**Faculty of Health and Well-being**

**Kupittaa Campus**

**INTERNATIONAL SEMESTER IN NURSING, AUTUMN 2020**

**Important** to bear in mind:

- These are preliminary course lists, meaning that some changes might occur
- You can choose additional courses from the list Courses suitable for all Exchange Students
- The autumn semester dates 27.8. - 18.12.2020
- 1 ECTS = 27 hours of student work
- Please note: We have very limited opportunities to organize clinical practice for exchange students.

<table>
<thead>
<tr>
<th>Course name (see the course descriptions below the course list)</th>
<th>ECTS</th>
<th>code</th>
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<tbody>
<tr>
<td>Leadership, Management and Entrepreneurship in Social and Health Care JOSTE (2 ECTS in English) FIN: Johtamisosaaminen ja yrittäjyyys sosiaali- ja terveysalalla</td>
<td>2</td>
<td>7031497</td>
<td>3rd year</td>
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<td>• Disability and Disabled Care 1 ECTS LANU</td>
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COURSE DESCRIPTIONS:

Leadership, Management and Entrepreneurship in Social and Health Care 2 cr JOSTE

Competence objectives of study unit
- Students will be able to serve as nursing experts in various teams, networks and partnerships.
- Students will know how to actively participate in research, development and innovation processes.
- Students will learn to follow good work community practices.
- Students will gain the ability to assess and develop the quality of all the treatment process phases.
- Students will gain insight into self-management
- Students will learn about and recognise career opportunities for nurses.
- Students will understand the importance of effective and successful activities in service development and their professional responsibility in ensuring the quality of treatment.
- Students will understand the importance of changes in the health care service system and know how to carry out their duty in change situations.
- Students will gain insight into leadership and management styles and learn to manage teams and work groups.
- Students will know how to analyse the concept of entrepreneurship, understand entrepreneurship as an opportunity in terms of career choices and employment, as well as learn to take advantage of their internal entrepreneurship.

Contents
- Leadership and management in health care and nursing
- Conditions and special features of high-quality and cost-effective health care services
- Quality and quality assurance in health care and nursing
- Self-management, internal entrepreneurship and good work community skills
- Team leadership and management
- Planning, prioritisation and resourcing of work duties and working hours
- Solving conflicts in the work community
- Research, innovation and project activities in the development of health care
- Entrepreneurship in social and health care and internal entrepreneurship

Oncology Nursing and Palliative Care SYPHO / 1 ECTS

Competence objectives of study unit
Oncology Nursing and Palliative Care 1 cr SYPHO

Students will
- Learn to nurse patients with different types of cancers in various environments
- Become familiar with the main treatment methods used for cancer patients and in palliative care
- Know how to support the functional capacity, well-being and quality of life of cancer patients and work with customers and their family members as a member of a multiprofessional team
- Know how to assist cancer patients and their family members in safety and decision-making
- Become familiar with the safe and effective administration of pharmacotherapy for cancer patients and patients in need of palliative care
- Know how to provide humane palliative care to incurably ill and long-term patients, as well as to support their family members

**Content of study unit**

Oncology Nursing

Palliative and End-of-Life Nursing

- Current state of cancer treatment
- Procedures and assistance methods used in the treatment of cancer patients
- Safe implementation of cancer treatment
- Services and health support for cancer patients and patients in need of palliative care
- Ethical challenges in the treatment of cancer patients and patients in need of palliative care

Oncology and Pharmacology 1 cr
- Common cancers, their examination and treatment

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**Nursing Philosophy and Evidence Based Practice**

**HOFI / 2 ECTS (2 ECTS English part of a 5 ECTS course)**

**Objectives**

Students will
- Be familiar with the key concepts, values, ethical principles and guidelines in nursing
- Know how to apply the values and ethical principles of nursing, as well as to assess their realisation also in electronic services
- Be able to draw a line between private and professional communication roles in social media
- Understand the knowledge base of nursing
- Identify the responsibility and tasks of nurses
- Be familiar with evidence-based operations in nursing
- Know how to search for information using the most common health sciences databases

**Content of study unit**

The study unit comprises 2 cr of studies offered in English

- Key concepts of epistemology and ethics
- The rights and self-determination of patients
- Identification and handling of ethical problems
- Ethical approach in nursing
- Nursing science as a discipline
- Evidence-based activities – concepts and bases for activities
- Key treatment recommendations
- Information seeking

