

## SYLLABUS DEL CORSO

### Self Care nelle Malattie Croniche: What's New?

2324-1-K0101D211

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#### 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

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