



Faculty of Health, Science, and Technology

## Programme Study Plan

### Specialist Nursing: Primary Health Care Nursing

**Programme Code:** VASDI

**Programme Title:** Study Programme for Specialist Nursing: Primary Health Care Nursing

**Credits:** 75

**Programme Approval:** The Programme Study Plan was approved by the Faculty Board for Social and Life Sciences on 24 February 2010 (Dnr FAK3 2010/50), and is effective from the autumn semester of 2010. Revised on 24 November 2010 and 16 December 2010 effective from the autumn semester 2011.

**Language of Instruction:** Swedish

**Degree Level:** Master (One Year)

**Degree Type:** Professional and general

**Prerequisites:** A Nursing licence issued by the Social Welfare Agency. **Special requirements:** Bachelor's degree in health care or nursing, 180 ECTS or including a degree project, 15 ECTS or equivalent qualifications, and professional experience in nursing corresponding to at least 24 months full-time, and upper secondary level Swedish B/Swedish as a second language B and English A.

#### General Information

The programme aims for students to qualify as specialists in primary health care nursing. Specialist nurses are expected to work independently and to deal with complex situations at work within their area of expertise.

A primary health care nurse works in different health care areas and institutions with varying tasks based on the health care needs of the population. Primary health care nursing programme provides a broad competence to care for people of all ages. The primary health care nurse identifies physical, mental, existential, cultural and social needs and decide on the appropriate medical treatment. Primary health care nurses must be able to work independently and to prioritise nursing and health care on a daily basis. They play a vital role in the health care team assigned to a patient and his or her family members. Their work in a multi-cultural society requires readiness to act and ability to adapt to various social circumstances. Specialist nurses often work in multi-cultural and complex environments and are required to make decisions about nursing and treatment. They make risk assessments and work with preventive care. Primary health care nurses play a vital role in informing, educating and instructing in their various institutions. All specialist nurses are expected to follow, implement and contribute to research and development as well as to initiate and lead quality improvement work.

### **Aims and Learning Outcomes**

The length, content and degree level of the study programme is regulated by statutes and guidelines ensuring that graduates meet the programme requirements, qualification requirements for further postgraduate studies, and EU requirements for nurses.

Chapter 1, §9, of the Higher Education Act (SFS 1992:1434, 2006:173) states that postgraduate studies should largely build on knowledge acquired at undergraduate level or the equivalent. Postgraduate students are expected to deepen the knowledge, skills and abilities acquired at undergraduate level. Students are also expected to

- further develop their ability to integrate and implement theoretical knowledge in their work,
- develop their ability to deal with complex situations, questions and phenomena, and
- develop their ability to work independently and contribute to research and development work.

The *Higher Education Ordinance* (SFS 1993:100, 2006:1053) lists the national aims and objectives common to all educational programmes for specialist nurses. For a degree in specialist nursing to be awarded, students should demonstrate the ability to work as a specialist nurse. The following list of requirements applies to all specialist nursing programmes in Sweden.

#### *Knowledge and understanding*

To earn a degree in specialist nursing, students should be able to demonstrate

- knowledge of the scientific basis of the field, an understanding of current research and development, and an understanding of the links between science and experience in theory and practice,
- a deeper ability to plan, manage and coordinate health care.

### *Competence and abilities*

To earn a degree in specialist nursing, students should be able to demonstrate

- a deeper ability to work independently and in collaboration with patients and their family members in identifying patient needs, formulating a care plan and providing medical care and treatment,
- the ability to lead and evaluate care and treatment,
- a deeper ability to initiate, carry out and evaluate preventive care and health maintenance,
- the ability to integrate theory and practice and to analyse, assess and manage complex questions and situations,
- the ability to take part in and supervise medical examinations and treatments including palliative care, and
- the ability to educate non-specialists.

### *Judgment and approach*

To earn a degree in specialist nursing, students should be able to demonstrate

- self-knowledge and empathy,
- the ability to make a holistic evaluation of a course of treatment on the basis of relevant scientific, societal, and ethical aspects with special focus on human rights,
- a professional approach to patients and their family members, and
- the ability to identify their own need for further knowledge and training.