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**Surgical Nursing**

**KIHO / 2 ECTS (2 ECTS English part of a 4 ECTS course)**
Competence objectives of study unit

Objectives

Students will
- Become familiar with the most common surgical illnesses and the examination and treatment procedures used
- Understand the treatment path for surgical patients
- Gain insight into the foundations, special features and ethical requirements of the surgical treatment process of adult patients of different ages
- Learn to promote occupational and patient safety in the treatment of surgical patients
- Identify infection risks related to the treatment of surgical patients and know how to minimise them
- Learn to assess surgical patients’ needs for care and changes in them, as well the course to follow in sudden events.
- Become proficient in evidence-based surgical nursing methods that support coping
- Learn to plan, administer and evaluate safe and effective medication and fluid therapy for surgical patients
- Know how to plan, carry out and assess the guidance and education of surgical patients jointly with other experts, using a customer- or group-oriented approach
- Learn to use customer-driven education and guidance methods suitable for different situations
- Know how to ensure a current flow of information during the different treatment phases of surgical patients
- Learn to use health care technology in surgical nursing
- Know how to cooperate with patients and their family members as well as with other professional groups participating in the treatment of patients

Contents

The study unit comprises 2 cr of studies offered in English

Surgical Nursing KIHO

Surgical Medicine and Pharmacology 1 cr KIFA
- Treatment path for surgical patients; elective and acute patient
- Pre-, intra- and post-operative nursing
- Most common illnesses requiring surgical treatment, their nursing and rehabilitation - Musculoskeletal diseases
- Gastrointestinal surgical diseases
- Urologic diseases
- Pulmonary, heart and vascular diseases
- Assistance methods used in the treatment of surgical patients - Personal guidance for patients and family members
- Treatment of acute pain and the most common analgesics
- Care of various surgical wounds and ostomies
- Documentation of treatment
Perioperative Nursing PEHO

Competence objectives of study unit

Objectives

Students will
- Understand the treatment path for perioperative patients
- Know how to describe the perioperative treatment process of adult patients
- Be able to work in multiprofessional surgical and anaesthetic teams at the different phases of perioperative nursing
- Become proficient in the fundamentals of surgical and anaesthetic nursing and learn to base their actions on the latest research information
- Understand the special features of medication and fluid therapy for perioperative patients
- Identify infection risks related to perioperative nursing and know how to minimise them
- Become familiar with the most common anaesthetic and analgesic methods
- Know how to prepare patients for anaesthesia and procedures
- Know how to use patient examination, monitoring and care instruments safely, interpret the resulting information and act accordingly
- Know how to report on and document the different phases of perioperative treatment
- Learn to identify the special features of guidance and support provided to perioperative patients
- Be aware of the safety risks in surgical and anaesthetic wards and know how to ensure safe activities
- Understand the tasks of anaesthetic nurses, circulating nurses and surgeon’s assistants and identify the key instruments used
- Know how to use health care technology in nursing
- Be able to perform immediate postoperative observation in the recovery room
- Know how to describe the fundamentals of radiological examinations and radiotherapy
- Know how to prepare and protect patients for examinations and ensure their own safety

Content of study unit

The study unit comprises 2 cr of studies offered in English

Perioperative nursing PEHO

- Perioperative nursing (organisation, tasks and areas of responsibility in team work, care environment)
- Patient and occupational safety in the surgical ward, incl. infection prevention, instrument safety, reporting, documenting, use of checklists
- Team preparation before the procedure (instrument collection, surgical hand disinfection, sterile clothing)
Patient preparation in the surgical ward (incl. operating position, disinfection of the area of operation)
- Operating positions
- Main instruments and surgical assistance
- Immediate postoperative observation in the recovery room

**Anaesthesiology and Pharmacology 1 cr ANFA**
- Anaesthetic procedures
- Observation and care of anaesthetised patient
- Medication and fluid therapy during anaesthesia and in the recovery room; drugs used in different anaesthetic procedures, anti-microbial prophylaxis, anti-nausea medication, fluid therapy during surgery

**Radiography and Radiotherapy 1 cr RASÄ**
- Radiological examinations and radiotherapy
- Radiation safety: Patient and occupational safety

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**Mental Health and Substance Abuse Nursing MIPÄ / 2 ECTS (2 ECTS English part of a 3 ECTS course)**

**Competence objectives of study unit**

**Objectives**

Students will
- Become familiar with the mental health and substance abuse system and be able to work in a networked multiprofessional environment
- Know how to determine and document mental health and substance abuse patients’ needs for care, plan and administer care, evaluate the effectiveness of care and draw the necessary conclusions
- Know how to promote occupational and patient safety in the treatment of mental health and substance abuse patients
- Understand how ethical guidelines, values, principles and legislation steer the treatment of mental health and substance abuse patients
- Be able to identify mental health and substance abuse patients’ needs for care and know how to address problems and refer patients to suitable treatment
- Know how to use mental health and substance abuse treatment methods
- Understand the significance of the nurse-patient relationship and the role played by emotions, attitudes and personality in such a relationship.
- Know how to guide and support patients and their family members
- Know how to use health care technology in mental health and substance abuse nursing
- Know how to administer safe and effective pharmacotherapy in the treatment of mental health and substance abuse patients
- Have the resources to deal with aggressive or violent customers

