

## Nursing courses

Every course consists of workshops and simulations, and exams. To get full credits the exchange student should participate in every part of the course.

### Autumn 2021

Component code	Component Title	ECTS
NRK1352	Gerontological nursing	4
<p>After completing the course, a student:</p> <ul style="list-style-type: none"> <li>– is able to describe the basic ethical values of gerontological nursing and identify ethically challenging situations</li> <li>– knows the contents of legislation that guides gerontological nursing</li> <li>– is able to search and utilize nursing research information that pertains to gerontological nursing</li> <li>– is able to describe common occurrences and typical health changes related to normal aging</li> <li>– understands the importance of client-orientation in gerontological nursing</li> <li>– is able to describe the importance of home health and different support services in the service system for the elderly</li> <li>– understands progressive memory disorders in the elderly and is able to care for a patient with a memory disorder</li> <li>– knows about the most common infections and other diseases in the elderly</li> <li>– is able to take into account the elderly person's own resources during the nursing process and understands the importance of a rehabilitative nursing</li> <li>– is able to take into account the elderly's family and friends, and support and guide them during the nursing process</li> <li>– is able to use different measurement tools in evaluating functional ability of the elderly</li> <li>– knows the characteristics of pharmacological treatment of the elderly and is able to implement safe pharmacological treatment</li> <li>– knows current important aspects of gerontological nursing</li> </ul> <p>The content of the course:</p> <ul style="list-style-type: none"> <li>– Legislation and quality guidelines</li> <li>– Social and health care service structure, family caregivers, social benefits and client guidance</li> <li>– Ethical situations in nursing</li> <li>– Health changes related to normal aging</li> <li>– Sexuality and aging</li> <li>– Memory disorders</li> <li>– Most common infections and diseases of the elderly</li> <li>– Participation of the elderly and her/his family in nursing, support and guidance of them</li> <li>– Functional ability, resources and evaluation of functional ability</li> <li>– Multi-professional co-operation</li> <li>– Evidence-based knowledge</li> <li>– Safe pharmacological treatment</li> </ul>		

NRK1294	Medical nursing	8
<p>After completing the course, a student:</p> <ul style="list-style-type: none"> <li>– is able to define the nursing needs of a medical patient; can plan, implement and evaluate nursing according to the decision-making process</li> <li>– is able to plan, administer and evaluate safe pharmacological treatment in the care of a medical patient</li> <li>– is able to plan, implement and evaluate education and teaching of a medical patient, together with other professionals</li> <li>– is able to utilize research knowledge in nursing decision making</li> <li>– is able to recognize ethical problems in nursing</li> <li>– is able to recognize and prevent risk factors that cause deterioration of a medical patient’s health and functional ability</li> <li>– masters the use of the most important care and monitoring equipment used in nursing</li> <li>– is able to promote patient safety in all phases of the patient’s treatment process</li> </ul> <p>The content of the course:</p> <ul style="list-style-type: none"> <li>– Client-orientated and multi-professional process of service provision</li> <li>– The most common internal diseases, neurological diseases and cancers</li> <li>– Nursing interventions in the care of a medical patient</li> <li>– Safe use of care and monitoring equipment</li> <li>– Education and teaching methods</li> <li>– The link between health habits and health, prevention of risk behavior</li> <li>– National and international nursing recommendations and guidelines in the care of different kinds of diseases</li> <li>– The state of health and wellbeing in the population and factors related to health</li> <li>– Commitment to treatment</li> </ul>		

NRK1297	Surgical nursing	8
<p>After completing the course, a student:</p> <ul style="list-style-type: none"> <li>– is able to define the nursing needs of a surgical patient, can plan, implement and evaluate nursing according to the decision making process</li> <li>– is able to plan, administer and evaluate safe pharmacological treatment in the care of a surgical patient</li> <li>– is able to plan, implement and evaluate client oriented education and teaching, together with other professionals</li> <li>– is able to educate the client/patient about appropriate surgical care</li> <li>– masters infection control in the nursing care of a surgical patient</li> <li>– masters the use of the most important care and monitoring equipment used in nursing</li> <li>– is able to recognize ethical problems in surgical nursing</li> <li>– is able to recognize and prevent risk factors that cause deterioration of a surgical patient’s health and functional ability</li> <li>– is able to promote patient safety in all phases of the patient’s treatment process</li> </ul> <p>The content of the course:</p> <ul style="list-style-type: none"> <li>– The most common diseases and symptoms requiring surgical treatment</li> <li>– Pre-, intra- and postoperative care</li> <li>– Nursing interventions in the care of a surgical patient</li> <li>– Bloodtransfusions (ABO- online course)</li> <li>– Pharmacological treatment of a surgical patient: pain- and nausea management, antimicrobials, fluid- and nutritional therapy The safe use of care and monitoring equipment</li> </ul>		

