

# SCHOOL OF HEALTH AND SPORTS / BACHELORS DEGREES IN HEALTHCARE AND SPORTS AND LEISURE MANAGEMENT

## DEGREE PROGRAMME IN NURSING

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## DEGREE PROGRAMME IN NURSING

The Degree Programme in Nursing leads to a Polytechnic Bachelors Degree in Nursing. The degree programme in Nursing is worth 210 and in Public Health Nursing 240 credits. Both degree programmes take 3.5 – 4 years to complete. The degree programme consists of basic studies, professional studies, optional professional studies, free-choice studies, practical training to enhance professional development, a thesis and a maturity test. The practical training period for the enhancement of professional skills is worth 90 credits in the Nursing Degree Programme: 63 credits are accomplished in different nursing environments, 12 credits are supervised training sessions on the premises of the University of Applied Sciences and the remaining 15 credits are accomplished by completing the thesis. The Public Health Nursing degree programme includes 100 credits of practical training: 73 credits are accomplished in different nursing and public health nursing environments, 12 credits are supervised clinical training sessions on the premises of the University of Applied Sciences and the remaining 15 credits are accomplished by completing the thesis.

Polytechnic degrees in social services and health care are regulated by the law concerning universities of applied sciences (351/03), statute (352/03). The degree programme fulfils the conditions stipulated in the statutes mentioned in section 3 of the Kajaani University of Applied Sciences degree regulations required to achieve the right to exercise one's profession and it also fulfils the conditions set out in the law and statute concerning health care professionals (559/94 and 564/94) and the special EU directive (77/452/ETY, 77/453/ETY) concerning nurses and public health nurses.

The National Authority for Medicolegal Affairs approves nurses' and public health nurses' right to work as a legally qualified professionals through an application process on completion of training leading to a professional qualification and approves the right to use the professional titles of nurse (university of applied sciences) or nurse and public health nurse (university of applied sciences), which are regulated by law. The National Authority for Medicolegal Affairs maintains a centralised register of health care professionals for the purposes of supervision and monitoring of healthcare practice. The healthcare profession is carefully monitored and supervised due to its specialised features, its significance in society and to ensure patient safety associated with professional activities and operations within healthcare.

A nurse or public health nurse who has completed the Degree Programme in Nursing will be competent in carrying out practical nursing duties and will also be a qualified expert in carrying out duties required in planning, co-ordination and development work within the public, private and third sector healthcare system in Finland and in EU countries.

## PROFESSIONAL COMPETENCE IN NURSING AND GENERAL OBJECTIVES

The general aim of healthcare training is to provide the healthcare system with skilled professionals who, in their capacity as experts in multidisciplinary co-operation, will ensure the provision of safe, equal services for the whole population. The objective is to ensure that the competences gained during these degree programmes will fulfil the demands of the population's healthcare requirements, healthcare practice, healthcare policy aims and the healthcare working environment and its development and technology.

Professional competence in the field of health care and social services is based on a multidisciplinary, ever-progressing and wide ranging knowledge base, practical competence and social skills. It is worth noting that all professional healthcare operations are based on researched knowledge and evidence.

Evidence based nursing means an expert's ability to define problems and to find solutions and to draw and evaluate conclusions and solutions from knowledge based on research, experience and tacit knowledge. A crucial element of such nursing is a willingness and ability to work autonomously using action based on ethical thinking and as demanded by the situation.

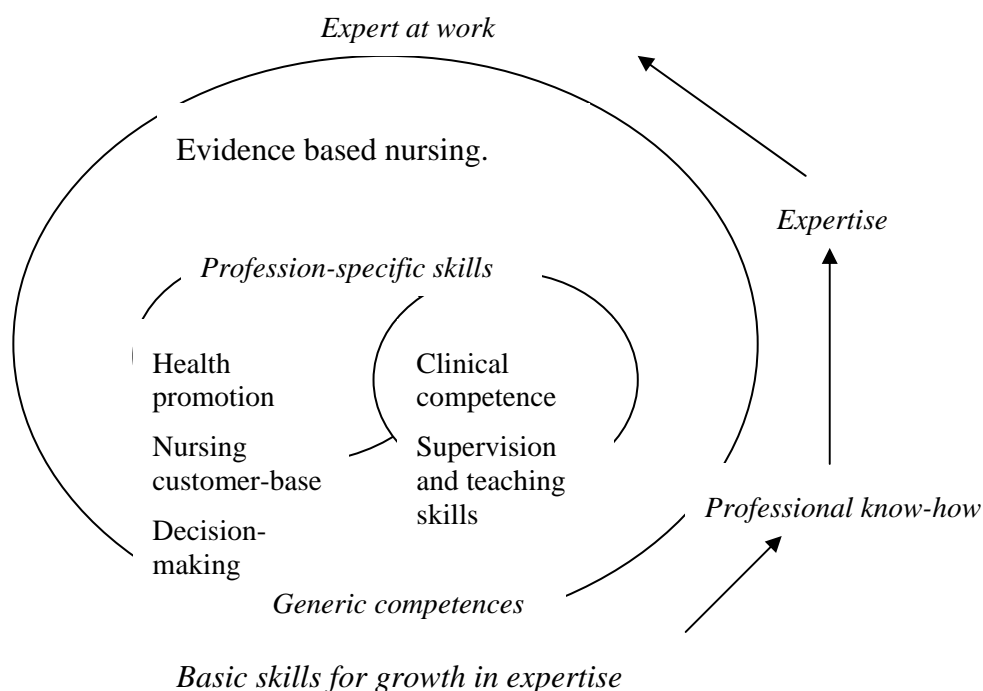


Figure 1 Growth of nursing expertise in the degree programme in nursing

### The aim of the degree programme in nursing

Nursing or public health nursing graduates will be competent enough in their chosen profession to continue to develop their expertise in the field of nursing. Nursing competence consists of the knowledge and use of the nursing sciences and nursing knowledge base and sufficient proficiency in critical thinking to develop one's own competence and professional field. Nursing science practice is based on knowledge of the social, medical, and behavioural sciences which are used in evidence based nursing and help professionals to predict and fulfil healthcare development requirements in multidisciplinary and professional working groups and networks.

## **The competences according to the aim of the degree programme in nursing are included as follows:**

**Customerships competence:** Students will operate according to the ethical values and principles of nursing and all professional activity will be based on a holistic view of mankind. Client-centeredness and interaction with the clients/patients and their families is the basis of all nursing operations and activities.

**Health promotion competence:** Students will be able to recognise and support clients', patients', families' resources in maintaining health and they will be competent to manage health promotion in a changing environment. They will have knowledge of the basic aetiology of the most common national illnesses, and of patients' care chains and service system. Students will be competent in planning, implementing and evaluating nursing from a client/patient oriented perspective.

**Clinical competence:** Students will be conversant in the clinical skills required in nursing and will be able to take full responsibility for the overall care of a patient/client/family. They will also be competent in the most important examinations and interventions and in the correct and safe use of the necessary devices and equipment as well as in using the results of examinations and tests in nursing and care supervision. Students will be able to carry out medical care safely according to doctors' instructions.

**Decision-making competence:** Students will be able to take responsibility for planning, implementing and evaluating the care of patients/clients/families and for recording patient information according to the rules and regulations of data security and protection.

**Counselling and mentoring competence:** Students will be able to supervise and teach patients/clients/families how to promote their health and care for themselves using a variety of methods in different operational environments.

