

**Curriculum at Lahti University of Applied Sciences  
2016-2017**

**Degree Programme in Nursing 16S**

Code	Name	1 y	2 y	3 y	4 y	ECTS total
<b>STSH16-1000 DEGREE PROGRAMME IN NURSING</b>						<b>210</b>
<b>STSH16-1001 CORE COMPETENCE</b>						<b>180</b>
<b>STSH16-1002 BASIC STUDIES</b>						<b>30</b>
<b>STSH16-1003 Principles of Good Nursing Care</b>						<b>30</b>
ST00AX40	Expert communication	3				3
ST00AY57	Information literacy	1				1
08HYPE2	Evidence based nursing	6				6
08HYPE3	Clinical competence in good nursing care	5				5
08HYPE4	Medical competence 1	5				5
ST00BC70	Clinical practice: Basic of good care	10				10
<b>STSH16-1004 PROFESSIONAL STUDIES</b>						<b>70</b>
<b>STSH16-1005 Competence in good chronic nursing care</b>						<b>20</b>
08HYPS1	Competence in chronic nursing care					0
ST00AX20	Competence in mental health and substance abuse work 5					0
08HYPS3	Competence in health promotion					0
ST00AV63	English Language and Communication					0
08HYPS4	Medical competence 2					0
<b>STSH16-1006 Good care in acute care</b>						<b>20</b>
08HAKU1	Good acute care					0
ST00AX21	Critical thinking and problem-solving skills					0
08HAKU3	Interaction and guidance skills					0
08HAKU4	Medical competence 3					0
<b>STSH16-1007 Good nursing care in different life stages</b>						<b>15</b>
ST00AX19	Family nursing care					0
ST00AY58	Swedish: written communication					0
ST00AY59	Swedish: oral communication					0
ST00AX18	Children's and young people's nursing care					0
08ELVA3	Elderly nursing care					0
<b>STSH16-1008 Development of Welfare services</b>						<b>15</b>
ST00AX22	Leadership, supervision and the workplace organisation					0
08OTYR	Take Hold - entrepreneurial competence					0
08TUKE	Research and development competence					0

<b>STSH16-1009 FINAL THESIS</b>						<b>15</b>
08OPN1	Thesis expertise 1					0
08OPN2	Thesis expertise 2					0
08OPN3	Thesis expertise 3					0
ST00BC45	Clinical Practice: General and specialist medicine					0
ST00BC37	Clinical practice: General and specialist surgery					0
ST00BC38	Clinical practice: Child care and paediatrics					0
ST00BC40	Clinical practice: Maternity care					0
ST00BC42	Clinical Practice: Mental health and psychiatry					0
ST00BC43	Clinical practice: Care of the old and geriatrics					0
ST00BC44	Clinical Practice: Home nursing					0
ST00BC66	Practice					0
<b>STSH16-1010 COMPLEMENTARY STUDIES</b>						<b>30</b>
<b>STSH16-1011 Elective studies</b>						<b>15</b>
<b>STSH16-1012 Complementary studies</b>						<b>15</b>

## **STSH16-1000 DEGREE PROGRAMME IN NURSING: 210 ECTS**

### **Learning outcomes of the study module**

Social and health care professionals work in demanding and diverse expert roles in different social and health care operational environments. A qualification in social and health care opens job opportunities in public or private sector health care, social care and a range of voluntary organisations. There are also excellent international opportunities for social and health care professionals. Professional practice in social and health care involves encounters with people of different ages, life stages and personal circumstances. Social and health care professionals should have the ability to interact openly with different types of people and be able to support individuals, families and communities in analysing, attaining, maintaining and promoting their well-being through changing life circumstances. A qualification in social and health care also provides diverse career possibilities and continued education opportunities in universities of applied sciences and universities.

### **STSH16-1001 CORE COMPETENCE: 180 ECTS**

### **STSH16-1002 BASIC STUDIES: 30 ECTS**

### **STSH16-1003 Principles of Good Nursing Care: 30 ECTS**

#### **Learning outcomes of the study module**

During this module, you will explore the principles of good nursing care. On successful completion of this module, you will be able to describe the scientific underpinnings of nursing practice and the basis of health and disorders. You will have grasped the basics of professional communication and how to search for reliable data in your field, you will have to ability to develop your critical thinking skills and understand the role of multidisciplinary knowledge as the underlying basis of the vocational

learning process. In addition, you will be able to describe the basics of human anatomy and physiology, carry out monitoring of vital functions, you have the basic skills to give the first aid, and deliver customer-oriented and ethically sound basic care and safe pharmacotherapy as part of the broader concept of good care.

