

# Curriculum at Lahti University of Applied Sciences 2018-2019

## Bachelor of Health Care, Nursing

| Code                                                                  | Name                                                              | 1 y | 2 y | 3 y | 4 y | ECTS total |
|-----------------------------------------------------------------------|-------------------------------------------------------------------|-----|-----|-----|-----|------------|
| <b>STSH18-1000 CORE COMPETENCE</b>                                    |                                                                   |     |     |     |     | <b>180</b> |
| <b>STSH18-1001 Common Core Competence</b>                             |                                                                   |     |     |     |     | <b>25</b>  |
| LA00BE73                                                              | English for Work                                                  | 3   |     |     |     | 3          |
| LA00BE74                                                              | Swedish language, Oral Communication                              |     | 1   |     |     | 1          |
| LA00BE75                                                              | Swedish language, Written Communication                           |     | 2   |     |     | 2          |
| LA00BE76                                                              | Professional communication                                        | 4   |     |     |     | 4          |
| LA00BE77                                                              | Developing professional competence 1                              | 2   |     |     |     | 2          |
| LA00BQ87                                                              | Developing professional competence 2                              |     | 2   |     |     | 2          |
| LA00BQ88                                                              | Developing professional competence 3                              |     |     | 1   |     | 1          |
| LA00BE78                                                              | Research and Development                                          |     |     | 5   |     | 5          |
| LA00BE79                                                              | Anticipating Future Trends                                        |     | 5   |     |     | 5          |
| <b>STSH18-1002 Professional Core Competence</b>                       |                                                                   |     |     |     |     | <b>155</b> |
| <b>STSH18-1003 Factors contributing to wellbeing</b>                  |                                                                   |     |     |     |     | <b>10</b>  |
| ST00BF42                                                              | Customership in Changing Operational Environments                 | 5   |     |     |     | 5          |
| ST00BF44                                                              | Promoting Health And Wellbeing                                    | 5   |     |     |     | 5          |
| <b>STSH18-1004 Nursing care and nursing science</b>                   |                                                                   |     |     |     |     | <b>17</b>  |
| ST00BK08                                                              | Basic nursing competency                                          | 5   |     |     |     | 5          |
| ST00BK09                                                              | Medicine                                                          | 5   |     |     |     | 5          |
| ST00BK10                                                              | Clinical Training: Basics of clinical nursing                     | 5   |     |     |     | 5          |
| <b>STSH18-1005 Patient Safety</b>                                     |                                                                   |     |     |     |     | <b>10</b>  |
| ST00BG42                                                              | Customer-oriented Chronic Clinical Care Pathways                  | 5   |     |     |     | 5          |
| ST00BG43                                                              | Pharmacotherapy                                                   | 5   |     |     |     | 5          |
| <b>STSH18-1006 Evidence-Based Practice</b>                            |                                                                   |     |     |     |     | <b>14</b>  |
| ST00BG44                                                              | Nursing Care of the Chronically Ill                               | 5   |     |     |     | 5          |
| ST00BR51                                                              | Clinical training: Nursing Care of the Chronically Ill            | 9   |     |     |     | 9          |
| <b>STSH18-1007 Applying Nursing Science</b>                           |                                                                   |     |     |     |     | <b>14</b>  |
| ST00BG47                                                              | Mental Health and Substance Abuse Nursing Care                    |     | 5   |     |     | 5          |
| ST00BR39                                                              | Clinical Training: Mental Health and Substance Abuse Nursing Care |     | 9   |     |     | 9          |
| <b>STSH18-1008 Wellbeing Technology and Smart Self-care Solutions</b> |                                                                   |     |     |     |     | <b>19</b>  |
| ST00BG49                                                              | Children and Adolescent Nursing                                   |     | 5   |     |     | 5          |
| ST00BK11                                                              | Customership and Guidance in New Environments                     |     | 5   |     |     | 5          |
|                                                                       |                                                                   |     |     |     |     |            |