**The progress of professional competence development is described by the following year-based themes:**

### **Nursing major**

1st yr            Nursing orientation

Students will get to know nursing cultures and understand the significance of multidisciplinary knowledge as the starting point of professional competence.

2<sup>nd</sup> yr            Competent in clinical nursing

Students will be able to plan, implement and evaluate a client's/patient's overall care under supervision and in co-operation with the client/patient and his/her relatives according to nursing values and principles while expanding the multidisciplinary knowledge base required in nursing.

3<sup>rd</sup> yr            Application of nursing

Students will carry out evidence based nursing with a developmental attitude to their work and professional progress.

4<sup>th</sup> yr            Nursing developer

## **The competences according to the aim of the degree programme in public health nursing are included as follows**

**Nursing competence:** Students will base their work on multidisciplinary competence. They will be competent in planning, implementing and assessing care and in making decisions based on research and experience. They will be able to use the most important nursing interventions safely.

**Health promotion competence:** The basis of students' work will be national healthcare strategies and programmes as well as knowledge of their own community and field of responsibility. They will be competent in promoting the health of the population by increasing their clients' health awareness, resources and autonomy while being able to recognise and deal with threats to health. Students will be able to

participate in multidisciplinary teams in the capacity of expert and coordinate the work and activities of such teams.

**Public healthcare competence for dealing with the individual, families, groups and the community:**

Students will be competent in monitoring clients' health, growth and development, in recognising resources and risks, and in planning and implementing evidence based public nursing with individuals, families, groups and communities through interpersonal relationships with clients based on confidentiality and trust.

**Environmental health promotion:** Students will be competent in evaluating environmental and community health as well as providing expertise in promoting sustainable development in a public health work. They will know how to take into account and to prevent global health risks from the point of view of national public health promotion as well as being competent in preventing infectious diseases and the implementation of the official national inoculation programme.

**Competence in community based public health:** Students will be able to recognise the origins and factors causing differences in health between different sections of the population as well as the risks and disturbances due to insecurity and social development. They will be able to identify the need for special support and care and will be able to intervene in the situation at an early stage. Students will be competent in networking and co-operating with different interest groups in order to promote health and welfare. They will be clearly aware of the effects that decision making has on health and will be able to influence local decision-making to promote the health of the population.

**The progress of professional competence development is described by the following year-based themes:**

**Public Health Nursing Major**

1<sup>st</sup> and 2<sup>nd</sup> yr as above

3<sup>rd</sup> yr Application of public health nursing

Students will carry out evidence based public health nursing with a developmental attitude to their work with individuals, groups and communities.

4<sup>th</sup> yr Public health nursing developer

Students' professional decision-making processes in public health nursing will be guided by a multidisciplinary knowledge base so as to be able to develop evidence based public health nursing and to understand their duty and responsibility in developing themselves and their chosen professional field in a multidisciplinary and professional community. Students will use local decision-making channels in health promotion.



Figure 2 Growth of public health nursing expertise in the degree programme in public health nursing

**DEGREE PROGRAMME IN NURSING 210 – 240 CR**

<b>BASIC STUDIES</b>	<b>37 cr</b>
Study and Communication skills	17 cr
Health and Welfare Services	6 cr
Social and Behavioural Sciences	6 cr
Natural Sciences	8cr

<b>COMPULSORY PROFESSIONAL STUDIES</b>	<b>119 cr</b>
Nursing Science	6 cr
Nursing Interventions	17cr
Includes supervised clinical training 12 cr	
National Health and Health Promotion	6 cr
Evidence-based Nursing	40 cr
Medical Nursing	
Maternity Care and Gynaecological Nursing, Paediatric Nursing	
Mental Health Work	
Surgical and Perioperative Nursing	
Includes supervised clinical training 12 cr	
Professional Clinical Training	39 cr
Includes home nursing training 3 cr, which takes place during optional professional studies	
Research and Development Skills	11 cr

<b>OPTIONAL PROFESSIONAL STUDIES</b>	<b>30 – 60 cr</b>
Graduate Studies in Nursing (Nurse, UAS)	9cr
Surgical Nursing	
Perioperative Nursing	
Mental Health Work	
Paediatric Nursing	
Nursing the Aging	
Medical Nursing	
Reception and Policlinic Nursing (from 2009)	
Professional in depth Clinical Training	21 cr
Graduate Studies in Public Health Nursing (Public Health Nurse, UAS)	29 cr
Professional in depth Clinical Training	31 cr

<b>THESIS</b>	<b>15 cr</b>
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<b>FREE-CHOICE STUDIES</b>	<b>9 cr</b>
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Credits:	2 cr	Timing:	1st yr
Objective:	Students will be able to use a computer and will know the most common tools programmes. They will also be proficient in the use of information technology and information management applications for social and healthcare.		

Contents: The importance and basic concepts of information technology  
Windows environment and tools programmes  
The basics of word processing, spreadsheet calculation, using the Internet, image processing and publishing programmes.

Learning Strategies: Lectures, supervised exercises, independent study

Assessment: Exam and assignments

Bibliography: To be announced

### **(SHPK004) Painless English**

Credits: 1.5 cr                      Timing: 1st yr

Objective: This course equips students with the English skills required to study professional English in nursing and health care. The aim is also to develop general language acquisition skills.

Prerequisite: Proficiency test

Contents: Basic grammar and vocabulary  
Spoken and written English and activating listening and reading comprehension skills.

Learning Strategies: Supervised exercises

Assessment: Active participation (100 %), exam

Bibliography: Handout

### **(SHPV010) English for Nursing and Health Care**

Credits: 3 cr                      Timing: 2nd yr

Objective: Students will develop their written and oral English language skills for use in their professional field. They will understand the importance of their language skills as part of their professional competences in an increasingly international and multicultural working environment.

Contents: Central nursing and health care vocabulary  
Meeting the customer/patient  
Intercultural communication

Learning Strategies: Supervised assignments

Assessment: Active participation (100%), spoken and written exercises, exam

Bibliography: Saarinen-Saarinen: Way to Health - English for Health Care. Otava.

### **(SHPK002) Bygg upp din Svenska (Swedish)**

Credits: 1.5 cr                      Timing: 1st yr

Objective: This course equips students with comprehensive Swedish skills for use during their Swedish professional language studies at University of Applied Sciences level. The



aim is also to further develop language study skills.

Prerequisite: Proficiency test

Contents: Swedish basic grammar and vocabulary  
Activation of written and spoken Swedish skills and listening and reading comprehension skills.

Learning Strategies: Supervised assignments

Assessment: Active participation (continual assessment, exam

Bibliography: Further material provided by lecturer

## **(SHPV011) Swedish for Nursing**

Credits: 3 cr                      Timing: 2nd yr

Objective: Students will develop their written and spoken skills in Finland's second official language for use in the field of social and healthcare work.

Contents: Central nursing and public health care vocabulary  
Interacting with patients/clients  
Intercultural communication

Learning Strategies: Supervised assignments

Assessment: Active participation (continual assessment) 100 % Spoken and written assignments  
Spoken and written exam

Bibliography: Tuunanen-Wallinheimo: Flexvård. Otava.

## **(SHPV009) Academic Writing**

Credits: 1 cr                      Timing: 3rd - 4th yr

Objective: Students will be able to clearly compile and present in an organised fashion a scientific research report.

