

Undervisningsplan

Modul III Klinisk sykepleievitenskap II

Kurs I Smerte og smertelindring

10 studiepoeng

Kull 2006

Kurs I: Smerte og smertelindring

10 studiepoeng

Kursansvarlig

Høgskolelektor/stipendiat Alfild Dihle

Førsteamanuensis Finn Nortvedt

Hensikt

Hensikten med kurset er

- at studenten forstår interaksjonen mellom smerte og sosiale, politiske, kulturelle og familiære variabler
- at studenten identifiser sykepleiens unike perspektiv når det gjelder omsorg og forskning knyttet til smerte
- at studenten utforsker hvilke implikasjoner kunnskap om smerte og smertelindring har for sykepleien når det gjelder vurdering av smerte og behandling av akutt og kronisk smerte gjennom ulike faser i livet – med vekt på smerter hos den akutt og kritisk syke pasient.

Etter at kurset er gjennomført skal studentene være i stand til å: - evaluere den kunnskapen som i dag eksisterer innen smerteforskningen, - utvikle en plan for sykepleie ved å ta hensyn til den komplekse interaksjonen som eksisterer mellom utviklings, situasjonsbaserte og individuelle variabler.

Innhold

- den fysiologiske dimensjonen i smerte
- den psykologiske og eksistensielle dimensjonen i smerte
- kartlegging og vurdering av smerte
- farmakologiske og ikke-farmakologiske tilnærminger i smertebehandling
- variasjoner i smerteopplevelser: alder, kjønn, etnisk bakgrunn
- smerte og smertebehandling hos barn og eldre
- smerte og smertebehandling hos den akutt og kritisk syke pasient
- evaluering av smertebehandling
- smerteforskning innen sykepleien

Læringsaktiviteter

- Forelesning
- Gruppearbeid
- Selvstudium
- Praksisstudier

Mappe: Studieoppgave

Det skal utarbeides en skriftlig redegjørelse for en problemstilling knyttet til vurdering og behandling av smerte hos akutt og/eller kritisk syke pasienter. Arbeidet, som kan være

individuelt eller i gruppe, starter i forbindelse med kurset, og representerer en forberedelse til praksisstudier.

Arbeidet med vurdering og behandling av smerte hos akutt og/eller kritisk syke pasienter videreutvikles i løpet av praksisstudier.

Litteratur (ca. 395 sider)

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