

Opasraportti

Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (2010 - 2013)

MASTER'S DEGREE PROGRAMME IN HEALTH AND WELLBEING IN THE CIRCUMPOLAR AREA (MCH) - CURRICULUM 2011-2013

Master's degree programme in health and wellbeing in the circumpolar area is an international two-year programme of 120 ECTS focusing on the specific features, questions and challenges related to the health and wellbeing in the circumpolar area. The programme is established and managed by a network of international partner universities. The programme has developed under the auspices of University of Arctic's Thematic Networks and Barents Cross Border University. The MCH graduates will be awarded a Master of Health Sciences from the University of Oulu.

MCH is established and managed in collaboration by the partner universities.

1. University of Oulu, Finland
- Centre for Arctic Medicine, University of Oulu
- Institute of Health Sciences, University of Oulu
- Finnish Society for Arctic Health and Biology (ATBY)
- Nordic Society for Arctic Medicine (NSAM)
2. Center for Health Education, Greenland
3. Luleå University of Technology, Sweden
4. Northern State Medical University, Russia
5. Pomor State University, Russia
6. NORUT Social Science Research Ltd., Norway
7. University of Lapland, Finland
8. University of Manitoba, Canada
9. University of Southern Denmark

MCH graduates will be able to work as independent professionals in administrative and managerial positions within health care services and in health promotion, education, development, planning and research.

The learning outcomes of the Program are:

- Student will be able to apply critical and scientific approach to his or her professional work;
- Student will be able to define and explain the special characters of living in a northern environment/ circumpolar conditions;
- Student is able to describe the experience of health, wellbeing, cultural transitions and illnesses of northern residents living in northern cultures;

- Student will be able to detect, assess and to respond interactively to the special needs of people living in the circumpolar region regarding prevention, care and rehabilitation;
- Student identifies, analyses and is able to explain special characters of diseases and health care systems/ health and wellbeing services in northern regions;
- Student will be able to present interventions to maintain and improve health and wellbeing in the northern environment.

Curriculum outline (two-year programme 120 ECTS / 60 NA):

| MASTER'S DEGREE PROGRAMME IN HEALTH AND WELLBEING IN THE CIRCUMPOLAR AREA (MCH) | |
|--|--|
| Intermediate studies (40 ECTS) | 353001A Introduction to Health and Wellbeing 4.0 ECTS 353002A Health, Security and Wellbeing in the North 6.0 ECTS 353003A Health Impacts of Climate Change 4.0 ECTS 353004A Conflict, Politics and Ethnicity 7.5 ECTS 353005A Comparative Approach to Health and Wellbeing among Northern Populations 6.0 ECTS 353006A Health Promotion 7.5 ECTS 040200Y Basics in eHealth 5.0 ECTS |
| Advanced studies (80 ECTS) | 353007S Research methodology and research ethics, total 15.0 - 20.0 ECTS <i>- contains courses according to student's personal study plan</i> 353009S Applied studies, total 20.0 - 35.0 ECTS <i>- contains courses according to student's personal study plan</i> 353008S Field placement (optional), total 8.0 - 15.0 ECTS <i>- contains courses according to student's personal study plan</i> |
| | 353216S Master's thesis and thesis seminar 32.0 ECTS 353205S Maturity test 0 ECTS |

The programme consists of a compulsory on-line course package, elective on-line and on-site studies, a potential exchange period and field placement, and a Master's thesis. The unique curriculum outline enables the MCH students to complete a substantial amount of their studies by instant learning.

MCH consists of compulsory and elective courses organised either by the home university or by a partner or exchange university. Elective courses enable students to focus their studies according to their personal interests and career plans. Each student is expected to compose a personal study plan (PSP), which will be updated regularly. PSP is a plan made by the student regarding his/her studies. At the Master's level, the student makes his/her personal study plan at the beginning of Master's degree studies.

Concerning studies/courses completed at other universities, including open universities of other universities: students must make a separate application to get credit for previous studies. Students must make the following available to Doctoral Trainee Ulla Timlin at the Institute of Health Sciences:

- original study attainment
- description of course of study
- an account of what course the application concerns

A decision on whether the student is given credit for a course of study is made by the professor teaching the main subject or the teacher in charge of the course of study.

Students may select courses from sources such as the health science university network [TerveysNet](#) or the national [JOOPAS web service](#) maintained by universities according to instructions. Students can also choose courses from the selection of the [UniPID \(Finnish University Partnership for International Development\) network](#).

MCH studies schedule

1st semester

Intermediate studies

353001A-01 MCH-seminar I 2.0 ECTS (Introduction to Health and Wellbeing)
 353002A Health, Security and Wellbeing in the North 6.0 ECTS
 353004A Conflict, Politics and Ethnicity 7.5 ECTS

Advanced studies

353007S Research methodology and research ethics 7.5 - 10.0 ECTS
 353009S Applied studies 5.0 - 9 ECTS

2nd semester

Intermediate studies

353003A Health impacts of climate change 4.0 ECTS

353005A Comparative approach to welfare and social work and health among northern populations: European and Canadian perspectives 6.0 ECTS

Advanced studies

353007S Research methodology and research ethics 7.5 - 10.0 ECTS
 353009S Applied studies 5.0 - 9.0 ECTS

3rd semester

Intermediate studies

353006A Health promotion 7.5 ECTS

040200Y eHealth 5.0 ECTS

Advanced studies

353216S Master thesis and thesis seminar 16.0 ECTS

353009S Applied studies 5.0 - 8.0 ECTS

353008S Field placement 4.0 - 7.5 ECTS

4th semester

Intermediate studies

353001A-02 MCH-seminar II 2.0 ECTS (Introduction to Health and Wellbeing)

Advanced studies

353216S Master thesis and thesis seminar 16.0 ECTS

353205S Matyrity test 0 ECTS

353009S Applied studies 5.0 - 9.0 ECTS

353008S Field placement 4.0 - 7.5 ECTS

INTERMEDIATE STUDIES (40 ECTS)

353001A Introduction to Health and Wellbeing

353001A-01 Seminar I and 353001A-02 Seminar II

(The description of study course can be found from WebOodi > study units.)

353002A Health, security and wellbeing in the North

(The description of study course can be found from WebOodi > study units.)

353003A Health impacts of climate change

(The description of study course can be found from WebOodi > study units.)

353004A Conflict, politics and ethnicity

ECTS: 7.5

Time: Spring semester

Assessment: written examination, student work, grading 1-5

Course description: After passing the course, the participants will have obtained knowledge about the changed status of the nation-state as a result of globalization, and also knowledge about different theoretical attitudes towards notions like globalization, nationalism, regionalism and ethnicity.

Learning outcomes:

After having completed and passed this course the student

- understands and is able to describe the concepts of state, nation and nationalism and the main models used when viewing nations and nationalism.
- understands the legal implications of ethnicity, in particular the law related to the Swedish Sámi and their traditional livelihood
- identifies ongoing internal and external changes in the status of ethnic groups and nations
- is able to describe the impact by globalisation on regions and ethnicity in comparison to the nation-state
- distinguish a northern dimension of globalisation within the nation state

Teaching methods: on-line course

Language: English

Literature:-

Requirements:-

Responsible: Department of Business Administration, Technology and Social Sciences, Luleå University of Technology, Sweden

Contact person: Peder Rönnback, e-mail: peder.ronnback.ltu.se

353005A Comparative approach to welfare, social work and health among Northern populations: European and Canadian perspectives

ECTS: 6

Time: Fall semester

Assessment: grading 1-5

1. The first assignment in the course is: A 20 minute presentation and with a written outline about what the student has learned from course readings and other assigned material on northern worldviews, cultures and perspectives of northern peoples and how these shape health and well-being. This assignment will be disseminated to the instructor and the other students in the course after 75% of the class sessions are completed. The assignment will be worth 50% of the student's grade.

