UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

# SYLLABUS DEL CORSO

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

**2627-1-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.

Specifically:
**Knowledge and Understanding**
The student will comprehend the terminology and principles of self-care in chronic illnesses and will be familiar with the evolution of self-care at both national and international levels. The student will comprehend the primary results and methodology of research on self-care in chronic disease management and will grasp creative models for the care and management of individuals with chronic disorders.

**Applied Knowledge and Understanding**
The student will be able to apply the principles of self-care in the care of individuals with chronic conditions, utilize research evidence to promote personalized self-care interventions, and integrate innovative models into clinical practice and the management of care pathways for chronic diseases.

**Independent Judgment**
The student will critically analyze evidence regarding self-care to identify effective clinical strategies, assess the impact of innovations in self-care management on the quality of life for individuals with chronic conditions, and formulate sound judgments on the suitability of care models in specific healthcare settings.

**Communication Skills**
The student will effectively articulate self-care strategies to individuals with chronic conditions, employing clear and suitable language to convey evidence-based information to patients and their families, and will collaborate with the multidisciplinary team in the design and assessment of self-care interventions.

**Learning Skills**

The student acquires the skills required to autonomously remain informed about research and innovations in self-care for chronic conditions, combine theoretical knowledge with practical experiences to improve the quality of care in chronic disease management, and enhance the capacity to learn from experience by implementing acquired models across various care settings.

## 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

First year

## 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