

**Curriculum at LAB University of Applied Sciences  
2021-2022**

**Bachelor of Health Care, Public Health Nursing, full-time  
studies, Lappeenranta**

Code	Name	1 y	2 y	3 y	4 y	ECTS total
<b>TH21KLPR-1001 Common studies</b>						<b>15</b>
A300CE13	Orientation to Sustainability Thinking		2			2
AY00BT88	Developing Professional Competence 1	1				1
AY00BT89	Developing professional competence 2		1			1
AY00BT90	Developing Professional Competence 3			1		1
KE00BT61	English for Work		4			4
KR00BU42	Swedish for Work, Spoken		1			1
KR00BU43	Swedish for Work, Written		1			1
KS00BT59	Expert Communication Skills	4				4
<b>TH21KLPR-1002 Professional Core Competence</b>						<b>150</b>
<b>TH21KLPR-1003 Common social and health care studies</b>						<b>15</b>
AH00BU26	Professional Base in Social and Health Care	5				5
AH00BU27	Research, Development and Innovation Competence in the Social and Health Care			5		5
AH00BU28	Leadership and Entrepreneurship Competence in Social and Health Care			5		5
<b>TH21KLPR-1004 Basics of professional nursing</b>						<b>20</b>
AH00BZ45	Principles of Nursing	5				5
AH00BZ46	Clinical Nursing Interventions	5				5
AH00BZ47	Basics of Anatomy and Physiology	5				5
AH00BZ48	Clinical Training in Basics of Nursing	5				5
<b>TH21KLPR-1005 Safe medical-surgical nursing</b>						<b>15</b>
AH00BZ50	Pharmacotherapy	5				5
AH00BZ49	Medical-Surgical Nursing	10				10
<b>TH21KLPR-1006 Self-care supporting medical-surgical nursing</b>						<b>15</b>
AH00BZ56	Medical-Surgical Nursing Interventions	5				5
AH00BZ57	Clinical Training in Medical-Surgical Nursing 1	10				10
<b>TH21KLPR-1007 Client-centered safe acute care</b>						<b>15</b>
AH00BZ58	Competence in Acute Care Nursing and Emergency Health Care		5			5
AH00BZ59	Clinical Training in Medical-Surgical Nursing 2		10			10
<b>TH21KLPR-1008 Customer-oriented public health nursing</b>						<b>20</b>

AH00CA46	Customer-Oriented Public Health Nursing		10			10
AH00CA47	Clinical Training in Projects		5			5
AH00CA48	Public Health Nursing with Elderly People		5			5
<b>TH21KLPR-1009</b>	<b>Customer oriented care in mental health and substance abuse nursing</b>					<b>15</b>
AH00BZ60	Mental Health and Substance Abuse Nursing		5			5
AH00BZ61	Clinical Training in Mental Health and Substance Abuse Nursing		10			10
<b>TH21KLPR-1010</b>	<b>Health promotion in nursing</b>					<b>15</b>
AH00BZ62	Promote Wellbeing and Health of Community		5			5
AH00BZ63	Clinical Training in Self-Care Supporting Nursing			10		10
<b>TH21KLPR-1011</b>	<b>Multi professional child, adolescent and family nursing</b>					<b>10</b>
AH00BZ64	Child, Adolescent and Family Nursing			5		5
AH00BZ65	Clinical Training in Child, Adolescent and Family Nursing			5		5
<b>TH21KLPR-1012</b>	<b>Ethical gerontological nursing</b>					<b>5</b>
AH00BZ66	Gerontological Nursing			5		5
<b>TH21KLPR-1013</b>	<b>Public health nursing with society</b>					<b>5</b>
AH00CA50	Promote Populations Wellbeing			5		5
<b>TH21KLPR-1014</b>	<b>Complementary competence</b>					<b>60</b>
<b>TH21KLPR-1015</b>	<b>Public health nursing with childrens and families</b>					<b>30</b>
AH00CA88	Children's, Adolescents' and Families' Social Wellbeing			5	5	10
AH00CA89	Public Health Nursing with Pregnant and Families				10	10
AH00CA90	Clinical Training with Pregnant and Families				15	15
<b>TH21KLPR-1016</b>	<b>Public health nursing with individuals and communities</b>					<b>30</b>
AH00CA91	Public Health Nursing with Schoolchildren and Students				5	5
AH00CA92	Public Health Nursing with Employees				5	5
AH00CA93	Clinical Training with Schoolchildren, Students and Employees				15	15
AH00CA94	Developing Task				5	5
<b>TH21KLPR-1017</b>	<b>Thesis</b>					<b>15</b>
AO00BU44	Thesis Planning				5	5
AO00BU45	Thesis Project				5	5
AO00BU46	Thesis Report				5	5
<b>TH21KLPR-1019</b>	<b>Drug Calculations</b>					<b>0</b>
KVV0396	Drug Calculations 2					0
KVV0397	Drug Calculations 3					0
KVV0398	Drug Calculations 4					0
KVV0399	Drug Calculations 5					0
KVV0400	Drug Calculations 6					0

