

## CURRICULUM

### PUBLIC HEALTH NURSING

In your public health nurse studies you will focus on factors that affect the health and well-being of individuals, families and communities. You will learn how to prevent, how to detect early signs, and how to intervene at an early stage of health risks and illnesses. You will also learn how to promote health among various client groups and environments. As a public health nurse, you will empower clients to access their resources and support their self-care.

At Karelia University of Applied Sciences you will complete your Bachelor of Health Care Degree, Public Health Nurse, in a multidisciplinary and modern learning environment that has close contacts with 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 studies. Competence in ageing is one of the focus areas at Karelia University of Applied Sciences, and this challenge is addressed by our education 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. A good learning environment has been since 2017 provided by the North Karelia Social and Health Services Joint Authority. This is known as Siun sote, and it works as a national pilot in the reform of the social and health care systems.

### Degree

Degree Title	Bachelor of Health Care
Extent	240 cr / 4 years

### Typical Tasks for Graduates

Once you complete the Bachelor of Health Care Degree, you will receive the titles of a Public Health Nurse and Registered Nurse. In addition to positions of a nurse, as a public health nurse you can work in various environments requiring independent expertise related to health promotion, such as in primary health care, specialised health care, private sector and the third sector. Public health nurses work in antenatal clinics, child health clinics, family planning clinics, school and student health care, occupational health care, senior clinics, supporting self-care, health coaching, on-line health clinics and other health promoting and disease preventative activities. They can also promote health and prevent illnesses in various work environments. In addition, they can work in community nursing and in primary health care, where they can run a nurse's or public health nurse's consulting clinic independently or work as an entrepreneur.

## Implementation of Studies

Your studies include contact teaching, blended learning and practical training. Your nursing and public health nursing studies include 85 credits of versatile practical training in various environments in the field of social services and health care. Karelia University of Applied Sciences has a modern simulation learning environment where you can work on your clinical nursing skills. Throughout your studies you will practice multidisciplinary cooperation with nursing, physiotherapy and social services students in the learning and service environment Voimala. The aim is that all students in the field of social services and health care complete 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 language or then 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 225 credits and that of complementary studies 15 credits. The extent of professional studies of a public health nurse is 60 credits and the degree includes a 15-credit thesis. The thesis process is divided into three five-credit courses. Each course can be completed at different stages of studies. However, the thesis plan needs to be accepted before the implementation phase. Your degree also includes a five-credit development assignment.

After having received the Bachelor of Health Care Degree, you have a statutory right to practice the professions of nursing and public health nursing. The degree and education of a public health nurse as well as a registered nurse are legislatively regulated and controlled nationwide. The education also conforms to the EU directive on nursing education.

Based on the competences in nursing education, your competences to work as a public health nurse are built gradually throughout the education so that you are continuously more capable of acting independently. In addition to a versatile knowledge base, the education emphasises human relations skills, management of various nursing situations, organisational and problem-solving skills, good work ethic, and ethical and professional decision-making skills. Your competence to guide both individuals and groups develops during your public health nursing studies. The first-year studies familiarise you with basics of nursing and various nursing 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 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 final year of your studies you will acquire skills needed to work as a public health nurse who is an expert in public health work and public health nursing.

The complementary studies mostly contain modules of 15 credits. In order to be eligible for the profession of a nurse, you need to 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

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 and thesis in cases which would develop your own business or business idea. You have the chance to get guidance and support in combining your studies with your entrepreneurship or you as an entrepreneur.

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

## 4<sup>th</sup> year

### DEVELOPING PUBLIC HEALTH WORK AND PUBLIC HEALTH NURSING

The Promotion of a Healthy and Safe Environments	5 cr	Health Promotion Among the Working-Age and Ageing Population	5 cr
Health Promotion of Children, Adolescents and Families	10 cr	Development Assignment	5 cr
Methods of Public Health Nursing and Health Promotion	5 cr	Public Health Work and Environmental Health Care	5 cr
Practical Training in Public Health Nursing 1	10 cr	Practical Training in Public Health Nursing 2	15 cr

## 3<sup>rd</sup> year

### APPLYING NURSING KNOWLEDGE

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	Complementary Studies	15 cr

## 2<sup>nd</sup> year

### EXPANDING NURSING KNOWLEDGE

Client-Centred Surgical Nursing	3.5 cr	Methods of Research-based Thesis	2 cr
Surgery and Anaesthesiology	1.5 cr	Methods of Practice-based Thesis	2 cr
Fluid and Medication 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
Medical-Surgical Nursing, Practical Training	15 cr	English for Nursing 1	3 cr
		Mental Health and Substance Abuse Nursing, Practical Training	10 cr

## 1<sup>st</sup> year

### EXPLORING THE FIELD OF NURSING

Professional Development	2 cr	Client-Centred Medical Nursing	5 cr
Finnish Language: 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
Medical Accounting	1 cr	Anatomy and Physiology	2 cr
Basics of Pharmacotherapy	3 cr	Nursing Interventions, Practical Training	9 cr
Nursing Ethics and Interaction	1.5 cr	Ergonomics	1 cr
Basics of Nutrition	1.5 cr		
Nursing Interventions	4 cr		
Basics of Nursing, Practical Training	5 cr		

## Competence Requirements

Area of Competence	Description of Competence Bachelor of Health Care / Public Health Nurse
Competence in Health Promotion	<ul style="list-style-type: none"> <li>- is able to apply and develop individual and client-centred, preventive and health-promoting public health nursing in various operational environments and among population groups of various ages and cultural backgrounds.</li> <li>- is able to promote public health and narrow health discrepancy between population groups by applying proactive and evidence-based knowledge of public health.</li> </ul>
Client Work Competence in Nursing	<ul style="list-style-type: none"> <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 Clinical Nursing	<ul style="list-style-type: none"> <li>- is able to base one's actions on nursing science, health sciences and other related sciences.</li> <li>- is able to identify, plan, implement and assess needs for nursing care.</li> <li>- is capable of evidence-based professional decision-making and taking responsibility.</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 by taking into consideration his/her needs in various operational environments.</li> <li>- is able to base one's actions on the principles of nursing care that promote rehabilitation as well as on 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 System	<ul style="list-style-type: none"> <li>- is able to coordinate and be in charge of the patient's nursing and service process as well as multidisciplinary cooperation between different parties.</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 participates actively in the development of nursing care and services and the establishment of good practices.</li> <li>- knows how to exercise influence on a societal level decision-making system and as an expert in nursing contributes to social development which promotes health among individuals and communities.</li> <li>- is able to apply and develop competence in ageing in various operation environments.</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>
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 carry out research and development projects by applying existing knowledge and methods of the field.</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>
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> <li>- is able to act as an expert in individual and group guidance situations.</li> </ul>
WorkCommunity Competence	<ul style="list-style-type: none"> <li>- is able to function as a member of a work community and contribute to its work well-being.</li> <li>- is able to function in various communication and interaction 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 to work in networks.</li> <li>- is able to make decisions in new and unforeseen situations.</li> <li>- is able to manage one's work and to work independently in tasks requiring expertise.</li> <li>- has developed entrepreneurial skills.</li> </ul>