



Faculty of Health, Science and Technology

Programme Syllabus

Specialist Nursing in Primary Health Care

Programme Code:	VASDI
Programme Title:	Specialist Nursing in Primary Health Care Specialistsjuksköterska med inriktning mot distriktssköterska
Credits:	75
Programme Approval:	The programme syllabus was approved by the Faculty Board of Health, Science and Technology on 3 February 2022 and applies as of the autumn semester of 2022, Rev. 15 March 2023.
Language of Instruction:	Swedish and English
Education Cycle:	Second
Degree Type:	Professional The programme also fulfils the requirements of a general Degree of Master (60 credits).
Entry Requirements	Nursing licence issued by the Swedish National Board of Health and Welfare. A Degree of Bachelor of Science in Nursing (180 credits), including a degree project of 15 credits, a Degree of Bachelor in Nursing (including a degree project of 15 credits), or equivalent qualifications. Professional experience in nursing corresponding to 24 months of full-time work. Swedish 3 or Swedish as a second language 3, and English 6/A.

Introduction

The study programme is concluded with a Postgraduate Diploma in Specialist Nursing: Primary Health Care.

Work as a specialist nurse requires a high degree of autonomy and ability to handle complex nursing situations in the specialist field. Primary health care nurses primarily work in primary health care, that is, care provided regardless of responsible authority outside the hospital, which includes, for example, child health services, health centres, student health, home nursing, housing with special services, and occupational health services. As a primary health care nurse, you may also have your own practice within areas such as diabetes, incontinence, heart failure, and wound care. This means

that the primary health care nurse has a variety of skills and competences in different areas of activities and forms of care with the possibility of working with different tasks within the health care sector based on the health needs of people of all ages.

The primary health care nurse must be able to identify patients' physical, mental, existential, cultural, and social needs and assess, plan, implement, and evaluate the nursing and medical interventions required in different situations. The primary health care nurse has a leading and coordinating role in both intra- and interprofessional teams surrounding the patient and the patient's next-of-kin. The specialist nurse in primary health care must be able to disseminate knowledge and act as supervisor for nursing staff and students within in the specialist field. A multicultural society requires that the primary health care nurse is ready to act and adapt to different social conditions. Work includes assessing risk factors for ill health and efforts to prevent ill health among the population. A primary health care nurse also has prescription rights for certain drugs and aids, as well as knowledge of the areas of use of medico-technical products. A primary health care nurse is also expected to follow, implement, and contribute to research and development and to initiate and lead development projects.

Programme Outcomes

The content, duration, and degree level of the study programme are regulated by the Higher Education Act (SFS 1992:1434) and the Higher Education Ordinance (SFS 1993:100), ensuring that graduates meet the programme requirements, qualification requirements for postgraduate studies, and EU requirements.

Pursuant to the Higher Education Act Chap. 1 Sect. 9 (SFS 1992:1434) and the Higher Education Ordinance (SFS 1993:100), second-cycle courses and study programmes shall be based fundamentally on the knowledge acquired by students during first-cycle courses and study programmes, or its equivalent. Second-cycle courses and study programmes shall involve the acquisition of specialist knowledge, competence and skills in relation to first-cycle courses and study programmes, and in addition to the requirements for first-cycle courses and study programmes shall:

- further develop the ability of students to integrate and make autonomous use of their knowledge,
- develop the students' ability to deal with complex phenomena, issues and situations, and
- develop the students' potential for professional activities that demand considerable autonomy, or for research and development work.

The Higher Education Ordinance (SFS 1993:100) specifies the national outcomes for a Postgraduate Diploma in Specialist Nursing. The student shall:

Knowledge and understanding

- demonstrate knowledge of the disciplinary foundation of the field and insight into current research and development work as well as the links between research and proven experience and the significance of these links for professional practice, and
- demonstrate specialised knowledge of the planning, management and coordination of health care measures.

Competence and skills

- demonstrate specialised skills in identifying health care needs and drawing up care programmes autonomously and in collaboration with the patient and those close to them
- demonstrate the ability to direct and evaluate health care interventions
- demonstrate specialised skills in initiating, undertaking and evaluating health promotion and preventive interventions
- demonstrate the ability to integrate knowledge and also to analyse, assess and deal with complex issues and situations
- demonstrate the ability to participate in or undertake autonomously examinations and treatment, including palliative care, and
- demonstrate the capacity to act as a nursing instructor.

Judgement and approach

- demonstrate self-awareness and the capacity for empathy

- demonstrate the ability to assess interventions using a holistic approach to individuals informed by the relevant disciplinary, social and ethical aspects and taking particular account of human rights
- demonstrate the ability to adopt a professional approach to patients and those close to them, and
- demonstrate the ability to identify the need for further knowledge and undertake ongoing development of his or her skills.