Contents: Guidelines to writing a text  
Process writing  
Accuracy  
Thesis markings  
Maturity test

Learning Strategies: Lectures, group assignments

Assessment: Lecture diary, exercises

Bibliography: Hirsjärvi, S., Remes, P. & Sajavaara, P. Tutki ja kirjoita  
Further reading provided by lecturer

## **(SHPH8Z) ORGANISATIONAL AND SOCIOLOGICAL COMPETENCE 7 cr**

**(SHPH009) Social and Health Services**

Credits: 4 cr Timing: 1st yr

Objective: Students will gain knowledge of everyday life, values and the way of life in Finland. They will be conversant with the basic concepts of social and health policy, its value base, funding and the system in which it is implemented. Students will also become proficient in instructing and supervising patients/clients in the use of appropriate services.

Contents: The points of departure of wellbeing  
Social and health policy  
Social and healthcare legislation  
The organisation, delivery and funding of health and social services  
Instructing customers and patients in the use of the service system

Learning Strategies: Lectures, supervised exercises and independent study

Assessment: Exam or assignment

Bibliography: Kettunen,T. - Ihalainen J. Turvaverkko vai trampoliini. Sosiaaliturvan mahdollisuudet  
Lehto,J. ym. Sosiaali- ja terveydenhuolto.  
Further reading indicated by the lecturer

**(SHPH003) Entrepreneurship in Social and Health Care**

Credits: 3 cr Timing: 3rd yr

Objective: Students will be aware of the main concepts and special features of the social and health care business while at the same time gaining skills in customer oriented and profitable business operations.

Contents: The field of social and health care  
Becoming a service entrepreneur and setting up a business  
Marketing the business  
How to make the business work - application of a company providing social and health care services  
Employer's statutory obligations  
Developing business operations

Learning Strategies: Lectures, supervised assignments, independent study, partly delivered online (1 cr)

Assessment: Group assignment (business plan)

Bibliography: Peltomaa P., Grönvall U. (toim.) uusin painos. Sairaanhoitaja yrittäjänä.  
Further reading as indicated by the lecturer, teacher

**PROFESSIONAL STUDIES****(SHAH7Z) DECISION MAKING IN NURSING COMPETENCE 6 cr****(SHAH030) Introduction to Nursing and the Field of Nursing Sciences**

Credits: 6 cr Timing: 1st yr

Objective:	Students will be conversant with the development of nursing and understand the significance of nursing science in practical nursing. Students will gain knowledge of the ethical values in nursing and of the legislation concerning patients' rights and the rights and duties of nurses. Students will also be aware of the significant role that culture plays in nursing. The course also involves practice in the use of nursing sciences and information based on other sciences in the planning, delivery and evaluation of patient/customer oriented, evidence based nursing.
Contents:	Nursing science as the cornerstone of nursing Nursing as a scientific field and a profession Nursing ethics The decision making process in evidence based nursing and nursing documentation The patients' rights and methods of safeguarding their rights Cultural aspects in nursing
Learning Strategies:	Lectures, supervised exercises, independent study, partly delivered online (1 cr)
Assessment:	Assignments, exam
Bibliography:	Eriksson,K., ym. Hoitotiede Iivanainen,A.,ym. Hoida ja kirjaa Kristoffersen,N.,ym. Hoitotyön perusteet Liljamo,P.,ym. Opas FinCC-luokituskokonaisuuden käyttöön hoitotyön sähköisen kirjaamisen mallissa Räty,M. Maahanmuuttaja asiakkaana Alitolppa-Niitamo,A.,ym.Olemme muuttaneet Leino-Kilpi,H.,ym. Etiikka hoitotyössä Potilaan oikeuksia, ammatinharjoittamista ja kirjaamista koskeva lainsäädäntö soveltuvien osin

## **(SHAH8Z) INSTRUCTION AND TEACHING COMPETENCE 4 cr**

### **(SHAH018) Educational Science and Psychology - Nursing Instruction**

Credits:	4 cr	Timing:	1st yr
Objective:	Students will be proficient in the foundations of psychology and educational science, gaining the basic skills needed to plan, implement and evaluate learning and instruction sessions in evidence based nursing.		
Contents:	The multidisciplinary points of departure of instruction and learning Human learning and psycho-social development throughout life Instruction and supervision in evidence based nursing		
Learning Strategies:	Lectures, supervised exercises, independent study		
Assessment:	Instruction session		
Bibliography:	Kynäs,H.,ym., Ohjaaminen hoitotyössä. Other material indicated by lecturer		

## **(SHAL6Z) CLINICAL COMPETENCE 22 cr**

### **(SHAL006) Anatomy and Physiology**

Credits:	4 cr	Timing:	1st yr
Objective:	Students will understand the human body's anatomical structure and physiological function for use in customer oriented nursing, health promotion and to support convalescence. They will be competent in monitoring the body's functional capacity.		
Contents:	Cells, tissues and organs Respiration and blood circulation Digestion and metabolism Sensory functions and the nervous system Support and motion organs		
Assessment:	Lectures, supervised exercises, part of the course will be in the form of e studies, independent learning		
Bibliography:	Niestedt,W.,Hänninen,O.,Arstila,A.,Björkqvist,S-E. Ihmisen fysiologia ja anatomia Hervonen,A., Nienstedt,W., Hoitoalan sanasto		

### **(SHAL007) Microbiology, Infectious Diseases and Fighting Infection**

Credits:	4 cr	Timing:	1st yr
Objective:	Students will know how infections are caused and will know how to act in order to prevent them from spreading. Students will gain knowledge of infectious diseases and related legislation and the duty to report such diseases.		
Contents:	How infections are born Avoiding and preventing infection in practical nursing Legislation and the duty to report infectious diseases in Finland Taking microbiological samples The most common infectious diseases and their care		
Learning Strategies:	Lectures, supervised exercises, part of the contents will be delivered online (2 cr), independent study		
Assessment:	Online exercises, seminars, exam		
Bibliography:	Karhumäki, E., ym. Mikrobit hoitotyön haasteena Suomen Kuntaliitto, Kliininen mikrobiologia terveydenhuollossa (uusin painos) Suomen Kuntaliitto, Infektioiden torjunta sairaalassa (uusin painos) www.ktl.fi		

### **(SHAL030) Clinical skills II**

Credits:	3 cr	Timing:	1st year
Objective:	Students will be able to plan and implement intravenous medical treatment in the form of injections and take a blood sample from a vein aseptically. Students will also be able to catheterize urinary tracts and nurse catheterized patients.		
Contents:	Giving an injection Taking a sample from a blood vein Catheterizing the urinary tracts		
Learning Strategies:	Course delivered in English, supervised exercises, independent study		
Assessment:	Knowledge tests, participation in practical sessions, skills demonstration test		

**Bibliography:** Iivanainen, A., ym. Hoida ja kirjaa.  
 Tuokko, S., ym. Kliiniset laboratorio näytteet-opas näytteiden ottoa varten.  
 Further literature to be announced

### **(SHAL031) Clinical skills III**

**Credits:** 3 cr **Timing:** 2nd yr

**Objective:** Students will be able to plan, carry out and assess safe intravenous medical and drip/infusion care and blood transfusions. They will also be able to relieve the pain and suffering of a terminally ill patient taking into account next-of-kin.