**Courses included in the study module**

Expert communication, 3 ECTS

Information literacy, 1 ECTS

Evidence-based practice, 6 ECTS

Clinical competence in good nursing care, 5 ECTS

Medical competence 1, 5 ECTS

Clinical practice, 10 ECTS (orientation, client work, clinical training of basic skills)

**ST00AX40 Expert communication: 3 ECTS****Learning outcomes**

Student will be able to

- design and produce accurate text for customer contexts and scientific articles
- evaluate and interpret the meanings of different types of messages and develop their communication skills
- apply team work skills in meetings and negotiations

**ST00AY57 Information literacy: 1 ECTS****Learning outcomes**

- identify their information needs and the role of information retrieval in different stages of their study
- source information for study purposes effectively and diversely
- utilise different types of resources and services in their studies
- evaluate resources critically
- use information in an ethical manner

**08HYPE2 Evidence based nursing: 6 ECTS****Learning outcomes**

Students will be able to

- describe evidence-based practice
- apply evidence-based knowledge
- describe the ethical principles of nursing and statutes governing nursing practice
- describe the principles of good nursing care of different types of customers/patients

**08HYPE3 Clinical competence in good nursing care: 5 ECTS****Learning outcomes**

Student is able to:

- describe aseptic technique
- describe some of the main types of nursing interventions related to good primary care
- describe the basic concepts of pharmacotherapy and the principles of safe pharmacotherapy

## **08HYPE4 Medical competence 1: 5 ECTS**

### **Learning outcomes**

Students will be able to:

- describe the basics of human anatomy and physiology
- describe common pathogenic microbes, routes and mechanisms of transmission and infection risk factors
- describe the methods of infection prevention and precautions in nursing

## **ST00BC70 Clinical practice: Basic of good care: 10 ECTS**

### **Learning outcomes**

Students:

- interact professionally with different types of customers and their families
- act in accordance with the values and ethical guidelines of nursing
- under supervision, deliver safe primary care and first aid, and apply nursing interventions in the care of different types of customers
- determine customers' needs for nursing care and plan, implement and evaluate customer-oriented nursing care
- communicate verbally on matters related to the customer's care and document the care in accordance with the national guidelines (Finn-CC)
- perform as a member of a workplace community, justify their actions and evaluate their competencies in a realistic way

## **STSH16-1004 PROFESSIONAL STUDIES: 70 ECTS**

### **STSH16-1005 Competence in good chronic nursing care: 20 ECTS**

#### **Learning outcomes of the study module**

By the end of this module, you will be familiar with the concept of good nursing care of patients with chronic illnesses. You will be able to deliver good clinical care for patients with common chronic illnesses, recognise the boundaries of your personal competencies and vocational area of responsibility, and understand the nurse's contribution in evidence-based practice. You will have grasped the principles of evidence-based, customer-oriented guidance of patients/customers, of supporting the customer's active role, and the use of an empowering work approach in a good care process. You will be able to recognise risks related to patient safety and different risk management approaches, identify risks related to health, work capacity and impairments, health promotion methods and good care of patients/customers as part of the continuity of care.

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

- Competence in Chronic Nursing
- Competence in Mental Health and Substance Abuse Work
- Competence in Health Promotion
- Medical Competence 2
- Clinical Practice 2

### **08HYPS1 Competence in chronic nursing care: 5 ECTS**

**Learning outcomes**

Students will be able to

- name the risk factors of common chronic diseases and conditions and the associated symptoms and care, using evidence-based knowledge
- perform safe pharmacotherapy and dosage calculations
- carry out the main types of examination and care procedures related to the care of a chronic patient/customer and provide guidance
- explain the roles of a work approach that promotes functional ability, and of the multidisciplinary team and families in the care of chronically ill patients/customers

**ST00AX20 Competence in mental health and substance abuse work 5: 5 ECTS****Learning outcomes**

Students will be able to

- recognise the role of their own personality and ethical practice in the care relationship, reflect on their thought processes and see supervision as a support function of their professional practice
- describe characteristics specific to the care relationship in mental health and substance abuse treatment, plan and evaluate the delivery of care using evidence-based knowledge
- describe legislation governing mental health work in social and health care, health policy programmes and the substance abuse and mental health service system
- describe the role of safe pharmacotherapy as part of the overall care of mental health and substance abuse patients, taking into account the special requirements of mental health and substance abuse work
- describe the roles of a team, multidisciplinary approach and network-based practice in the holistic care of a patient