|                                                                                |                                                                                |  |   |    |           |
|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------|--|---|----|-----------|
| ST00BR43                                                                       | Clinical Training: Children and Adolescent Nursing Care and Maternity Care     |  | 9 |    | 9         |
| <b>STSH18-1009 Applying Evidence-Based Practice</b>                            |                                                                                |  |   |    | <b>14</b> |
| ST00BG51                                                                       | Gerontological Nursing and Home Care                                           |  | 5 |    | 5         |
| ST00BR40                                                                       | Clinical Training: Gerontological Nursing and Home Care                        |  | 9 |    | 9         |
| <b>STSH18-1010 Developing Patient Safety</b>                                   |                                                                                |  |   |    | <b>14</b> |
| ST00BG53                                                                       | Acute Care                                                                     |  |   | 5  | 5         |
| ST00BR41                                                                       | Clinical Training: Surgical and Acute nursing                                  |  |   | 9  | 9         |
| <b>STSH18-1011 Applying Wellbeing Technology and Smart Self-care Solutions</b> |                                                                                |  |   |    | <b>18</b> |
| ST00BR42                                                                       | Clinical Training: Applying Wellbeing Technology and Smart Self-Care Solutions |  |   | 10 | 10        |
| ST00BR44                                                                       | Harjoittelu: Kliinisen osaamisen soveltaminen                                  |  |   | 8  | 8         |
| <b>STSH18-1012 Leadership and Entrepreneurship</b>                             |                                                                                |  |   |    | <b>10</b> |
| ST00BF48                                                                       | Leadership and Entrepreneurship                                                |  |   | 5  | 5         |
| ST00BF49                                                                       | Practical Training: Leadership and Entrepreneurship                            |  |   | 5  | 5         |
| <b>STSH18-1013 Thesis</b>                                                      |                                                                                |  |   |    | <b>15</b> |
| LA00BN99                                                                       | Thesis planning                                                                |  |   | 5  | 5         |
| LA00BO00                                                                       | Thesis research and writing                                                    |  |   | 5  | 5         |
| LA00BO01                                                                       | Thesis publication                                                             |  |   |    | 5         |
| <b>STSH18-1014 COMPLEMENTARY COMPETENCE</b>                                    |                                                                                |  |   |    | <b>30</b> |

## **STSH18-1000 CORE COMPETENCE: 180 ECTS**

### **STSH18-1001 Common Core Competence: 25 ECTS**

#### **LA00BE73 English for Work: 3 ECTS**

##### **Learning outcomes**

The student is able to

- recognise the different sources and tools to help them improve their English skills
- gain confidence and manage in written and oral communication situations required in professional studies and in the work life
- describe their education and qualifications
- understand the terminology and concepts of their own field

#### **LA00BE74 Swedish language, Oral Communication: 1 ECTS**

##### **Learning outcomes**

The student is able to

- express and justify their opinions
- use the key terminology of their own field
- tell about their education, work experience and duties e.g. in job-seeking situations

- present a company of their own trade

## **LA00BE75 Swedish language, Written Communication: 2 ECTS**

### **Learning outcomes**

The student is able to

- use the key terminology of their own field
- tell about their education, work experience and duties e.g. in job-seeking situations
- write a job application
- obtain information related to their own field of studies in Swedish e.g. on the Internet
- use online dictionaries

## **LA00BE76 Professional communication: 4 ECTS**

### **Learning outcomes**

The student is able to

- plan and produce grammatically correct texts
- write an article or an essay that fulfils the criteria of a scientific text related to their own field of studies
- perform actively in professional group communication situations
- retrieve information from a variety of sources and evaluate it critically

## **LA00BE77 Developing professional competence 1: 2 ECTS**

### **Learning outcomes**

The student is able to

- plan their own learning and cooperate in situations related to their own field of studies
- recognize their own competence and the needs to develop them further and to plan their career path observing them
- act as a group member
- operate in the learning environments of Lahti UAS
- picture their own field of studies and its future skills
- give feedback on tuition and services and thus participate in the development of education

## **LA00BQ87 Developing professional competence 2: 2 ECTS**

### **Learning outcomes**

The student is able to

- utilize various learning opportunities in curriculum
- recognize and aim their own competences to be in level with the future career requirements
- create a study plan that supports the future career goal
- give feedback on tuition and services and thus participate in the development of education

## **LA00BQ88 Developing professional competence 3: 1 ECTS**

### **Learning outcomes**

The student is able to

- identify themselves as a learner and develop their own learning skills
- evaluate innovative or alternative future competences required in their own field
- recognize and aim their own competences to be in level with the future career requirements
- masters the professional concepts of their own field and is able to point out their competencies during job recruitment processes
- give feedback on tuition and services and thus participate in the development of education

## **LA00BE78 Research and Development: 5 ECTS**

### **Learning outcomes**

The student is able to

- obtain, utilise and assess R&D-related information and their sources critically
- follow the rules of ethical principles applied in all research activities
- use the most typical research and development methods of their own field
- write a scientific report and is familiar with the requirements for language and style and how to document the sources

