

## **CURRICULUM**

### **Nursing (AMK)**

At Karelia University of Applied Sciences you will study in a multidisciplinary and modern learning environment that has close contacts with working life. The joint municipal authority for North Karelia social and health services Siun sote and versatile enterprises and organisations provide you with an interesting environment for training. During your studies you will learn using various learning methods and technologies, and you will learn in multidisciplinary learning environments together with the students of public health nursing, physiotherapy and social services. You will also get an opportunity to participate in regional development work in the field of social services and health care, as Karelia University of Applied Sciences is an active participant in the changes that are taking place in municipal social and health care.

The Bachelor's Degree in Nursing gives you the statutory qualification to practice nursing, and after graduation you will be entered in the Central Register of Health Care Professionals (known as Terhikki). As Registered Nurse you can continue your studies after graduation by taking specialisation courses, or by continuing your studies at a university of applied sciences (Master of Health Care, Nursing), or university (Master of Health Sciences)

### **Degree**

Degree Title	Bachelor of Health Care
Extent	210 cr/ 3,5 years

### **Typical Tasks for Graduates**

Depending on the needs of the patient, the duties of a nurse can include guiding and supporting the patient, assisting in daily activities, monitoring vital functions, medical care, procedures and examinations. The goal of the care is always to restore and reinforce the functional ability of the patient.

Your training prepares you for work in different environments: hospitals, health centres, outpatient clinics, hospital wards, nursing homes, in virtual care, health care organisations, or in your own enterprise. In the future nurses will increasingly work independently, in tasks such as reception work or nursing in a patient's home. Job and professional titles for nurses could include (among others): nurse, project manager, expert in various planning and educational tasks, project worker, healthcare planner, pharmaceutical representative, clinical research nurse coordinator, customer advisor, care manager, and virtual professional. Your nursing degree enables you to work within the EU without any additional education.

### **Starting points for learning**

Nursing studies are based on the idea of learning as a process that is reflective, experimental, and socially constructed. During your studies you will learn to research and evaluate information in a versatile and critical way. You will also learn to apply the information you gain in new and changing contexts. Changes in the society and in the working life require continuous learning skills and motivation to update your expertise. This is why learning to learn is a central component in your studies. The goal is also to learn how to make your own learning and development visible to yourself and to others.

## Implementation of Studies

The starting points for the studies in nursing are the core competencies in your own field, as well as the common skill requirements of social and health care. All future professionals in the field of social and health care need skills in customer work, service and field development, and change competence in employ-eeship and cooperation. During your studies you will learn to actively monitor the changes in the compe-tence requirements in social and health care, where digitalisation and new technologies provide new tools in nursing. Various electronic, mobile, and home services are currently being developed to meet the needs of the public.

Modern simulation learning environments give you a chance to practice different procedures and team work. During your studies you get to train multiprofessional cooperation in the learning and service envi-ronment Voimala. The multidisciplinary work that aims for the best possible outcome for the patient starts at the very beginning of your studies. Due to courses offered in English, different projects, and international student exchanges and practical trainings you will have an excellent opportunity for internationalisation, as well.

## Structure and Content of Studies

Bachelor's Degree in Health Care consists of professional studies (180 cr) and complementary studies (30 cr). 75 cr of the professional studies are reserved for practical training periods. Complementary studies consist of two entities that are 15 cr each. As a student of nursing, you will have to choose one of the fol-lowing:

- Mental Health and Substance Abuse Nursing 15 cr
- Palliative Care 15 cr
- Emergency Nursing 15 cr

The other module of complementary studies (also known as optional complementary studies) can be cho-sen from courses provided by Karelia University of Applied Sciences, or other institutions of higher educa-tion. These studies can also include the Training Programme of Joensuu Sports Academy, which helps the competitive athletes combine their sports career with nursing studies.

