

## **CURRICULUM**

### **NURSING**

for the group starting 1 August 2016

At Karelia University of Applied Sciences, you will complete your Bachelor of Health Care Degree in a multidisciplinary and modern learning environment which is close to working life. A variety of teaching methods and modern technology will enhance your learning throughout the education. Special regional characteristics, such as the increasing proportion of the ageing population, are emphasised in your nursing studies. Competence in ageing is one of the focus areas at Karelia University of Applied Sciences, and this challenge is addressed in our educational and project activities. In your studies, you can participate in regional development work in the field of social services and health care. Current legislative changes that affect the content of the curriculum are taken into consideration in our education. Hence, we can ensure that the education we provide is up-to-date and meets the requirements of working life.

### **Degree**

Degree Title	Bachelor of Health Care
Extent	210 op / 3.5 years

### **Typical Tasks for Graduates**

As a nurse you can work in positions that require independent expertise in the service of the public, the third or private sector. If you wish, you can also start your own business. Owing to the retirement of nurses and the increase in service needs, the employment outlook is good. Your nursing degree enables you to work within the EU without any additional education. Furthermore, you can work as a nurse in any part of the world. Job and professional titles for nurses are among others: nurse, project manager, expert in various planning and educational tasks, project worker, healthcare planner, pharmaceutical representative, clinical research nurse coordinator, customer advisor, and care manager.

### **Implementation of Studies**

Studying takes place in various learning environments, such as the simulation learning environment Simula and learning and service environment Voimala. The studies include a lot of practical training (75 credits). Versatile practical training is realised in various units within the field of social services and health care. In our modern simulation learning environment you will learn to perform various nursing procedures and team work. Throughout your studies you will practice multidisciplinary cooperation with public health nursing, physiotherapy and social services students in our learning and service environment Voimala. The aim is that all students in the field of social services and health care complete at least one practical training period in Voimala. Part of your studies will be realised in research and development projects carried out in cooperation between academic and working life. You have excellent opportunities for internationalisation either through courses instructed in English or through project work or international student exchange/practical training.

## Structure and Content of Studies

The studies in the degree programme are based on competence profiles specified by working life. The extent of common core studies is 180 credits and that of complementary studies 30 credits. The thesis process is divided into three five-credit courses. Each course can be completed at different stages of studies provided that the thesis plan has been accepted before the implementation phase. Throughout your education you will learn to interact with people of varying ages and provide holistic nursing care by taking into consideration clients' physical, psychological, social and spiritual needs. Your degree grants you a statutory right to practice the profession of nursing, and you will be registered as a licensed healthcare professional.

Your competences are built gradually throughout the education. In addition to a versatile knowledge base, the education emphasises human relations skills, management of various nursing situations, organizational and problem-solving skills, good work ethic as well as ethical and professional decision-making skills. The first-year studies familiarize you with the basics of nursing and various nurse-patient interventions. During the second-year studies you will learn how to safely apply well-planned, implemented and assessed nursing care to adults. During the third-year studies you will focus on the nursing of children and adolescents as well as the elderly. You will apply acquired knowledge and skills in a versatile way together with clients/patients and their next of kin and other key partners. You will learn to take responsibility for your part of the implementation of care and patient safety as well as the quality and development of your work. During the last semester you will acquire the skills needed to work as a professional who can develop nursing both independently and as a member of a work community.

The complementary studies mostly contain modules of 15 credits. To be eligible for the profession of a nurse, you must choose one of the following modules:

- Examination of the Patient and Acute Nursing Care
- Palliative Nursing
- Special Competence in Mental Health and Substance Abuse Nursing

In addition, you can choose complementary studies from the following modules:

- Examination of the Patient and Acute Nursing Care
- Palliative Nursing
- Special Competence in Mental Health and Substance Abuse Nursing
- e-Services in Social Services and Health Care
- Expert in Active Ageing
- Multidisciplinary Rehabilitation
- Business Management and Entrepreneurship
- Branding and Innovation Activities
- Expertise Pertaining to Russia
- International Studies 1
- International Studies 2
- Optional language studies (German, Russian, Chinese, French and Spanish)
- Refresher courses in languages and mathematics (3-9 cr)
- Training programme of Joensuu Sports Academy (3-15 cr)
- Participation in peer tutoring and student union activities (3-15 cr)

You can take refresher courses in Swedish language (3 cr) and English language (3 cr). The complementary studies are scheduled to take place in the third year and the last semester. Additionally, complementary studies can be taken during the summer months. Participation in Sports Academy training, peer tutoring or student union activities as well as optional language studies can be spread over several semesters. If the studies mentioned above do not match your professional objectives, you can discuss other alternatives with your teacher tutor or counsellor.

Client Work Competence in Nursing | Competence in Health Promotion | Competence in Clinical Nursing | Competence in Healthcare Service Systems | Learning and Guidance Skills | Ethical Competence | Work Community Competence | Innovation Competence | Internationalisation Competence