## **LA00BE79 Anticipating Future Trends: 5 ECTS**

### **Learning outcomes**

The student is able to

- anticipate the changes in their own operational environment
- utilise the futures research materials produced by national and international societies in their own field of studies
- use the terminology and methods of futures research in the research and development of their own field

## **STSH18-1002 Professional Core Competence: 155 ECTS**

## **STSH18-1003 Factors contributing to wellbeing: 10 ECTS**

## **ST00BF42 Customership in Changing Operational Environments: 5 ECTS**

### **Learning outcomes**

The student is able to

- describe the changing multidisciplinary operational environments and the role of their own field in them
- describe the role of empowerment interaction
- show their familiarity with key legislation, values, and ethical principles of social and health care sector
- show their familiarity with the principles of social and health care documentation

## **ST00BF44 Promoting Health And Wellbeing: 5 ECTS**

### **Learning outcomes**

The student is able to

- describe the factors of wellbeing at individual and community level and promote wellbeing

- describe the principles of work safety and customer and patient safety
- describe the different forms of social and health care customer and service guidance
- assess the functional capacity of clients

## **STSH18-1004 Nursing care and nursing science: 17 ECTS**

### **ST00BK08 Basic nursing competency: 5 ECTS**

#### **Learning outcomes**

The student is able to

- describe the value base of nursing and nursing as a scientific discipline
- describe basic nursing interventions, including their planning, implementation and evaluation
- determine the effects of the most typical age-related changes on functional capacity

### **ST00BK09 Medicine: 5 ECTS**

#### **Learning outcomes**

The student is able to

- determine the basic structure, functions and regulation of the human body
- determine bacteria, fungi and viruses and provide examples of different microbial structures
- describe the principles of infection prevention

### **ST00BK10 Clinical Training: Basics of clinical nursing: 7 ECTS**

#### **Learning outcomes**

The student is able to

- assess patients' functional capacity and specify nursing care needs
- provide basic care in accordance with the patient safety
- identify and observe patient's signs (ABCDE)
- provide cardiopulmonary resuscitation (CPR)
- encounter clients and act professionally and ethically with the clients

### **STSH18-1005 Patient Safety: 10 ECTS**

### **ST00BG42 Customer-oriented Chronic Clinical Care Pathways: 5 ECTS**

#### **Learning outcomes**

The student is able to

- describe the stages of a variety of evidence-based clinical care pathways and processes for the most common medical-surgical patients
  - describe the rights of the chronically ill patients and disabled clients and their inclusion in their care decisions
  - explain the principles of patient safety including the factors potentially leading to adverse events.
- The student acknowledges reporting as a statutory obligation and is familiar with the reporting methods
- describe the most common diseases requiring medical and/or surgical care, their symptoms and key medical treatment modalities (2 credits)

## **ST00BG43 Pharmacotherapy: 5 ECTS**

### **Learning outcomes**

The student is able to

- describe the statutory basis of pharmacotherapy and the process of effective, safe, appropriate and economical pharmacotherapy
- justify the planning, implementation and evaluation of pain management, pharmacological care and infusion therapy, parenteral nutrition, and blood transfusion
- explain the methods of medicine administration, forms of medication, and the principles of safe radiotherapy and vaccination
- perform medical dosage calculations, acknowledging their own responsibility for the accuracy of the calculations
- explain the principles of pharmacology, identify different drug ingredients and describe their effects, stages in the human body and their synergetic and adverse effects (2 ECTS)

## **STSH18-1006 Evidence-Based Practice: 14 ECTS**

## **ST00BG44 Nursing Care of the Chronically Ill: 5 ECTS**

### **Learning outcomes**

The student is able to

- explain key treatment modalities and nursing interventions of a medical-surgical patient
- describe national nutrition recommendations and medical-surgical patients' special diets and their role in the overall care of a patient
- describe the importance of a multi-professional team and the significant others in the care of chronically ill patients/clients
- utilize evidence-based knowledge in promoting chronically ill patients' health and functional capacity
- describe future nursing and self-care methods of chronically ill patients as part of patient guidance

## **ST00BR51 Clinical training: Nursing Care of the Chronically Ill: 9 ECTS**

### **Learning outcomes**

The student is able to

- plan, implement and evaluate care for the most common medical or surgical patients taking into account patient safety
- apply evidence-based nutrition recommendations in the care and guidance of a medical or surgical patient
- maintain professional interaction with patients or clients and their significant others in guidance situations and in resource-based support situations
- report orally and document nursing care
- utilize evidence-based knowledge in care decisions of a medical or surgical patient

