Curriculum at LAB University of Applied Sciences 2025-2026

Bachelor of Health Care (in Finnish) 25S, Nursing, full-time studies, Lahti

Code	Name	1 y	2 y	ECTS total
HLTISH25SMU-1001 CORE COMPETENCE				**180**
HLTISH25SMU-1002 Common Core Competence				**15**
AY00BT88	Developing Professional Competence 1	1		1
AY00BT89	Developing professional competence 2	0,5	0,5	1
AY00BT90	Developing Professional Competence 3		0,5	0,5
A300CE13	Orientation to Sustainability Thinking	2		2
KS00BT59	Expert Communication Skills	4		4
KE00BT61	English for Work	4		4
KR00BU42	Swedish for Work, Spoken		1	1
KR00BU43	Swedish for Work, Written		1	1
HLTISH25SMU-1003 Professional Core Competence				**150**
HLTISH25SMU-1004 Evidence-Based Nursing Competence				**20**
AH00CX73	Basics of Nursing	5		5
AH00CX74	Basic Nursing Interventions	5		5
AH00CX75	Anatomy and Physiology	5		5
AH00CX76	Pharmacotherapy and Pharmacology	5		5
HLTISH25SMU-1005 Basics Of Multidisciplinary Nursing Competence				**8**
AH00CX77	Clinical Training in Basics of Nursing	5		5
AH00CX78	Expert Work in the Social and Health Care Sector	3		3
HLTISH25SMU-1006 Evidence-Based Medical-Surgical Nursing Competence				**15**
AH00CX79	Basics of Medical-Surgical Nursing	5		5
AH00CX80	Clinical Training in Medical-Surgical Nursing 1	10		10
HLTISH25SMU-1007 Technological Competence In Medical-Surgical Nursing				**15**
AH00CX81	Applied Medical-Surgical Nursing	5		5
AH00CX82	Clinical Training in Medical-Surgical Nursing 2		10	10
HLTISH25SMU-1008	**Technological Competence In Supporting Functional Capacity**			**24**
AH00CX83	Gerontological Nursing		5	5
AH00CX84	Clinical Training in Gerontological Nursing		10	10
AH00CX85	Clinical Training for Nursing at Home			0
HLTISH25SMU-1009 Nursing Competence In Multidisciplinary Environments				**18**

AH00CX86	Expert Work in Multidisciplinary Networks		2	2
AH00CX87	Nursing of Children and Adolescent			0
AH00CX88	Clinical Training in Child and Adolescent Nursing			0
AH00CX89	Mental Health and Substance Abuse Nursing			0
AH00CX90	Clinical Training for Maternity Care			0
HLTISH25SMU-1010 Evidence-Based Nursing Decision-Making Competence				**15**
AH00CX91	Perioperative Nursing			0
AH00CX92	Nursing an Acutely Ill Patient			0
AH00BU27	Research, Development and Innovation Competence in the Social and Health Care			0
HLTISH25SMU-1011 Multidisciplinary Nursing Assessment Competence				**20**
AH00CX93	Clinical Training in Mental Health and Substance Abuse Nursing			0
AH00CX94	Promoting Health and Well-Being in Nursing			0
AY00CU42	Leadership as a profession			0
AY00CU16	Entrepreneurship			0
HLTISH25SMU-1012 Advanced Technological Competence In Nursing				**15**
AH00CX95	Clinical Training in Advanced Nursing			0
AH00CX96	Clinical Training in Project			0
HLTISH25SMU-1013 Thesis				**15**
AO00BU44	Thesis Planning			0
AO00BU45	Thesis Project			0
AO00BU46	Thesis Report			0
HLTISH25SMU-1014 Assessment of Nurse's Core Competences (180 ECTS)				**0**
AH00CQ93	Medication Calculations 2			0
AH00CQ94	Medication Calculations 3			0
AH00CQ76	Assessment of Nurse's Core Competences (180 ECTS)			0
HLTISH25SMU-1015 COMPLEMENTARY COMPETENCE				**30**
AH00DC21	Nursing Finnish 3			0

HLTISH25SMU-1001 CORE COMPETENCE: 180 ECTS

HLTISH25SMU-1002 Common Core Competence: 15 ECTS

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

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

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.

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.

HLTISH25SMU-1003 Professional Core Competence: 150 ECTS

HLTISH25SMU-1004 Evidence-Based Nursing Competence: 20 ECTS

AH00CX73 Basics of Nursing: 5 ECTS

Learning outcomes
The student is able to
• explain how the scientific basis, values and legislation of nursing guide nursing practices
• assess factors of professional interaction with diverse customer groups in different operating environments
• differentiate safety factors in customer care in different nursing environments
• apply nutritional care recommendations in customers' daily diets
• use a customer-oriented nursing process in documentation in compliance with data protection regulations and information security requirements.