4 <sup>th</sup> year		DEVELOPING NURSING PRACTICE	
Advanced Practical Training in Nursing	15 cr		
Complementary Studies	15 cr		
3 <sup>rd</sup> year		APPLYING NURSING PRACTICE	
Client-Centred Gerontological Nursing	3,5 cr	Professional Development	1 cr
English for Nursing 2	2 cr	Client-Centred Family Nursing	3.5 cr
Competence in Ageing, Practical Training	10 cr	Family Nursing, Practical Training	10 cr
Thesis	15 cr	Complimentary Studies	15 cr
2 <sup>nd</sup> year		EXPANDING NURSING KNOWLEDGE	
Client-Centred Surgical Nursing	3,5 cr	Research-based Thesis Methods	2 cr
Surgery and Anaesthesiology	1,5 cr	Practice-based Thesis Methods	2 cr
Medication- and Fluid Therapy	1.5 cr	Application of Research and Development Methods	3 cr
Pharmacology	1,5 cr	Finnish Language	1 cr
Svenska för hälsovård 2 [Swedish for Nursing 2]	2 cr	Leadership and Development in Social and Health Care	5 cr
Nursing Science and Evidence-Based Nursing Practice	3 cr	Client-Centred Mental Health and Substance Abuse Nursing	3 cr
Professional Development	2 cr	Psychiatry	1 cr
Practical Training in Internal Medicine	15 cr	English for Nursing 1	3 cr
		Mental Health and Substance Abuse Nursing, Practical Training	10 cr
1 <sup>st</sup> year		BECOMING ACQUAINTED WITH THE FIELD OF NURSING	
Professional Development	2 cr	Client-Centred Internal Medicine Nursing	5 cr
Reporting and Written Communication	2 cr	Internal Medicine and Neurology	2 cr
Information and Communication Technology	2 cr	Information Management in Nursing	3 cr
Client-Centred Service System in Social and Health Care	4 cr	Prevention and Diagnostics of Infections	3 cr
First Aid	2 cr	Finnish Language: Oral Communication and Literature	2 cr
Basics of Anatomy and Physiology	3 cr	Svenska för hälsovård 1 [Swedish for Nursing 1]	3 cr
Basics of Pharmacotherapy	3 cr	Anatomy and Physiology	2 cr
Nursing Ethics and Interaction	1,5 cr	Nursing Interventions, Practical Training	9 cr
Basics of Nutrition	1,5 cr	Ergonomics	1 cr
Nursing Interventions	4 cr		
Nursing Intervention Practical Training	5 cr		

## Competence Requirements

Area of Competence	Description of Competence Bachelor of Health Care
Client Work Competence in Nursing	<ul style="list-style-type: none"> <li>- understands holistic human behaviour and the significance of nursing care when encountering clients.</li> <li>- can establish client-centred and professional relationships when encountering patients, next of kin and communities of various ages and cultural backgrounds.</li> <li>- can act according to ethical principles and regulations in health care.</li> </ul>
Competence in Health Promotion	<ul style="list-style-type: none"> <li>- acquires a strong base of theoretical knowledge of health promotion and essential methods used in various operational environments.</li> <li>- identifies, activates and assesses together with patients of various ages their health literacy, resources and self-initiative.</li> <li>- is able to use and utilise social and health care technology and information technology.</li> </ul>
Competence in Clinical Nursing	<ul style="list-style-type: none"> <li>- is able to base one's actions on various disciplines.</li> <li>- is capable of evidence-based professional decision-making and taking responsibility.</li> <li>- is able to identify, plan, implement and assess needs for nursing care.</li> <li>- has a good command of the essential, safe nursing interventions in various situations and is able to assess the effectiveness of nursing care.</li> <li>- is able to take responsibility for the patient's physical, psychological, spiritual and social safety.</li> <li>- is able to guide and educate the patient in various operational environments</li> <li>- takes into account the principles of nursing that promote rehabilitation as well as the principles of continuity of care.</li> <li>- is able to use and utilise social and health care technology and information technology.</li> </ul>
Competence in Healthcare Service Systems	<ul style="list-style-type: none"> <li>- depending on the situation, is able to be in charge of the client's nursing and service process in cooperation with various occupational groups.</li> <li>- is able to apply and develop competence in ageing in various operational environments.</li> <li>- is able to act in multidisciplinary work communities and practice nursing expertise in them.</li> <li>- recognises areas for improvement in nursing practice and is able to develop them.</li> <li>- knows how to exercise influence on a societal level decision-making system.</li> <li>- participates in social development in the field of social services and health care.</li> <li>- is able to apply and develop competence in ageing in various operational environments.</li> </ul>
Learning and Guidance Skills	<ul style="list-style-type: none"> <li>- is able to assess and develop one's competences and learning methods.</li> <li>- is able to search for, process and analyse information critically.</li> <li>- can assume responsibility for team learning and knowledge sharing.</li> <li>- is able to apply methods of client-centred guidance and counselling.</li> </ul>

Ethical Competence	<ul style="list-style-type: none"> <li>- is able to assume responsibility for one's own actions and their consequences.</li> <li>- is able to work according to the code of professional ethics of one's field.</li> <li>- is able to take different parties into account.</li> <li>- is able to apply the principles of equality.</li> <li>- is able to apply the principles of sustainable development.</li> </ul>
Work Community Competence	<ul style="list-style-type: none"> <li>- is able to function as a member of a work community and contribute to its well-being.</li> <li>- is able to function in various communication and interactive situations at work.</li> <li>- is able to use information and communication technology in the tasks of one's field.</li> <li>- is able to establish personal occupational contacts and work in networks.</li> <li>- is able to manage one's own work and work independently in tasks.</li> <li>- has developed entrepreneurial skills.</li> </ul>
Innovation Competence	<ul style="list-style-type: none"> <li>- is able to solve problems and develop working methods innovatively.</li> <li>- is able to work in projects.</li> <li>- is able to plan and carry out research and development projects.</li> <li>- is able to find client-centred, sustainable and profitable solutions.</li> </ul>
Internationalisation Competence	<ul style="list-style-type: none"> <li>- has the language competence necessary for the work in the field and its development.</li> <li>- is able to cooperate with people from different cultural backgrounds.</li> <li>- is able to take into account the opportunities and effects of internationalisation.</li> </ul>