KVV0401	Drug Calculations 7								0
<b>TH21KLPR-1018 Assessment of Nurse's Core Competences (180 ECTS)</b>									<b>0</b>
AH00CQ76	Assessment of Nurse's Core Competences (180 ECTS)								0

### **TH21KLPR-1001 Common studies: 15 ECTS**

### **A300CE13 Orientation to Sustainability Thinking: 2 ECTS**

#### **Learning outcomes**

Identify and define central concepts and frameworks related to sustainability. Recognize the interconnectedness of economic, social and environmental sustainability issues. Understand and develop own individual role in driving sustainability.

#### **Evaluation criterias**

##### **Level 1**

Pass-Fail

### **AY00BT88 Developing Professional Competence 1: 1 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 LAB University of Applied Sciences
- picture their own field of studies and its future skills
- give feedback on tuition and services and thus participate in the development of education

### **AY00BT89 Developing professional competence 2: 1 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

### **AY00BT90 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

## **KE00BT61 English for Work: 4 ECTS**

### **Learning outcomes**

Proficiency level: B2

The student is able to

- communicate clearly and effectively in different generic and field-specific workplace situations both orally and in writing
- find, evaluate and use information effectively
- function collaboratively in international working environments.

## **KR00BU42 Swedish for Work, Spoken: 1 ECTS**

### **Learning outcomes**

The student is able to

- convey and validate arguments
- use vital field-specific vocabulary
- communicate essential matters about their education, work experience and tasks
- present their field-specific operational environment
- communicate in various working life situations in Swedish.

The student completes the Public Administration Language Test in Swedish.

## **KR00BU43 Swedish for Work, Written: 1 ECTS**

### **Learning outcomes**

The student is able to

- use vital field-specific vocabulary
- communicate essential matters about their education, work experience and tasks
- understand and produce various short texts related to studies and working life
- acquire information on their field in Swedish
- use online dictionaries.

The student completes the Public Administration Language Test in Swedish.

## **KS00BT59 Expert Communication Skills: 4 ECTS**

### **Learning outcomes**

Proficiency level: C2

The student masters Finnish language as a mother tongue in all professional spoken and written communication situations.

## **TH21KLPR-1002 Professional Core Competence: 150 ECTS**

**TH21KLPR-1003 Common social and health care studies: 15 ECTS****AH00BU26 Professional Base in Social and Health Care: 5 ECTS****Learning outcomes**

The student is able to

- explain the organization of the social and health service system and describe the client's position in the social and health service system
- describe the values and ethical principles in their field as well as the key regulations governing operations
- describe the principles of evidence-based information and action
- identify factors of well-being and functioning at an individual and community level

**AH00BU27 Research, Development and Innovation Competence in the Social and Health Care: 5 ECTS****Learning outcomes**

The student is able to

- describe the most common research methods in the social and health field
- evaluate and analyze the ethical principles and reliability of research and development
- describe the stages of a research process
- explain the concept of innovation and utilize innovation in the development of one's own field
- use the most important research, development and innovation methods in their field in the implementation of the thesis