AH00CX74 Basic Nursing Interventions: 5 ECTS

Learning outcomes
The student is able to
• use the ABCDE method to examine a patient and provide first aid
• implement ergonomic working methods, taking into account the principles of customer, patient and occupational safety
• use guidance methods and principles in different physical and digital nursing environments
• implement the principles of palliative and terminal care when encountering dying patients and their families
• safely carry out drug dosage calculations required for pharmacotherapy and fluid therapy.

AH00CX75 Anatomy and Physiology: 5 ECTS

Learning outcomes
The student is able to
• assess the structure, function and regulation of the organ systems of the human body and the factors affecting them
• explain the causation mechanisms of diseases and the changes caused by them in the body
• present the principles of microbiology and infection prevention in clinical nursing.

AH00CX76 Pharmacotherapy and Pharmacology: 5 ECTS

Learning outcomes
The student is able to
• explain the pharmacotherapy process, the legislation guiding pharmacotherapy, and its ethical principles as a member of a multidisciplinary team
• apply knowledge of anatomy and physiology in pharmacotherapy and pharmacology when planning and assessing pharmacotherapy in the treatment of different diseases
• assess evidence-based information in the guidance of pharmacotherapy for customers, patients, and families as well as their commitment to pharmacotherapy and self-care
• implement pharmacotherapy using different routes of administration
• assess pharmacotherapy-related health technology in new operating environments.

HLTISH25SMU-1005 Basics Of Multidisciplinary Nursing Competence: 8 ECTS

AH00CX77 Clinical Training in Basics of Nursing: 5 ECTS

Learning outcomes
The student is able to
• plan, implement and assess customer-oriented nursing in accordance with sustainable and ethical principles
• interact professionally with diverse customer groups in a multidisciplinary work community
• apply basic nursing skills and nutrition recommendations in maintaining a customer's functional capacity and promoting their health
• utilise well-being technology solutions in a customer-oriented manner
• record the nursing process in electronic databases in compliance with data protection regulations.

AH00CX78 Expert Work in the Social and Health Care Sector: 3 ECTS

Learning outcomes
The student is able to
• act responsibly, ethically and in a customer-oriented manner in the operating environments of the social and health care sector
• explain legislative starting points in the social and health care sector
• explain the starting points for multidisciplinary cooperation
• describe aspects of the customer's functional capacity
• use social and health care sector databases responsibly

HLTISH25SMU-1006 Evidence-Based Medical-Surgical Nursing Competence: 15 ECTS

AH00CX79 Basics of Medical-Surgical Nursing: 5 ECTS

Learning outcomes
The student is able to
• apply evidence-based knowledge of diseases requiring medical-surgical treatment at different stages of the treatment process
• assess the patient's safe pharmacotherapy, fluid therapy and nutritional care in medical-surgical nursing
• assess the need for immediate care and make evidence-based decisions
• utilise evidence-based knowledge of customer-oriented teaching and guidance methods in committing customers to their treatment
• apply their knowledge of the most common internal diseases and cancer.

AH00CX80 Clinical Training in Medical-Surgical Nursing 1: 10 ECTS

Learning outcomes
The student is able to
• implement the care of a patient with a medical-surgical disease in a multidisciplinary work community
• plan, implement and assess the patient's safe and evidence-based pharmacotherapy, fluid therapy and nutritional care in medical-surgical nursing
• interact professionally with customers, patients and their families to support them in a resource-oriented manner
• guide patients with medical-surgical diseases in the use of various digital applications and services
• plan, implement and assess a customer-oriented nursing process and make records in electronic databases in compliance with data protection regulations.

HLTISH25SMU-1007 Technological Competence In Medical-Surgical Nursing: 15 ECTS

AH00CX81 Applied Medical-Surgical Nursing: 5 ECTS

Learning outcomes

The student is able to

• apply clinical nursing procedures in the treatment of medical-surgical patients

• apply their knowledge of the stages of pre-, intra- and post-operative nursing

• plan the promotion of a customer's functional capacity and rehabilitation in multidisciplinary cooperation

• assess digital solutions in the overall treatment and guidance of medical-surgical customers

• apply their knowledge of the most common surgically treated diseases.

