the study programme has exchange agreements.

Internationalisation at home involves those students who have not studied abroad being offered seminars, where foreign students talk about the knowledge and understanding of occupational therapy that they have gained abroad. This also involves those students who have studied abroad talking, after completing their studies, about how their studies abroad have affected them in their future work.

## **Transitional provisions**

This programme syllabus has been cancelled.

## **Other guidelines**

### **Grading scale**

The grades used are Fail, Pass or Pass with Distinction. Alternative grading scales may apply to elective courses or cross-programme courses. The grading scale is detailed in the course syllabus.

### **Language of instruction**

The teaching language and course literature may be in Swedish, Scandinavian languages or English.

### **Specific eligibility requirements within the programme**

The courses of the programme shall be followed in accordance with the order given in the study programme. The entrance requirements for the higher studies term are that students may be behind by a maximum of 15 higher education credits from the immediately preceding semester. In addition, there may be course-specific entry requirements. For details, see the relevant course syllabus.

### **Guidelines regarding the suspension of clinical educations whilst the course is in progress**

A student's clinical education (VFU) can be immediately suspended if the student demonstrates such serious shortcomings, in terms of knowledge, skills or approach, as to jeopardise the safety of the patients, or their trust in their medical care. The administration of such matters must be outlined in the course syllabus.

If the education is suspended in this manner, an individual action plan shall be drawn up stating the activities and testing that will be required for a student to be given the opportunity to recommence the education.

## Study plan with constituent courses

For students starting the programme in the fall term of 2009 or later:

Term	Name of the course	Higher education credits	Level	Depth of the course
1	Occupation and Health	15	First	G1
1	Anatomy and Physiology	15	First	
2	Psychology	7.5	First	
2	Health, Culture and Lifestyle	7.5	First	
2	Occupation and Creativity	15	First	G1
3	Medical Studies	15	First	
3	Occupation and Participation - the Occupational Therapy Process	7.5	First	G1
3	Pedagogy	7.5	First	
4	Occupation and intervention – Assessment and intervention planning	7.5	First	G1
4	Occupation and Intervention – Activities in daily life	15	First	G2
4	Occupation and Intervention – Evaluation	7.5	First	G2
5	Scientific Design and Method	7.5	First	
5	Occupation and intervention – Participation in Society	15	First	G2
5	Disability, Environment and Society	7.5	First	
6	Degree Project in Occupational Therapy	15	First	G2
6	Organisation and Management	4.5	First	
6	Interprofessional Clinical Education (Clinical Education Ward)	3	First	G2
6	Elective course	7.5	First/Second	

For students starting the programme in the spring term of 2009 or earlier:

Term	Name of the course	Higher education credits	Level	Depth of the course
1	Occupation and Health	15	First	G1
1	Anatomy and Physiology	15	First	
2	Psychology	7.5	First	
2	Occupation, Culture and Lifestyle	7.5	First	
2	Occupation and Creativity	15	First	G1
3	Medical Studies	15	First	



3	Occupation and Participation as Ends and Means	7.5	First	G1
3	Pedagogy	7.5	First	
4	Occupation and intervention – Assessment and intervention planning	7.5	First	G1
4	Occupation and Intervention – Activities in daily life	15	First	G2
4	Occupation and Intervention – Evaluation	7.5	First	G2
5	Scientific Design and Method	7.5	First	
5	Occupation and intervention – Participation in Society	15	First	G2
5	Health, Society and Environment	7.5	First	
6	Degree Project in Occupational Therapy	15	First	G2
6	Organisation and Management	4.5	First	
6	Interprofessional Clinical Education (Clinical Education Ward)	3	First	G2
6	Elective course	7.5	First/ Second	