**Contents:** Cannulation of the peripheral vein  
 Iv infusions and aiding in the catheterization of the central vein  
 Blood transfusion  
 Nursing a terminal patient and dealing with relatives

**Learning Strategies:** Supervised exercises, independent study

**Assessment:** Tests, participation in exercises, skills test

**Bibliography:** Iivanainen, A., ym., Hoida ja kirjaa.  
 Further reading will be announced at the start of the course

### **(SHAH023) Clinical Laboratory and X-ray Examinations**

**Credits:** 1 cr **Timing:** 2nd yr

**Objective:** Students will understand the diagnostic and therapeutic uses of radiation in nursing and how it affects the human body. They will also be familiar with the most important clinical chemistry and haematological examinations and the factors causing variations in laboratory test results.

**Contents:** Clinical imaging and the use of radiation in nursing  
 Radiation and safety  
 Instructing a patient during radiological examinations: preparation and after care  
 Clinical chemistry and haematological examinations  
 Factors causing variations in laboratory test results

**Learning Strategies:** Lectures, independent study, partly delivered online (0.5 cr)

**Assessment:** Online assignments

**Bibliography:** Soimakallio, S., Radiologia  
 Tuokko, S., ym. Kliiniset laboratorionäytteet- opas näytteiden ottoa varten.  
[www.stuk.fi](http://www.stuk.fi)  
 Further reading indicated by the teacher

### **(SHAH024) First Aid and Safety**

**Credits:** 3 cr **Timing:** 2nd yr

**Objective:** Students will develop their capacity and competence to provide first aid. They will be aware of the basic principles of prevention and aid and they will be able to work with other first aid givers and helpers.

Contents:	Preparation and safety The basic principles of giving first aid What to do in a first aid situation Basics of preparing for a crisis
Learning Strategies:	Lectures, supervised exercises, independent study
Assessment:	Tests, skills test, participation
Bibliography:	Duodecim: Ensiapuopas (Finnish red Cross First Aid Guide) Other current material

## **(SHAH025) Introduction to Pharmacotherapy**

Credits:	3 cr	Timing:	1st yr
Objective:	Students will be proficient in accurate pharmacotherapeutical mathematics. They will also be able to safely carry out patient-oriented pharmacotherapy while understanding the medical care process as one of the many professional competences required in nursing.		
Contents:	Pharmacotherapy mathematics Legislation Pharmacotherapy safety terminology The pharmacotherapy process The basic concepts, forms of medicine and dosage routes in pharmacotherapy Special issues in the use of medical treatment and instructing medical treatment		
Learning Strategies:	Lectures, supervised exercises, independent study		
Assessment:	Exam in the basics of pharmacotherapy and pharmacotherapy mathematics exam		
Bibliography:	Ernvall,S., Pulli,A., Salonen,A-M., Nurminen,M-L., Kaukkila,H-S., Lääkelaskenta Laine,K., Lääkkeiden yhteisvaikutukset Nurminen,M-L., Lääkehoito Veräjänkorva,O., Huupponen, R.,Kaukkila,H-S., Torniainen,K., Lääkehoito hoitotyössä Online pharmacotherapy mathematics material		

## **(SHAH026) Clinical Pharmacology**

Credits:	1 cr	Timing:	2nd yr
Objective:	Students will be competent in using central clinical pharmacology knowledge in nursing.		
Contents:	The adverse effects and risks of medication and combined medication How different medicines interact Medicines and combined medication used to treat the most common illnesses.		
Learning Strategies:	Lectures, independent study		
Assessment:	Exam		
Bibliography:	Nurminen, M-L., Lääkehoito Laine,K., Lääkkeiden yhteisvaikutukset Further reading will be announced at the outset of the course		

**(SHAH027) Back-up Mathematics Course for Nursing Students**

Credits:	-1.5 cr	Timing:	1st yr (This course is for those students who failed the proficiency test)
Objective:	Students will be able to use and apply the basic mathematics skills required in nursing and public health nursing.		
Prerequisite:	Proficiency test		
Contents:	Revision of basic mathematics topics Creation of mathematics skills for the purposes of pharmacotherapy.		
Learning Strategies:	Lectures, supervised exercises and online material for independent study		
Assessment:	Exam and assignments		
Bibliography:	To be announced		

**(SHAT6Z) HEALTH PROMOTION COMPETENCE 6 cr****(SHAT006) Public Health and an Introduction to Health Promotion**

Credits:	3 cr	Timing:	1st yr
Objective:	Students will be able to recognise and forecast community and individual public health risks and problems. They will also be conversant in health and well-being concepts and approaches. This course also emphasises the importance of support and activation and raises students' awareness of their own responsibility and duty to maintain and promote the health, physical and mental resources and capacity of individuals, families and the community.		
Contents:	The most common health threats and problems within the population, prevention of national diseases The main concepts of health and welfare promotion Main health and welfare policy documents and programmes		
Learning Strategies:	Lectures, will be partly delivered online (3 cr), independent study		
Assessment:	Online assignments		
Bibliography:	Kauhanen, J. ym., Kansanterveystiede. Terveys 2015 -ohjelma. Vertio, H. Terveiden edistäminen. Terveiden edistämisen laatusositus. STM julkaisuja 2006:19. Savola, E. & Koskinen-Ollonqvist, P.: Terveiden edistäminen esimerkein: käsitteitä ja selityksiä.		

**(SHAT010) Health Promotion Operational Models in Nursing**

Credits:	3 cr	Timing:	2nd yr
Objective:	Students will be proficient in the main topic areas of health promotion and in the use of a variety of health promotion methods and operational models when planning, carrying out and evaluating patient and customer oriented supervision, instruction		

and health advice in nursing.

Contents:	The main topics and methods of health promotion The theories and models of health promotion Supervision, instruction and health counselling work for different stages and situations in life
Learning Strategies:	Lectures, independent study, partly delivered as Research and Development studies (2 cr)
Assessment:	A health counselling session and oral exam
Bibliography:	Kyngäs, H., ym. Ohjaaminen hoitotyössä Further reading will be announced at the outset of the course

## **(SHAN4Z) EVIDENCE BASED NURSING 42 cr**

### **(SHAN001) Medical Nursing**

Credits:	8 cr	Timing:	1st - 2nd yr
Objective:	Students will be able to plan, implement and evaluate their own evidence based nursing of a patient requiring medical nursing in a customer oriented manner in cooperation with relatives and as part of multidisciplinary teams and networks.		
Contents:	The care path of a patient suffering from an internal illness Nursing pulmonary disease Nursing diseases of the locomotor system Multidisciplinary co-operation in the nursing of neurological patients Nursing cardiovascular diseases The most common cancers and caring for cancer patients Nursing internal secretion illnesses		
Learning Strategies:	Lectures, group assignments, independent study		
Assessment:	Exam		
Bibliography:	Iivanainen, A., Jauhiainen, M. & Pikkarainen, P., Sairauksien hoitaminen terveyttä edistään.		

### **(SHAN002) Internal Diseases and Neurology**

Credits:	1 cr	Timing:	1st - 2nd yr
Objective:	This course equips students with knowledge of the aetiology of the most significant diseases, their symptoms and medical scientific know-how for use in nursing decisions. They will possess the competence to carry out medical care ordered by doctors safely.		
Contents:	The most significant internal diseases, their aetiology and principles of nursing		
Learning Strategies:	Lectures, independent study		
Assessment:	Exam		
Bibliography:	To be announced		



**(SHAN017) Gerontological Nursing**

Credits: 3 cr Timing: 2nd yr

Objective: Students will build a knowledge and value base concerning aging and the well-being and health promotion of the elderly. They will be able to make use of resource and activity based thinking in nursing the aged at the patient's home, in a nursing home and in insitutions. They will be able to guide the elderly and their relatives in the use of services.

