

## Competence objectives

Bachelor of Health Care education is of European and Finnish level 6 ([National reference framework](#)).

Competence area	Competence at level 6
<b>Knowledge</b>	Has a good command of comprehensive and advanced knowledge of his/her field, involving a critical understanding and appraisal of theories, key concepts, methods and principles. Understands the extent and boundaries of professional functions and/or disciplines.
<b>Skills and application</b>	Has advanced cognitive and practical skills, demonstrating mastery of the issues and the ability to apply knowledge and find creative solutions and applications required in a specialised professional, scientific or artistic field to solve complex or unpredictable problems.
<b>Responsibility, Management and Entrepreneurship</b>	Works independently in expert tasks of the field and in international co-operation or as an entrepreneur. Manages complex professional activities or projects. Can make decisions in unpredictable operating environments.
<b>Evaluation</b>	In addition to evaluating and developing his/her own competence, he/she takes responsibility for the development of individuals and groups.
<b>Self-development and Lifelong Learning</b>	Has the ability for lifelong learning. Considers communal and ethical aspects when dealing with different people in learning and working communities and other groups and networks. Communicates to a good standard verbally and in writing in his/her mother tongue both to audiences in the field and outside it. Communicates and interacts in the second national language and is capable of international communication and interaction in his/her field in at least one foreign language.

## Competencies

The competence profile of a Bachelor of Health Care consists of general and degree-specific competencies. For the general competencies, Savonia University of Applied Sciences follows the recommendations of Arene (the Rectors' Conference of Finnish Universities of Applied Sciences).

Generic competences	Description of the competence at level 6
<b>Learning to learn</b>	<p>The graduating student recognises the strengths and development areas of their competence and learning methods, and they utilise the opportunities communities and digitalisation provide in their learning.</p> <ul style="list-style-type: none"> <li>• Assesses and develops their competence and learning methods in different learning environments.</li> <li>• Is able to acquire, critically assess and appropriately apply the national and international knowledge base and practices of their field.</li> <li>• Also takes responsibility for group learning and sharing what has been learned.</li> </ul>
<b>Operating in a workplace</b>	<p>The graduating student has versatile working life skills and is able to operate in work communities of their field.</p> <ul style="list-style-type: none"> <li>• Is able to work constructively in a work community and promotes their own and their work community's well-being.</li> <li>• Is able to act professionally in communication and interaction situations at a workplace.</li> <li>• Utilises the opportunities offered by technology and digitalisation in their work.</li> <li>• Understands the complexity of changing working life and their own resilience in changing working life situations.</li> <li>• Has capabilities for an entrepreneurial approach.</li> </ul>
<b>Ethics</b>	<p>The graduating student adheres to the ethical principles and values of their field of profession, taking the principles of equality and non-discrimination into account.</p> <ul style="list-style-type: none"> <li>• Is able to take responsibility for their own actions and their consequences and reflects on them in accordance with the ethical principles and values of their field.</li> <li>• Takes others into account and promotes equality and non-discrimination.</li> <li>• Take into account the realisation of diversity and accessibility in their actions.</li> </ul>

	<ul style="list-style-type: none"> <li>• Understands the principles of responsible conduct of research and adheres to them.</li> <li>• Is able to influence society based on ethical values.</li> </ul>
<b>Sustainable development</b>	<p>The graduating student is familiar with the principles of sustainable development, promotes their implementation and acts responsibly as a professional and a member of society.</p> <ul style="list-style-type: none"> <li>• Is able to use information related to their field in finding, implementing and establishing sustainable solutions and operating models.</li> <li>• Understands sustainability challenges, their interdependencies and the various aspects of issues and problems.</li> </ul>
<b>Internationality and multiculturalism</b>	<p>The graduating student is able to operate in multicultural and international operating environments and networks.</p> <ul style="list-style-type: none"> <li>• Is familiar with the impacts of their cultural background on their activities and is able to develop operating methods that take multiculturalism into account in their work community.</li> <li>• Is able to monitor and utilise the international development of their field in their work.</li> <li>• Is able to communicate internationally in their work tasks.</li> </ul>
<b>Proactive development</b>	<p>The graduating student is able to develop solutions that anticipate the future of their own field, applying existing knowledge and research and development methods.</p> <ul style="list-style-type: none"> <li>• Solves problem situations creatively and reforms operating methods together with others.</li> <li>• Is able to work in projects in cooperation with actors of different fields.</li> <li>• Is able to apply existing knowledge in the field in development and utilises re-search and development methods.</li> <li>• Is able to seek customer-oriented, sustainable and economically viable solutions, anticipating the future of their field.</li> </ul>

