

LAUREA UNIVERSITY OF APPLIED SCIENCES

Complementary competence (bachelor's studies), Laurea Tikkurila, CCV14SY

Operating environment

COMPLEMENTARY COMPETENCE IN BACHELOR'S DEGREE PROGRAMMES

Elective studies compiled into modules

Elective studies are a part of completing a university of applied sciences degree. Complementary modules make it possible to deepen or extend your knowledge.

From autumn 2014, elective studies will be offered in modules. The modules being offered at Laurea are all listed and described in each campus's own complementary competence curricula.

The modules comprise competence areas. A module typically includes at least two study units, but alternatively competence can also be developed in projects. Credits can also be gained through recognition of prior learning or demonstrations.

Complementary competence modules are also well-suited for further education for those students, who have completed a degree. Graduates can enrol in them as students of the Open University of Applied Sciences.

Modules further competency in a subject area

The scope of a module is 15 - 30 credits. Complementary competence modules support individual study paths and competence. Complementary competence modules that are compatible with the student's professional goals can include in his/her degree. The compatibility of the elective studies with the degree will be subject to prior agreement with the teacher tutor.

Learning is made relevant to workplace development and the student's personal goals. The learning outcomes specified for the modules build on future workplace needs and Laurea's focus areas.

Completion of studies

Campus-specific curricula describe what studies a unit has planned to offer over the course of a degree programme. Not all courses are held every year, rather a new list of available courses is planned and published each academic year according to demand.

The competences described in the module can be developed either by participating in study units or working in projects. Please note that in some education forms projects are the primary way of gathering credits. The study unit implementation plans specify the objectives, content and implementation form of the studies. The topic of the project and the competences developed by participating in it will be clarified when the project is added to the study offer. The scope of the project will be agreed on in each case.

The modules have been designed so that they can mainly be completed in the course of one or two semesters. Study units can be implemented either in Finnish or in English. The language of the implementation is decided for each semester and is visible in the study unit offer.

In order for a student to further their competency, we recommend that the student selects entire modules, but it is also possible for a student to select individual study units (courses) from within modules.

Flexible Possibilities for Completing Attainments and Specialising

Any studies in an institution of higher education can be counted as advanced competency. In addition to complementary competence studies presented in the curriculum the student can for example

- select complementary competence studies offered on Laurea's different campuses
- select a core competence module in another degree programme as their advance competency

- include in the degree studies selected from the offer of the FUAS Federation, or HAMK University of Applied Sciences and Lahti university of Applied Sciences

Completion of studies

Campus-specific curricula describe what studies a unit has planned to offer over the course of a degree programme. Not all courses are held every year, rather a new list of available courses is planned and published each academic year according to demand.

In order for a student to further their competency, we recommend that the student selects entire modules, but it is also possible for a student to select individual study units (courses) from within modules.

Curriculum Development

The offering of the complementary modules is constantly under development to match the requirements of the working life and thus the offering may change during the studies. Up to date plans on the available advanced competency modules will be published each academic year.

1. year		
Y	CORE COMPETENCE	
T	COMPLEMENTARY COMPETENCE	40
V081	CLINICAL NURSING	
V0157	Intensive Care Nursing	5
V082	HEALTH AND WELLBEING FROM GLOBAL PERSPECTIVE	
01470	Student Tutor Activities	5
V1314	Encounter art and music promoting wellbeing	5
01465	New Technological Solutions and Innovations for Social and Health Care	5
01464	Global Health	5
V1362	Wellness at Work	5
01439	Current Developments and Innovations in Social and Health Care in Finland	5
01440	Multicultural and Multidisciplinary Professional Competences	5
		40

V081 CLINICAL NURSING, 15 cr

Description:

The core of this module is to implement values, principles and ethical codes as well as patient safety in perioperative nursing. Students are able to recognize needs and areas for development in perioperative nursing. After module student can work as a member of multi-professional team during nursing basic perioperative processes.

Learning process:

The competences described in the module can be developed either by participating in study units or working in projects. Please note that in some education forms projects are the primary way of gathering credits.