**AH00BU28 Leadership and Entrepreneurship Competence in Social and Health Care: 5 ECTS****Learning outcomes**

The student is able to

- compare different management approaches and their role in the management and development of a work community
- identify the characteristics and legislation of social and health management and personnel management
- describe economic monitoring indicators from the perspectives of cost-effectiveness, sustainable development and entrepreneurship
- describe the principles of quality work and apply the means of developing customer-centric services
- develop the well-being at work and the occupational safety of the work community

**TH21KLPR-1004 Basics of professional nursing: 20 ECTS****AH00BZ45 Principles of Nursing: 5 ECTS****Learning outcomes**

The student is able to

- 
- describe the scientific basis, values, ethical principles and guidelines of nursing
  - identify different client groups in nursing
  - describe the starting points and principles of customer guidance
  - list data protection and security requirements and social legislation for social and health care
  - explain the main principles of social and health documentation and plan the nursing process

### **AH00BZ46 Clinical Nursing Interventions: 5 ECTS**

#### **Learning outcomes**

The student is able to

- implement basic clinical nursing skills and interpret basic organ functions in a customer-oriented manner
- work ergonomically and follow occupational safety instructions in nursing
- describe the basics of microbiology and the principles of infection control
- explain the principles of patient safety
- calculate the dosages of drugs used in pharmacotherapy and understand their responsibility for the correctness of the calculations

### **AH00BZ47 Basics of Anatomy and Physiology: 5 ECTS**

#### **Learning outcomes**

The student is able to

- identify and explain the structure, function and regulation of the organ systems of the human body
- examine a patient using basic nursing skills
- give first aid

### **AH00BZ48 Clinical Training in Basics of Nursing: 5 ECTS**

#### **Learning outcomes**

The student is able to

- act in accordance with the ethical and sustainable principles of nursing
- implement professional interaction in customer-oriented nursing
- implement basic nursing skills in promoting the client's health
- assess the client's state of health and plan client-oriented nursing work

### **TH21KLPR-1005 Safe medical-surgical nursing: 15 ECTS**

### **AH00BZ50 Pharmacotherapy: 5 ECTS**

#### **Learning outcomes**

The student is able to

- identify the legal and ethical responsibilities of the nurse in pharmacotherapy
- carry out pharmacological treatment safely and evaluate the effect of pharmacological treatment
- list the pharmacological mechanisms of action, disadvantages and contraindications of medicines used to treat the most common diseases
- justify the choice of the medicinal product in terms of drug properties, drug interactions and compliance

- guide the client in the implementation of medication

### **AH00BZ49 Medical-Surgical Nursing: 10 ECTS**

#### **Learning outcomes**

The student is able to

- define primary treatment paths and processes of a medical-surgical and perioperative client
- assess the treatment needs of a medical-surgical client and implement key nursing measures
- apply knowledge of the primary medical-surgical diseases in nursing care
- apply knowledge of pathophysiology and pharmacology in medical-surgical nursing care and safe pharmacology

### **TH21KLPR-1006 Self-care supporting medical-surgical nursing: 15 ECTS**

### **AH00BZ56 Medical-Surgical Nursing Interventions: 5 ECTS**

#### **Learning outcomes**

The student is able to

- guide the internal medicine-surgical client at different stages of the treatment path
- implement nutrition treatment and guidance in a multi-professional manner
- support self-care of the internal medicine-surgical client in the nurse's reception, home care and electronic services
- implement and justify key nursing measures
- carry out palliative nursing work

### **AH00BZ57 Clinical Training in Medical-Surgical Nursing 1: 10 ECTS**

#### **Learning outcomes**

The student is able to

- plan, implement and evaluate the nursing care of an internal medicine-surgical client
- carry out the client's medication and fluid treatment safely
- implement nutritional treatment and guidance
- apply nursing methods and a rehabilitative approach safely at all stages of the nursing process
- promote a positive customer experience
- record the client's nursing process

### **TH21KLPR-1007 Client-centered safe acute care: 15 ECTS**

### **AH00BZ58 Competence in Acute Care Nursing and Emergency Health Care: 5 ECTS**

#### **Learning outcomes**

The student is able to

- evaluate the need of acute care and carry out treatment in different working environments
- evaluate the reasons, symptoms and treatment procedures that lead to changes in the state of a client in need of acute care