Upon completion of the Study Programme for Specialist Nursing: Primary Health Care Nursing, students should also be able to demonstrate

- the ability to work independently in assessing, planning, carrying out and evaluating the necessary measures to preserve and maintain physical, mental and social health and to prevent ill health and medical complications,
- the ability to observe and assess complex patient needs in terms of care, habilitation and rehabilitation, and
- the necessary knowledge to carry out and supervise medical examinations and vaccination programmes.

In addition to the national and local objectives listed above, the specialist nursing programme at Karlstad University conforms to the national objectives which regulate general Master's degrees (SFS 2006:1053) as well as the laws and statutes which regulate prehospital nursing.

### **Programme Structure**

The programme is partly web based and offered as a part-time course. Independent study is part of all course components. The forms of instruction vary. The aim is to stimulate students to be active learners and to take personal responsibility for their own learning process, both individually and as a group.

The programme integrates theoretical and practical components; the aim is to form a cohesive whole which allows for personal development and a meaningful learning process. The courses

gradually become more advanced and are continuously linked to primary health care nursing in practice.

Students are assigned a practical placement, primarily in the county of Värmland. Other arrangements can be made provided that adequate supervision can be guaranteed. Students may incur additional travel and accommodation expenses in connection with the practical placement.

Students are encouraged to take part in studies on other cultures and their health care systems in the hope of promoting cross-national and cross-cultural knowledge and understanding. Students are offered the opportunity to partake in international studies and activities at the university and they may apply to take certain courses or parts of courses abroad.

### **Programme Curriculum**

The Study Programme for Specialist Nursing: Primary Health Care Nursing comprises 75 ECTS credits. Students take five courses in primary health care nursing, including both theoretical and practical course components.

The main subject is nursing science with the addition of medical science. Each course covers both these subject areas, thus encouraging students to take a holistic perspective. All programme courses integrates research method components corresponding to 7.5 ECTS cr.

For a degree in specialist nursing to be awarded, students must complete and submit a degree project comprising 15 ECTS credits in the main subject nursing science with a focus on primary health care. The practical placement 14 weeks distributed across four of the programme courses..

During the course of the programme, students will broaden and deepen previously acquired knowledge in the fields of nursing science and medical science, with a special emphasis on primary health care nursing.

The programme covers the following subject areas:

- Nursing Science: Primary Health Care Nursing, 30 ECTS credits
- Medical Science: Primary Health Care Nursing, 45 ECTS credits

#### *Courses*

Students take the following courses:

- The Field and Profession of Primary Health Care Nursing, 15 ECTS cr
- Pharmacology and Pathology for Prescribing Rights 15 ECTS cr
- Complex Nursing in Theory and Practice, 12.5 ECTS cr
- Health and Ill Health in Children and Adolescents, 10 ECTS cr
- Managing and Developing Primary Health Care, 7.5 ECTS cr
- Degree Project: Primary Health Care, 15 ECTS cr

See Appendix for further details.

### *Nursing Science with an Emphasis on Primary Health Care Nursing*

Nursing Science is the main subject on the programme. It is also the foundation for all professional theatre nursing. Nursing aims to preserve patients' health and well-being, prevent ill health and disease, maintain and restore health in accordance with the needs of the individual, reduce suffering and enable patients to die with dignity. Central concepts of nursing are the human being, health, the environment, and treatment. A core part of nursing is the interaction between nurse, patient and next of kin, which must be imbued by a holistic, and ethical approach.

Nurses in primary health care assess, plan, conduct, and evaluate measures and treatment related to individual perceptions of health and ill health. This entails identifying experiences of illness, symptoms and functional impairment and assess self-care needs and resources to promote health and adjustment to a changed life-style.

Nursing as a scientific discipline is patient-centred and clinically-based. Research in the field provides nurses with evidence-based knowledge for their professional practice. At the department of health sciences research is pursued under the umbrella term "Sustainable health and health care quality". Other current research areas are "Health and life quality", "Health care and safety" and "Health care environment and resources". The research programme centres on studies of perceptions of health and life quality, the quality and safety in health care, professional development, the importance of leadership and organisation to health care, and methods and interventions that can improve and develop nursing and care.