In the projects you participate in the development work of domestic or international businesses and communities and in project work. The language used in the project can be either Finnish or English. Projects can also focus on developing the student's own business. The topic of the project and the competences developed by participating in it will be clarified when the project is added to the study offer. The scope of the project will be agreed on in each case. The competences generated in the projects can partly be included in the learning outcomes of some other module(s) and thus the credits can be divided between several modules.

Responsible persons:

Tikkurila: Tuula Ikonen

V0157 Intensive Care Nursing, 5 cr

The student is able to:

- practise in a patient representative manner in intensive care nursing
- apply concepts of intensive care nursing fluently and critically
- maintain patient's vital functions during intensive care
- define "a status" of intensive care patient and perform intensive care nursing by 1) recognizing the changes and needs, 2) planning and performing IC and ICN interventions and 3) assessing the outcomes concerning IC patient's:
 - tissue perfusion
 - heart rhythm and cardiac arrhythmias
 - ventilation and oxygenation
 - elimination
 - homeostasis and fluid balance
 - patient's nutrition
 - skin condition
 - sleep pattern and ability to rest
 - movement
 - interaction and communication
 - pain and pain management
 - anxiety
 - exhaustion
 - fear
 - and family members' emotional reactions to intensive care
- perform intensive care nursing interventions as a member in multiprofessional ICU team
- perform safe intensive care nursing
- support the integrity of intensive care patients and their families when encountering the patients and their families
- critically implement international and national evidence based interventions, principles, programs and theories in intensive care nursing
- apply advanced and multidisciplinary evidence based knowledge in intensive care nursing
- perform structured documentation in intensive care nursing to facilitate the continuity of the care
- critically assess the central interventions, principles, programs and theories in intensive care nursing
- facilitate professional development of his/her own or members' of intensive care nursing team
- communicate both verbally and literally to intensive care and nursing professionals, patients and their families, and to the public audiences

Contents of the study unit:

- values, principles, ethical codes and philosophy of intensive care and intensive care nursing
- basic concepts of intensive care and intensive care nursing
- Advanced CPR in intensive care unit
- Evidence based knowledge of ICU patients' central interventions, principles, programs and theories concerning:
 - tissue perfusion,
 - heart rhythm and cardiac arrhythmias
 - oxygenation by mechanical invasive and non-invasive ventilation
 - elimination
 - fluid balance
 - patient's nutrition, (iv-therapy, transfusion and complement therapy
 - skin condition
 - sleep pattern and ability to rest
 - movement and prevention of pressure ulcers,
 - interaction and communication
 - pain and pain management
 - anxiety
 - exhaustion
 - fear
 - and family members' emotional reactions to intensive care
- information on equipment, instruments, and technology used in monitoring, assessing and maintaining patients vital functions and intensive care interventions
- safe intensive care nursing (risk management, ergonomics, infection control and aseptic practice, occupational safety)
- structured documentation in intensive care nursing
- Team work in ICU
- principles of crisis psychology when encountering the patients and their families in intensive care

Study unit description:

The study unit is performed as e-learning supported theoretical, simulation and e-activity studies where the students practise acting in core intensive care situations in nursing and multidisciplinary teams. In simulation laboratories they learn to recognise changes in vital functions and to protect vital functions in changing intensive care nursing care situations and learn how to support the integrity of patients and their families when encountering the patients and their families during intensive care. In e-learning environment the students practice intensive care nursing by searching and using evidence from research, evidence-based theories, and experiences of opinion leaders / expert panels. During the study unit they achieve skills for clinical decision making by: assessing patient's history and physical exam, availability of healthcare resources; seeking information concerning patient preferences and values; and defining clinical expertise in ICN.

V082 HEALTH AND WELLBEING FROM GLOBAL PERSPECTIVE, 30 cr**Description:**

In this study module students will be able to gain expertise on different innovative solutions and best practices aimed to promote health and wellbeing globally, on individual, community and society level. Students will be able to recognize the impact of globalization on health and wellbeing and to increase their awareness of ethical knowledge, values, principles, legislation and recommendations in global health and wellbeing policies. Students will be able to analyze effective innovative and technological models and projects in health and wellness promotion worldwide. Students are also able to recognize and practice different multidisciplinary ways and methods of wellness promotion in different contexts within social and health care.

Learning process:

The competences described in the module can be developed either by participating in study units or working in projects. Please note that in some education forms projects are the primary way of gathering credits.

