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