**08HYPS3 Competence in health promotion: 2 ECTS****Learning outcomes**

Students is able to

- explain the principles, levels and modes of action in health promotion, as well as the key methods of health promotion and preventive work
- name basic concepts and models of rehabilitation and justify the rehabilitative nursing approach in different settings

**ST00AV63 English Language and Communication: 3 ECTS****Learning outcomes**

The student is able

- to use expressions and vocabulary related to the field of social and health care
- to work in everyday written and oral communication situations
- to read and analyze professional English texts

**08HYPS4 Medical competence 2: 5 ECTS**

**Learning outcomes**

Students will be able to:

- describe and use basic concepts of public health science and epidemiology and use different types of reliable sources to describe the state of public health
- explain how the methods of social and health care as well as health policy can influence the health of the population and demographic groups
- describe the etiology and prevention of common psychological and physical disorders and the primary methods of medicine and health sciences in their treatment
- use pharmacological concepts, name drug groups and describe their effects and side effects

Areas of medicine: public health science, internal medicine, pathology, psychiatry

**STSH16-1006 Good care in acute care: 20 ECTS****Learning outcomes of the study module**

In this module, you will familiarise yourself with the concept of good acute care. By the end of this module, you will be able to plan, deliver and appraise good nursing care of patients with an acute illness and/or in perioperative nursing in different practice settings. You will be able to interact with patients and their families with a holistic approach in demanding care situations. In addition, you will be able to apply evidence-based knowledge, such as instructions on patient care and examination, clinical guidelines and best practices, in nursing situations requiring problem-solving and decision-making skills. You will be equipped to provide safe care with due regard for patient safety and security as well as occupational safety and health. You will be able to work in multidisciplinary teams and analyse your actions and those of the team.

**Courses included in the study module**

- Competence in acute care
- Competence in acute care Competence in Critical thinking and problem solving
- Competence in guiding and encountering
- Medical competence 3
- Clinical practice 3

**08HAKU1 Good acute care: 5 ECTS****Learning outcomes**

Students will be able to

- describe the different stages of the care process of patients with an acute physical and or psychological condition in different environments
- monitor and assess the state and vital functions of acute patients and recognise the most common types of abnormalities
- apply the principles of safe pharmacological, fluid, nutrition and pain therapies in acute nursing care
- apply evidence-based knowledge in the planning, delivery and appraisal of nursing care with acute patients
- identify patients in crisis and apply the basic principles of psychological intervention in the patient's care

**ST00AX21 Critical thinking and problem-solving skills: 5 ECTS**

**Learning outcomes**

Students will be able to

- \* analyse, from the point of view of critical thinking, various complex and ethically challenging situations in patient care
- \* draw conclusions and identify evidence-based solutions to problems in various acute care situations and apply knowledge in the planning of a patient's care
- analyse and assess factors related to patient safety and security in the nursing care of acute patients

**08HAKU3 Interaction and guidance skills: 5 ECTS****Learning outcomes**

Students will be able to

- use different methods of health promotion and guidance as a professional tool in different stages of patients' treatment paths with individual patients/customers and their families or with groups
- guide and interact with patients/customers in electronic communication environments
- analyse the starting points of dialogic encounters with patients, patient engagement, commitment and self-management and different support methods in multidisciplinary cooperation

**08HAKU4 Medical competence 3: 5 ECTS****Learning outcomes**

Students will be able to

- use the terminology of different specialties and describe the primary research and treatment methods and processes of a specialty (surgery, anaesthesiology, gynaecology and obstetrics, paediatrics, infectious diseases, geriatrics)

**STSH16-1007 Good nursing care in different life stages: 15 ECTS****Learning outcomes of the study module**

In this module, students explore the topic of good nursing care in different life stages. By the end of this module, you should have the necessary theoretical knowledge and skills in family nursing care to interact with and care for different types of patients/customers and their families. The courses of this module are integrated around the life span approach, and you will learn to examine the life circumstances of individuals and families from this perspective. On successful completion of this module, you will be able to design, deliver and appraise good nursing care of children, young people and families and support the well-being of families with young children. In addition, you will be able to examine the characteristics specific to the nursing care of the elderly and respond with appropriate care in different settings, drawing from evidence-based knowledge. The module includes Swedish language studies which will enable you to interact with Swedish-speaking customers of different ages.