AH00CX82 Clinical Training in Medical-Surgical Nursing 2: 10 ECTS

Learning outcomes

The student is able to

• implement evidence-based care that promotes the functional capacity and rehabilitation of a patient with a medical-surgical disease in a multidisciplinary work community

• analyse safe and evidence-based pharmacotherapy, fluid therapy and nutritional care from the perspective of patient safety in medical-surgical nursing

• justify the need for diagnostic tests in the nursing of a medical-surgical patient

• interact professionally with customers, patients and their families to support them in a resource-oriented manner

• suggest digital solutions in the overall treatment and guidance of medical-surgical customers in a customer-oriented manner.

HLTISH25SMU-1008 Technological Competence In Supporting Functional Capacity: 24 ECTS

AH00CX83 Gerontological Nursing: 5 ECTS

Learning outcomes

The student is able to

• apply comprehensive geriatric assessments of elderly people and carry out assessments of service needs

• plan evidence-based nursing that supports an elderly person's functional capacity

• propose customer-oriented well-being technology solutions for supporting elderly people's functional capacity

• assess the reasons for the changing behaviour of a person with a memory disorder and apply non-pharmaceutical treatments

• apply their knowledge of the basics of geriatrics.

AH00CX84 Clinical Training in Gerontological Nursing: 10 ECTS

Learning outcomes

The student is able to

• implement comprehensive geriatric assessments of elderly people and carry out assessments of service needs

• plan, implement and evaluate evidence-based gerontological nursing as part of a multidisciplinary team

• plan, implement and assess safe pharmacotherapy for the elderly

• assess guidance methods suitable for the elderly and people with memory disorders
• assess ethical principles and the quality of nursing in gerontological nursing.

AH00CX85 Clinical Training for Nursing at Home: 9 ECTS

Learning outcomes
The student is able to
• assess the functional capacity and need for care of customers of different ages
• plan, implement and assess evidence-based nursing in outpatient care and home care settings
• justify nursing-related decision-making in a customer-oriented and evidence-based manner
• apply digital tools and well-being technology in a customer-oriented manner in supporting and guiding a customer's functional capacity
• assess the impact of multidisciplinary teamwork in a customer's care.

HLTISH25SMU-1009 Nursing Competence In Multidisciplinary Environments: 18 ECTS

AH00CX86 Expert Work in Multidisciplinary Networks: 2 ECTS

Learning outcomes
The student is able to
• draw on research-based knowledge to assess the working community's operating methods and occupational safety
• analyse the structures, activities and effectiveness of the social and health care service system from the customer's perspective
• develop customer-oriented social and health care services using multidisciplinary and multi-actor cooperation
• assess and promote the goal-oriented activities of a multidisciplinary network.

AH00CX87 Nursing of Children and Adolescent: 5 ECTS

Learning outcomes
The student is able to
• explain the methods of supporting the growth and development of children of different ages, taking into account resource-oriented encounters with families when a child is ill
• apply evidence-based child- and family-oriented teaching and guidance methods, taking digital solutions into account
• plan individual, evidence-based multidisciplinary nursing of children, young people and families
• assess the special features of pharmacotherapy, fluid therapy and nutritional care for children and young people
• apply their knowledge of the most common paediatric diseases.

AH00CX88 Clinical Training in Child and Adolescent Nursing: 5 ECTS

Learning outcomes
The student is able to
• plan, implement and assess multidisciplinary individual, evidence-based nursing in cooperation

with the child and parents
• plan, implement and evaluate safe pharmacotherapy, fluid therapy and nutritional care for children and young people
• apply resource-based support methods for children and young people from diverse families
• guide children and young people of different ages as well as their parents when the child is ill, making use of digital solutions
• draw conclusions on a child's or young person's condition and propose suitable nursing assistance methods.

AH00CX89 Mental Health and Substance Abuse Nursing: 5 ECTS

Learning outcomes
The student is able to
• apply evidence-based knowledge of mental health and substance abuse disorders at different stages of the treatment process
• apply non-pharmaceutical and pharmaceutical evidence-based nursing methods in mental health and substance abuse nursing
• assess multidisciplinary mental health and substance abuse nursing based on ethical guidelines and legislation
• explain the significance of interaction in mental health and substance abuse nursing
• apply their knowledge of the basics of psychiatry in nursing.

AH00CX90 Clinical Training for Maternity Care: 1 ECTS

Learning outcomes
The student is able to
• describe and explain the normal stages and monitoring of pregnancy, childbirth and puerperium
• explain the most important complications during pregnancy and assess the need for treatment
• participate in a delivery outside the hospital and justify their decisions.

