

Self-care in chronic illness, 5 credits

Level: Research level

Course Objectives:

The overall objective of the course is to develop an in-depth understanding of self-care as it is performed by persons with chronic illness.

Learning outcomes

After the course the student will:

Knowledge and understanding

- Describe the historical, ethical, social and political forces influencing self-care, including how the construct has changed over time and the forces influencing that change.
- Compare and contrast various definitions of self-care and related concepts from different disciplinary perspectives.
- Analyze and assess the effects of various interventions targeting self-care.

Skills and abilities

- Choose an adequate design for a study with a theory or model for self care
- Apply a theory or model for self-care in a specific illness group and critically evaluate its application and usability in clinical practice
- Apply tools for assessing self care in specific illness groups

Judgment and approach

- Critically assess and reflect on perspectives and views related to theories/models of self-care in relation to persons suffering from a chronic condition
- Critically assess and reflect on the ethical problems in relation to self-care
- Critically assess and reflect on how physical and psychosocial factors influence treatment adherence and decision-making.

Course contents

Self-care is a term used to encompass healthy behavior, treatment adherence, and decision-making about symptoms. Various illness, physiological, psychological, ethical, behavioral, situational, social, and cultural factors influence how well patients make the transition from health to illness and the performance of self-care behaviors. This course introduces the history, definitions, predictors, measurement, and outcomes of self-care in chronic illness. Historical, classic and current literature from various disciplines will be analyzed to provide a broadened perspective of the self-care construct, theories and models and various issues that patients face when dealing with chronic illness.

Pedagogical methods

Lectures, tutorial groups and seminars.

The educational approach and philosophy used is problem-based learning (PBL). PBL means that student participation in learning is in focus. Students take responsibility for judging what he/she needs to learn, by analyzing and dealing with situations related to the topic. The student seeks knowledge, screens, implement and evaluate it, and evaluate their own learning. Being able to seek

and evaluate new knowledge and review prior knowledge is important in the course. The course is in such a way that both men and women experience and knowledge is made visible and developed.

Examination

The exam will be a written thesis on applying a conceptual model/theory related to self-care of chronic illness integrating illness-related characteristics such as physiological, psychological, behavioral, social, cultural, and/or situational factors. The thesis should motivate the choice of model/theory in a chosen patient group, reveal weaknesses and critique of the model/theory. The thesis will be orally presented and discussed in a seminar. Active participation in lectures, tutorial groups and seminars are mandatory for a passing grade. Students have the right to change examiner after having failed twice in the same examinations, if practical. Such a request addressed to the department and shall be in writing.

Admissions

General admission

Admitted to doctoral education.

Graduate students adopted by the following priority order:

1st Graduate students registered at the Health Sciences or PhD strongly associated with the Faculty of Health Sciences registered at other faculties within Linköping University

2nd Graduate students registered at other faculties within Linköping University

3rd Graduate students registered at other universities

Participation of other students than above is only possible if there are fewer applicants from the above groups than there are seats available.

Special Eligibility(If applicable)

Score

Pass or Fail.

Course Evaluation

Planning and implementation of the course shall be carried out on the basis of the wording in this course plan. The evaluation of the course should therefore consider the question how well the course agrees with the course plan. Written evaluation will be arranged at a scheduled time at the end of the course.

Certificate

On the student's request, course certificate issued by the course coordinator.

Required Reading

Course providers will provide a list of relevant literature before the course starts.

Other

If the course is withdrawn or is subject to major changes in this curriculum are normally offered at least three examinations within one year, one of them in close connection with the first opportunity. The course is normally in English.

Self-care in chronic illness, 5 credits

Organizer: Department of Medicine and Health

Registration number Course code

8FO0047

Level Classification

Research Medicine

Valid from Revised from
Spring 2011

Approved by the Research and PhD studies Board (FUN) 2011-05-02 on behalf of the Faculty Board of the Faculty of Health Sciences (FSM).