- Infection control and aseptic technique Education and teaching methods; contents, forms and evaluation
- Client-orientated and multi-professional process of service provision
- Commitment to treatment
- Patient consent to surgical treatment Assessment and prevention of risk behavior  
Development of injury

NRK1309	<b>Child and family nursing</b>	7
<p>After completing the course, a student:</p> <ul style="list-style-type: none"> <li>– is able to provide family centered nursing care</li> <li>– is able to provide nursing care for families, children and young people of different ages and in various life situations</li> <li>– is able to use appropriate education and teaching methods for families, children and young people of different ages and in various life situations, in the most common nursing situations, and is able to use education material in a goal-directed manner</li> <li>– masters the most common nursing interventions and diagnostic examinations as part of the client's overall care</li> <li>– is able to actively utilize research based recommendations</li> <li>– assesses, develops and is responsible for her/his own professional work as a nurse</li> <li>– masters infection control and the prevention of infectious diseases</li> <li>– is able to recognize risk factors and target support to the ones in need</li> <li>– recognizes needs for change, and is able to define goals and agree on interventions in order to achieve these goals</li> <li>– is able to plan, administer and evaluate safe pharmacological treatment, using aseptic technique, in the nursing care of clients of different ages and diseases</li> <li>– understands the significance of different services for the client and her/his family, as part of the treatment and service process</li> <li>– understands ethical aspects of nursing</li> <li>– is able to represent the client and nursing profession in different multi-professional environments</li> <li>– is able to promote patient safety in all phases of the nursing process</li> <li>– is able to advice clients and their close ones in decision making concerning the treatment and in promoting safety</li> <li>– is familiar with the use of patient record systems</li> <li>– acts responsibly in maintaining information confidentiality and security</li> </ul>		

NRK1299	<b>Mental health and substance abuse care</b>	7
<p>After completing the course, a student: student:</p> <ul style="list-style-type: none"> <li>– is able to encounter a mental health, crisis and substance abuse client and his/her family.</li> <li>– is able to maintain therapeutic interaction in various social- and health care and cultural settings, in a resource-based manner while promoting mental health and preventing disorders.</li> <li>– understands the effects of mental health and substance abuse on the wellbeing of a person and his/her family.</li> <li>– is able to support a client in acute crisis.</li> <li>– is able to support the participation of family members in nursing care, while respecting the client's opinions and resources.</li> </ul>		

The content of the course:

- Basic knowledge of the most common mental health disorders and their nursing care.
- Acute crisis and crisis intervention.
- The effects of mental health and substance abuse problems on the individual, family, community and society.
- Legislation regarding mental health, substance abuse and crisis care.
- Ethical competence and use of coercion.
- The promotion of mental health in different age groups.
- Nursing interventions in mental health care.
- The cooperative relationship between patient and nurse, the role of the patient’s “own nurse” and use of own personality in nursing care.
- Multi-professional co-operation and networking.
- Multi-cultural mental health care
- Early identification and discussion of risks and disadvantages related to substance abuse.
- The development and aspects of an addiction.
- Mental health care and substance abuse service system.
- Safe pharmacological treatment in mental health care and substance abuse nursing.
- Encountering an aggressive or challenging client.

NRK1300	Acute care	6
<p>After completing the course, a student</p> <ul style="list-style-type: none"> <li>– understands the nursing process of a client/patient in acute care</li> <li>– is able to assess the patient’s need for care</li> <li>– knows nursing interventions in out-patient clinic (polyclinic) care</li> <li>– knows nursing interventions in the care of a surgical, emergency and intensive care patient</li> <li>– is able to provide nursing care for a patient needing emergency or intensive care in a monitoring and intensive care environment</li> <li>– understands the basic monitoring and education of a patient and and will become acquainted with the methods of invasive monitoring</li> <li>– understands the nursing interventions: pain management, wound care and fluid therapy</li> <li>– implements the principles of infection control</li> <li>– implements the principles of aseptic and sterile technique</li> <li>– administers safe pharmacological treatment</li> <li>– is able to document the nursing care of a patient and provide information about changes in the nursing care</li> <li>– acquires sufficient clinical nursing skills to be able to implement and practice them under supervision, in the working environment of specialized health care</li> </ul> <p>The content of the course:</p> <ul style="list-style-type: none"> <li>– Nursing of a critically ill patient</li> <li>– Emergency nursing</li> <li>– Nursing care in an out-patient clinic</li> <li>– Perioperative nursing</li> <li>– Nursing interventions</li> <li>– Clinical skills in nursing</li> <li>– Safe pharmacological treatment</li> <li>– Infection control in nursing</li> </ul>		