

Curriculum at Lahti University of Applied Sciences 2019-2020

Bachelor of Health Care, Nursing

Code	Name	1 y	2 y	3 y	4 y	ECTS total
STSH19K-1000 CORE COMPETENCE						180
STSH19K-1001 Common Core Competence						25
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
STSH19K-1002 Professional Core Competence						155
STSH19K-1003 Factors contributing to wellbeing						10
ST00BF42	Customership in Changing Operational Environments	5				5
ST00BF44	Promoting Health And Wellbeing	5				5
STSH19K-1004 Nursing care and nursing science						17
ST00BK08	Basic nursing competency	5				5
ST00BK09	Medicine	5				5
ST00BK10	Clinical Training: Basics of clinical nursing	7				7
STSH19K-1005 Patient Safety						10
ST00BG42	Customer-oriented Chronic Clinical Care Pathways	5				5
ST00BG43	Pharmacotherapy	5				5
STSH19K-1006 Evidence-Based Practice						14
ST00BG44	Nursing Care of the Chronically Ill	5				5
ST00BR51	Clinical training: Nursing Care of the Chronically Ill	9				9
STSH19K-1007 Applying Nursing Science						14
ST00BG47	Mental Health and Substance Abuse Nursing Care		5			5
ST00BR39	Clinical Training: Mental Health and Substance Abuse Nursing Care		9			9
STSH19K-1008 Wellbeing Technology and Smart Self-care Solutions						19
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
STSH19K-1009 Applying Evidence-Based Practice					14
ST00BG51	Gerontological Nursing and Home Care		5		5
ST00BR40	Clinical Training: Gerontological Nursing and Home Care		9		9
STSH19K-1010 Developing Patient Safety					14
ST00BG53	Acute Care			5	5
ST00BR41	Clinical Training: Surgical and Acute nursing			9	9
STSH19K-1011 Applying Wellbeing Technology and Smart Self-care Solutions					18
ST00BR42	Clinical Training: Applying Wellbeing Technology and Smart Self-Care Solutions			10	10
ST00BR44	Harjoittelu: Kliinisen osaamisen soveltaminen			8	8
STSH19K-1012 Leadership and Entrepreneurship					10
ST00BF48	Leadership and Entrepreneurship			5	5
ST00BF49	Practical Training: Leadership and Entrepreneurship			5	5
STSH19K-1013 Thesis					15
LA00BN99	Thesis planning			5	5
LA00BO00	Thesis research and writing			5	5
LA00BO01	Thesis publication				5
STSH19K-1014 COMPLEMENTARY COMPETENCE					30

STSH19K-1000 CORE COMPETENCE: 180 ECTS

STSH19K-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

STSH19K-1002 Professional Core Competence: 155 ECTS

STSH19K-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

STSH19K-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

STSH19K-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)

STSH19K-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

STSH19K-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

STSH19K-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

STSH19K-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

STSH19K-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

STSH19K-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

STSH19K-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

STSH19K-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

STSH19K-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.