**Courses included in the study module**

- Competence in Family Nursing
- Swedish: written communication
- Swedish: oral communication

- Competence in Children and Adolescent Care
- Competence in Elderly People's Care
- Clinical Practice 4

### **ST00AX19 Family nursing care: 2 ECTS**

#### **Learning outcomes**

Students will be able to

- apply family nursing methods to support customers and describe the principles of personal resource-oriented guidance and care
- support the well-being of expecting and new families
- describe the development of early interaction by utilising theory

### **ST00AY58 Swedish: written communication: 1.5 ECTS**

#### **Learning outcomes**

Students will be able to

- read and analyse clear, jargon-free texts of the field of interest
- produce simple, logical factual text related to the field of interest

### **ST00AY59 Swedish: oral communication: 1.5 ECTS**

#### **Learning outcomes**

Students will be able to

- communicate in Swedish in an appropriate manner when dealing with customers

### **ST00AX18 Children's and young people's nursing care: 5 ECTS**

#### **Learning outcomes**

Students will be able to

- describe child's and adolescent's growth and development and apply knowledge in nursing practice
- assess changes in a child's condition: monitor the child's condition, interpret the observations and provide care in cooperation with the child's family and other professionals
- identify the requirements of safe pharmacotherapy and fluid therapy
- apply evidence-based knowledge in the recognition and treatment of a child's pain
- demonstrate understanding of the concept of child abuse and awareness of the procedures under the Child Welfare Act and of the family intervention methods available

### **08ELVA3 Elderly nursing care: 5 ECTS**

#### **Learning outcomes**

Students will be able to

- explain common effects of ageing on health and everyday coping capacity
- assess, support and promote the wide-ranging functional ability of elderly customers and their families, using a wide range of promoting methods
- describe the characteristics of pharmacotherapy specific to elderly patients and apply knowledge to



deliver pharmacotherapy safely

- evaluate the characteristics of older people from different cultures, patients with severe dementia and ageing disabled people in encountering death and the associated end-of-life care
- design a multidisciplinary rehabilitation process for an elderly patient and utilise the rehabilitation service system

## **STSH16-1008 Development of Welfare services: 15 ECTS**

### **Learning outcomes of the study module**

In this module, students are introduced to tools of developing well-being services. On successful completion of this module, you will be able to describe the contents and methods of well-being services development and the entrepreneurial approach. You will be able to apply research and development methodology towards the renewal and regeneration of well-being services in professional practice. You will also be able to apply the principles of ethical and sustainable development in well-being services development.

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

Leadership, Supervision and The Workplace Organisation  
Take Hold - Entrepreneurial Competence  
Research and Methodology Competence

## **ST00AX22 Leadership, supervision and the workplace organisation: 5 ECTS**

### **Learning outcomes**

Students will be able to

- explain the role of normative and information-based guidance in the delivery of social and health care services
- evaluate the means of immediate supervisors to lead the workplace organisation
- critically evaluate their own roles in the workplace operation
- appraise the use and suitability of quality management tools in workplace development

## **08OTYR Take Hold - entrepreneurial competence: 5 ECTS**

### **Learning outcomes**

Students will be able to

- describe inner, self-oriented and external entrepreneurship
- analyse the meaning and purpose of entrepreneurship as a life strategy
- describe characteristics specific to entrepreneurship in social and health care
- brainstorm and accomplish the service design
- describe the basic process of productisation of well-being services and service design

## **08TUKE Research and development competence: 5 ECTS**

### **Learning outcomes**

Students will be able to

- perform development activities using a research-based approach
- draw up a thesis plan

- adhere to the reliability principle and ethical principles in research and development activity
- write scientific-style, well-argued and precise factual text
- appraise text by applying the source-critical method and cite sources according to instructions

## **STSH16-1009 FINAL THESIS: 15 ECTS**

### **Learning outcomes of the study module**

In this module, the focus is on real-world workplace development. The module comprises a thesis project, and upon its completion, you should be able to analyse workplace development needs and plan and implement workplace development projects. You will be able to use various sources of information and critically appraise them in the context of your development task.

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

Thesis expertise 1  
Thesis expertise 2  
Thesis expertise 3  
Clinical practice 7

## **08OPN1 Thesis expertise 1: 5 ECTS**

### **Learning outcomes**

Students will be able to

- critically evaluate workplace development needs and use appropriate development methods in the development of their field
- plan, execute, evaluate and publish a thesis and produce a report in accordance with the principles of investigative writing of their field
- apply and utilise the outputs of the thesis project (knowledge, service, product) in the operational development of a workplace

## **08OPN2 Thesis expertise 2: 5 ECTS**

### **Learning outcomes**

Students will be able to

- critically evaluate workplace development needs and use appropriate development methods in the development of their field
- plan, execute, evaluate and publish a thesis and produce a report in accordance with the principles of investigative writing of their field
- apply and utilise the outputs of the thesis project (knowledge, service, product) in the operational development of a workplace