For a Postgraduate Diploma in Specialist Nursing: *Primary Health Care* the student shall also:

- demonstrate the ability to assess, plan, undertake and evaluate the interventions required to promote physical, mental and social health and prevent the occurrence of illnesses and their complications.
- demonstrate the ability to observe and assess complex care, habilitation and rehabilitation needs in patients, and
- demonstrate the knowledge required to take responsibility for health examinations and vaccinations.

In addition to the national outcomes listed above, the specialist nursing programme at Karlstad University conforms to the national outcomes which regulate the general Degree of Master (60 credits) (SFS 1993:100) as well as the laws and statutes which regulate specialist primary health care nursing.

Programme Structure and Content

The study programme Specialist Nursing in Primary Health Care comprises 75 credits. The programme is offered both as full-time studies and studies at 50 % pace. This distance learning programme is offered using blended learning, a mixture of campus-based and web-based distance learning.

The programme consists of five courses focused on primary health care and includes both theoretical and practical course components (clinical placement, VFU).

The programme comprises the following courses:

Health Promotion and Preventative Care in Public Health Nursing, 15 credits

Pathology and Prescription Rights, 15 credits

Family, Children and Adolescent Nursing, 15 credits

Home Nursing and Advanced Home Nursing, 15 credits

Degree Project - Primary Health Care, 15 credits

STUDY ROUTE: The study route of full-time study or study at 50% pace is specified in the courses and structure of the programme.

The order of the courses in the programme can be altered based on the student's pace of study, but the programme always begins with the course Health Promotion and Preventative Care in Public Health Nursing (15 cr.) and ends with the degree project.

Main field of study, subject and specialised study

The main field of study is Nursing Science (30 credits) and the programme also includes Medical Science (45 credits). Each course covers both subject areas, thereby encouraging students to take a holistic approach to learning. The first four courses of the programme also incorporate scientific method corresponding to 7.5 credits. For the Postgraduate Diploma in Specialist Nursing and a Degree of Master (60 credits) to be awarded, students must complete and submit an independent project (degree project) comprising 15 credits in the main field of nursing with a specialisation in primary health care.

The programme is throughout characterised by a professional approach, health-promoting nursing, leadership and profound knowledge of improvement in nursing, multiculturalism, evidence-based and safe care, and inter- and intraprofessional teamwork. The programme integrates theoretical and practical knowledge to optimise the acquisition of professional competence based on science and well-founded experience. During the course of the programme, the students will deepen and broaden previously acquired knowledge, competence and skills in order to gradually increase their knowledge specialisation in nursing, health work, care and treatment within the profession of a

primary health care nurse. Specialised study within the programme also requires the ability to demonstrate a higher degree of autonomy, with greater complexity in the panorama of illnesses both for children, adolescents, adults and older people based on nursing science, medical science and public health science. This means that the content of the courses gradually becomes more specialised and broadens, as well as being further developed and linked to the future profession in order to create meaningful learning and promote the student's professional development and self-knowledge. The programme concludes with a degree project where the student specialises in one specific area of nursing.

Nursing Science

As a scientific discipline, nursing has a patient-oriented and clinically-based character. Central concepts within nursing science are the human being, health, the environment, and care implementation. Nursing is based on a holistic view of human beings and aims to promote health, prevent ill health and disease, maintain and restore health in accordance with the abilities and needs of the individual, reduce suffering and enable patients to die with dignity. The relationships between nurse, patient and next-of-kin is central to nursing. These professional relationships are characterised by a holistic, ethical and scientific approach. Nursing research provides practitioners with evidence-based knowledge.

Medical science

Medical science focuses on specialised knowledge within medical science covering ill-health in children, adolescents, adults and older people, as well as pathology and pharmacology. The course Pathology and Prescription Rights includes areas that are required to apply for prescription rights with the National Board of Health and Welfare, concerning certain medical equipment, aids, medical consumables, and drugs. Upon successful completion of the programme, the primary health care nurse shall be able to autonomously carry out medical assessments and vaccinations within his/her specialised field.

Clinical placement

The programme includes 14 weeks of full-time clinical placement. Students are assigned clinical placements primarily within the region/municipalities with which the programme has an agreement, but may also be placed in another region/municipality provided that the supervision model can be implemented and an agreement has been reached between the parties. Students may incur additional travel and accommodation expenses in connection with the placement period.