In the projects you participate in the development work of domestic or international businesses and communities and in project work. The language used in the project can be either Finnish or English. Projects can also focus on developing the student's own business. The topic of the project and the competences developed by participating in it will be clarified when the project is added to the study offer. The scope of the project will be agreed on in each case.

The competences generated in the projects can partly be included in the learning outcomes of some other module(s) and thus the credits can be divided between several modules.

Responsible persons:

Tikkurila: Tuula Ikonen

01470 Student Tutor Activities, 5 cr

The student is able to:

Student is able to

- understand the objectives and operating methods of Laurea and his or her own degree programme.
- plan new operating methods to enhance the commitment of new students
- perceive the content of his or her own culture
- provide new students from different cultures with information on the learning environment and culture of the Laurea community
- market Laurea University of Applied Sciences and the opportunities for study offered by Laurea
- apply communication and marketing skills required in the marketing of Laurea
- act as a mentor for students in need of support

understand the significance of effective tutoring activities for the promotion of well-being in the community

Contents of the study unit:

Campus-specific meetings according to an agreed-upon schedule and the planning of tutoring

Training events for tutors organised by Laurea

Creating their own competence profile in the Kyvyt.fi service and acting as a 'reflection tutor' in the context of the online service

Tutoring activities related to entrance examinations in the spring and in the autumn

Providing new students with an introduction to Laurea at the start of each term in September and January

Providing guidance to international and exchange students throughout the term

The planning of the Freshers' Event and the Pre-Freshers' Event Party

Support measures for new students related to themes addressed in the study unit on career planning in accordance with the agreed upon division of labour

Participation in campus events at the student's own campus

Study unit description:

The students learn how to evaluate tutoring from the viewpoint of their own campus and the educational responsibilities that exist in that campus

They know how to instruct new students in the Laurea operating culture

The students are familiar with the systems currently in use

They know how to create a competence portfolio for themselves and are able to support new students in the creation of a competence portfolio at the kyvyt.fi service.

They are familiar with the learning environments of their campus and have the capacity to represent the campus in different events where necessary

The students are familiar with working methods in the area of career planning and, in cooperation with a teacher tutor, are able to support new students in matters related to career planning

They have the capacity to act as an active promoter of the work community and student well-being

Previous studies:

A student acting as a student tutor must be a member of the student union of Laurea University of Applied Sciences.

V1314 Encounter art and music promoting wellbeing, 5 cr

The student is able to:

The goal of this study unit is that student gets familiar with Encounter Art and music methods used in Finnish Health and Social care. He/she knows short history, the basic concepts, some of the processes and has understanding what kind of tasks and possibilities National level program called Wellbeing from Art and Culture (Liikanen 2010.) gives in Finland. Students are aware of research findings of this area and they get experiences through workshops

about Encounter Art and music. In seminar students also learn from each other's presentations of essays and good practices from their own countries.

Contents of the study unit:

A. Short history, basic concepts, Networks and Program, 2 credits

- From work as rehabilitation to Art therapy
- Wellbeing from Art –network established 1992
- Wellbeing from Art and Culture –Program 2010
- Encounter Art's basic principles and workshops
- Music promoting wellbeing; workshops

B. Art-based projects and research findings, 1 credits

- Music promoting wellbeing: Remember that song and Research in rehabilitation
- Encounter Art and Clinical Art research findings

C. 2 Essays from optional articles and good practices from their own countries, 2 credits

CREDITS:

A + B + Learning diary = 3 credits

A + B + C+ Learning diary = 5 credits

01465 New Technological Solutions and Innovations for Social and Health Care, 5 cr

The student is able to:

The student is able to

- identify current technological solutions and innovations for social and health care
- recognize differences and similarities in challenges related to the aging of global population, such as loneliness and changes in service structures
- evaluate methods for developing technological solutions for social and health care
- gain more project based learning, know-how and competence in utilizing ideas of technology for social and health care
- analyse ethical aspects in health and wellness related technology

Contents of the study unit:

- best practices for using technological solutions for social and health services in different countries
- end-users as co-developers of technological solutions and services
- different eServices promoting health and wellness
- technology and the challenges of the aging population – innovative examples from different EU and other projects
- empowering clients and patients through different methods of self-expression and social connectivity

Study unit description:

NoStudents will be able to analyze effective innovative and technological models, good practices and projects in health and wellness promotion worldwide. Students are also able to recognize and practice different multidisciplinary ways and methods of wellness promotion in different contexts within social and health care. This study unit is partially integrated into Laurea's ongoing and already completed projects. The different projects introduced during the course focus on ICT solutions and enhanced end-user engagement and are meant to promote the wellness and health of all, especially the aging population. Some of the key themes approached through the innovative use of ICT include user-friendly eServices, empowerment through storytelling, enhanced mobility or motility and social connectivity and quality of life.

