NURSING

Bachelor of Health Care 210 cr | Dual Degree 105 cr
Pori

FINLAND
Finland is situated in northern Europe called Scandinavia and it has a long history with Sweden and Russia. Finland is a small country on a global scale and independent Finland will become 100 years old on 6 December 2017. The population of Finland is 5.5 million and it makes up only 0.07 per cent of the world’s population.

SATAKUNTA AND PORI
Satakunta, the oldest historical province in Finland, is located on the southwest coast of Finland. The regional centre is the city of Pori with about 85,000 inhabitants. Pori offers spacious and safe living conditions, a lot of green nature and excellent opportunities for leisure activities.

SATAKUNTA UNIVERSITY OF APPLIED SCIENCES
Satakunta University of Applied Science (SAMK) is situated in Pori on the western coast of Finland, 240 km northwest from the capital of Finland, Helsinki. In SAMK the total number of students is around 6,000 and it has 400 employees. SAMK has four campuses and they are located in Pori, Rauma, Huittinen and Kankaanpää. A new campus welcomes students in the centre of Pori in August 2017. Nursing studies are provided on Pori campus (full-time studies) and Rauma campus (multiform learning).

In 2016 SAMK was awarded the fourth place among the universities of applied sciences in Finland on the basis of the feedback from graduating students. The nursing graduates from SAMK work in hospitals and community settings, undertaking more specialist and responsible roles as their careers progress.

The studies prepare students for work within the health care sector and enable the development of more specialist nursing knowledge and skills for a variety of clinical roles.

BACHELOR OF HEALTH CARE, 210 CREDITS
The Bachelor’s Degree Programme in Nursing is provided by the Faculty of Health and Welfare. The curriculum of the Dual Degree follows the curriculum of the Degree Programme in Nursing 2017. Each CZU student will get an individual study plan which is planned together with a mentor from SAMK. The plan is made at the beginning of the studies.

Nursing competences are based on ethical principles, comprehensive and multidisciplinary knowledge, practical skills and interaction skills. Professional nursing competence includes comprehensive practical skills and knowledge which enable students to work independently in expert tasks in the respective field. To work as an authorised nurse in Finland or in the European Union, the student has to apply for registration in the register maintained by Valvira, a National Supervising Authority for Welfare and Health in Finland. Registration can be applied for after the degree has been completed.
DUAL DEGREE, 105 CREDITS

In the dual degree programme the CZU students will study according to the curriculum of the Degree Programme in Nursing at SAMK and complete 105 credits. The degree corresponds with the competence requirements for nurses in Finland and in the European Union. Two years of full-time studies in SAMK will enable students to develop the knowledge and skills needed in working confidently and effectively within the constantly changing hospital and community-based settings.

The students will continue to explore the themes studied in CZU. They will have both online studies and contact classes. Theoretical studies (18 cr) include entrepreneurship studies and research and development in nursing. The students will learn essential nursing skills needed in nursing practice and they will complete clinical practice under the supervision of named mentors at elective placements. Clinical placements promoting professional competence in nursing comply with the requirements of the EU directive 2013/55/EU on the clinical practice in training of nurses responsible for general nursing. Nursing students complete 90 cr of clinical practice which includes 10 cr of simulation at the university and a Bachelor’s Thesis (15 cr).

THEORETICAL STUDIES (15 CR)

The Research and Developing Methods in Nursing (5 cr) course includes the methods used in development and innovation activities: the most important research methods in nursing science; development process; project work; information retrieval; the most important data bases of health sciences and other sources with summarised knowledge; making use of research results; scientific writing and research communication.

The Management and Quality Development of Services (5 cr) course includes basics of management (managing competences, self-management, basics of management in nursing); self-management and competence management; critical reflection of one’s own actions; prioritization of work tasks and the responsibilities of the team leader; cost effectiveness and economic functions; processes of change in social services and health care and their effect on the individual nurse’s work; leadership in a team and in different situations; strategic planning process in nursing; legislation and national quality recommendations and requirements; patient classifications, treatment recommendations and ethical principles; quality systems and quality management; the present state of leadership and future challenges; multidisciplinary future studies; methods of quality development in nursing as part of social and health care services.

Advanced Studies in Clinical Competence (5 cr) includes deepening of the nurse’s expertise in various nursing settings; the nurse’s career opportunities; the roles of different actors in evidence-based actions and development of evidence-based practice; evidence-based practice and decision-making; production, use and development of evidence-based actions; development of work practice in nursing; current policies and research programmes in social and health care.

Basics of Entrepreneurships includes the significance of entrepreneurship in society; business prospects and entrepreneurship in one’s own field; different forms of entrepreneurship as a career option, networking and sales-minded approach in entrepreneurship; recognizing the key phases in starting a business; the basics of planning a business; company forms.
BACHELOR’S THESIS AND MATURITY TEST (15 CR)
Bachelor’s Thesis studies (15 cr) include a Maturity Exam. In SAMK the students will study the core themes of research and quality enhancement. They will also complete a thesis on a topic of their choice. The aim of the thesis is to demonstrate the student’s ability to apply his or her knowledge and skills in a practical professional task. Bachelor’s Thesis is a comprehensive process of professional growth, where both professional and generic competences are developed. The student who has completed a Bachelor’s Thesis is able to develop his or her own profession and nursing in general on the basis of research results and his or her own critical notions.