- encounter, support and guide a client in an acute crisis, and their loved ones
- describe the operating models of the authority cooperation and communication in exceptional and dangerous situations
- begin immediate emergency care
- describe the pathophysiology and pharmacotherapy of an acutely ill client

### **AH00BZ59 Clinical Training in Medical-Surgical Nursing 2: 10 ECTS**

#### **Learning outcomes**

The student is able to

- plan, implement and evaluate the nursing care of an internal medicine-surgical client
- carry out the client's medication and fluid treatment safely
- apply nursing methods safely at all stages of the nursing process
- involve and engage the client in the planning and implementation of self-care
- evaluate the impact of one's own actions in a multi-professional work community

### **TH21KLPR-1008 Customer-oriented public health nursing: 20 ECTS**

### **AH00CA46 Customer-Oriented Public Health Nursing: 10 ECTS**

#### **Learning outcomes**

The student is able to

- carry out customer-oriented working models and methods in public health nursing
- carry out customer-oriented, motivational guidance and well-being coaching
- justify their evidence-based actions in a multi-professional cooperation network
- carry out promotive and preventive public health nursing in different working environments
- evaluate and develop his/her interface work

### **AH00CA47 Clinical Training in Projects: 5 ECTS**

#### **Learning outcomes**

The student is able to

- help the client recognize their own resources in maintaining health and in self-care, as well as strengthen the client's involvement
- plan, implement and evaluate activity that promotes the well-being of the client and the community
- apply the operating models and working methods of public health nursing in a customer-oriented manner
- work in a goal-oriented manner in a multi-professional cooperation network in changing working environments
- work responsibly by planning, evaluating and developing one's own readiness to project work

### **AH00CA48 Public Health Nursing with Elderly People: 5 ECTS**

#### **Learning outcomes**

The student is able to

- promote the overall well-being of an elderly person and their family and evaluate the factors affecting it



- apply preventive approach in public health nursing for elderly and explain the characteristics of the health counseling for elderly people
- explain the content and meaning of competence in aging and age-friendliness from the perspectives of individual and community and how to promote them
- support the involvement, equality and activity of an elderly person in a community and society

### **TH21KLPR-1009 Customer oriented care in mental health and substance abuse nursing: 15 ECTS**

#### **AH00BZ60 Mental Health and Substance Abuse Nursing: 5 ECTS**

##### **Learning outcomes**

The student is able to

- create a therapeutic interaction in mental health and substance abuse treatment
- reflect one's own values and attitudes to the ethical principles of mental health and substance abuse treatment
- apply non-pharmacological and pharmacological methods of nursing
- identify mental health and substance abuse problems and understand the need for and stages of physical, mental and social care in different nursing settings
- describe the symptoms of the most common psychiatric illnesses and disorders, the main features of the treatment, the methods of treatment and the significance for the client and society

#### **AH00BZ61 Clinical Training in Mental Health and Substance Abuse Nursing: 10 ECTS**

##### **Learning outcomes**

The student is able to

- meet mental health and substance abuse clients and their loved ones and look at interaction situations with theoretical and experiential knowledge
- assess the client's mental well-being and the need for rehabilitation
- implement pharmacological and non-pharmacological methods of nursing
- plan, implement and evaluate the care process of one's own care client
- implement mentoring and service counseling for mental health and substance abuse clients
- analyze the activities of the multidisciplinary working group and his/her own contribution to the working group
- evaluate one's own thinking, multidisciplinary decision-making criteria and work ethic

#### **TH21KLPR-1010 Health promotion in nursing: 15 ECTS**

#### **AH00BZ62 Promote Wellbeing and Health of Community: 5 ECTS**

##### **Learning outcomes**

The student is able to

- identify and assess the determinants of community health and well-being at an individual and community level
- assess the determinants of health inequalities from a sustainable development perspective
- evaluate and develop interventions to strengthen the client's resources in a multi-professional

manner

- guide and support the client in vaccination decisions and in the prevention of infectious diseases in the tourist
- explain the diversity and importance of sexual health for well-being, identify risk factors and promote sexual health at different stages of life