2. A paper that makes use of the literature from course reading and the student's own disciplinary orientation and practice field, to highlight how health and well-being in northern areas could be enhanced given the current reality of social, economic, cultural and geographical features. The student will use her or his own national or local context to illustrate, however, if that is not possible, the Canadian north could offer an alternative example. This assignment will be worth 50% of the student's grade.

Course description: This course highlights health and well-being-focused human service work among Northern populations. It is meant to be completed in one term. The ways in which northern culture, traditional belief systems, environmental and lifestyle challenges and changes, economic well-being and livelihood affect health and well-being, with illustrations from the Canadian north, are explored. Existing social and health care services, their challenges and possibilities in remote and/or northern areas are also dealt with in the course. Students will learn about unique ways of life among northern people in Canada and Scandinavia, mutual help networks and the context of life in these regions which affect health, well-being and the shape of social and health-related services.

Learning outcomes:

- 1) To identify indigenous and northern Canadian and Scandinavian views and experiences in health and mental health;
- 2) To articulate how culture, traditional beliefs and northern lifestyles determine health understanding and practices in everyday life among northern people;
- 3) To illustrate how self-care, health care seeking and life conditions related to social, economic, environmental, and

geographical factors in northern areas contribute to and constrain health and well-being; and
 4) To connect learning based on the three above objectives to students' own disciplinary and practice orientations in their own national and/or local contexts.

Teaching methods: on-line course

Language: English

Literature:-

Requirements: -

Responsible: Faculty of Social Work, University of Manitoba, Canada. Faculty of Social Work, University of Lapland, Finland

Contact persons: Tuula Heinonen and Deana Halonen, email: heinonn@cc.umanitoba.ca, halonen@cc.umanitoba.ca, and Tarja Orjasniemi, University of Lapland, email: tarja.orjasniemi@ulapland.fi

353006A Health promotion

ECTS: 7.5

Time: Spring semester

Assessment: Individual paper based on case study work, grading 1-5

Course description: The module aims at increasing the competencies of students with respect to knowledge on the general principles and values of health promotion as well as on the special conditions for health promotion in the arctic populations. Another aim of the course is to provide students with skills on how to apply health promotion planning tools to conduct a needs assessment, set intervention objectives, select appropriate intervention methods, and to plan for implementation and evaluation

Learning outcomes:

After participating in the module the student will be able to:

- Critically discuss basic concepts and values of health promotion
- Describe the relevant conditions and needs for health promotion in circumpolar populations
- Apply methods of assessment of community capacity and needs
- Apply health promotion planning tools to design theory-based objectives for health promotion programmes and to select evidence-based intervention methods and practical strategies
- Develop a plan for programme adoption and implementation, and for evaluation
- Describe criteria for best practice in health promotion and to apply quality assessment instruments

Teaching methods: on-line course

Language: English

Literature:

- Bartholomew, L.K., Parcel, G.S., Kok, G., & Gottlieb, N.H. (2006). Planning health promotion programmes: An intervention mapping approach. San Francisco: Jossey-Brass Publishers.
- Green, L.W., & Kreuter M.W. (2005). Health program planning: An educational and ecological approach. Boston: Mc Graw Hill.
- Naidoo, J., & Wills, J. (2003). Health Promotion: Foundations for Practice. Edinburgh: Elsevier Science.
- Norheim, L., & Waller, M. (2000). Best practices. A selection of papers on quality and effectiveness in health promotion. Tallin: Finnish Centre for Health Promotion.

Requirements: -

Responsible: Unit for Health Promotion Research, University of Southern Denmark

Contact person: Christiane Stock, e-mail: cstock@health.sdu.dk

041201A Basics in EHealth

(The description of study course can be found from WebOodi > study units.)

353001A-02 Seminar II

(The description of study course can be found from WebOodi > study units.)

ADVANCED STUDIES (80 ECTS)**353007S Research methodology and research ethics (15-20 ECTS)****352107A Research Methods I**

(The description of study course can be found from WebOodi > study units.)

354202A Research ethics in health sciences

(The description of study course can be found from WebOodi > study units.)

352221A Theory development and evaluation in nursing science

(The description of study course can be found from WebOodi > study units.)

353203S Research methods II

(The description of study course can be found from WebOodi > study units.)

352228A Elective special research course, 3-10 ECTS

(The description of study course can be found from WebOodi > study units.)

Case study methodology

ECTS: 7.5

Time: Spring semester

Assessment: -

Course description: -

Learning outcomes: -

Teaching methods: on-line.

Literature: -

Language(s): English

Prerequisites: -

Responsible: Department of Health Sciences, Luleå University of Technology, Sweden

Contact person: Maria Prellwitz, maria.prellwitz@ltu.se

Research Methods in Social Work

ECTS: 5

Time: spring semester

Assessment: Written exam

Course description: theoretical perspectives and research methodologies, the idea of complex and interdisciplinary research in social work; the process and problems of social work research, selecting and planning of research projects; strategies for social research, quantitative and qualitative approaches to planning projects, collecting, analyzing and presenting quantitative and qualitative data; problems of quantitative and qualitative research in social work.

Learning outcomes: basic ideas of research in social sciences; skills of planning and organizing quantitative and qualitative research projects, realizing advantages and problems of quantitative and qualitative research strategies; methods of collecting and analyzing the data.

Teaching methods: lectures, practical work with computer programmes, written assignments.

Requirements: active participation in lectures and seminars, written examination

Language: Russian/English

Literature :

- Rafael J. Engel, Russel K. Schutt The Practice of Research in Social Work. - SAGE Publication California 2005.
- David E. Gray Doing Research in the Real World. - SAGE Publication London 2004.
- Martin Denscombe The Good Research Guide (for small-scale social research projects) - Open University Press Philadelphia 2003.
- Alan Bryman Quantity and Quality in Social Research. - London 1988.
- Barney G. Glaser, Anselm L. Strauss The Discovery of Grounded Theory: Strategies for Qualitative Research. - New York 1967.
- Doing Qualitative Research Ed. Benjamin F. Crabtree, William L. Miller - SAGE Publication California 1992.
- Anselm L. Strauss, Juliet Corbin Basics of Qualitative Research. SAGE Publication California 1990.

Responsible: Pomor State University, Russian Federation

Contact person: M. L. Kubyshkina, kubyshkina@pomorsu.ru

Research Methodology and Research Ethics, University of Lapland

Students can take courses from Faculty of Social Sciences, the complete list of courses can be found at:

<http://www.ulapland.fi/?deptid=10814> (in Finnish), courses taught in English can be found at:

<http://www.ulapland.fi/?deptid=11452>

CHSC 7470 Biostatistics I

ECTS: 6

Time: September - December

Assessment: Assignment and Examination

Course description: An introduction to statistical ideas and techniques for health sciences research. The description of data. Patterns in data; the Normal, Binomial and Poisson distributions. Principles of estimation. Principles of hypothesis testing. Principles and practice of the major statistical tests (t tests, analysis of variance, Chi squared tests, correlation and regression).

Learning outcomes: Biostatistics 1 seeks to provide students with a solid overview of the key ideas and principal techniques which constitute the field of biostatistics. The emphasis of the course is on developing an understanding of the subject, providing students with practical analytical and interpretive skills, and on demystifying biostatistical concepts and analytical techniques. There is no assumption of any previous level of exposure to statistical methods or of any particular level of mathematical skill.