## **08OPN3 Thesis expertise 3: 5 ECTS**

### **Learning outcomes**

Students will be able to

- critically evaluate workplace development needs and use appropriate development methods in the development of their field

- plan, execute, evaluate and publish a thesis and produce a report in accordance with the principles of investigative writing of their field
- apply and utilise the outputs of the thesis project (knowledge, service, product) in the operational development of a workplace

### **ST00BC45 Clinical Practice: General and specialist medicine: 10 ECTS**

#### **Learning outcomes**

Students will be able to

- describe aspects of the health care service system and different treatment paths of patients/customers and refer patients/customers to different service systems
- design, deliver and appraise the individual good care of patients/customers, working as a member of a multidisciplinary team, promoting functional ability and using evidence-based knowledge
- assess the functional ability and personal resources of a patient/customer, support and activate him or her in health promotion and maintenance and commitment to treatment
- plan their work as part of a team and perform as a team member with a goal-oriented approach.

### **ST00BC37 Clinical practice: General and specialist surgery: 10 ECTS**

#### **Learning outcomes**

Students will be able to

- describe aspects of the health care service system and different treatment paths of patients/customers and refer patients/customers to different service systems
- design, deliver and appraise the individual good care of patients/customers, working as a member of a multidisciplinary team, promoting functional ability and using evidence-based knowledge
- assess the functional ability and personal resources of a patient/customer, support and activate him or her in health promotion and maintenance and commitment to treatment
- plan their work as part of a team and perform as a team member with a goal-oriented approach.

### **ST00BC38 Clinical practice: Child care and paediatrics: 7 ECTS**

#### **Learning outcomes**

Students will be able to

- apply the approaches of family nursing care in the nursing care of children and young people
- provide guidance and support to parents on children's age-appropriate development
- act as a team member in a responsible and safe manner to provide good nursing care to children/young people and families

### **ST00BC40 Clinical practice: Maternity care: 1 ECTS**

### **ST00BC42 Clinical Practice: Mental health and psychiatry: 10 ECTS**

### **Learning outcomes**

Students will be able to

- describe aspects of the health care service system and different treatment paths of patients/customers and refer patients/customers to different service systems together with his/ her family
- design, deliver and appraise the individual good care of patients/customers, working as a member of a multidisciplinary team, promoting functional ability and using evidence-based knowledge
- assess the functional ability and personal resources of a patient/customer, support and activate him or her in health promotion and maintenance and commitment to treatment
- plan their work as part of a team and perform as a team member with a goal-oriented approach.

## **ST00BC43 Clinical practice: Care of the old and geriatrics: 8 ECTS**

### **Learning outcomes**

Students will be able to:

- design, deliver and appraise the individual care of an elderly patients/customers, promoting functional ability utilizing evidence-based knowledge and working as a member of a multidisciplinary team
- is able to assess the elderly patient / client's functional capacity and resources, as well as support and activate the elderly, promote and maintain the health of his family
- assess the quality of services from the point of view of an elderly customer
- develop practices related to the care of an elderly patient/customer
- use suitable guidance materials and practices for patients/customers
- reflect on their own personal interaction skills in different patients/customer situations and within the workplace organisation

## **ST00BC44 Clinical Practice: Home nursing: 10 ECTS**

### **Learning outcomes**

Students will be able to

- describe aspects of the outpatient service system and different treatment paths and are able to guide customers to use the third sector services.
- design, deliver and appraise the individual care for customers living at home promoting functional ability, using evidence-based knowledge and working as a member of a multidisciplinary team
- assess the functional ability and personal resources of a customer, support and activate him or her in health promotion and maintenance and commitment to treatment
- plan their work as a part of a team and perform as a team member with a goal-oriented approach

## **ST00BC66 Practice: 9 ECTS**

## **STSH16-1010 COMPLEMENTARY STUDIES: 30 ECTS**

### **Learning outcomes of the study module**

Complementary competence includes complementary professional studies and elective studies (15+15 ECTS credits).

Complementary and elective studies shape the student's competence profile, consisting of a wide range of optional professional studies and elective studies that can be chosen from across the institution's fields of study.

### **STSH16-1011 Elective studies: 15 ECTS**

#### **Learning outcomes of the study module**

Elective studies shape the student's competence profile, consisting of a wide range of optional professional studies and elective studies that can be chosen from across the institution's fields of study.

### **STSH16-1012 Complementary studies: 15 ECTS**

#### **Learning outcomes of the study module**

Complementary studies shape the student's competence profile, consisting of a wide range of elective studies that can be chosen from across the institution's fields of study.