**Content of study unit**

**Psychiatry and Pharmacology 1 cr PSYFA**

**Nursing**
- Mental health and substance abuse prevention - Ethical issues
- Core legislation
Reception Duties, Outpatient Care, Empowering Nursing of Elderly Patients VAASI / 2 ECTS

Gerontological nursing (2 ECTS English part of a 4 ECTS course)

Competence objectives of study unit

Objectives

Students will

- Learn to work in a customer-driven manner and support customers' systematic self-care and commitment to care
- Know how to assess the need for care and refer customers to the appropriate social and health services
- Know how to use electronic services to guide and treat customers
- Know how to select the customer-driven education and guidance methods best suited to the context
- Be able to work in a multiprofessional work community
- Know how to use communications technology in the guidance and treatment of customers
- Learn to identify the most common geriatric disorders and become familiar with their medical treatment
- Know how to assess and support the functional capacity and resources of elderly patients
- Be able to assess the patients' need for care
- Learn to plan, administer and evaluate safe and effective pharmacotherapy for elderly patients
- Know how to support and guide the family members regarding the treatment of elderly patients
- Adhere to ethical values and principles when nursing elderly patients and respect the life phase of elderly people
- Know how to work to ensure occupational and patient safety
- Be familiar with the national immunisation programme for adults and the vaccination of different groups and know how to administer vaccinations properly and safely
- Be able to identify infection risks related to reception duties and outpatient activities and know how to minimise them

Content of study unit

The study unit comprises 2 cr of studies offered in English

Gerontological Nursing 2 cr
- Aging-related changes
- Policy on the elderly and services for the elderly
- Evaluation of the functional capacity and resources of the elderly and provision of support in different environments
- Safe and effective administration of pharmacotherapy for the elderly
- Involvement of the family members in the treatment of elderly patients

Child, Adolescent and Family Nursing LANU / 2 ECTS (2 ECTS English part of a 4 ECTS course)

- Child, Adolescent and Family Nursing 1 ECTs LANU
- Disability and Disabled Care 1 ECTs LANU

Competence objectives of study unit

Objectives

Students will learn to support and promote the well-being of families with children.

Students will
- Learn to understand the rights of children and the principles of treatment of children and adolescents
- Know how to promote patient safety in the nursing of children
- Become familiar with the development of children at different stages and know how to support and promote the growth and development of a healthy child
- Know how to support and guide families with children in questions related to parenthood and identify related resources and risk factors
- Become familiar with common diseases of children and adolescents, as well as their prevention, treatment and rehabilitation methods
- Learn to identify delays/deviations in growth and development
- Know how to adopt a critical approach to searching for, using and evaluating evidence-based knowledge and use it to develop the nursing of children and adolescents
- Know how to determine and document the care needs of a child patient, plan and administer evidence-based nursing and evaluate its effectiveness
- Be able to use health care technology in the nursing of children and adolescents
- Become proficient in the principles of clinical examination of children
- Understand the principles of advanced resuscitation of children
- Know how to guide children and families in various situations related to health and disease
- Understand the pharmacological basics of children’s medication and know how to administer pharmacotherapy and fluid therapy to children and adolescents safely and effectively
- Become familiar with the national immunisation programme for children, the vaccines and the vaccination of children and adolescents
- Know how to support the functional capacity of the developmentally disabled and disabled
- Become familiar with the main causes of developmental disability and related disorders
- Understand the special features of the nursing of the developmentally disabled and disabled at different stages of life
- Become acquainted with key legislation and the service system related to the nursing of the developmentally disabled
- Know how to help the families of disabled children cope and deal with everyday life
- Understand the status and rights of the developmentally disabled as health care customers and patients

Content of study unit

Child, Adolescent and Family Nursing 4 cr

Contents
- Legislation concerning children, children's rights and the ethical principles of the nursing of children
- Monitoring of the growth and development of a healthy child and adolescent
- Forms and methods of family nursing
- The most common surgical disorders, infectious diseases and long-term illnesses of children and adolescents, their treatment and rehabilitation in accordance with the process
- Delays/deviations in the growth and development of children and adolescents
- Current evidence-based literature related to the field
- Documentation in accordance with the nursing process
- Clinical examination of child patients and the use of various assessment methods to support care-related decision-making
- Preparation of children for procedures
- Assessment of children's pain and pain management
- Advanced resuscitation of children
- Different guidance and education methods and the use of play in treatment
- Pharmacology of children and adolescents, various ways to administer medication, monitoring of the effectiveness of medication and guidance of pharmacological treatment
- National immunisation programme for children
- Planning, administration and evaluation of fluid therapy for children