At the completion of this course, a student should be capable of reading a typical journal article, correctly interpreting the biostatistical evidence presented in it and critically assessing the appropriateness of the biostatistical techniques employed by the author. In the context of a student's own research, they should be capable of selecting the appropriate method of describing their data or of testing a basic research hypothesis, of implementing the chosen technique, and of correctly interpreting the results of that analysis.

Teaching methods: On-site, lecture

Requirements: None

Language: English

Literature: Hassard, T.H. (1993) Understanding Biostatistics. Mosby-Year Book, St. Louis.

Responsible: University of Manitoba, Canada

Contact information: T. H. Hassard, hassard@cc.umanitoba.ca

CHSC 7480 Biostatistics II

ECTS: 6

Time: January-April

Assessment: Assignment and Examination

Course description: This course seeks to extend students' biostatistical expertise by introducing them to the key issues in research design, expanding basic methods of statistical analysis to provide highly flexible analysis techniques and establishing the link between research design and research analysis. The emphasis of the course is on developing practical research skills. Techniques of research design and analysis for health scientists. Course

content: Principles of experimental design. Clinical trial planning. Study size determination. Analysis of variance for factorial and split-unit experiments. Analysis of covariance. Multiple regression. Non-parametric hypothesis testing. Principles of survey design.

Learning outcomes: The course will assume familiarity with basic statistical concepts and techniques, particularly analysis of variance and regression. After completing the course, a student should be capable of developing an appropriate research protocol, including the specification of appropriate methods of research design and analysis, implementing the selected research strategies, and correctly interpreting the results of those strategies.

Teaching methods: On-site, lecture

Requirements: Successful completion of Biostatistics 1 or an equivalent course

Language: English

Literature: Hassard, T.H. (1993) Understanding Biostatistics. Mosby-Year Book, St. Louis.

Responsible: University of Manitoba, Canada

Contact information: T. H. Hassard, hassard@cc.umanitoba.ca

SWRK 3100 Systematic Inquiry in Social Work

ECTS: 6

Time: semester

Assessment: exam, grading 1-5

Course description: Relates systematic methods of scientific inquiry to social work practice; theory building for practice; information collection; descriptive data for decision-making, understanding technical research material, introduction to issues of research design.

Learning outcomes:

Teaching methods,

Requirements:

Language: English

Literature:

Responsible: University of Manitoba, Canada

Contact information: Tuula Heinonen

Qualitative Research in Social Work

ECTS: 6

Time:

Assessment: exam, grading 1-5

Course description: An intermediate course in the analysis of social work data. Course will emphasize application and interpretation of analytical techniques useful in the practice of social work. Prerequisite: SWRK 3100 (or 047.310) or equivalent.

Learning outcomes:

Teaching methods,

Requirements:

Language: English

Literature:

Responsible: University of Manitoba, Canada

Contact information: Tuula Heinonen

Quantitative Research in Social Work

ECTS: 6

Time:

Assessment: exam, grading 1-5

Course description: An intermediate course in the analysis of social work data. Course will emphasize application and interpretation of analytical techniques useful in the practice of social work. A course in elementary statistics such as STAT 2200 (or 005.220) is strongly recommended prior to taking this course. Prerequisite: SWRK 3100 (or 047.310) or equivalent.

Learning outcomes:

Teaching methods,

Requirements:

Language: English

Literature:

Responsible: University of Manitoba, Canada

Contact information: Tuula Heinonen

Clinical Evaluation of Social Work Interventions

ECTS: 6

Time:

Assessment: exam, grading 1-5

Course description: Methods of evaluating clinical social work intervention with individuals, couples, families, and other small groups. Prerequisite: SWRK 3100 (or 047.310) or SWRK 4110 (or 047.411) or their equivalents.

Learning outcomes:

Teaching methods,

Requirements:

Language: English

Literature:

Responsible: University of Manitoba, Canada

Contact information: Tuula Heinonen

Applied Biostatistics

ECTS: 7.5

Time: Fall semester

Course description: The course qualifies students to explain and discuss major topics of modern methods in biostatistics, and to apply these methods to data from epidemiological and clinical studies. In addition, students will learn to use a statistical computer package to independently perform statistical analyses.

Learning outcomes: After participating in the module, the student should be able to:

- describe and discuss simple associations and effect measures and their corresponding confidence intervals
- apply skills for planning and conducting epidemiological investigations
- explain major topics and modern methods in biostatistics
- apply modern statistical methods to epidemiological and clinical data
- independently perform statistical analyses in practice, using a statistical computer package
- interpret results from practical statistical analysis
- appraise and present results from practical statistical analyses

Assessment: 4 hour written examination

Teaching methods: lectures, group exercises, computer labs

Requirements: basic course in biostatistics

Language: English

Literature:-

Responsible: University of Southern Denmark, Unit for Health Promotion Research

Contact person: Pia Veldt Larsen, e-mail: pvlarsen@health.sdu.dk

Programme and Project Management

ECTS: 7.5

Time: Fall semester

Course description: the purpose of this course is to enable students to understand and develop skills necessary to carry out project and program development and management for implementing preventive and/or health promoting initiatives.

Learning outcomes: After having participated in the module, the student should be able to:

- develop a proper project or programme proposal for a fictitious decision maker by applying methods, models and theories of project and programme management on a non-familiar case
- analyse projects / programmes and project /programme processes and point to solutions by applying methods, models and theories presented in the literature and in the lectures of the module
- conduct a professional, power-point supported oral presentation and to produce written material to support an oral presentation
- demonstrate skills to co-operate in a team under time pressure
- reflect upon his / her performance in the team

Teaching methods: on-site lectures, discussions, case studies

Requirements: -

Assessment: 72 hour take-home group assignment (3-4 students), followed by an individual oral examination of 20 minutes per student

Language: English

Literature:-

Responsible: University of Southern Denmark, Institut for Miljø og Ervervsøkonomi

Contact person: Pernille Eskerod, SDU, e-mail: pernille@sam.sdu.d

353009S Applied studies (20-35 ECTS)

353201S Advanced studies in nursing science

(The description of study course can be found from WebOodi > study units.)

352315A Health care today

(The description of study course can be found from WebOodi > study units.)

Tobacco smoking

ECTS: 5 ECTS

Time: autumn semester

Assessment: Written exam. Grading from 1-5

Course description: The training course has been planned for students of the Master program on circumpolar health. The course includes issues of physiological and social-psychological prerequisites for tobacco smoking, stages of formation of the nicotine syndrome, clinical manifestations of tobacco smoking, influence of tobacco components on pregnancy course and a fetus. Special attention is paid to prevention of involvement into tobacco smoking taking into account national (cultural), territorial, climatic and social-economic features of the circumpolar countries.

Learning outcomes: As a result of studies at the given course, students should know:

- main terminology used in addictology in the countries of the circumpolar region;

- stages of formation of the nicotine syndrome;
- clinical manifestations of tobacco smoking;
- influence of tobacco components on pregnancy course and a fetus;
- bases of tobacco smoking prevention and treatment of tobacco addiction.

Students should have skills in:

- detection of prerequisites for tobacco use in different social groups in the countries of the circumpolar region;
- development of programs, recommendations on prevention of tobacco smoking among young persons; Use of received theoretical knowledge in practical activity.