HLTISH25SMU-1010 Evidence-Based Nursing Decision-Making Competence: 15 ECTS

AH00CX91 Perioperative Nursing: 5 ECTS

Learning outcomes
The student is able to
• assess evidence-based and sustainable perioperative nursing
• plan nursing methods used in anaesthesia and surgical nursing
• critically assess multidisciplinary evidence-based clinical decision-making in perioperative nursing
• apply their knowledge of the basics of anaesthesiology in nursing.

AH00CX92 Nursing an Acutely Ill Patient: 5 ECTS

Learning outcomes
The student is able to
• systematically assess the need for treatment of patients in need of urgent care in different

operating environments
• analyse the functionality of digital solutions as part of assessing the care and service needs of acutely ill customers
• assess their own evidence-based activities as well as those of a multidisciplinary team in the nursing of an acutely ill patient
• apply the operating models and communications of multi-authority cooperation to ensure patient safety in exceptional and hazardous situations.

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

HLTISH25SMU-1011 Multidisciplinary Nursing Assessment Competence: 20 ECTS

AH00CX93 Clinical Training in Mental Health and Substance Abuse Nursing: 10 ECTS

Learning outcomes
The student is able to
• implement evidence-based nursing assistance methods in mental health and substance abuse nursing
• implement multidisciplinary mental health and substance abuse nursing based on ethical guidelines and legislation
• plan, implement and evaluate the nursing process of patients in mental health and substance abuse nursing
• plan, implement and assess safe pharmacotherapy for patients in mental health and substance abuse nursing
• draw conclusions on the patient's mental condition and assess the need for rehabilitation.

AH00CX94 Promoting Health and Well-Being in Nursing: 5 ECTS

Learning outcomes
The student is able to
• assess factors of community health and well-being at the individual and community level, applying evidence-based information
• propose interventions related to health and functional capacity for individuals and groups in multidisciplinary cooperation with customers and patients
• analyse risk factors as well as existing and new health threats as part of promoting the health of customers or patients
• explain the objectives of the vaccination programme in promoting the well-being of the population

• explain the diversity of sexuality and the significance of sexual health for well-being by identifying its risk factors.

AY00CU42 Leadership as a profession: 3 ECTS

Learning outcomes
Students knows:
- the characteristics of contemporary leadership and the importance of the organization of the work community.
- the diverse field of responsibilities of leaders and their own role in it.
- basics of labor law

AY00CU16 Entrepreneurship: 2 ECTS

Learning outcomes
Student is able to
- understand entrepreneurship through personal development
- find and utilize different customer oriented business opportunities.

HLTISH25SMU-1012 Advanced Technological Competence In Nursing: 15 ECTS

AH00CX95 Clinical Training in Advanced Nursing: 10 ECTS

Learning outcomes
The student is able to
• propose evidence-based nursing assistance methods in a nursing special competence area of their choice
• critically assess evidence-based decision-making and develop nursing in a multidisciplinary work community
• develop their own and their work community's language and culture awareness activities
• justify their own professional starting points in diverse work communities
• assess the quality and cost-effectiveness of nursing from the perspective of digitalisation and the utilisation of well-being technology, in accordance with the principles of sustainable development.

AH00CX96 Clinical Training in Project: 5 ECTS

Learning outcomes
The student is able to
• analyse the stages of project work and apply them in development work
• work as a member of a multidisciplinary and diverse group in development, innovation and research processes
• apply the principles of team work and networking in an ethical manner in patient and customer guidance
• make use of the opportunities offered by digitalisation and well-being technology in health promotion development
• draw on evidence-based information when planning, implementing and evaluating project work as a whole.

HLTISH25SMU-1013 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.

HLTISH25SMU-1014 Assessment of Nurse's Core Competences (180 ECTS): 0 ECTS

AH00CQ93 Medication Calculations 2: 0 ECTS

Learning outcomes
The student can:
• The student can calculate the drug doses used in drug therapy
• Can calculate medical calculations flawlessly

AH00CQ94 Medication Calculations 3: 0 ECTS

Learning outcomes
The student can:
• The student can calculate the drug doses used in drug therapy
• Can calculate medical calculations flawlessly

AH00CQ76 Assessment of Nurse's Core Competences (180 ECTS): 0 ECTS

HLTISH25SMU-1015 COMPLEMENTARY COMPETENCE: 30 ECTS

AH00DC21 Nursing Finnish 3: 5 ECTS

Learning outcomes
The student is able to
• recognize the text genres of university of applied sciences studies and understand the main points of various texts in own field
• produce short texts and oral presentations related to studies and own field
• search for, summarize and convey information in writing and orally in Finnish language
• use professional language in the most common nursing interaction situations.

HLTISH25SMU-1015 COMPLEMENTARY COMPETENCE: 30 ECTS