Contents: Aging, the wellbeing of the elderly and policy concerning aging  
Active old age and self-esteem  
The nursing principles and interventions supporting the aged at home, in nursing homes and in institutions.  
Healthy nutrition  
Safe medication  
Helping a memory impaired patient/client to cope  
Evaluating the overall capabilities of the elderly and health promoting exercise, preventing falls  
An obstacle-free home for the elderly and home nursing  
The social networks of the elderly and care, service and exercise planning

Learning Strategies: Lectures, supervised exercises, independent study, partly accomplished online (1cr)

Assessment: Exam

Bibliography: Heikkinen, M. Vanhuuden voimavarat.  
Kivelä, S. Vanhusten hoito (soveltuvien osin).  
Kivelä, S. Me, ikääntyminen ja lääkkeet.  
Kivelä, S. Vanhusten lääkehoito.  
Further reading indicated by the lecturer

**(SHAN004) Geriatric Nursing**

Credits: 1 cr Timing: 2nd yr

Objective: Students will gain knowledge of illnesses that decrease an aging or elderly person's functioning capacity. They will have the competence to use medical knowledge in nursing decision making and health promotion of the elderly. They will possess knowledge of the most common medication used to treat memory impairment illnesses and of their effects so as to perform medical treatment under doctor's orders safely.

Contents: Public health problems associated with the elderly  
Psycho-geriatric illnesses  
Memory impairment illnesses and their medication  
Medical and ethical decisions as death approaches

Learning Strategies: Lectures, independent study

Assessment: Exam

Bibliography: To be announced

**(SHAN005) Maternity Care and Gynaecological Nursing**

Credits: 8 cr Timing: 1st - 2nd yr

Objective:	Students will develop the professional competence to work with families at different stages of life and in different surroundings. Students will be competent in helping children, youth and families to recognise, maintain and promote their physical and mental resources and in nursing them through the most common gynaecological illnesses and in the nursing of childhood and juvenile illnesses using evidence based nursing.
Contents:	Life cycle sexual health Promoting the health of and supporting an expectant family Obstetrics and post-partum nursing. Gynaecological nursing The growth and development of children and young people Paediatric nursing The nursing of common childhood and juvenile illnesses
Learning Strategies:	Lectures , supervised exercises, independent study, partly delivered online
Assessment:	Exam
Bibliography:	Eskola,K, ym., Nainen hoitotyön asiakkaana Koistinen,P., ym., Lasten ja nuorten hoitotyön käsikirja Other literature will be announced during the course

### **(SHAN018) Paediatrics, Gynaecology**

Credits:	1 cr	Timing:	1st - 2nd yr
Objective:	Students will be familiar with the etiology of the most common gynaecological and paediatric illnesses and their symptoms with the competence to use medical knowledge when making care decisions.		
Contents:	The most common gynaecological illnesses and their medical care The most common paediatric illnesses and their medical care		
Learning Strategies:	Lectures, independent study		
Assessment:	Exam		
Bibliography:	To be announced at the outset of the course		

### **(SHAN007) Mental Health Work**

Credits:	8 cr	Timing:	2nd - 3rd yr
Objective:	Students will know how different crises progress and they will possess basic knowledge concerning crisis intervention and care. They will be able to deal with patients experiencing a crisis and/or with mental problems as well as being able to plan, carry out and evaluate overall client-oriented nursing and rehabilitation procedures for mental patients in co-operation with others involved in the care process. Students will also be competent in using research data in mental health work.		
Contents:	Mental health work points of departure Care recommendations Dealing with a person in crisis of who is suffering from mental health problems Appropriate care		

Learning Strategies: Lectures, supervised exercises, seminars, partly delivered online (1 cr)

Assessment: Exam

Bibliography: Mielenterveyslaki- ja asetukset.  
Noppari ym. Mielenterveyshuolto perusterveystieteiden huollossa.  
Further material will be announced.

## **(SHAN008) Psychiatry**

Credits: 1 cr                      Timing: 2nd - 3rd yr

Objective: Students will gain knowledge of the most common mental illnesses, how they arise, symptoms, diagnosis and of how to prevent, treat and forecast the illness and its progression. They will be conversant with the most important psychopharmaceutical medication and their effects on the patient.

Contents: Depression and bi-polar mood/mental disorders/mood swings  
Psychoses  
Personality disorders, anxiety disorders  
Psychiatric medication  
Children's and young persons' psychiatric/mental illnesses and medication

Learning Strategies: Lectures, independent study

Assessment: Exam

Bibliography: Lepola, U. ym., Psykiatria.  
Current care recommendations

## **(SHAN020) Surgical Nursing**

Credits: 8 cr                      Timing: 2nd - 3rd yr

Objective: Students will understand the perioperative care process, being able to use knowledge from different disciplines for decision making in evidence based surgical nursing.

Contents: The surgical patient and the special features of surgical nursing  
Pre-operative nursing  
Postoperative nursing  
Caring for a surgical wound  
Day surgery nursing  
The perioperative care process in the most common illnesses requiring surgery  
The evaluation and effects of surgical nursing

Learning Strategies: Lectures, supervised exercises, independent study

Assessment: Exam, seminars

Bibliography: Iiväninen, A. ym. Sairauksien hoitaminen terveyttä edistää

## **(SHAN019) Perioperative Nursing**

Credits: 2 cr                      Timing: 2nd - 3rd yr

Objective: Students will understand the perioperative care process being able to apply this

**Learning Strategies:** Lectures, seminars, independent study, partly delivered online, delivered as research

and development studies

Assessment: Assignments (processed during seminars), exam

Bibliography: To be announced

## **(SHATT17) Leadership in Nursing**

Credits: 4 cr                      Timing: 3rd - 4th yr

Objective: Students will understand the many levels of responsibility and be proficient in coordinating, leading, assessing and developing evidence based nursing and its quality. Students will be able to recognise factors that strengthen and weaken well being at work and they will aim to improve and increase well being in the work community.

Contents: The central theories and concepts of administration and management  
Human resource management  
Multi-professionalism  
Competence development  
Managing yourself  
Quality control in nursing  
Occupational well-being and safety  
Health economics

Learning Strategies: Lectures, supervised assignments and independent study

Assessment: Exam, assignments

## **OPTIONAL PROFESSIONAL STUDIES**

### **(SHVL3Z) PEDIATRIC NURSING AND NURSING YOUNG PEOPLE 10 cr**

#### **(SHVL012) Graduation Studies in Nursing**

Credits: 7 cr                      Timing: 3rd - 4th yr

Objective: Students will deepen their professional evidence based competence and be able to apply multidisciplinary knowledge when planning, implementing and evaluating the care of seriously and critically ill children and juveniles and their families in multiprofessional cooperation.