Teaching methods: on-site, lectures, seminars, trainings, business games, solving of situation tasks, analysis of patients, showing of video-films

Course plan:

- 1) History and epidemiological aspects of tobacco smoking in the countries of the circumpolar region
- 2) Tobacco components, mechanism of action
- 3) Mental and behavioral disorders as a result of tobacco use
- 4) Clinical effects of tobacco smoking
- 5) Influence of tobacco components on pregnancy course and a fetus
- 6) Diagnosis of nicotine dependence
- 7) Prevention of chemical dependence: history of preventive work, theoretical bases of preventology, factors of protection taking into account of climatic and social-economic features the countries of the circumpolar region
- 8) Organization of anti-narcotic preventive work in educational institutions, role of all participants of educational process. Interaction of educational institutions with different social structures
- 9) Role of a family in tobacco smoking prevention and development of tobacco addiction in adolescents. Problem situations connected with family functioning
- 10) Modern approaches to treatment of tobacco addiction.

Requirements:

Language: English/Russian

Literature:

1. World Health Organization. *Gender and Tobacco Control: A Policy Brief*. Geneva, World Health Organization, 2007 (http://www.who.int/tobacco/resources/publications/general/policy_brief.pdf)
2. U.S. Department of Health and Human Services. *The health consequences of involuntary exposure to tobacco smoke: a report of the Surgeon General*. Atlanta, Public Health Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006 (<http://www.surgeongeneral.gov/library/secondhandsmoke/report/fullreport.pdf>)
3. WHO Tobacco Free Initiative. *Building blocks for tobacco control: a handbook*. Geneva, World Health Organization, 2004 (<http://www.who.int/tobacco/resources/publications/general/HANDBOOK%20Lowres%20with%20cover.pdf>)
4. ##### ##### ### ## ##### #####. #####, ##### #####, 2003 #. (http://www.who.int/tobacco/framework/WHO_FCTC_russian.pdf)

Responsible: Northern State Medical University, Russian Federation

Contact person: Andrey Soloviev, asoloviev@nsmu.ru

Problems of dependence in the North

ECTS: 5 ECTS

Time: Spring semester

Assessment: Written exam. Grading from 1-5

Course description: The course is targeted for deeper study of dependence problems in the circumpolar countries. The course includes issues of biological, psychological and social-cultural prerequisites of use of substances changing consciousness. Different groups of psychoactive substances and main clinical manifestations of their use are studied. There are considered preventive and educational approaches in work with different age categories of the population, issues of interdepartmental interaction taking into account national (cultural), territorial, climatic and social-economic features of the circumpolar countries.

Learning outcomes: On completion of the course, students should be able:

1. To give definitions of main concepts used in addictology.
2. To explain meanings of historic, biological, social, psychological prerequisites in the countries of the circumpolar region on which treatment and prevention of chemical dependence is based.
3. To recognize risk factors and situations connected with them.
4. To detect signs of intoxication and use of psychoactive substances.
5. To detect and assess problems of patients, their strong and weak points for development of a plan of primary and secondary prevention.
6. To possess information for training of patients and their family members in issues of chemical dependence.
7. To establish interaction with experts from other fields in realization of preventive, medical and rehabilitation measures.

Teaching methods: lectures, seminars, trainings, business games, solving of situation tasks, analysis of patients, showing of video-films

Course plan:

1. Subject of addictology. Issues of terminology. History of psychoactive substances' use in the world and in the North
2. Legal aspects of addictology in the countries of the circumpolar region
3. Theories of chemical dependence. Role of national, territorial and climatic risk factors
4. Classification of substances changing consciousness. Mechanism of action
5. Medical-social aspects of acute alcohol intoxication and other psychoactive substances' intoxication
6. Alcohol dependence: clinical manifestations, alcohol psychoses
7. Drug addiction: present state of the problem, signs of use of narcotics, change of personality by drug addiction
8. Chemical dependence in a family. Co-dependence. Children of patients that are dependent on psychoactive substances
9. Chemical dependence in women. Psychoactive substances and pregnancy
10. Psychological features of the adolescent period. Adolescent narcotism in the North
11. Medical-social problems of elderly persons dependent on psychoactive substances. Alcoholism at the elderly age
12. Kinds of non-chemical dependent behavior: transcultural aspects

Intermediate test control of knowledge

13. Modern approaches to treatment and rehabilitation of patients with chemical dependence
14. Prevention of chemical dependence: history of preventive work, theoretical basis of preventology, factors of protection with taking into account of national and climatic conditions of the circumpolar region
15. Organization of preventive work in medical-preventive institutions. Interdepartmental interaction in conditions of the North
16. Role of a family. Problem situations connected with family functioning. Training and consultations of parents on issues of adolescent narcotism
17. Quality of life of persons with dependence problems
18. Preventive work in educational institutions. Preventive programs in of the circumpolar countries

Requirements:-

Language: English/Russian

Literature:

1. WorldHealthOrganization. Global Status Report: Alcohol Policy. Geneva: World Health Organization, 2008
2. World Health Organization. Global Status Report on Alcohol and Health 2011 (http://www.who.int/substance_abuse/publications/global_alcohol_report/en/index.html)
3. World Health Organization. Global strategy to reduce harmful use of alcohol (http://www.who.int/substance_abuse/activities/gsrhua/en/index.html)

Responsible: Northern State Medical University, Russian Federation

Contact person: Andrey Soloviev, asoloviev@nsmu.ru

Psychology of anomalous development

ECTS: 5 ECTS

Time: autumn semester

Assessment: Written exam. Grading from 1-5

Course description: The course includes issues of practical significance of the problem, laws of mental diseases of children, laws of mental development, psychological examination of anomalous children, correction-educational work with anomalous children taking into account national (cultural), territorial, climatic and social-economic features of the circumpolar countries. Course tasks are to train students theoretically in issues of psychology of anomalous development connected with understanding of features of problem children, complex study of children with different developmental deviations and system approach to organization of correction, to study the issues of diagnosis of developmental deviations in the northern countries, to form in students an idea of significance of early and timely detection of developmental disturbances and to study the issues of early correction and prevention of developmental deviations taking into account of national, climatic and social-economic features of the countries of the circumpolar region.

Learning outcomes: Students should know about ratio of the norm and pathology, features of mental development of children at the early age psychological features of children with anomalies in development and the methods of diagnosis and psychological correction connected with training and education of children with different developmental deviations. Students should have skills to use the methods of psychological-educational study of children with the goal of detection of developmental deviations, to be able to establish contacts with children and to stimulate their activity, to compose psychological descriptions of a child, to determine general directions and content of correction work taking into account detected deviations, individual features, potential abilities of children and to work out individual correction programs.

Teaching methods: lectures, seminars, trainings, business games, solving of situation tasks, analysis of patients, showing of video-films

Course plan:

1. Laws of deviations in mental development at the children's age
2. Risk factors of developmental disorders in the countries of the circumpolar region
3. Psychological examination of anomalous children
4. Mental deficiency: children with mental deficiency in the transcultural aspect
5. Border forms of intellectual deficiency
6. Disharmonious mental development: characterological, pathocharacterological reactions at the children's age, psychopathies
7. Injured mental development: children with acquired dementia; features of diagnostic approaches in the northern countries
8. Distorted mental development: early children's autism

9. Mental anomalies of the early age: early diagnosis, correction and prevention of developmental deviations

10. Laws of education of children with developmental deviations

Requirements: -

Language: Russian

Literature:

- ##### #.#. ##### / #.#.#####, #.#.#####, #.#.##### # ##.; ### ##. #.#. #####. - #: ##### «#####», 2000. - 400 #.

- ##### #.#. ##### / #.#.#####; ### ##. #.#.#####. - #: #####, 1983. - #. 5. - 369 #.