### **AH00BZ63 Clinical Training in Self-Care Supporting Nursing: 10 ECTS**

#### **Learning outcomes**

The student is able to

- carry out nursing that supports the client's self-care in ambulatory and home care environments
- make independent decisions and justify them in a customer-oriented and evidence-based manner
- carry out multi-professional team work in a multicultural customer work
- recognize and evaluate risk factors that negatively affect health, functioning and work capacity as well as coping at work
- evaluate customer-oriented nursing care in reception work, electronic services and home care

### **TH21KLPR-1011 Multi professional child, adolescent and family nursing: 10 ECTS**

### **AH00BZ64 Child, Adolescent and Family Nursing: 5 ECTS**

#### **Learning outcomes**

The student is able to

- apply nursing methods in the planning, implementation and evaluation of care for children of different ages
- carry out safe treatment of children and adolescents with medicines, fluids and pain
- describe the most common pediatric diseases and their medical treatment
- identify key care pathways for children, young people and families
- identify service needs and refer customers to services
- identify the challenges of the well-being of diverse families and promote the well-being of families
- explain the progression and monitoring of pregnancy and childbirth

### **AH00BZ65 Clinical Training in Child, Adolescent and Family Nursing: 5 ECTS**

#### **Learning outcomes**

The student is able to

- plan, implement and evaluate the comprehensive nursing work of the child and the young person and his / her family in a multi-professional team
- professionally meet different families and children of different ages
- assess the resources of the child, the young person and his or her parents
- evaluate and develop working and working methods that promote the well-being of families
- assist in normal childbirth

### **TH21KLPR-1012 Ethical gerontological nursing: 5 ECTS**

### **AH00BZ66 Gerontological Nursing: 5 ECTS**

**Learning outcomes**

The student is able to

- assess the factors impairing the elderly's ability to function and prevent their impact on the client's well-being
- apply comprehensive geriatric assessment (CGA) in assessing the client's need for care and in the implementation of care
- describe the specific features of memory disorders in the planning, implementation and evaluation of treatment
- use technology to support a good quality of life and care for the elderly
- apply their knowledge of geriatric diseases in the planning, implementation and evaluation of nursing work

**TH21KLPR-1013 Public health nursing with society: 5 ECTS****AH00CA50 Promote Populations Wellbeing: 5 ECTS****Learning outcomes**

The student is able to

- apply well-being strategies in planning, implementing, evaluating and developing public health nursing
- utilize indicator data and community analysis in activity that promotes well-being and evaluate quality and effects of health services
- recognize and evaluate social challenges of the future of well-being
- work as a professional in public health nursing and as an influential person in society
- recognize the need of human impact assessment (EVA, LAVA) and master the process of ex-ante assessment in decision-making
- work for promoting public health and for narrowing the health differences between demographic groups by applying predictive data on public health

**TH21KLPR-1014 Complementary competence: 60 ECTS****TH21KLPR-1015 Public health nursing with childrens and families: 30 ECTS****AH00CA88 Children's, Adolescents' and Families' Social Wellbeing: 5 ECTS****Learning outcomes**

Student can:

- identify key legislation, in particular the obligation to notify and cooperate on health care
- identify the support needs of children, young people and families and related services-
- act as a health care expert in the multidisciplinary assessment of the need for services and to assess the effects of activities on the well-being of the family

**AH00CA89 Public Health Nursing with Pregnant and Families: 10 ECTS****Learning outcomes**

Student can:

- carry out and evaluate, in cooperation with the family, the monitoring and strengthening of the

health, well-being and resources of the expectant child and the family with children.