Contents: Family-centredness as the point of departure for paediatric nursing  
The diseases and illnesses of children and juveniles of different ages and evidence based nursing  
Nursing critically and seriously ill children and young people  
Nursing physically disabled children and juveniles and those with sensory impairment  
Nursing mentally disabled children and juveniles  
The special features of medical and infusion care in paediatric nursing  
Intensive care for children and juveniles

Learning Strategies: Lectures, supervised exercises, independent study

Assessment: Exam or assignments

Bibliography: Ruuskanen,O.,ym. Lasten infektiosairaudet

Huttunen,N-P.,ym. Lasten ja nuorten sairaudet  
 Korhonen,A. Keskosen hoitotyö  
 Jokinen,S.,ym. Sattuus se ? Lasten kliiniset tutkimukset  
 Malm,M., ym. Esteistä mahdollisuuksiin, vammaistyön perusteet

### **(SHVL013) Development of Evidence-based Nursing**

Credits:	3 cr	Timing:	3rd - 4th yr
Objective:	Students will be able to develop evidence based paediatric nursing in multiprofessional teams and their own expertise in a creative and critical manner. They will develop their multiprofessional competences through indepth study of the development, aims and duties of child protection work in nursing.		
Contents:	The development of paediatric nursing Developing expertise in multiprofessional cooperation in the promotion of health and well-being of children, juveniles and their families and nursing		
Learning Strategies:	Lectures, supervised assignments, independent study, taught as R&D studies (3 cr)		
Assessment:	Assignment and portfolio		
Bibliography:	To be announced at the beginning of the course		

### **(SHVS3Z) MEDICAL AND SURGICAL NURSING 10 cr**

#### **(SHVS001) Graduation Studies in Nursing**

Credits:	7 cr	Timing:	3rd - 4th yr
Objective:	Students will deepen their competence in evidence based medical and surgical nursing and will be able to apply multidisciplinary knowledge within the medical and surgical nursing environment		
Contents:	Ethics in medical and surgical nursing Commitment to care The main medical and surgical nursing interventions Caring for a patient requiring intensive nursing Medical and surgical patient instruction and counselling competence		
Learning Strategies:	Lectures, supervised exercises, independent study		
Assessment:	Exam, assignment		

#### **(SHVS002) Development of Evidence Based Nursing**

Credits:	3 cr	Timing:	4th yr
Objective:	Students will develop the quality of evidence based surgical and medical nursing competence and be able to develop expertise in their field		
Contents:	Developing medical and surgical nursing Developing expertise in medical and surgical nursing		
Learning Strategies:	Lectures, seminars, independent study, delivered as R&D studies		
Assessment:	Assignment and/or portfolio		

**(SHVM2Z) MENTAL HEALTH WORK 10 cr****(SHVM027) Graduation Studies in Nursing**

Credits: 7 cr Timing: 3rd - 4th yr

Objective: Students will be competent in applying different interventions as required in mental health work in their capacity as members of multidisciplinary teams.

Contents: The history and present day in nursing  
 How the mind is formed  
 Determining, planning and assessing the level of care and rehabilitation required by patients/clients of different age groups  
 Crisis work  
 Mental Health rehabilitation  
 Interventions  
 The sexual and physical abuse of children  
 Ethical questions in mental health work  
 Reflection and work counselling

Learning Strategies: Lectures, drama, seminars, independent study, The history and present day in nursing How the mind is formed Determining, planning and assessing the level of care and rehabilitation required by patients/clients of different age groups Crisis work Mental Health rehabilitation Interventions The sexual and physical abuse of children Ethical questions in mental health work Reflection and work counselling

Assessment: Exam, assignments

Bibliography: To be announced

**(SHVM028) Development of Evidence Based Nursing**

Credits: 3 cr Timing: 3rd - 4th yr

Objective: Students will be competent in developing the quality of mental health work based on evidence

Contents: Developing nursing expertise

Learning Strategies: Delivered as R6D studies (3 cr)

Assessment: Assignment

**(SHVT5Z) COMMUNITY-ORIENTED NURSING AND HEALTH CARE 30 cr****(SHVT020) Health and Environmental Health Promotion Competence**

Credits: 8 cr Timing: 3rd - 4th yr

Objective: Students will base their work on the values and ethical guidelines of public health work. They will be competent to work in public health care using health promotion and public health care strategies and programmes as the basis of health care provision. Students will be able to assess the effects of the environment on health being proficient in the prevention and care of infectious diseases as well as inoculation programmes and giving injections. Students will know how to use public health procedures in public health work with individuals, families and communities

within a multi-professional working environment.

Contents: The values and ethics of public health work  
The prevention and care of national diseases  
The most significant public health promotion and work programmes and strategies  
Environmental health care  
The prevention and care of infectious diseases, inoculation and the inoculation programme  
Public health care procedures

Learning Strategies: Lectures, exercises, independent study, online studies

Assessment: Exam and assignments

Bibliography: Haarala, Honkanen, Mellin & Tervaskanto-Mäentausta: Terveystenhoitajan osaaminen. Edita.  
Further reading will be announced at the beginning of the course

## **(SHVT021) Individual, Family, Group and Community Public Health Nursing Competence**

Credits: 14 cr                      Timing: 3rd - 4th yr

Objective: Students will be proficient in monitoring the health, growth and development of their clients, and in the health promotion of individuals, families and communities taking into account their cultural background, within multi-professional networks and cooperation.

Contents: The public health nurse as an implementer of public health care for different age groups

Learning Strategies: Lectures, exercises, independent study

Assessment: Exams, assignments (Pharmacology and dosage calculation exam)

Bibliography: To be announced

## **(SHVT011) Research, Leadership and Development, Sociological Healthcare**

Credits: 8 cr                      Timing: 4th yr

Objective: Students will be proficient in developing public health work and its quality and in creatively and critically developing their own expertise. They will recognise changes in society and their consequences and will strive to influence such changes so as to promote health. Students will also be able to recognise the effects decisions can have on health and will be aware of channels of influence

Contents: Development of public health care work quality and its influence  
Trends and changes in society and their effects on public health

Learning Strategies: Lectures, exercises, independent study

Assessment: Development assignment





guidance of children and juveniles from other cultures and their families.

Contents: Culture and outlook on life as a source of strength in nursing  
Immigration; health and behaviour in sickness in a new living environment  
Health services supporting nursing and health promotion amongst children, juveniles from different cultures and their families

Learning Strategies: Supervised assignments, independent study, study visit

Assessment: Counselling/instruction session in a multicultural environment

## **(SHWA005) Rehabilitation of Pain Patients**

Credits: 3 cr                                      Timing: 2nd - 4th yr

Objective: Students will be able to assess a patient's/client's pain relief requirements and use different methods of pain relief in the planning, care and evaluation of a pain rehabilitation patient.

Contents: Pain and how to measure it  
Massage  
Heat treatments  
An introduction to acupuncture for pain relief  
5-point ear acupuncture  
Medication for pain relief

Learning Strategies: Lectures, group assignments, independent study

Assessment: Assignment and exam in massage

Bibliography: Arponen,R,ym. Hoitava hieronta.  
Kalso,E., Vainio,A., toim. Kipu.  
Laitinen, J.,Laitinen, M,. Akupuntio THS.  
Germain,A. Parantavat pisteet.  
Lotelius-Löwbeer,A., Svenskt Akupunktur-kompedium.  
Nurminen,M-L,. Lääkehoito.  
Sailo,E,. Vartti,A-M,. toim Kivunhoito.

## **(SHWA100) Sexual Health Promotion**

Credits: 3 cr                                      Timing: 2nd - 4th yr

Objective: Students will understand the basic concepts of sexuality and sexology within different contexts. They will be competent in carrying out sexual health education as part of health promotion care work.