Specified competences of a Bachelor of Health Care	Description of the competence
<b>Client-centredness</b>	<p>A Bachelor of Health Care</p> <ul style="list-style-type: none"> <li>- is able to encounter a client/family/community member as an expert of one's own life</li> <li>- is able to use a client's experiential knowledge in his or her own health care and nursing</li> <li>- is able to encounter a client as an active agent of his or her own nursing care</li> <li>- is able to assess a client's resources and support him or her in the planning, implementation and assessment of the required nursing care</li> <li>- is able to support relatives' participation in nursing care and respect a client's views and resources</li> <li>- is capable of interacting professionally and therapeutically with patients of different ages and with their relatives</li> <li>- understands the significance of culture in nursing and is able to encounter clients from different cultural backgrounds individually</li> </ul>
<b>Ethics and professionalism in nursing</b>	<ul style="list-style-type: none"> <li>- is able to follow nursing ethics and principles in his or her work</li> <li>- is able to work in accordance with employment legislation and ethical guidelines and assess their application in nursing care</li> <li>- is capable of working without breaching human rights</li> <li>- is able to work as a representative of his or her client and the nursing community in different teams</li> <li>- is able to assess and improve his or her way of working and take responsibility for the consequences</li> <li>- has professional nursing identity and is able to evaluate his or her skills, competence and development in interactive relationships</li> <li>- is capable of building, sharing and utilising expertise and partnerships in multi-professional teams and networks</li> </ul>
<b>Leadership and entrepreneurship</b>	<ul style="list-style-type: none"> <li>- is self-directed and understands the importance of intrapreneurship</li> <li>- is able to assess the team resources and to prioritise tasks and responsibilities</li> <li>- understands the importance of leadership and management in nursing</li> <li>- understands the fundamentals of entrepreneurship and its role of in the service system</li> <li>- is able to coordinate a client's overall nursing care in accordance with his or her responsibilities</li> <li>- understands the significance of the health care reform and works in the changing environment in accordance with the responsibilities</li> <li>- is able to work in different changing health care environments and has good work community skills</li> <li>- is aware of and able to identify the substantive and administrative career development opportunities</li> </ul>

<p><b>Operational environment of social and health care</b></p>	<ul style="list-style-type: none"> <li>- understands the organisation, provision and arrangement of social and health care services as well as their guidance and supervision in Finland</li> <li>- is aware of and able to follow the essential/current operational programmes in social and health care</li> <li>- is able to advise a client/patient to use appropriate social and health care services in the public, private and third sectors to promote health and wellbeing</li> <li>- is able to see the role of different operational and service units as parts of a client's service and care chain</li> <li>- is able to utilise e-services in a client's/patient's overall nursing care</li> <li>- is able to utilise social media in nursing care and make a distinction between private and professional roles in the use of social media</li> <li>- is capable of using the most important nursing tools and monitoring equipment needed in clinical nursing care</li> <li>- is able to use patient information systems</li> </ul>
<p><b>Clinical nursing</b></p>	<ul style="list-style-type: none"> <li>- is able to use different interventions to support a patient's psychosocial wellbeing</li> <li>- masters the interventions and diagnostic examinations in a patient's overall clinical nursing care</li> <li>- is able to meet the nursing need by using nursing interventions and document them structurally according to uniform classifications</li> <li>- is able to assess a patient's need for nursing care by using appropriate clinical and physiological assessment/measuring methods, to prioritise the diagnoses and document them structurally according to uniform classifications</li> <li>- masters the principles of infection prevention and is able to justify their importance</li> <li>- is able to plan, implement and assess safe medication for different diseases</li> <li>- is able to plan, implement and assess safe medication for different patient groups</li> <li>- understands the structure, function and control of human system organs and the underlying factors</li> <li>- understands the emergence mechanisms of diseases and the changes they cause in the human body organs</li> <li>- is able to apply Finnish nutrition recommendations to the prevention and treatment of the most common chronic diseases</li> <li>- is able to integrate nutrition care and guidance in cooperation with a multi-professional expert network</li> <li>- is able to implement nursing care for patients with different medical and cancer diseases</li> <li>- is able to implement perioperative nursing care</li> <li>- is able to support and promote wellbeing in families with children</li> <li>- understands the course and monitoring of normal pregnancy, delivery and puerperium</li> <li>- is able to support families in parenting and in taking care of a new-born baby</li> <li>- is able to encounter a patient with mental health and intoxicant abuse problems and maintain therapeutic interaction with him or her and the</li> </ul>