- ##### #.#. ##### / #.#.#####, #.#.#####, #.#.##### # ##.; ### ##. #.#. #####. - #: ##### «#####», 2003. - 464 #.

- ##### #.#., ##### #.#., ##### #.#. #####: ##### # ##### # ##### # ##### - #####, #####. - 2005. - 217 #.

Responsible: Northern State Medical University, Russian Federation

Contact information: Andrey Soloviev, asoloviev@nsmu.ru

Empowerment and Social Policy

ECTS: 7.5

Time: Fall semester

Course description: The course aims at increasing the competencies of students with respect to theories and models in the policy development that share an interactive networking perspective, empowerment values and are ecologically sensitive. Community development approaches as well as the application of community based participatory research methods will be introduced and discussed.

Learning outcomes: After participating in the module, the student should be able to:

- discuss basic concepts of empowerment and the values embedded in empowerment
- discuss connections between policies, societal structures and empowerment
- explain methodological considerations in doing empowerment research, including the role of the professional
- apply empowering methods in community intervention programmes

Teaching methods: Lectures, PBL, case-studies work in groups with supervision and group presentations , 4 hour written examination

Requirements: -

Language: English

Literature: -

Responsible: Unit for Health Promotion Research, University of Southern Denmark, Denmark

Contact information: Pernille Tangaard Andersen, e-mail: ptandersen@health.sdu.dk

Advanced Epidemiology

ECTS 7.5

Time: Fall semester

Course description: The course aims at develop understanding of the philosophy and methodology of currently practiced epidemiology, to develop the capacity to evaluate the relevance and implications of published epidemiological studies and the appropriateness of applied methods, and the skills for planning and conducting an epidemiological investigation and analyzing data properly

Learning outcomes: After participating in the module the student should be able to:

- analyse and discuss epidemiological articles published in international journals
- apply commonly used statistical analyses in a way that enables them to critically review the literature
- define epidemiological research methods including randomized controlled trials and observational studies (cohort and case-control studies) and explain the strengths and weaknesses of these designs
- discuss and appraise random and systematic errors and bias (selection bias, information bias and confounding) in epidemiological studies and explain statistical methods that take confounding in design and analysis into account
- describe and discuss simple associations and effect measures (incidence, risk, KIP, relative risk, incidence rate-ratio and odds-ratio) and corresponding confidence intervals
- apply skills for planning and conducting epidemiological investigations
- explain major topics and modern methods in biostatistics
- apply modern statistical methods to epidemiological data
- independently perform statistical analysis in practice, using a statistical computer package
- interpret results from practical statistical analyses
- appraise and present results from practical statistical analysis

Teaching methods: on-site lectures, group exercises and computer labs

Requirements: Basic course in epidemiology

Language: English

Responsible: Institute for Public Health, University of Southern Denmark

Contact person: Tina Kold Jensen, e-mail: tkjensen@health.sdu.dk

Evaluation

ECTS: 7.5

Time: spring semester

Course description: the course focuses on the methods underlying the various types of evaluation used to assess health initiatives. It focuses on the methods and theories of evaluation in general and of economic evaluation in particular and on the practices in and application to the health sector.

Learning outcomes: After participating in the module the student will be able to:

- critically discuss the rationale for public health interventions
- relate and discuss the different methods of economic evaluation (cost minimisation, cost-efficiency analysis, cost-utility analysis, cost-benefit analysis) and their role in the decision-making process
- discuss direct, indirect and intangible costs and benefits
- explain and apply cost-benefit analysis, cost-utility analysis and cost-effectiveness analysis

- explain and adapt the cost-effectiveness ratio versus the incremental cost-effectiveness ratio
- describe and define methods to value the impacts of health outcomes (the human capital approach and the willingness to pay approach)

Teaching methods: Lectures, case studies and exercises in computer lab with supervision. Individually written compulsory paper - the assignment for the compulsory paper is distributed one week before deadline.

Requirements: -

Language: English

Literature: -

Responsible: Institut for Miljø og Ervervsøkonomi, University of Southern Denmark, Denmark

Contact person: Niels Vestergaard, e-mail: nv@sam.sdu.dk

Health Communication

ECTS: 7.5

Time: spring semester

Course description: the course deals with health behaviour and consumption from a psychological and sociological point of view. Therefore, it starts with an introduction in basic psychological concepts of health behaviour to understand how health behaviour is build up in society and what influences health relevant decision making and consumption on an individual, group and organizational level.

Learning outcomes: After having participated in the module, the student should be able to apply relevant theories to solve a health communication problem as well as evaluate the solution. Specifically the student should be able to carry out the application in the following way:

- describe relevant theories briefly (e.g. social marketing theories, motivation theories, learning theories, attitude formation and change theories, consumption decision making, diffusion of innovation and personality theories)
- select relevant theories to apply
- explain why these are relevant
- discuss and suggest possible solution to the problems using relevant theories
- evaluate the appropriateness of health communication interventions using relevant theories about consumer decision making and communication

Teaching methods: Lectures and group work, 4 hour written examination

All study material allowed during the examination

Requirements: -

Language: English

Literature: -

Responsible: Institut for Miljø og Ervervsøkonomi, University of Southern Denmark, Denmark

Contact person: Anna Lund Jepsen, e-mail: alj@sam.sdu.dk

ECTS: 3 ECTS

Time: summer (May-August, time varies annually)

Assessment: Participation in teaching and completion of written assignments

Course description: The annually changing course topics cover current issues in the field of social work. The course consists of lectures, panel presentations and small group discussions. Lecturers include faculty and international visiting lecturers. Students also have an opportunity to share information about their home countries and work experiences. Field trips may also take place.

Learning outcomes: -

Teaching methods: lectures, panel discussions, group work

Requirements: -

Language: English

Literature: -

Responsible: Social Work, Faculty of Social Sciences, University of Lapland

Contact person: Tarja Orjasniemi, tarja.orjasniemi@ulapland.fi

Social Rehabilitation and Working with Addicts

ECTS: 3 ECTS

Time: -

Course description: -

Learning outcomes: -

Teaching methods: on-site course, lectures

Requirements: -

Language: English

Literature: -

Responsible: Social Work, Faculty of Social Sciences, University of Lapland

Contact person: Tarja Orjasniemi, tarja.orjasniemi@ulapland.fi

Canadian Social Welfare Policy

ECTS: 6

Time:

Assessment: written exam, 1-4.5

Course description: An examination of the elements of ideology, and the application of competing ideological systems in the study of social welfare policy. This course also examines the history of Canadian social welfare from European contact to contemporary developments.

Learning outcomes:

Teaching methods: on-site course

Language: English

Literature:

Responsible: University of Manitoba, Canada

Contact person: Tuula Heinonen

Anti-Oppressive Social Work Practise

ECTS: 6

Time:

Assessment: written exam, 1-5

Course description: An Overview of Anti-Oppressive social work practice. Focuses on application of this approach to a wide variety of service participants and the connections between policy and practice. Implications for the profession are explored.

Learning outcomes:

Teaching methods: on-site course

Requirements:

Language: English

Literature:

Responsible: University of Manitoba, Canada

Contact person: Tuula Heinonen

Social Work and Aboriginal People

ECTS: 12

Time:

Assessment: written exam, 1-5

Course description: Focuses on the analysis of social welfare policy and social work practice from an Aboriginal perspective. The influence of colonization as an attribute of oppression is examined along with an exploration of developments oriented to the goal of decolonization and empowerment.