## **STSH18-1007 Applying Nursing Science: 14 ECTS**

## **ST00BG47 Mental Health and Substance Abuse Nursing Care: 5 ECTS**

### **Learning outcomes**

The student is able to

- describe the mental health policies, legislation and quality systems governing mental health and substance abuse care while also being able to consider their practical value in developing operational environments and future actions
- describe the characteristics of a nurse-patient relationship in mental health and substance abuse treatment and the significance of a team, multi-professional and network-based practices in the overall care of a patient
- apply researched nursing information in promoting the health and wellbeing of mental health and substance abuse patients
- describe the most common psychiatric diseases and their medical treatments (1 ECTS)

## **ST00BR39 Clinical Training: Mental Health and Substance Abuse Nursing Care: 9 ECTS**

### **Learning outcomes**

The student is able to

- encounter patients with mental health or substance abuse problems and their significant others and examine the interaction through theoretical and experiential knowledge
- plan, implement and evaluate the nursing care process of the patient she/he has a nurse-patient relationship
- examine the ethics, guidance and practices of the medication therapy of a mental health and substance abuse patient
- examine the actions of a multi-professional team and themselves as a team member
- reflect on their thought processes, decision making principles, and work ethics in mental health and substance abuse work
- evaluate the effectiveness of the rehabilitation practices and methods in their clinical practice environment and is able to make development proposals

## **STSH18-1008 Wellbeing Technology and Smart Self-care Solutions: 19 ECTS**

## **ST00BG49 Children and Adolescent Nursing: 5 ECTS**

### **Learning outcomes**

The student is able to

- apply their knowledge of the different stages of children's development in planning, implementing and evaluating nursing care
- plan, implement and evaluate safe medication administration and pain management for pediatric patient's
- recognize the challenges in the wellbeing of a family with children and promote the wellbeing of families
- appraise digital services offered to children, young people, and families
- describe the most common pediatric diseases and their medical treatment methods (1 ECTS)

## **ST00BK11 Customership and Guidance in New Environments: 5 ECTS**

**Learning outcomes**

The student is able to

- analyze and appraise new guidance and interaction environments from the point of view of the client, availability, and effectiveness of care
- appraise the safety of Internet sources containing health information and the information security of electronic health services
- analyze and compare wellbeing technology solutions promoting health and self-care
- design client- and group-oriented guidance and training for virtual service environments

**ST00BR43 Clinical Training: Children and Adolescent Nursing Care and Maternity Care: 9 ECTS****Learning outcomes**

The student is able to

- create a care relationship and act as a primary nurse for a child and the child's family and support their parenthood
- appraise a child's development stage in planning, implementing and evaluating holistic care
- appraise the resources of a child and the parents and consider the significance of their cultural background in supporting the family's resources
- guide a child and the family in safe self-care of the child, utilizing the potential of electronic services
- appraise and analyze approaches and practices that help families to take responsibility for their own wellbeing
- identify and recognize the normal progression of pregnancy, childbirth and post-natal period
- assist in childbirth outside of hospital
- bring up matters concerning sexuality and promote sexual health

**STSH18-1009 Applying Evidence-Based Practice: 14 ECTS****ST00BG51 Gerontological Nursing and Home Care: 5 ECTS****Learning outcomes**

The student is able to

- appraise the normal changes and effects aging has on functional capability and make a comprehensive geriatric assessment
- plan, implement and evaluate the care of the elderly, utilizing evidence-based knowledge
- implement symptomatic and humane care to patients suffering long-term illness or terminally-ill patients and support their significant others
- appraise and promote safe living at home for the elderly, applying future wellbeing technology solutions
- define the most common geriatric diseases and their care guidelines (1 ECTS)

**ST00BR40 Clinical Training: Gerontological Nursing and Home Care: 9 ECTS****Learning outcomes**

The student is able to

- make comprehensive geriatric assessments, support the functional capacity of the elderly and work as an expert in multi-professional teams
- apply evidence-based care recommendations in the care and guidance of elderly clients taking into



account the person's individuality

- evaluate the actions at the work place from the viewpoint of values and ethical principles as well as client-oriented decision making
- implement and evaluate the medicine therapy of elderly clients and counsel them and their significant others in safe medication therapy
- evaluate multi-professional teams and their actions and implementation of quality recommendations, and is able to make development proposals for the best of the unit
- manage their own work cost-efficiently and sustainably