	<p>relatives in different nursing environments with an aim to promote mental health and prevent disorders by having a resource-oriented approach</p> <ul style="list-style-type: none"> <li>- understands the impact of mental health and substance abuse on a person's and his or her family members' wellbeing</li> <li>- is able to support a patient in acute crisis</li> <li>- is able to support the development and maintenance of an elderly person's wellbeing, health and functional ability</li> <li>- understands the nursing need of an acute patient</li> <li>- is able to support an acute patient and his or her relatives</li> <li>- is able to implement symptomatic and humane nursing care for patients with chronic or incurable diseases and support their families</li> <li>- is able to support the functional ability and participation of a mentally challenged and a disabled patient</li> </ul>
<p><b>Evidence based practice and decision-making</b></p>	<ul style="list-style-type: none"> <li>- is able to use nursing evidence-based information in decision-making</li> <li>- is able to solve professional problems and contradictions in multi-professional teams</li> <li>- is able to assess his or her own skills and competence critically</li> <li>- is able to assess the need for nursing care and plan, implement and assess nursing care according to the decision-making process</li> <li>- is able to actively utilise scientific information (evidence-based recommendations, surveys) in decision-making</li> <li>- is able to participate in research, development and innovation (RDI) processes</li> <li>- is capable of retrieving information from the health sciences databases</li> <li>- is able to study and critically assess scientific publications</li> <li>- understands the concept evidence-based practice and the significance of EBP in social and health care</li> <li>- understands a nurse's role in evidence-based practice and is committed to that</li> <li>- is able to identify and critically assess his or her work and working practices</li> <li>- understands the importance of unified nursing practices and works accordingly</li> <li>- is able to assess, monitor and document the results of unified nursing practices</li> </ul>
<p><b>Education and teaching</b></p>	<ul style="list-style-type: none"> <li>- understands the philosophical, ethical and pedagogical bases of guidance and education and their significance in the guidance and education work</li> <li>- is able to plan, implement and assess guidance and education in a client and group-oriented way in cooperation with other specialists</li> <li>- masters guidance, mentoring and education and uses them in his or her nursing care work in different contexts</li> <li>- is able to use appropriate client-oriented educational and guidance methods</li> <li>- is able to use existing educational and guidance material appropriately and to produce new material</li> </ul>

<p><b>Promotion of health and functional ability</b></p>	<ul style="list-style-type: none"> <li>- understands the links between social decision-making and structures and promotion of health and functional ability</li> <li>- understands the economic basis for health promotion</li> <li>- understands the principles of health promotion and is able to work according to the value basis of health promotion</li> <li>- is able to identify and assess the health condition and wellbeing of people and the related individual and community level factors</li> <li>- is able to utilise existing information (eg registers and statistics) on people's individual and community level health risk factors</li> <li>- is able to identify factors causing national health problems</li> <li>- is able to prevent the risk factors that weaken health, functional ability and ability to work and lead to limited abilities and is able to address them at an early stage</li> <li>- is able to plan, implement and assess interventions at the individual, group and community levels to promote health and functional ability by utilising multi-specialist and multi-professional networks</li> </ul>
<p><b>Quality and safety of social and health care services</b></p>	<ul style="list-style-type: none"> <li>- understands the safety management principles in his or her operational unit and his or her responsibility for improving them</li> <li>- understands his or her professional responsibility for ensuring and promoting patient safety</li> <li>- is able to promote patient safety at all stages of the nursing process</li> <li>- is able to guide and mentor the patient and relatives concerning decision-making and safety promotion in the patient's nursing care</li> <li>- is able to affirm his or her responsibility for the nursing care quality in his or her work</li> <li>- is able prevent and identify quality deviations at all stages of the nursing process</li> <li>- is able to assess the nursing care quality and methods at all stages of the nursing process</li> <li>- understands the importance of data security in the nursing process</li> <li>- is able to assume a responsible role in maintaining data security and data protection</li> </ul>