**Paediatrics and Pharmacology 1 cr**
- Students will become familiar with the most common children’s diseases and their treatment

**The study unit comprises 2 cr of studies offered in English**

**Disability and Disabled Care 1 cr**

**Contents**

- Causes of developmental disability and related disorders
- Provision of support for the functional capacity and involvement of the developmentally disabled and disabled, as well as rehabilitation
- Special features of the nursing of the developmentally disabled and disabled
- Legislation and the service system related to the nursing of the developmentally disabled
- Provision of support for developmentally disabled and disabled children and adolescents and their families, as well as the status and rights of the developmentally disabled

**Internal Medicine Nursing SIHO / 2 ECTS (2 ECTS English part of a 6 ECTS course)**

**Objectives**

- Students will become familiar with the treatment path of internal medicine patients.
- Students will know how to determine and document internal medicine patients’ needs for care, plan and administer care, evaluate the effectiveness of care and draw the necessary conclusions.
- Students will be able to apply evidence-based knowledge at the different phases of nursing.
- Students will learn to promote patient safety in the treatment of internal medicine patients, identify the infection risks related to such treatment and take proper action to minimise the risks.
- Students will be able to identify and provide immediate first aid in sudden attacks of illness.
- Students will know how to support and give advice to patients and their family members about managing health problems and carrying out lifestyle changes required for common internal medicine disorders.
- Students can select the customer-oriented teaching and guidance methods, such as individual or group guidance, best suited to the context.
- Students will understand the impact of long-term illness in the life of an internal medicine patient.
- Students will know how to support the patient’s self-care and commitment to treatment.
- Students will be familiar with the safe and effective administration of pharmacotherapy and fluid therapy to internal medicine patients.
- Students will know how to use health care technology in the treatment of internal medicine patients.
- Students will become familiar with the roles and responsibilities of different professional groups and will understand the importance of cooperation in maintaining and promoting the functional capacity of internal medicine patients.

Content of study unit
The study unit comprises 2 cr of studies offered in English

- Treatment paths of internal medicine patients, acute and long-term patient
- The most common illnesses requiring conservative treatment, their nursing and rehabilitation
- Nursing of heart disease patients
- Nursing of acute chest pain patients
- Nursing of acute respiratory deficiency patients
- Nursing of patients suffering from respiratory disorders
- Nursing of patients suffering from endocrine disorders
- Nursing of patients suffering from musculoskeletal disorders
- Nursing of patients suffering from neurologic disorders
- Nursing of patients suffering from intestinal disorders
- Nursing of patients suffering from kidney and liver disorders
- Assistance methods used in the treatment of internal medicine patients - Personal guidance for patients and family members
- Support for commitment to treatment
- Documentation of consent
- Documentation of treatment
- Fluid therapy and pharmacotherapy plan and administration
- Advanced resuscitation

Promotion of Sexual and Reproductive Health and Family Nursing SELINA / 2 ECTS (2 ECTS English part of a 4 ECTS course)

Objectives
Students will
- Learn to describe the content of sexual and reproductive health concepts and their significance in promoting the health of individuals and families
- Understand the key observation methods and health advice in the care of pregnant women
- Be able to describe the stages of a normal delivery and nursing methods
- Understand the basic care and observation of the mother during the postpartum period
- Learn to plan, administer and evaluate safe and effective pharmacotherapy for sexual and reproductive health
- Know how to use health care technology in the care of pregnant, parturient and postpartum women and gynaecological patients
- Know the most common high-risk diseases, their causes, symptoms and treatment
- Know the most common gynaecological disorders, their causes, symptoms and treatment
- Know the most common andrological disorders
- Be able to determine and document the objectives, methods, administration and assessment of care from the perspective of nursing
- Be able to take into account the cultural background and values of people as part of sexual and reproductive health
- Know how to support the involvement of customers in the promotion of patient safety

Contents
Promotion of Sexual and Reproductive Health, Women’s Care 4 cr SELINA
- Sexual and reproductive health of women and men and its promotion
- Monitoring and health advice during pregnancy
- Treatment process for a normal delivery
- Observation and care of the mother and healthy neonatal baby in the maternity ward
- Breastfeeding
- Contraception/emergency contraception
Obstetrics, Gynaecology and Pharmacology 1 cr SYNFA
- High-risk pregnancies
- Abnormal delivery
- Examination and care of gynaecological patients
- Gynaecological procedures and operations
- Gynaecological infections and venereal diseases
- Gynaecological tumors
- Pharmacology related to Sexual and Reproductive Health