CLINICAL PRACTICE (65 CR) AND SIMULATION (10 CR)
Two years of studies in SAMK include eight clinical placements in clinical settings in Finland. A placement period refers to 7.5 cr (five weeks), i.e. 200 working hours excluding the Entrepreneurship Practice in Nursing which is 5 credits, i.e. 132 hours and Advanced Clinical Practice in Nursing which is 15 credits, i.e. 400 hours.

In Finland one week in a clinical placement includes 40 hours of work. The total number of clinical placement credits is 65 credits or 1732 hours. The total number of simulation practice is 10 credits in SAMK. Simulation practice is part of clinical practice. CZU students have to pass simulation practice and clinical calculations before every clinical placement. Simulation practice consists of 1 cr or 26.40 hours and the credits (10 cr) are completed during the two-year period of studies from the beginning of the studies to graduation.

The clinical placement opportunities in SAMK are diverse and the students can get experience from a wide variety of care settings, including urban and rural as well as hospital and community-based settings. In clinical placements care is provided 24/7 and the students will need to work during all hours including weekends and night duties. In the clinical placements the students learn key generic and field specific clinical skills, complex and significant health issues across the lifespan, health services for the public and vulnerable individuals and groups and delivering client-centered, safe and effective nursing care. Clinical practice also provides opportunities for students to deepen their understanding of acute unscheduled care and the integration of health and social care. Clinical practice is carried out in social services and health care settings, in primary health care, specialized nursing and private health care settings approved by SAMK.

CLINICAL PRACTICE AND THE DESCRIPTIONS OF THE CONTENT OF THE CLINICAL PRACTICE PERIODS.

BASIC CLINICAL PRACTISE
Public or private care home: meeting clients/patients of different ages; client/patient-centred nursing process; the effects of the client’s life history, habits and living conditions on nursing; professional communication and interaction; professional and nurse-patient interaction, dialogue, client work skills, communication skills; the significance of the cultural background in meeting clients and in interaction; attention to patient/client safety; aid and support in daily activities; working as a member of the work community; responsible actions and learning. 7,5 CR

CLINICAL PRACTICE IN BASICS OF CLINICAL NURSING CARE
Health care centre: examination and follow-up of the symptoms and status of the clients/patients of different age groups; the most important clinical nursing procedures and diagnostic investigations; prevention of infections and asepsis; nursing interventions; administration of medicines under supervision; promotion and maintenance of the client’s/ patient’s health and function; alleviation of the client’s/patient’s pain and suffering, even in the terminal stage; documentation and reporting on nursing care. 7,5 CR
CLINICAL PRACTISE A
Central hospital, Pori City Hospital, Rauma City Hospital, the health care centre in Eurajoki, private hospitals in Pori or Rauma: the most common health problems of medical/cancer patients; the elderly and nursing interventions; the most common examinations and nursing procedures; specific features of medication; planning, implementation and assessment of medication and provision of medicines, assessment and support of resources and functional capacity in the different phases of the life cycle and in different contexts; working as a member of a multidisciplinary team; use of nursing and monitoring equipment and patient data bases; nutrition treatment and special diets related to the most common diseases; CPR.
7,5 CR

CLINICAL PRACTISE B
Central hospital, Pori City Hospital, Rauma City Hospital, the health care centre in Eurajoki, private hospitals in Pori or Rauma: perioperative (pre, intra and postoperative nursing) nursing process; the most common health problems of surgical patients and the related nursing interventions; the most common diagnostic and nursing procedures; assessment of the need for care in acute cases; actions in emergency situations and in situations demanding immediate care; specific features of medication; support of functional capacity, working as a member of a multidisciplinary team; use of nursing and monitoring equipment and patient record systems.
7,5 CR

CLINICAL PRACTISE C
Central hospital, Pori City Hospital, Rauma City Hospital, the health care centre in Eurajoki, private hospitals in Pori or Rauma, PitkisSport (a camp for children with learning disabilities or neurological symptoms); children’s and adolescents’ growth and development and their disturbances; the most common health problems and the related nursing interventions; family-centredness in nursing; different forms and methods of family nursing; sexual health; the most common examination and nursing procedures; specific features of medication; specific ethical principles in nursing children, adolescents and families; networking.
7,5 CR

CLINICAL PRACTISE D
Central hospital, the private and public sector; promotion of the mental health of the population; the health problems, resources, early intervention and other intervention methods of mental health and substance abuse clients/patients; nursing relationship; early intervention and support; specific features of medication; acute crisis and its treatment; legislation and ethical principles of mental health and substance abuse work; multidisciplinary networking.
7,5 CR

ENTREPRENEURSHIP PRACTICE IN NURSING
Soteekki: the prerequisites for the functions of a social and health care service company; clients and client services; the functional process of companies; entrepreneurial way of working; development of a company; work community skills; superior, employee and cooperation skills.
5 CR

ADVANCED CLINICAL PRACTICE IN NURSING
Central Hospital, Pori City Hospital, Rauma City Hospital, a health care centre in Satakunta area, private hospitals in Pori or Rauma: working as an expert in nursing; evidence-based actions; self-management; situational leadership; planning and decision-making in nursing; decisions on the need for nursing care; planning, implementation and assessment of nursing care; documentation of nursing; quality in nursing; development of work setting based nursing.
15 CR