Learning outcomes:

Teaching methods: on-site course

Requirements:

Language: English

Literature:

Responsible: University of Manitoba, Canada

Contact person: Tuula Heinonen

Family-Focused Social Work Practice

ECTS: 12

Time:

Assessment: written exam, 1-5

Course description: Theories of human behavior are considered from an ecological perspective as they relate to family focused social work practice. Intervention methods are studied with special attention given to developmental issues and social contextual factors in the assessment and treatment of distressed human systems.

Learning outcomes:

Teaching methods: on-site course

Requirements:

Language: English

Literature:

Responsible: University of Manitoba, Canada

Contact person: Tuula Heinonen

Social Service Administration Practise

ECTS: 12

Time:

Assessment: written exam, 1-5

Course description: This course will focus on the development of skills in the analysis and implementation of organizational models for social service delivery, and administration methods for the effective delivery of social services.

Learning outcomes:

Teaching methods: on-site course

Requirements:

Language: English

Literature:**Responsible:** University of Manitoba, Canada**Contact person:** Tuula Heinonen**Theoretical Foundations of Social Service Administration****ECTS:** 6**Time:****Assessment:** written exam, 1-5**Course description:** An examination of organizational theories and strategies and evaluation of their relevance for the administration of social services agencies.**Learning outcomes:****Teaching methods:** on-site course**Requirements:****Language:** English**Literature:****Responsible:** University of Manitoba, Canada**Contact person:** Tuula Heinonen**Theoretical Foundations of Social Policy Analysis, Planning and Evaluation****ECTS:** 6**Time:****Assessment:** written exam, grading 1-5**Course description:** An advanced course in the welfare state in Canada - the relationship between ideology, economics and the existing structure of the welfare state in Canada, with a focus on the attempts to roll it back and the consequent tasks of social work in the preservation and advancement of social security.**Learning outcomes:****Teaching methods:** on-site course**Requirements:****Language:** English**Literature:****Responsible:** University of Manitoba, Canada**Contact person:** Tuula Heinonen

Problem Seminar**ECTS:** 6**Time:****Assessment:** written exam, grading 1-5**Course description:** Students focus on the theory, social policy and social work practice implications of a given social problem area.**Learning outcomes:****Teaching methods:** on-site course**Requirements:****Language:** English**Literature:****Responsible:** University of Manitoba, Canada**Contact person:** Tuula Heinonen**Advanced Social Work Practise Seminars****ECTS:** 6**Time:****Assessment:** written exam, grading 1-5**Course description:** study of social work practice organized by size of client system. Students must select one seminar from several which are offered. Remaining seminars may fulfill elective requirements.**Learning outcomes:****Teaching methods:** on-site course**Requirements:****Language:** English**Literature:****Responsible:****Responsible:** University of Manitoba, Canada**Contact person:** Tuula Heinonen**Combined help in Adapted Processes of Children**

ECTS: 5

Time: fall semester

Assessment: oral exam

Course description: Forming a view on peculiarities of children adaptation, ways of estimation of adaptive efficiency and practical methods of improvement of adaptation.

Adaptation of children to different natural conditions of the environment, the influence of natural factors on the developing organisms, and the role of extreme natural anthropological factors of the North in the children's development. Principles of planning and rendering combined corrective help children with difficulties in adaptation. Elaborating of methods of rise children's adaptation of conditions of educational institution home environment, medical centres. Working out of system of health improvement measures to raise nonspecific stability of organism, prevention of acute illnesses and correction of skeleton. Organization and ways of work with parent and children on improving adapted possibilities of children's organism.

Learning outcomes:-

Teaching methods:-

Requirements:-

Language: Russian

Literature:-

Responsible: Pomor State University, Russian Federation

Contact person: Svetlana Lukina and Ludmila V. Morozova, e-mail: lukina68@list.ru

Socio-Cultural Aspects of Gender Studies

ECTS: 3

Time: fall semester

Assessment: test Pass/Fail

Course description: to provide with a science-based and integral conception of the socio-cultural foundations of gender studies in order to realize the gender approach both in research and practice of social work. Current problems of studies of differences of sexes, development of philosophical and public ideas of Men and Women. The evolution of gender studies. Men and women in socio-cultural systems. The analysis of the theories of gender socialization, gender ideology and gender policy. Legislation providing equal rights and opportunities for both sexes. Overcoming sexist, racist, nationalistic and other discriminating stereotypes. Sex and gender in the context of dichotomy "Nature - Culture". Gender stereotypes in culture. Gender aspects of social work.

Learning outcomes:-

Teaching methods: on-site, lectures, seminars, work in small groups, written assignments

Requirements: active participation in lectures and seminars

Language: English/Russian

Literature:

1. Anthology of gender theory/ Compiled by Y.Ganova. - Moscow: Saigonia, 2000. - 383 pages.

2. Russian Women in history and culture.-/ Edited by O.V.Churakova. - Arkhangelsk: the publishing house of Arkhnagelsk State Medical Academy, 2000. - 115 pages.

ECTS: 3

Time: spring semester

Assessment: oral or written exam

Course description: to formulate a scientifically grounded and systematic idea of the modern problem state and strategies of public health. Idea of systematic and interdisciplinary character of primary medical aid and social work with various population groups; systematization of methodological and theoretical foundations of epidemiological research in medical aid; development of understanding of individual and population strategies of social interferences.

Learning outcomes:-

Teaching methods: lectures, seminars, work in small groups, working with IT.

Requirements: active participation in lectures and seminars, report.

Language: Russian

Literature :

- ##### #.#., ##### #.B/ ##### #.#. ##### ##### ##### ##### #####: #####
#####. - #####: ##### #####, 2004

- #####, ##### #####. ##### ##### : ##### # ##### : #####.#####. ##### / #.
#. #####, #.#. ##### ; ###. ###. ##### ##, ## #####, ###. ###. ##### ##### #####. #####. -
#####: ###-## ###, 2004

- Licitsyn Y.P. The theory of medicine at the turn of the 21-st century. - Moscow, 1998.

- Fundamental foundations of healthcare policy/ Ed. By O.P.Shchepina. - Moscow, 1999. -397 pages.

Responsible: Pomor State University, Russian Federation

Contact information: Elena Golubeva, scorpic2005@mail.ru

Social Policy and Human Rights

ECTS: 3 ECTS

Time: spring semester

Assessment: learning journal, grading from 1-5

Teaching methods: on-site intensive course of one week in Russia

Learning outcomes: After the course a student:

- understands social policy and its challenges in global context
- knows about Russian and Finnish social policy and so called Nordic model
- knows the cultural (includes mental) and social factors, which have effected on development of social policy
- understands the social policy as a frame of social work
- knows about the situation of global welfare as well as national challenges of welfare in Russia and Finland

Content description: The course helps a student to

- learn about social policy and its challenges in global context
- learn about Russian and Finnish social policy and so called Nordic model
- study on the cultural (includes mental) and social factors, which have effected on development of social policy
- learn about the social policy as a frame of social work
- acquire knowledge about important international agreements of human rights like declarations of human rights, women's rights and children's rights
- know about international organisation ILO concerning labour and its activities. They learn on workers' and employers' rights.
- learn about social rights in European Union that concern its member countries.
- learn about global situation of welfare (United Nations' reports in the Internet).

During the intensive course a student studies about social policy and its challenges in global context, as well as about Russian and Finnish social policy and so called Nordic model. S/he learns on the cultural (includes mental) and social factors, which have effected on development of social policy. Furthermore, s/he learns about the social policy as a frame of social work. A student familiarises with important international agreements of human rights like declarations of human rights, women's rights and children's rights. Besides S/he learns on workers' and employers' rights by studying about the international organisation of labour ILO and its activities concerning labour. The social rights in European Union that concern its member countries are to be studied, as well as the global situation of welfare according the United Nations' reports in the Internet.