- plan, implement and evaluate customer-oriented family planning
- implement and evaluate working methods for health promotion in maternity and child health counseling and work in multi-professional co-operation to promote the well-being of families and the health and safety of the child's developmental environment
- plan, implement and evaluate follow-up during pregnancy and postpartum, identify the most common disorders and needs for additional family support, and refer to follow-up care if necessary and provide family-oriented support to the family early enough
- act in a customer-oriented manner in the treatment of childbirth
- assess and support parenting and the child's growth and development, identify risks to the child's health, insecurity and social development, and strengthen family resources

### **AH00CA90 Clinical Training with Pregnant and Families: 15 ECTS**

#### **Learning outcomes**

Student can:

- assess and promote the well-being and home safety of the expectant child and the family with children
- act in a customer-oriented manner, taking into account the cultural and individual characteristics of families
- carry out work on the prevention of communicable diseases in counseling and home environments
- co-operate with family services and child protection, taking into account the support needs of the client family and the best interests of the child
- implement customer-oriented breastfeeding guidance in accordance with the national breastfeeding recommendation

### **TH21KLPR-1016 Public health nursing with individuals and communities: 30 ECTS**

### **AH00CA91 Public Health Nursing with Schoolchildren and Students: 5 ECTS**

#### **Learning outcomes**

Student is able to:

- explain the content and tasks of the school nurse's work at the individual and community level
- monitor the well-being and health of the school-age child and young person
- identify the need for individual support as well as support and, if necessary, refer it to further care for school-age and young people
- is able to use and apply different methods of health promotion
- understand the whole of interprofessionalism, cooperation networks and study care in student health care

### **AH00CA92 Public Health Nursing with Employees: 5 ECTS**

#### **Learning outcomes**

Student can:

- assess the health of people of working age and understand the importance of work for people
- use practices in occupational health care in accordance with good occupational health care practice and ethical principles and understand their significance for clients' health and ability to work

- understand the importance of multi-professionalism and multidisciplinary in the assessment of work-related, working conditions and employee resources, as well as workload and risk factors, and is able to propose evidence-based measures to eliminate hazards and develop work, and be able to justify their actions
- explain the main occupational diseases and occupational diseases and be able to assess their significance for the employee's health and ability to work and function

## **AH00CA93 Clinical Training with Schoolchildren, Students and Employees: 15 ECTS**

### **Learning outcomes**

Student can:

- to promote the safety of the school community and the health of the environment
- carry out work on the prevention of communicable diseases in the school and study environment
- taking into account multicultural differences in student well-being
- to promote the safety of the school community and the health of the environment
- carry out work on the prevention of communicable diseases in the school and study environment
- taking into account multicultural differences in student well-being
- understand the importance of occupational health collaboration with workplaces and identify the needs of work communities
- understand the importance of workplace surveys and the assessment of workplace health hazards and work-related hazards and stressors for the health of the worker
- is able to carry out health examinations and on the basis of them promote the health, work and functional ability of employees
- identify ways to manage, monitor and support work and functional capacity
- understands the importance of good occupational health care practice and multi-professionalism in occupational health care
- understands the importance of work-based sick leave and is able to carry out sick leave in occupational health care

## **AH00CA94 Developing Task: 5 ECTS**

### **Learning outcomes**

Student can:

- design, implement and evaluate a work-based development process
- use evidence-based information and effective methods in their development work

## **TH21KLPR-1017 Thesis: 15 ECTS**

## **AO00BU44 Thesis Planning: 5 ECTS**

### **Learning outcomes**

Student is able to

- describe the objectives and core contents of their thesis
- plan and describe the stages of the thesis process
- take into account the possible research permit and copyright issues.

**AO00BU45 Thesis Project: 5 ECTS****Learning outcomes**

Student is able to

- implement the thesis on the basis of an approved thesis plan

**AO00BU46 Thesis Report: 5 ECTS****Learning outcomes**

Student is able to

- present the results or output of their thesis
- report on their thesis in writing in accordance with the thesis guidelines of LAB University of Applied Sciences
- write a maturity test.

**TH21KLPR-1019 Drug Calculations: 0 ECTS****KVV0396 Drug Calculations 2: 0 ECTS****KVV0397 Drug Calculations 3: 0 ECTS****KVV0398 Drug Calculations 4: 0 ECTS****KVV0399 Drug Calculations 5: 0 ECTS****KVV0400 Drug Calculations 6: 0 ECTS****KVV0401 Drug Calculations 7: 0 ECTS****TH21KLPR-1018 Assessment of Nurse's Core Competences (180 ECTS): 0 ECTS****AH00CQ76 Assessment of Nurse's Core Competences (180 ECTS): 0 ECTS**