### *Medical science with an Emphasis on Primary Health Care Nursing*

The aim is for students to deepen their knowledge of medical science in the following areas: ill health in children, adolescents, adults and the elderly and pharmacology and pathology. In the course Pharmacology and Pathology for Prescribing Rights Nurses the areas needed for applying for prescription rights to the National Board of Health and Welfare are included, which involves certain medical equipment, aids, sanitary and pharmaceutical products. Upon completion of the programme, students are able to carry out and supervise medical examinations and vaccination programmes.

### **Degree Awarded**

The professional degree awarded is  
Graduate Diploma in Specialist Nursing - Primary Health Care Nursing.

The general degree awarded is  
Degree of Master of Social Science (60 credits). Major: Nursing Science.

### **Transfer of Credits**

Students have the right to transfer credits from other universities in Sweden or abroad. The recognition of previous education as credit for part of a course is subject to approval by the examiner. The recognition of previous education as credit for an entire course is subject to approval by the Office for Student Services.

## **Additional Information**

### *Moving Up*

In order to move up to the next level, students must meet any additional admission requirements specified in the course syllabus.

### *Local Regulations*

Local regulations at Karlstad University stipulate the rights and obligations of staff and students.

### *Student Expulsion Procedures*

As stipulated in the *Higher Education Act* Ch. 2, sect. 6, *SFS* 1992: 1434, and Regulations of Student Expulsion from Higher Education *SFS* 1987: 915, a student who suffers from mental disorder, abuses alcohol or drugs, or has been guilty of a serious offence endangering others or valuable property can be expelled until further notice. In such a case, the Vice Chancellor files a complaint to the Expulsion Board of Higher Education, which investigates the matter and makes a decision. A decision of expulsion shall always entail that the student must discontinue the education until further notice. The Expulsion Board of Higher Education is responsible for all Swedish higher education institutions.

Appendix I: Overview of programme structure

## Overview of programme structure: Specialist Nursing - Primary Health Care 75 ECTS

Nursing, 30 ECTS credits and Medical Science, 45 ECTS credits are included in the programme. Part time study. A Degree project of 15 ECTS credits is included and is introduced and carried out in the terms 3, 4 and 5.

<b>Term 1, autumn</b> (part time, 15 ECTS credits)		<b>Term 2, spring</b> (part time 15 ECTS credits)	
<p><b>Course:</b> The field and profession of primary health care nursing, 15 ECTS Credits</p> <p><i>Practical placement 3 (6) weeks :</i></p> <p>- Health centre</p>		<p><b>Course:</b> Pharmacology and pathology for prescribing rights 15 ECTS cr</p> <p>- School health 2 (4) weeks and</p> <p>- Child health centre 2 (4) weeks</p>	<p><b>Course:</b> Impairment – Aids and support, 3 ECTS Credits</p>
<b>Term 3, autumn</b> (part time 15 ECTS credits)		<b>Term 4, spring</b> (part time 15 ECTS credits)	
<p><b>Course:</b> Complex nursing in theory and practice, 12.5 ECTS Credits</p> <p><i>Practical placement 4(8) weeks:</i></p> <p>- municipal care</p> <p><b>Course:</b> Degree project – Primary health care, 15 ECTS Credits (2.5 ECTS credits in term 3)</p>		<p><b>Course:</b> Health and ill health in children and adolescents 10 ECTS Credits</p> <p><i>Practical placement 4(8) weeks</i></p> <p>- municipal care (schools 2(4) weeks and</p> <p>- post-natal clinic 2 (4) weeks</p> <p><b>Course:</b> Degree project – Primary health care, 15 ECTS Credits (5 ECTS credits in term 4)</p> <p><i>Field studies</i></p>	
<b>Term 5 autumn</b> (part time 15 ECTS credits)			
<p><b>Course</b> Managing and developing primary health care 7,5 ECTS Credits</p> <p><i>Practical placement 3 (6) weeks</i></p> <p>- within municipality or county council</p> <p><b>Course:</b> Degree project – Primary health care, 15 ECTS Credits (7.5 ECTS credits in term 5)</p> <p><i>Field studies</i></p>			

**Students are recommended to undertake practical placement full-time. The number of weeks in parentheses refer to part-time study. Students who have experience in a practical placement area can replace that with another optional area, upon consultation.**