Teaching forms : intensive course, work shops (afternoon group discussions of students about lectures given during morning, three groups and they report on their discussions), Russian and Finnish lectures on social policy in Russia, about 20 hours (1 ECTS cr.) and Finland (1 ECTS cr.). Lectures on Russian, Finnish or Nordic countries social policy and their development include cultural and mental factors, which have effected on the development of social policy as background of its planning and realisation.

Students write a learning journal about welfare state in global context. For that they familiarise independently themselves (1 ECTS cr.) with international reports on laws and situations according given instructions.

Required reading : provided by lecturers

Language: English

Contact information: Elena Golubeva, scorpic2005@mail.ru

Managing care services for elderly persons: cross cultural context

ECTS: 3 ECTS

Time: fall semester

Assessment: written assignments, participation to lectures and seminar, grading 1-5

Course description: The course gives the student a practical and scientific readiness to outline the meaning of services for improving the quality of life of older people. While organizing services, the needs caused by national and cultural differences in different countries are specially emphasized. The students are guided to scrutinize critically and carefully all medical and broader socio-cultural views that are on the background of services. Different professions connected with old people are studied, especially by asking what their meaning in producing services is. Especially it will be considered, what are the tasks, values and methods of gerontological social work. In addition, it will be considered what factors are affecting on profitability of elderly people's services. The students will know the structure of the services in EU countries, Russia and Barents region.

Learning outcomes: after the course the students 1) manages the concept of quality on life and its sub-areas among older people, 2) knows the structure of care services for elderly people in EU countries, Russia and Barents region, 3) understands the meaning of cultural differences in organization of care services for the elderly people, 4) knows different methods in managing services for older people (analysis of care needs, care and service plan, case management), 5) manages the quality issues of elderly services, sees connections between quality of life and quality care, 6) understands differences between professional working with elderly people and delivery of services, 7) knows the role of gerontological social policy in working with older people and production of services and as a special area of social work, 8) knows differences between the medical and socio-cultural concepts of old age and ageing on the background of care services, 9) sees connections between quality of life and quality of care, 10) understands how care management can support good care outcomes.

Teaching methods: Lectures 20 h, seminar 4 h

Requirements: -

Language: English and Russian

Literature : Mollenkopf & Walker: Quality of life in old age. International and multidisciplinary perspective (2007). Vaarama, Piper & Sixsmith: Care related quality of life (2007). Vaarama & Piper: Managing integrated care for older persons (2005). Vaarama & Kautta: Social protection for the elderly in Finland (1999). Phillips & Care: Key Concepts (2007). Phillips, Ray & Marshall: Social work with older people (2006).

Responsible: Pomor State University, Russian Federation

Contact information: Elena Golubeva, scorpic2005@mail.ru

In addition to these courses, the Institute of Psychology & Psychiatry, Northern State Medical University, Russian Federation, offers the following courses:

- Mental Health of People on the North, 10 ECTS
- Medical and Social Work with Chemical Depended People, 5 ECTS
- Medical, Social and Psychological Rehabilitation of Mental Retarded Children, 5
- Socio-psychological aspects of prevention of addiction, 5 ECTS
- Self-destructive behavior: preventive and rehabilitation aspects, 5 ECTS
- Quality of life with alcohol dependency, 5 ECTS
- Quality of life with mental deficiency and patients' families, 5 ECTS

For additional information concerning these courses, please contact professor Andrey Soloviev, asoloviev@nsmu.ru.

353008S Field placement/Internship

(The description of study course can be found from WebOodi > study units.)

353216S Master's Thesis and Thesis Seminars (obligatory)

(The description of study course can be found from WebOodi > study units.)

353205S Maturity test (obligatory)

(The description of study course can be found from WebOodi > study units.)

Tutkintorakenteisiin kuulumattomat opintokokonaisuudet ja -jaksot

353201S: Advanced studies in nursing science (Nursing science II), 7 op
 041201A: Basics in eHealth, 5 op
 353005A: Comparative Approach to Welfare and Social Work and Health among Northern populations: European and Canadian Perspectives, 6 op
 353004A: Conflict, politics and ethnicity, 7,5 op
 352228A: Elective special research course, 3 - 10 op
 353008S: Field placement, 8 - 15 op
 352315A: Health Care Today, 3 op
 353003A: Health impacts of climate change, 4 op
 353006A: Health promotion, 7,5 op
 353002A: Health, security and wellbeing in the North, 6 op
 353001A: Introduction to health and wellbeing, 4 op
 353216S: Master's Thesis and Thesis Seminars, 32 - 35 op
 354202A: Research ethics in health sciences, 5 op
 352107A: Research methods I, 6 op
 353203S: Research methods II, 10 op
 353001A-01: Seminar I, 2 op
 353001A-02: Seminar II, 2 op
 352221A: Theory development and evaluation, 3 - 5 op
 353205S: Written maturity test, 0 op

Opintojaksojen kuvaukset

Tutkintorakenteisiin kuulumattomien opintokokonaisuuksien ja -jaksojen kuvaukset

353201S: Advanced studies in nursing science (Nursing science II), 7 op

Opiskelumuoto: Advanced Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opettajat: Isola Arja

Opintokohteen kielet: Finnish

Ei opintojaksokuvauksia.

041201A: Basics in eHealth, 5 op

Voimassaolo: 01.08.2011 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Medicine

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

Leikkaavuudet:

ay041201A Basics in eHealth (OPEN UNI) 5.0 op

Ei opintojaksokuvauksia.

353005A: Comparative Approach to Welfare and Social Work and Health among Northern populations: European and Canadian Perspectives, 6 op

Voimassaolo: 01.08.1950 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

Ei opintojaksokuvauksia.

353004A: Conflict, politics and ethnicity, 7,5 op

Voimassaolo: 01.08.1950 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

Ei opintojaksokuvauksia.

352228A: Elective special research course, 3 - 10 op

Voimassaolo: 01.08.2010 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

Ei opintojaksokuvauksia.

353008S: Field placement, 8 - 15 op

Voimassaolo: 01.08.1950 -

Opiskelumuoto: Optional Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

ECTS Credits:

8-15 ECTS

Language of instruction:

english

Timing:

optional

Learning outcomes:

Learning outcomes:

- students will be able to combine theory to practical work
- students will be able to work in international environment

Contents:

The aim is give students an opportunity to combine theory and practise to the working life. The internship offers an possibility to develop professional skills in variety of settings such as in international organisations, social work and health care institutions.

Learning activities and teaching methods:

independent internship of minimum of one month and a learning diary

Assessment methods and criteria:

independent internship of minimum of one month and a learning diary

Grading:

pass / fail

Person responsible:

Institute of Health Sciences, University of Oulu, Finland . Contact person: Ulla Timlin, ulla.timlin(at)oulu.fi

352315A: Health Care Today, 3 op

Voimassaolo: 01.08.2007 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

Leikkaavuudet:

ay352315A Health Care Today (OPEN UNI) 3.0 op

Ei opintojaksokuvauksia.

353003A: Health impacts of climate change, 4 op

Voimassaolo: 01.08.1950 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

ECTS Credits:

4 ECTS

Language of instruction:

english

Timing:

Fall semester

Learning outcomes:

Learning outcomes

After having completed and passed this course the student:

- understands the possible effects of climate change on human health from individual level to communities and societies, especially in the Arctic
- identifies the role in weather and climate in the changes of human exposures
- understands the potential health impacts of climate change
- identifies the future aspects of climate change and health (e.g. infectious diseases, heat and cold, floods, UV-radiation, animal-transmitted diseases)

Contents:

After passing the course, the students will have obtained knowledge about the on-going changes in health status in the circumpolar area due to climate variability. The future aspects of the climate change are introduced.