01464 Global Health, 5 cr

The student is able to:

The student is able to

- recognize the impact on globalization on health
- increase awareness of ethical knowledge, values, principles, legislation and recommendations in global health
- analyze effective models in health promotion worldwide

Contents of the study unit:

- recognize the impact on globalization on health
- increase awareness of ethical knowledge, values, principles, legislation and recommendations in global health
- analyze effective models in health promotion worldwide

Study unit description:

In this study module students will be able to gain expertise on major contemporary issues and challenges of global health with an interprofessional perspective and social approach. It is open to students from all disciplines. Students will examine global disease burden and distribution, health determinants and disparities, health policy, and the challenges and outcomes of global health interventions. Key global health themes to be explored would include: communicable and non-communicable diseases, environmental health, child health, reproductive health and rights, and health among refugees and displaced population. Topics will be examined in relation to global interdependency, highlighting how both global and disparities and global health policy responses are shaped through global ties and tensions.

V1362 Wellness at Work, 5 cr**The student is able to:**

The student is able to

- broadly perceive different local and global factors that promote wellness at work in different fields
- identify different local and global programs, plans and good practices for wellness at work
- recognize and practice different ways and methods (such as multisensory methods, art, relaxation, NLP and other cognitive methods, narrativity, solution-oriented and supervisory methods etc.) of reducing work-related stress factors and health and wellness risks, both in their own student lives and future working lives
- identify and acknowledge the best practices from employee to manager to impact wellness at work

01439 Current Developments and Innovations in Social and Health Care in Finland, 5 cr**The student is able to:**

The student is able to

- understand the Finnish social and health care system in the context of national and international social and health policy
- identify and evaluate the social and health needs on individual and community level in Finland in comparison to his/ her own country
- recognise differences / similarities in current developments and innovations in the social and health care service systems, social and health care programs, laws, regulations and economic factors in comparison to his/ her own country
- recognise different methods of client and patient empowerment within social and health care in comparison to his/ her own country

Contents of the study unit:

- global and national trends, current developments and innovations in health issues, social and health policy
- social and health needs in Finland and in other countries, prevention of diseases and client empowerment
- social and health care service systems, service and care chains, regulations, organisations, economical factors, applied welfare technologies
- guidance, consulting and networking within client and patient empowerment

Study unit description:

In this study module students will be able to gain expertise on different innovative solutions and best practices

aimed to promote health and wellbeing globally, on individual, community and society level. Students will be able to analyze and evaluate the social and health care service systems, social and health care programs, laws, regulations and economic factors in comparison to his/ her own country.

01440 Multicultural and Multidisciplinary Professional Competences, 5 cr

The student is able to:

The student is able to

- acknowledge his/her cultural and professional knowledge and skills in the multicultural and multidisciplinary issues
- gain more cultural know-how and competence in studying and working in international environments and society
- evaluate his/her own value bases from the multicultural and multidisciplinary point of view
- recognise the significance of his/her professional competences in relation to global interactions and sustainable development

Contents of the study unit:

- students' experiences of cultural differences, living and learning abroad
- higher education in different countries promoting multidisciplinary competences
- ethical issues and special questions in different cultures and fields of services
- study module applies Multisensory method
- International Weeks at Laurea Tikkurila

Study unit description:

In this study module students will be able to gain expertise on different innovative solutions and best practices aimed to promote multicultural and multidisciplinary professional competences. Students will be able to recognize the impact of globalization on health and wellbeing and to increase their awareness of ethical knowledge, values and professional competences. Students are also able to recognize and apply different multidisciplinary ways and methods such as Multisensory method in promoting professional competences.