Internationalisation

To increase knowledge and understanding of other countries and international conditions and to deepen the understanding of one's own country, the programme includes studies about other cultures and their health care. Students are offered to participate in international activities at Karlstad University. It is also possible to place certain parts of the programme abroad.

Examination

Examination refers to educational activities where the student's goal-fulfilment is assessed in relation to the learning outcomes. Different examination formats are used to assess knowledge and understanding, competence and skills as well as judgment and professional approach. The programme also includes clinical examinations. The examination formats are specified in each course syllabus.

Degree Title

Title of professional qualification:

Postgraduate Diploma in Specialist Nursing - Primary Health Care
Specialistsjuksköterska med inriktning mot distriktssköterska

Title of qualification for a Degree of Master (60 credits):

Degree of Master of Science (60 credits). Main field of study: Nursing Science
Filosofie magisterexamen. Huvudområde: Omvårdnad

Credit Transfer

Students have the right to be given credits for previously completed university courses in Sweden or abroad, or professional experience, subject to approval according to the current regulations.

Additional Information

Attendance

One week of full-time studies is the equivalent of 1.5 ECTS credits. Scheduled teaching and independent study vary in extent, depending on course content. Attendance is mandatory for some course components (examinations), as specified in the course syllabi.

Moving up to the next level

To be eligible for courses in the study programme, students must meet the specific entry requirements specified in the course syllabi.

Resit examinations

Students who do not pass a regular examination are offered at least two resit opportunities within one year of the original examination. At the second resit, students have the right to be assessed by another examiner. Students may not undertake resit examinations in order to improve a pass grade. Students not awarded a passing grade for practical placements have the opportunity to be reassessed as soon as organisationally possible. There can be a limitation of opportunities for reassessment which is regulated in the course syllabi.

Leave from or termination of studies

Students who wish to terminate or take leave from their studies have to notify the study and career counsellor, using the available form.

Regulations for second cycle studies

The local regulations for first and second cycle education at Karlstad University stipulate the obligations and rights of students and staff.

Student expulsion procedures

A student who suffers from mental disorder, abuses alcohol or drugs, or has committed a serious offence endangering others or valuable property may be expelled until further notice. In such a case, the Vice-Chancellor files a complaint to the Higher Education Expulsions Board, where the matter will be investigated and decided on. A decision of expulsion shall always entail the student's discontinuation of the studies until further notice. The Higher Education Expulsions Board is responsible for all Swedish higher education institutions. (Higher Education Act Chap. 4 Sect. 6, SFS 1992:1434; Ordinance on the Expulsion of Students from Higher Education, SFS 1987:915.)

This programme syllabus will replace the previous version approved 9 December 2016, reg. no: HNT 2016/343.

STUDY ROUTE: Full-time and 50% pace

FULL-TIME STUDIES

Overview: Specialist Nursing in Primary Health Care, 75 credits

The programme consists of Nursing Science 30 credits (main field of study) and Medical Science 45 credits. The practical placement comprises 21 credits (14 weeks). Studies are conducted as full-time or at 50% pace according to the overview below.

Full-time studies Semester 1, autumn semester

Course: Health Promotion and Preventative Care in Public Health Nursing, 15 credits, *includes 4 weeks of clinical placement at a health centre*

Course: Family, children and adolescent nursing, 15 credits, *includes 6 weeks of clinical placement within school health care and child health care (3w + 3 w)*

Semester 2, spring semester

Course: Pathology and Prescription Rights, 15 credits

Course: Home Nursing and Advanced Home Nursing, 15 credits, *includes 4 weeks of clinical placement within home nursing*

Semester 3, autumn semester

Course: Degree Project - Primary Health Care, 15 credits

STUDIES AT 50% PACE (note: clinical placement is full-time)

Overview: Specialist Nursing in Primary Health Care, 75 credits

The programme consists of Nursing Science 30 credits (main field of study) and Medical Science 45 credits. The practical placement comprises 21 credits (14 weeks). Studies are conducted as full-time or at 50% pace.

Semester 1, autumn semester

Course: Health Promotion and Preventative Care in Public Health Nursing, 15 credits. *Includes 4 weeks of clinical placement at a health centre*

Semester 2, spring semester

Course: Pathology and Prescription Rights, 15 credits

Semester 3, autumn semester

Course: Family, children and adolescent nursing, 15 credits, *includes 6 weeks of clinical placement within school health care and child health care (3w + 3 w)*

Semester 4, spring semester

Course: Home Nursing and Advanced Home Nursing, 15 credits, *includes 4 weeks of clinical placement within home nursing*

Semester 5, autumn semester

Course: Degree Project - Primary Health Care, 15 credits