Contents: Dealing with your own sexuality  
The basic concepts and principles of sexology and sexual health  
Sexual dimensions  
Sexuality during different stages of life  
Dealing with sexual and gender minorities

Learning Strategies: lectures, seminars, e-studies, independent studies

Assessment: Online assignments

Bibliography: To be announced

**(SHWA104) Safety and Self Defence in Nursing**

Credits:	3 cr	Timing:	2nd - 3rd yr
Objective:	Students will understand the significance of safety in nursing. They will be competent in predicting potentially violent situations and in dealing with such situations within the law and in an ethically approved way.		
Contents:	Safety culture Laws concerning safety and security in nursing Safety and threats to safety in nursing Violent situations, how they come about, predicting and dealing with them Documentation of violent situations and follow-up		
Learning Strategies:	Lecture, supervised exercises, independent study		
Assessment:	Assignment		
Bibliography:	To be announced at the outset of the course		

**(SHWA017) Special Issues in Intoxicant Care**

Credits:	3 cr	Timing:	2nd - 4th yr
Objective:	Students will be aware of the problems associated with addiction and how to support recovery from intoxicant abuse in their own work.		
Contents:	Most common addictions Addiction and close relatives Interventions and principles involved in supporting recovery from addiction and coping with addiction		
Learning Strategies:	Independent study		
Assessment:	Assignments		
Bibliography:	To be announced		

**(SHWA012) Care of Older People from a European Perspective**

Credits:	7.5 cr	Timing:	2nd - 4th yr
Objective:	The focus of this course is the situation of the elderly in Europe and the individual needs they may have. The focus is also to learn how a multiprofessional team can help the elderly to live a meaningful life and to experience health and well-being.		
Contents:	The course content demographic data of the elderly in Europe. ageing from a multidisciplinary and European perspective. example of formal and informal systems in care for the elderly in Europe. relevant research and strategies for development. attitudes towards the elderly and their position and living conditions in society. The University of Jönköping is a coordinator		
Learning Strategies:	Self directed study, the course is delivered online and the webplatform.		
Assessment:	Discussion in virtual environment, final paper		

**Bibliography:** Vaarama, M., Pieper, R. 2006. Managing Integrated Care for Older Persons. European Perspectives and Good Practices.  
Scientific articles and written material reflecting an international perspective.

### **(SHWA013) Mental Health Care of Children and Young**

**Credits:** 3 cr **Timing:** 2nd - 4th yr

**Objective:** Students will possess knowledge of the different stages of development of children and young people and how to promote their good mental health. The course also demonstrates how mental health problems can be prevented, cured or relieved. Students will be familiar with the most common disturbances in the mental health of children and young people.

**Contents:** The concept of mental health  
Promotion of children's and young people's good mental health  
Most common mental health disturbances amongst children and young people  
Interventions in mental health work with children and adolescents

**Learning Strategies:** Independent study

**Assessment:** Written exam

**Bibliography:** To be announced

### **(SHWA014) Family-Centred Mental Health Care**

**Credits:** 3 cr **Timing:** 2nd - 4th yr

**Objective:** This course emphasises the importance of the family unit as a cradle of psychological well-being and knowledge of attachment theory. Students will be able to recognise the signs of healthy family life and interaction within the family. Students will be conversant with different procedures used in family work as well as different projects promoting family well-being.

**Contents:** Attachment theory  
The signs of a healthy family  
Family interaction  
The couple relationship and parenting role chart as a procedure in family work  
Family tree and its significance  
Projects promoting family well-being  
The aggression steps model

**Learning Strategies:** Independent study

**Assessment:** Assignment

**Bibliography:** To be announced

### **(SHWA096) Nursing the Critically Ill**

**Credits:** 3 cr **Timing:** 2nd yr

**Objective:** Students will gain the competence required to support the convalescence and coping of a critically ill patient using knowledge drawn from different fields in the decision making process associated with intensive patient care. Students will gain an interest

in the challenges that intensive care involves.

Prerequisite: Surgical or Perioperative Nursing

Contents: Intensive care  
Being a patient, relative and nurse in the intensive care unit  
Supporting an intensive care patient to cope and convalesce  
The challenges of intensive care

Learning Strategies: Lectures, supervised exercises, independent study

Assessment: Assignments, participation

Bibliography: Blomster, M. ym. Tehohoitotyö  
Assignments, participation

## **(SHWA022) Wound Care**

Credits: 3 cr                      Timing: 2nd - 4th yr

Objective: Students will understand wound care as a process where it is necessary to guide and instruct the patient appropriately when required. The course also covers wound nursing products and nursing interventions.

Contents: How a wound heals  
The wound nursing process  
Wound nursing interventions  
Selecting suitable wound dressings  
Instructing a patient with a wound

Learning Strategies: Lectures, group assignments and independent study

Assessment: Assignment and active participation

Bibliography: To be announced

## **(SHWA029) Comparative Health Care**

Credits: 3 cr                      Timing: 2nd - 4th year

Objective: The students are able to engage in a comparative evaluation of health and social care in Europe

Contents: Examination of the health and social policy of a chosen country  
Compare and contrast the educational process for nurses within a chosen country with that of Finland  
Draw comparisons in the delivery of nursing care within the two countries

Learning Strategies: Teaching English WebCT Course, Discussions and self directed study

Assessment: A written report

Bibliography: To be announced

## **(SHWA097) Quality management in Health Care Organisations**

Credits:	3 cr	Timing:	2nd - 4th year
Objective:	The students will become familiar with health care organizations' quality system functioning, maintenance and development.		
Contents:	For quality control, the general principles and mechanisms (ISO 9000, EFQM, BSC, SHQS)		
Learning Strategies:	Delivered in English, online WebCT Course, discussions, study visits		
Assessment:	Exercises		
Bibliography:	To be announced		

### **(SHWA041) Social and Health Policy**

Credits:	3 cr	Timing:	2nd - 4th year
Objective:	The student knows the concepts, development, aims, and values of health and social policy.		
Contents:	Concepts, aims, and challenges of changing society for social and health policy Values and decision-making system of social and health policy Social and health policy as a part of larger politics Developmental factors and models of social policy Strategic origin and guidance system in health policy		
Assessment:	Written exam (satisfactory 1 - excellent 5)		

### **(SHWA099) Introduction to e-health**

Credits:	3 cr	Timing:	2nd - 4th year
Objective:	The student knows the basic concepts of tele health care and reflects on the telematic applications in health care in his/her own country.		
Contents:	Concepts Different telematic applications Use in health care		
Learning Strategies:	Lectures , discussion on WebCT ,self-directed learning using Internet and written exam		
Assessment:	Written exams (5 000 words in total)		
Bibliography:	<a href="http://tie.telemed.org/journals/">http://tie.telemed.org/journals/</a> <a href="http://www.amdtelemedicine.com/about_telemedicine.cfm">http://www.amdtelemedicine.com/about_telemedicine.cfm</a> <a href="http://www.stakes.fi/finohita/e/">http://www.stakes.fi/finohita/e/</a> <a href="http://www.vtt.fi/tte/inbrief/annualreport2003/">http://www.vtt.fi/tte/inbrief/annualreport2003/</a> Articles in Databases, etc. medline ovid		

