



Faculty of Health, Science and Technology
Nursing Science

Syllabus

Health promotion and preventive care in public health nursing

Course Code:	KMA315
Course Title:	Health promotion and preventive care in public health nursing <i>Hälsofrämjande och förebyggande omvårdnad, allmänmedicin och folkhälsa</i>
Credits:	15
Degree Level:	Master's level
Progressive Specialisation:	Second cycle, has only first-cycle course/s as entry requirements (A1N)

Major Field of Study:

Course Approval

The syllabus was approved by the Faculty of Health, Science and Technology 2023-04-27, and is valid from the Spring semester 2024 at Karlstad University.

Prerequisites

Nursing licence issued by the National Board of Health and Welfare and a nursing degree of at least 180 ECTS credits (including a degree project of at least 15 ECTS credits) or a Bachelor degree in nursing, plus at least 24 months full-time work experience as a licensed nurse, plus upper secondary level Swedish 3 or Swedish as a second language 3 and English 6 or A, or equivalent

Learning Outcomes

Upon completion of the course, students should be able to:

1. give an account of and reflect upon the profession of the public health nurse,
2. identify and apply selected qualitative methods in nursing research, and assess them with

regard to trustworthiness,

3. explain the relation of different science paradigms to research questions and problems, and their significance for selecting methods for research in nursing,
4. reflect on central concepts in public health and epidemiology at local, national, and global levels in relation to sustainable development,
5. give an account of and reflect upon the health-promoting and preventive aspects of public health nursing from individual, group, and societal perspectives,
6. identify health problems, risk behaviour, and risk environments and independently plan and lead health-promoting counselling,
7. identify and apply pedagogical methods for health-promoting and preventive care,
8. describe and apply interview methods in health-promoting counselling,
9. give an account of health examinations and vaccinations and arguments for vaccinations on the basis of current legislation,
10. conduct assessment interviews with and provide counselling and support to individuals of all ages and cultural backgrounds in different contexts based on the nursing process,*
11. assess the needs of and plan and conduct health examinations and vaccinations for various age groups,*
12. plan and apply different treatment principles at a health care clinic,*
13. explain the role of the public health nurse in the interprofessional health care team at a health care clinic,*
14. explain the organisation and cooperation between care providers in connection with major accidents and disasters,*
15. give an account of and apply laws and regulations for disease control,* and
16. demonstrate professional conduct in the primary health care clinic.*

* Learning outcomes assessed during the clinical placement

Content

The course integrates Nursing (5 ECTS cr) and Medical Science (10 ECTS cr).

Instruction is in the form of group work, lectures, field studies, clinical placement (VFU, 4 weeks), and seminars. Attendance at the clinical placement is mandatory, and students' ability to work independently is emphasised. All instruction pays attention to the scientific basis and evidence-based knowledge of the field. Students study on their own, in groups and in on-campus meetings. The course is partly net-based and different information and communication techniques are used.

Epidemiology is studied on the basis of theory, central concepts, and health determinants. Public health, distribution of health, global health, international and national public health objectives are studied in relation to the need to ensure that the societal development will be conducive to the health of future generations. Health promotion is studied on the basis of planned and systematic initiatives, targeting the community, groups and individuals, to promote health and prevent disease. Risk factors of ill health and premature death are studied as well as health factors and protection factors enhancing health, well-being and quality of life from an existential, physical, mental, cultural, and social perspective.

Advisory and supportive interview methods and difficult conversations are practised through exercises based on the motivational interviewing method (MI).

Theory of science, including science paradigms and methodology, is studied with a focus on research questions, research problems, and research design in relation to nursing research. The most common qualitative methods (for instance qualitative content analysis, phenomenography, phenomenology, hermeneutics, and grounded theory) are covered, including similarities and differences, strengths and weaknesses. The course includes in-depth study of data collection methods in qualitative research, including aspects such as

selection, interviews, focus groups, and observations, as well as examination of the trustworthiness of qualitative research in terms of reliability, transferability, dependability, and confirmability. Students interview a practising nurse, applying qualitative interview methodology to the data collection, analysis, and report, to deepen their understanding of the role of the public health nurse in terms of competences and professional ethics.

The leadership of the public health nurse in terms of responsibility and function is studied in relation to laws and regulations, working environment, personnel issues, liability cases, deviation reporting, delegation and diversity.

The public health nurse's function in primary health care is studied in a four-week clinical placement period giving students the opportunity to turn theory into practice. Students participate in and independently plan, conduct, and evaluate health examinations, reception, telephone advising, and vaccination. In addition, students study the organisation of primary health care and the role of the health clinic in the event of major accidents and disasters, as well as the development of a more patient-centred care based on the idea of integrated care and continuity of care, including welfare technology.

The role of the public health nurse in cooperation with the interprofessional team is also studied. During the placement period, students develop professionally, adopting a professional approach to and independence in the professional role. They reflect upon and demonstrate understanding of the meaning of respecting the patient's and the client's dignity, integrity, and autonomy, and demonstrate professional conduct characterised by insight, judgement, and expertise.

Reading List

See separate document.

Examination

Assessment is based on two written group reports, the second of which is discussed in seminar, a seminar with situation roleplay, an individual netbased exam, and individual assessment of performance during the clinical placement.

The number of assessment opportunities for the placement is limited to two. Students who have failed to earn a Pass grade for the clinical placement are offered a second opportunity as soon as circumstances permit.

The examiner may decide that a student who is very close to a passing grade can complete a supplementary assignment to receive a passing grade for a specific examination. Additional examination material must be submitted within six days of notification. The supplementary assignment only is then assessed in accordance with the assessment criteria, and if it is insufficient, a grade of fail (U) will be given.

If students have a decision from Karlstad University entitling them to Targeted Study Support due to a documented disability, the examiner has the right to give such students an adapted examination or to examine them in a different manner.

Grades

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course.

Quality Assurance

Follow-up relating to learning conditions and goal-fulfilment takes place both during and

upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

Course Certificate

A course certificate will be provided upon request.

Additional information

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.

A student who, in the examiner's judgement, will fail to obtain a Pass grade for the practical placement component on the grounds of grave and unprofessional skills and conduct that may cause injury may be required to immediately discontinue the practical training. The discontinuation means that the examiner has failed the student. A student whose practical placement has been discontinued on the grounds of grave and unprofessional skills and conduct may not retake the practical placement until the examiner has ascertained that the student has the knowledge and skills required to re-take the practical placement. The decision must be submitted in writing and clearly state the grounds for the discontinuation. An individual study plan is then drawn up and approved for the student and specify the student's knowledge gaps and inadequate skills, the support offered to the student by the university, how the knowledge will be tested and when the first test will take place. The student has the right to two clinical placement periods to obtain a Pass grade.

As stipulated in the Higher Education Act Chapter 4, sect. 6, and SFS 2007: 989, 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 Rector 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.

Required course for the specialist nursing programme: Public health care