

## CURRICULUM

### Public Health Nursing

At Karelia University of Applied Sciences you will study in a 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.

When you complete your studies in public health nursing, you will also qualify to work as a Registered Nurse. The Bachelor's Degree in Health Care (Public Health 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 a public health 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, Public Health Nursing), or university (Master of Health Sciences)

### Degree

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

### Typical Tasks for Graduates

As a public health nurse you can work in many different positions that all require independent expertise. You might work in, for example, primary health care, special health care, or in the private or third sectors. Public health nurses often work in maternity and child welfare clinics, family planning, school and student health care, occupational health care, adult health care, senior clinics, emergency rooms, health coaching, supporting self care, on-line health clinics, and in different projects and trainings. You can also work in home care, in private nurse's or public health nurse's reception, in different organisations, or as an entrepreneur.

Your nursing training gives you a chance to also work as a registered nurse in different settings: 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

Public health 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 public health 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 employeeship and cooperation. During your studies you will learn to actively monitor the changes in the competence 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 environment 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

Your studies consist of professional studies (225 cr) and complementary studies (30 cr). An extensive amount, 85 cr of the professional studies are reserved for practical training periods. Complementary studies consist of two entities that are 15 cr each. To qualify as a Registered Nurse, you will have to choose one of the following:

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

If you already work as an entrepreneur or are planning to establish your own business, this entity 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.

In the curriculum, the complementary studies are situated on the third year of studies. The Training Programme of Joensuu Sports Academy, which helps the competitive athletes combine their sports career with their studies, as well participation in peer tutoring and student union activities are located in various points during your education.

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

### THE DEVELOPER OF PUBLIC HEALTH WORK

Career Planning and Development IV	1 cr	Health Promotion Among the Working-Age and Ageing Population	5 cr
Public Health Work for Families Expecting a Child	5 cr	Societal Public Health Nursing	5 cr
Supporting Early Development and Breast-feeding Counseling Training	4 cr	Developing Public Health Nursing	5 cr
Public Health Work for Children, Adolescents, and Students	8 cr	Practical Training in Public Health Nursing II	15 cr
The Promotion of Healthy and Safe Environments	3 cr		
Practical Training in Public Health Nursing I	10 cr		

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

### THE CRITICAL THINKER

Health Promotion of Children, Adolescents, and Families	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	
Plannig 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 op	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
<b>Promoting Wellbeing, Health, and Functional Capacity</b>	<b>4 cr</b>	<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		

## 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>
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 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>