Learning activities and teaching methods:

on-line course

Assessment methods and criteria:

written examination

Grading:

1-5

Person responsible:

University of Oulu, Finland. Professor Arja Rautio, e-mail: arja.rautio(at)oulu.fi

353006A: Health promotion, 7,5 op

Voimassaolo: 01.08.1950 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

Ei opintojaksokuvauksia.

353002A: Health, security and wellbeing in the North, 6 op

Voimassaolo: 01.08.1950 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

ECTS Credits:

6 ECTS

Language of instruction:

english

Timing:

Spring semester

Learning outcomes:

Learning outcomes:

After passed this course the student:

- understands the social, health and wellbeing aspects in connection to global change (incl. cultural biodiversity)
- understands the effects of climate change to the health and wellbeing of population/community/individual levels (e.g. infections, climate hazards, contaminants)
- identifies and is able to identify the adaptation mechanisms and future scenarios

Contents:

Physical environment, population characteristics and social structures have special features in northern circumpolar areas. The ongoing changes in the climate, the environment and the social structures have significant influence on the health, security and wellbeing of Northern residents, as well as on the cultures across the borders in the Northern region. This causes special demands for higher education within this subject, and there is a considerable need to provide capabilities for Northern residents to face these challenges. These include higher mortality and disease rates of the population and high amount of disability pensions compared to more southern locations. Small communities are threatened by high unemployment rate, limited sources of livelihood and deficits in infrastructure. The positive development of health and wellbeing in the north requires new approaches and technologies to improve living conditions and habits and health care services.

Learning activities and teaching methods:

on-line course

Assessment methods and criteria:

written examination and diary

Grading:

1-5

Person responsible:

University of Oulu, Finland. Contact person: Arja Rautio, e-mail: arja.rautio(at)oulu.fi

353001A: Introduction to health and wellbeing, 4 op

Voimassaolo: 01.08.1950 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

Ei opintojaksokuvauksia.

353216S: Master's Thesis and Thesis Seminars, 32 - 35 op

Voimassaolo: 01.08.2010 -

Opiskelumuoto: Advanced Studies

Laji: Diploma thesis

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

ECTS Credits:

32 ECTS (Master's Thesis 30 ECTS, Thesis Seminars 2 ECTS)

Language of instruction:

english

Timing:

3rd semester - 4th semester

Learning outcomes:

Learning outcomes:

- MCH graduates will be capable to act as independent professionals in multiprofessional context, e.g. in administrative and managerial positions in health care services and advisory boards, as well as in education, development, planning, and research.

- MCH graduates will have important informal skills in addition to formal qualifications (e.g. language skills, working or studying experience in another Nordic country).

Contents:

The aim to learn skills for producing high quality research and learn to collaborate in a research group. An essential part of the theses will be participation to on-line thesis seminar. Research plan, building up the argumentation, research methods and materials, composing a results and discussion will be worked and guided through Optima environment individually and in groups. Master Thesis is prepared and written according to instructions of Institute of Health Sciences and MCH programme (see <http://www oulu.fi/hoitotiede/>).

Learning activities and teaching methods:

on-line thesis seminar and independent working (3rd of 4th semester)

Assessment methods and criteria:

Master's Thesis 30 ECTS and Thesis Seminars 2 ECTS. An essential part of the theses will be participation to on-line thesis seminar. Research plan, building up the argumentation, research methods and materials, composing a results and discussion will be worked and guided through Optima environment individually and in groups. Master Thesis is prepared and written according to instructions of Institute of Health Sciences and MCH programme

Grading:

1-5 / failed

Person responsible:

University of Oulu, Finland. Professor Arja Isola, Institute of Health Sciences, arja.isola@oulu.fi and Professor Arja Rautio, Centre for Arctic Medicine, arja.rautio@oulu.fi

354202A: Research ethics in health sciences, 5 op

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

Ei opintojaksokuvauksia.

352107A: Research methods I, 6 op

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

Leikkaavuudet:

ay352107A Research methods I (OPEN UNI) 6.0 op

Ei opintojaksokuvauksia.

353203S: Research methods II, 10 op**Opiskelumuoto:** Advanced Studies**Laji:** Course**Vastuuyksikkö:** Institute of Health Sciences**Arvostelu:** 1 - 5, pass, fail**Opintokohteen kielet:** Finnish

Ei opintojaksokuvauksia.

353001A-01: Seminar I, 2 op**Voimassaolo:** 01.08.1950 -**Opiskelumuoto:** Intermediate Studies**Laji:** Partial credit**Vastuuyksikkö:** Institute of Health Sciences**Arvostelu:** 1 - 5, pass, fail**Opintokohteen kielet:** English**ECTS Credits:**

2 ECTS

Language of instruction:

english

Timing:

spring semester

Learning outcomes:**Learning outcomes:** After the seminar the student:

- knows the geographical area of circumpolar north
- knows demographic profiles of populations living in the Arctic countries
- has an overview about the health status
- has started to work with the individual learning agreement
- to profile the physical and social aspects of a community in the circumpolar region to assess the health and wellbeing issues faced by the community
- to gain a perspective on issues of the north and how these issues might differ from the south as well as from location to location within the north
- to gain experience presenting research to a diverse audience in an academic setting

Contents:

The special issues of the northern populations are introduced and the work with individual learning agreements is started.

Seminar content:

- Define circumpolar region
- Introduction to special issues of the north
- Urban / rural issues
- Access to health care
- Environmental toxins
- Climate change
- Diet / lifestyle
- Poverty / marginalization
- Abuse / substance abuse
- Students present seminar (Case study of local issue)
- Individual learning agreements (students start to work with their learning agreements with their tutors)

Learning activities and teaching methods:

on-site seminar

Assessment methods and criteria:

Student presentations, participation seminar lectures and group work. Students will be assessed on the following criteria and assigned a grade pass or fail: community profile research (depth), overview of issues, presentation (organization, visual materials, speaking skills), and referencing. Written feedback will be provided to each student.

Grading:

pass / fail

Person responsible:

University of Oulu, Finland. Professor Arja Rautio, e-mail: arja.rautio(at)oulu.fi

353001A-02: Seminar II, 2 op

Voimassaolo: 01.08.1950 -

Opiskelumuoto: Intermediate Studies

Laji: Partial credit

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

ECTS Credits:

2 ECTS

Language of instruction:

english

Timing:

fall semester

Learning outcomes:

Learning outcomes: After this seminar the student

- introduces the results/plan of theses work
- has feed-back from the teachers and other students for further working

Contents:

The seminar consists of students presentations on their theses work, which will be commented professors and other students.

Learning activities and teaching methods:

on-site seminar

Assessment methods and criteria:

student presentations and seminar lecturers

Grading:

pass / fail

Person responsible:

University of Oulu, Finland. Professor Arja Rautio, e-mail: arja.rautio(at)oulu.fi

352221A: Theory development and evaluation, 3 - 5 op

Voimassaolo: 01.08.1990 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opettajat: Kyngäs, Helvi Aulikki

Opintokohteen kielet: Finnish

Leikkaavuudet:

ay352221A Theory development and evaluation (OPEN UNI) 3.0 op

Ei opintojaksokuvauksia.

353205S: Written maturity test, 0 op

Opiskelumuoto: Advanced Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

Ei opintojaksokuvauksia.