Here are some of the complementary study modules offered by Karelia University of Applied Sciences:

- Acute Nursing Care / Examination of the Patient and First Aid
- Palliative Care
- Mental Health and Substance Abuse Nursing / Special Competence in Mental Health and Substance Abuse Nursing
- Promoting Sexual and Reproductive Health in Nursing
- Agile Development in Social Services, Health Care, and Care and Education Sector
- Multidisciplinary Rehabilitation
- Productisation 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 (3–6 cr)
- Training programme of Joensuu Sports Academy (3–15 cr)
- Participation in peer tutoring and student union activities (3–15 cr)

If you already work as an entrepreneur or are planning to establish your own business, this can be part of your core and complementary studies, exchange abroad, work practice or thesis in ways that can develop your own business or business idea. You have the chance to get guidance and support in combining your studies with your entrepreneurship.

If the aforementioned complementary studies aren't in line with your own professional goals, you can discuss other options with your teacher tutor or study advisor.

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

4 <sup>th</sup> year		THE MULTIDISCIPLINARY ADAPTER	
Complementary Studies	15 cr		
Career Planning and Development IV	1 cr		
Advanced Practical Training in Nursing	15 cr		
3 <sup>rd</sup> year		THE CRITICAL THINKER	
Child, Youth, and Family Care	5 cr	Advanced Patient Security	2 cr
<b>Leadership, Entrepreneurship and Economy</b>	<b>7 cr</b>	Complementary Studies	15 cr
Career Planning and Development III	1 cr	Choose one of the following:	
Scientific Writing	1 cr	- <i>Mental Health and Substance Abuse Nursing</i>	15 cr
Planning of the Thesis	5 cr	- <i>Palliative Care</i>	15 cr
Implementation of the Thesis	5 cr	- <i>Emergency Nursing</i>	15 cr
Family Nursing, Practical Training	7 cr	Thesis Work: Reporting	5 cr
		Development Competencies, Practical Training	7 cr
2 <sup>nd</sup> year		THE ENHANCER OF FUNDAMENTAL NURSING SKILLS	
Mental Health and Substance Abuse Nursing	5 cr	Surgical Care	5 cr
Gerontological, Oncological and Palliative Nursing	5 cr	Advanced Fluid and Medication Therapy	1 cr
Career Planning and Development II	1 cr	Finnish Language and Oral Communication	2 cr
Swedish for Nursing	3 cr	English for Nursing	3 cr
<b>The Methods of Research, Development and Innovation I</b>	<b>3 cr</b>	<b>The Methods of Research, Development and Innovation II</b>	<b>5 cr</b>
Mental Health and Substance Abuse Nursing, Practical Training	7 cr	Internal Medicine and Neurology, Practical Training	6 cr
Gerontological Nursing, Practical Training	7 cr	Medical-Surgical Nursing, Practical Training	8 cr
1 <sup>st</sup> year		THE NOVICE IN SOCIAL AND HEALTH CARE	
The Basics of Nursing	5 cr	Long-term Care Nursing	5 cr
Anatomy and Physiology I	3 cr	Anatomy and Physiology II	2 cr
Career Planning and Development I	2 cr	Fluid and Medication Therapy	1 cr
<b>The Basics of Medical Treatments and Pharmacology</b>	<b>3 cr</b>	Patient Safety	4 cr
Promoting Wellbeing, Health and Functional Capacity	4 cr	<b>The Customer as an Active Participant in Social and Health Services II</b>	<b>2 cr</b>
<b>The Customer as an Active Participant in Social and Health Services I</b>	<b>3 cr</b>	<b>Swedish at Work</b>	<b>2 cr</b>
<b>Reporting and Written Communication</b>	<b>2 cr</b>	<b>Promoting Wellbeing, Health and Functional Capacity, Practical Training</b>	<b>6 cr</b>
<b>English at Work</b>	<b>2 cr</b>	Long-term Care Nursing, Practical Training	8 cr
The Basics of Nursing, Practical Training	4 cr		

The courses marked in bold are joint studies for all students in Social Services and Health Care

## 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>- is able to establish client-centred and professional relationships when encountering patients, next of kin and communities of various ages and cultural backgrounds</li> <li>- is able to 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 aging 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, 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 requiring expertise</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>