### **(SHWA032) Studying at the Learning Clinic I**

Credits:	6 cr	Timing:	During the whole degree programme and the summer
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Objective:	Students will be able to plan, market, produce and evaluate client or community oriented health promoting services.
Contents:	Health services for individuals and groups
Learning Strategies:	Supervised service provision and independent practical training providing health services
Bibliography:	Supervisor will indicate suitable reading material

### **(SHWA120) The Accident Process, Occurrence Rate, Significance**

Credits:	4 cr	Timing:	2nd - 4th yr
Objective:	Students will understand how accidents happen and can recognise the factors contributing to an accident. They will also understand their significance from an individual and public point of view and know how to prevent them.		
Contents:	The concepts of accident prevention work How accidents happen and the factors involved Different wound mechanisms How often do accidents happen The significance of accidents Accident prevention		
Learning Strategies:	Online learning		
Assessment:	Independent study, assignments		
Bibliography:	To be announced		

### **(SHWA121) Accident Prevention for the Elderly**

Credits:	3 cr	Timing:	2nd - 4th yr
Objective:	Students will be aware of the most common accidents that the elderly have and can recognise factors causing them and prevent them from happening.		
Contents:	The developmental features of the aging The most common accidents the aging experience Different operational environments Accident prevention procedures		
Learning Strategies:	Online studies		
Assessment:	Independent studies, assignments		
Bibliography:	To be announced		

### **(STOO1Z) THESIS 15 cr**

#### **(STOO006) Thesis and Maturity Test**

Credits:	15 cr	Timing:	2nd - 4th yr
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Objective:	Students will be competent in applying their knowledge and practical skills in tasks linked to their professional studies requiring expertise. They will deepen their professional working skills in co-operation with others involved in the process. They will demonstrate that they possess the competence to use critical, research based, developmental and ethical thinking as a basis for developing their expertise.
Prerequisite:	Introduction to Research (6 cr) must be completed and approved before presenting the topic analysis. The topic analysis must be approved before starting on the thesis plan. The plan must be approved prior to writing/carrying out and presenting the thesis. The thesis must be presented prior to completing the maturity test.
Contents:	Part 1: Finding the thesis topic 3 cr Aims of the thesis, selecting and defining the topic Supervision and peer supervision Commitment, responsibility and duty Topic analysis and data retrieval methods Part 2. Planning the thesis 5 cr Cooperation with commissioning party Commissioning agreement and copyright Evaluation procedures Thesis plan and presentation Part 3. Carrying out the thesis, presentation and reporting 7 cr
Learning Strategies:	Lectures, seminars, independent study, delivered partly online, delivered as R&D studies (15 cr)
Assessment:	The oral and written presentation and defense of the topic analysis, thesis plan and the thesis. Seminars. Following approved theses. Poster and maturity test. Acting as a peer and chairperson.
Bibliography:	Thesis specific <a href="http://www.kajak/opari.fi">http://www.kajak/opari.fi</a>

## **(SHAH0Z) PRELIMINARY CLINICAL TRAINING (ORIENTATION) 3 cr**

### **(SHAH031) Clinical skills I**

Credits:	3 cr	Timing:	1st yr
Objective:	Students will be able to use appropriate interventions in order to take care of a patient's cleanliness, dressing and nutrition. They will also learn to monitor and assess a patient's basic vital functions and they will understand the importance of a rehabilitative approach in nursing, while also being able to work ergonomically taking into account the strength of the patient.		
Contents:	Cleanliness and dressing Nutrition Secretion/excretion Monitoring basic vital functions The rehabilitative approach and ergonomics The tools for coping with everyday life - the Handy Home		
Learning Strategies:	Supervised exercises, orientative practical training, independent study		
Assessment:	Knowledge tests, participation in exercises and practical training		





**(SHASHZ) ADVANCED TRAINING 24 cr****(SHANH13) Clinical Training for Specialised Nursing Studies, Paediatric Nursing**

Credits: 21 cr Timing: 3rd - 4th yr

Objective: Students will deepen their professional competence in evidence based nursing by nursing critically and seriously ill children, young people and their families, by nursing and supporting children, young people and their families with special needs in specific situations. Students will also develop nursing quality and their own expertise in a creative and critical manner.

Contents: Paediatric nursing

Learning Strategies: Supervised clinical training in different child and youth occupational and nursing units

Assessment: Supervised clinical training

**(SHANH12) Specialised Practice, Mental Health Work**

Credits: 21 cr Timing: 3rd - 4th yr

Objective: Students will deepen their professional expertise in evidence based nursing and develop the quality of nursing while being able to develop their own expertise critically and creatively and making use of work counselling.

Contents: Mental Health Work

Learning Strategies: Supervised practical training

Assessment: Supervised practical training and work counselling

**(SHANH16) Medical and Surgical Nursing**

Credits: 21 cr Timing: 3rd - 4th yr

Objective: Students will deepen their evidence based medical and surgical nursing competence and will be able to apply a variety of knowledge from different disciplines in the medical-surgery environment. Students will develop the quality of evidence based medical and surgical nursing and will be proficient in developing expertise in their field.

Contents: Medical and surgical nursing

Learning Strategies: Supervised practical training

Assessment: Supervised practical training

**(SHANH18) Gerontological Nursing Clinical Training**

Credits: 3 cr Timing: 3rd - 4th yr

Objective: Students will be aware of the significance and opportunities of the home in terms of supporting their patient to cope. They will be able to compile a client-oriented nursing, service and rehabilitation plan. Students will be able to use rehabilitation promoting interventions in the nursing decision-making process.

Contents: Gerontological nursing in home nursing

Learning Strategies: Supervised practical training

Assessment: Supervised practical training

## **(SHATHZ) SPECIALISED CLINICAL TRAINING (PUBLIC HEALTH NURSING) 34 cr**

### **(SHASH01) Public Health Nursing Clinical Training I**

Credits: 6 cr                      Timing: 3rd yr

Objective: Students will apply evidence-based activities in public health nursing

Contents: Supervised practical training in different public health units in the public, private and/or third sector and in the university of applied sciences service unit.

Learning Strategies: Supervised practical training

Assessment: Supervised practical training

### **(SHASH02) Public Health Nursing Clinical Training II**

Credits: 9 cr                      Timing: 4th yr

Objective: Students will deepen their professional competence in evidence based public health nursing

Contents: Supervised practical training in different public health units in the public, private and third sector, in the university of applied sciences service unit and in different projects and schemes

Learning Strategies: Supervised practical training

Assessment: Supervised practical training and related assignments

### **(SHASH03) Public Health Nursing Clinical Training III**

Credits: 16 cr                      Timing: 4th yr

Objective: Students will deepen their professional competence in evidence based public health nursing and develop the quality of public health work while being able to critically and creatively develop their own expertise.

Contents: Supervised practical training in different public health units in the public, private and third sectors, in the university of applied sciences service unit and in different projects and schemes

Learning Strategies: Supervised practical training

Assessment: Supervised practical training and related assignments

### **(SHANH18) Gerontological Nursing Clinical Training**

Credits: 3 cr                      Timing: 3rd - 4th yr

Objective: Students will be aware of the significance and opportunities of the home in terms of supporting their patient to cope. They will be able to compile a client-oriented

nursing, service and rehabilitation plan. Students will be able to use rehabilitation promoting interventions in the nursing decision-making process.

Contents: Gerontological nursing in home nursing

Learning Strategies: Supervised practical training

Assessment: Supervised practical training