## **STSH18-1010 Developing Patient Safety: 14 ECTS**

### **ST00BG53 Acute Care: 5 ECTS**

#### **Learning outcomes**

The student is able to

- plan, implement and evaluate the safe care and medical treatment of acutely ill patients in different environments
- describe crisis theories and apply them in supporting patients and their significant others in acute crises
- perceive risks and dangerous situations and is able to develop practices regarding patient safety in acute care
- describe the operating procedure and communications in sudden exceptional and dangerous situations and explain the communication practices of public authorities
- describe theoretically the process of critical thinking and its significance in acute care decision making
- implement advanced cardiac life support (ACLS) abiding to patient safety to treat an acute ill or disabled patient (in simulation)
- describe the general guidelines of anesthetic care, intensive care, and emergency care and describe

### **ST00BR41 Clinical Training: Surgical and Acute nursing: 9 ECTS**

#### **Learning outcomes**

The student is able to

- identify the different treatment paths for elective and on-call surgical patients
- plan, implement and evaluate the care of surgical patients before and after surgery
- evaluate the patient's post-operative pain and perform pain management as directed
- interview and examine patients in acute care settings, identify their need for care and respond to this independently with appropriate nursing interventions and as a member of a multi-professional care team
- communicate professionally in acute care settings and document the patient's treatment to ensure the continuity of care
- support and guide a patient in need of individual acute care/ a patient in an acute crisis
- justify their decisions based on reliable knowledge and apply the current information in decision making and development of acute care

### **STSH18-1011 Applying Wellbeing Technology and Smart Self-care Solutions: 18 ECTS**

## **ST00BR42 Clinical Training: Applying Wellbeing Technology and Smart Self-Care Solutions: 10 ECTS**

### **Learning outcomes**

The student is able to

- make proposals for developing practices at their clinical placement by utilizing different health care related foresight and future materials
- support the functional capacity and involvement of different client groups by utilizing and innovating wellbeing technology solutions
- analyze the strategic management and the need for change at their clinical placement organization and analyze their own readiness for change and development needs in terms of career progression
- analyze the practices in the introduction, guidance and mentoring of technological solutions and make proposals to develop them

## **ST00BR44 : 8 ECTS**

### **Learning outcomes**

The student is able to:

- apply their own clinical competency according to the requirements of working life and work tasks in the chosen clinical environment
- to justify, evaluate and analyze the decisions made by utilizing evidence-based information
- evaluate their own customer-orientated service attitude and its connection to quality of service and the action of the work community

## **STSH18-1012 Leadership and Entrepreneurship: 10 ECTS**

## **ST00BF48 Leadership and Entrepreneurship: 5 ECTS**

### **Learning outcomes**

The student is able to

- analyze their own role in the actions and development of their work community
- describe the ways in which their supervisors manage and develop their work community and its practices
- describe the development of the quality of social and health care services
- analyze entrepreneurship and its characteristics in social and health care services

## **ST00BF49 Practical Training: Leadership and Entrepreneurship: 5 ECTS**

### **Learning outcomes**

The student is able to

- act as a responsible and goal-oriented team member and manager
- act in an innovative and entrepreneurial manner in social and health services projects
- apply their knowledge of management and entrepreneurship in the work environments of social and health care services

## **STSH18-1013 Thesis: 15 ECTS**

## **LA00BN99 Thesis planning: 5 ECTS**

### **Learning outcomes**

The student is able to

- apply the acquired theoretical knowledge to the problems and phenomena of the working life
- solve problems, organise and perceive wholes
- work interactively, tenaciously and systematically
- work according to the practices of their own line of trade
- gather information and evaluate sources critically - report their work orally, in writing and visually

## **LA00BO00 Thesis research and writing: 5 ECTS**

### **Learning outcomes**

The student is able to

- apply the acquired theoretical knowledge to the problems and phenomena of the working life
- solve problems, organise and perceive wholes
- work interactively, tenaciously and systematically
- work according to the practices of their own line of trade
- gather information and evaluate sources critically - report their work orally, in writing and visually

## **LA00BO01 Thesis publication: 5 ECTS**

### **Learning outcomes**

The student is able to

- apply the acquired theoretical knowledge to the problems and phenomena of the working life
- solve problems, organise and perceive wholes
- work interactively, tenaciously and systematically
- work according to the practices of their own line of trade
- gather information and evaluate sources critically - report their work orally, in writing and visually

## **STSH18-1014 COMPLEMENTARY COMPETENCE: 30 ECTS**

### **Courses included in the study module**

You can find Complementary competence courses from separate "Complementary competence courses taught in English, Bachelor's Degree, 17S-" Curriculum.

In addition, you can choose Professional Core Competence courses of other Bachelor's Degree Programmes as Complementary competence courses.