## Degree Programme in Nursing 15S

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08NAHAR5  Clinical Practice 6  15  15

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08NOPN2  Thesis Expertise 3  5  5
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STNUR15-1001 COMPLEMENTARY STUDIES  45
STNUR15-1002 ELECTIVE STUDIES  15
ST00AZ85  Finnish  0

STNUR15-1003 COMPLEMENTARY PROFESSIONAL STUDIES  15
STNUR15-1004 Complementary Professional Studies  0

STNUR15-1017 MINOR PROGRAMME: Mental Wellbeing and Physical Activity  15
ST00BA84  Counselling  0
ST00BA85  Physical activity and exercise promoting mental wellbeing  0

STNUR15-1000 DEGREE PROGRAMME IN NURSING: 225 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.

STNUR15-1005 THE CORE COMPETENCE: 180 ECTS

STNUR15-1007 BASIC STUDIES: 30 ECTS

STNUR15-1008 Princepls 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.

Contents
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)

ST00AX92 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

ST00AZ21 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

08NHYPE2B 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

08NHYPE3 Clinical competence in good nursing care: 5 ECTS
Learning outcomes
Students will be 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
• execute dosage calculations

08NHYPE4 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

08NHYPE5 Clinical practice 1: 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 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

STNUR15-1009 PROFESSIONAL STUDIES: 120 ECTS

STNUR15-1014 Good Care in Longterm illnesses: 30 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.

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

08NHYPS1 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

08NHYPS2B Competence in mental health and substance abuse work: 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

08NHYPS3 Competence in health promotion: 2 ECTS

Learning outcomes
Students will be 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

ST00AZ16 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
08NHYP4 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

08NHYP5 Clinical practice 2: 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.

STNUR15-1012 Good Care in acute care: 30 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.

Contents
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

08NHAKU1 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

08NHAKU2B 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

08NHAKU3 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

08NHAKU4 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)

08NHAKU5 Clinical practice 3: 10 ECTS

Learning outcomes
Students will be able to:
- work with a customer/patient-oriented approach with different age groups in acute nursing care, using evidence-based knowledge
- monitor the patient's status, symptoms and effectiveness of treatment in the treatment of common acute conditions and draw logical conclusions with regard to the patient's care
- assist in typical examination and care procedures of acute conditions and in the safe use of equipment, taking into account the safety of patients and staff members
- deliver pharmacotherapy in a safe manner
- determine care requirements and plan, implement and evaluate the care together with a multidisciplinary team, patients/customers and their families
- document and report the care in compliance with data protection and security requirements applicable to patient documents and medical histories
- provide guidance and support to different types of customers/patients in self-treatment and health management, taking into consideration the patient's family

STNUR15-1010 Good nursing care in different life stages: 30 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.

Contents
- 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

08NELVA1A 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

ST00AZ14 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

**ST00AZ15 Swedish: oral communication: 1.5 ECTS**

**Learning outcomes**
Students will be able to
- communicate in Swedish in an appropriate manner when dealing with customers

**ST00AZ12 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

**ST00AZ13 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

**08NELVA4 Clinical Practice 4: 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
08ADAP4 Clinical practice 5: 8 ECTS

Learning outcomes
Students will be able to:
- assess the functional ability of an elderly patient/customer and support the attainment and maintenance of well-being, health and functional ability
- 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
- develop guidance materials and practices both for patients/customers and for staff orientation and training purposes
- reflect on their personal guidance and interaction skills in challenging situations with patients/customers and within the workplace organisation

STNUR15-1013 Development of Welfare services: 30 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.

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

08NJOHTA1B 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

08NTUKE Research and methodology 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
08NOTYR Take Hold - entrepreneurial competence: 5 ECTS

Learning outcomes
Students will be able to
- describe the basics of 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
- draw up a business plan and appraise the plan and its potential for success
- describe the basic process of productisation of well-being services

08NAHAR5 Clinical Practice 6: 15 ECTS

Learning outcomes
Student is able to:
- assess customer-oriented practice from the point of view of workplace management
- assess factors related to workplace well-being and identify their personal roles in its promotion
- perform as team leader and make decisions on care based on evidence-based knowledge
- assess communication and interaction situations within the workplace organisation from the management point of view
- apply ethical and sustainability principles in decision-making
- enhance the operation of a workplace unit to promote multiculturalism and tolerance
- reflect on their personal roles and responsibilities in the development of evidence-based practice within a workplace organisation

STNUR15-1015 FINAL THESIS: 30 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.

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

08NOPN1 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
08NOPN3 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

08NOPN2 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

08NAHAR6 Clinical Practice 7: 15 ECTS

Learning outcomes

Students will be able to:
- assess service provision and factors influencing the quality of services from the developmental point of view.
- work with a developmental and innovative approach to develop the practices and services of a workplace organisation
- utilise various forecast materials in the operational development of a workplace unit
- compare different welfare services and explain the roles and impact of the services from the societal point of view

STNUR15-1001 COMPLEMENTARY STUDIES: 45 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.
STNUR15-1002 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.

ST00AZ85 Finnish: 5 ECTS

STNUR15-1003 COMPLEMENTARY PROFESSIONAL STUDIES: 15 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.

STNUR15-1004 Complementary Professional Studies: 0 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.

STNUR15-1017 MINOR PROGRAMME: Mental Wellbeing and Physical Activity: 15 ECTS

Learning outcomes of the study module
Students are able to
- Demonstrate knowledge of the relationship of the mental health and the physical activity
- Demonstrate awareness of the challenges individuals with mental health problems and addictions face in regard to physical activity and physical exercise and broaden their competence in different counselling settings
- Collaborate with other professionals from a variety of disciplines to promote and support the individuals with mental health problems and addictions to physical activities and implement physical exercise in promoting mental health

ST00BA84 Counselling: 5 ECTS

Learning outcomes
Students will be able to
- broaden their competence in different counselling settings
• supplement their competence through the examination of international counselling settings

ST00BA85 Physical activity and exercise promoting mental wellbeing: 10 ECTS

Learning outcomes
- Demonstrate awareness of the challenges individuals with mental health problems and addictions regarding to physical activity and physical exercise.
- Collaborate with other professionals from a variety of disciplines to counselling and supporting the individuals with mental health problems and addictions to promote physical activity and exercise