

# UNIVERSITÀ DEGLI STUDI DI MILANO-BICOCCA

# **COURSE SYLLABUS**

Self Care of Chronic Illness: What's New?

2324-1-K0101D211

#### **Aims**

- To provide an overview of self-care in chronic diseases in national and international settings.
- To focus on new developments in self-care research in terms of: research findings, methodologies used, and areas of application.
- To present innovative models for caring for people with chronic illnesses.

#### **Contents**

Self-care in chronic diseases, major innovations in clinical practice and research.

# **Detailed program**

- Conceptual models and reference theories.
- Main innovations in self-care research.
- Main innovations in self-care in chronic diseases.
- Knowledge translation and main applications in clinical practice.
- Main implications for research and possible future developments.

## **Prerequisites**

None.

## **Teaching form**

Lecture, guided discussion.

## **Textbook and teaching resource**

- Riegel, B., Jaarsma, T., & Strömberg, A. (2012). A middle-range theory of self-care of chronic illness. ANS. Advances in Nursing Science, 35(3), 194–204. https://doi.org/10.1097/ANS.0b013e318261b1ba
- Riegel, B., Dunbar, S. B., Fitzsimons, D., Freedland, K. E., Lee, C. S., Middleton, S., Stromberg, A., Vellone, E., Webber, D. E., & Jaarsma, T. (2019). Self-care research: Where are we now? Where are we going? International Journal of Nursing Studies, 103402. https://doi.org/10.1016/j.ijnurstu.2019.103402

Additional specific sources will be indicated contextually.

#### Semester

#### **Assessment method**

Attendance to the course will be registered in the students' academic career.

#### Office hours

Upon agreement with the lecturer via e-mail.

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING | GENDER EQUALITY | REDUCED INEQUALITIES