

# Opasraportti

## Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (2014 - 2015)

### Tutkintorakenteet

#### Master's degree programme in health and wellbeing in the circumpolar area (MCH)

Tutkintorakenteen tila: archived

Lukuvuosi: 2014-15

Lukuvuoden alkamispäivämäärä: 01.08.2014

#### Intermediate studies (vähintään 60 op)

040200Y: Basics in eHealth, 5 op  
353005A: Comparative Approach to Welfare and Social Work and Health among Northern populations: European and Canadian Perspectives, 6 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  
350006Y: Informatics of health sciences, 4 op  
353007A: Intermediate Seminar, 0,5 op  
353001A: Introduction to health and wellbeing, 4 op  
354202A: Research ethics in health sciences, 5 op  
351008P: Research methods (basic), 2 op  
352107A: Research methods I, 6 op  
353203S: The Application of Research Methods in Health Sciences, 10 op

#### Advanced studies (vähintään 60 op)

353216S-01: Master's Thesis, 30 op  
353009S: Optional Studies, 25 op  
353216S-02: Thesis Seminar, 5 op  
353205S: Written maturity test, 0 op

### Opintojaksojen kuvaukset

## Tutkintorakenteisiin kuuluvien opintokohteiden kuvaukset

### 040200Y: Basics in eHealth, 5 op

**Opiskelumuoto:** General Studies

**Laji:** Course

**Vastuuyksikkö:** Medicine

**Arvostelu:** 1 - 5, pass, fail

**Opintokohteen kielet:** Finnish

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

**Arvostelu:** 1 - 5, pass, fail

**Opintokohteen kielet:** English

**Assessment methods and criteria:**

Read more about [assessment criteria](#) at the University of Oulu webpage.

### 353003A: Health impacts of climate change, 4 op

**Voimassaolo:** 01.08.1950 -

**Opiskelumuoto:** Intermediate Studies

**Laji:** Course

**Arvostelu:** 1 - 5, pass, fail

**Opintokohteen kielet:** English

**ECTS Credits:**

4 ECTS

**Language of instruction:**

English

**Timing:**

Autumn 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

**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.

**Mode of delivery:**

On-line teaching

**Learning activities and teaching methods:**

Written examination

**Target group:**

Students in Master's Programme in Health and Wellbeing in the Circumpolar Areas (MCH)

**Prerequisites and co-requisites:**

No

**Recommended optional programme components:**

No

**Recommended or required reading:**

Current literature, will be announced at the beginning of the course.

**Assessment methods and criteria:**

Participation in on-line teaching, independent work, written examination

Read more about [assessment criteria](#) at the University of Oulu webpage.**Grading:**

1-5 / fail

**Person responsible:**

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

**Working life cooperation:**

No

**353006A: Health promotion, 7,5 op****Voimassaolo:** 01.08.1950 -**Opiskelumuoto:** Intermediate Studies**Laji:** Course**Arvostelu:** 1 - 5, pass, fail**Opintokohteen kielet:** English**Assessment methods and criteria:**Read more about [assessment criteria](#) at the University of Oulu webpage.**353002A: Health, security and wellbeing in the North, 6 op****Voimassaolo:** 01.08.1950 -**Opiskelumuoto:** Intermediate Studies**Laji:** Course**Arvostelu:** 1 - 5, pass, fail**Opintokohteen kielet:** English**ECTS Credits:**

6 ECTS

**Language of instruction:**

English

**Timing:**

Autumn semester

**Learning outcomes:**

After completing the course the student : understands the social, health and wellbeing aspects in connection to global change (incl. cultural biodiversity). The student understands the effects of climate change on the health and wellbeing of population/community/individual levels (e.g. infections, climate hazards, contaminants), and identities and is able to identify the adaptation mechanisms and future scenarios.

**Contents:**

The lectures and learning material of the course introduce the physical environment, population characteristics and social structures which are specific for the northern circumpolar areas. Students have individual and group assignments concerning the ongoing changes in the climate, the environment, the social structures and human health and well-being. The positive development of health and wellbeing in the north will require new approaches and technologies to improve living conditions and habits and health care services.

**Mode of delivery:**

On-line teaching

**Learning activities and teaching methods:**

Written examination and diary

**Target group:**

Students in Master's Programme in Health and Wellbeing in the Circumpolar Areas (MCH)

**Prerequisites and co-requisites:**

No

**Recommended optional programme components:**

No

**Recommended or required reading:**

Current literature, will be announced at the beginning of the course

**Assessment methods and criteria:**

Participation in on-line teaching, independent work, written examination, accepted diary

Read more about [assessment criteria](#) at the University of Oulu webpage.

**Grading:**

1-5 /fail

**Person responsible:**

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

**Working life cooperation:**

No

## 350006Y: Informatics of health sciences, 4 op

**Opiskelumuoto:** General Studies

**Laji:** Course

**Arvostelu:** 1 - 5, pass, fail

**Opettajat:** Pentti Nieminen

**Opintokohteen kielet:** Finnish

**ECTS Credits:**

4 ECTS (Part I 2,5 ECTS and Part II 1,5 ECTS)

**Language of instruction:**

Finnish

**Timing:**

Part I: First year autumn term

Part II: Autumn term together with the course Bachelor thesis.

**Learning outcomes:**

Learning outcomes: By the end of the course the student is able to:

- use information and communications technology resources in the University of Oulu,
- use workstations available in the Medical Faculty,
- apply basic software necessary in her/his studies,
- search research articles using basic literature retrieval methods,
- use bibliographic databases available in the Medical Faculty

**Contents:**

Part I: Use of workstations, data security, information services, information retrieval from internet, software applied in nursing studies and library services

Part II: Electronic journals, Medline, CINAHL, Medic and RefWorks software.

**Mode of delivery:**

Part I: Blended teaching

Part II: Face-to-face teaching, 100% attendance is required.

**Learning activities and teaching methods:**

Part I: Lectures 6 hours, group lessons in computer class-room 36 h and completion of practical projects.

Part II: Individual- and group lessons 15 h (lessons of library 5 x 3 h) and individual project.

**Target group:**

Students of Degree program in nursing science, Teacher training program in health sciences and Degree program in health administration science.

**Prerequisites and co-requisites:**

None

**Recommended optional programme components:**

This study unit is a part of studies in research methods.

**Recommended or required reading:**

List given during the course.

**Assessment methods and criteria:**

Written essay, participation in workgroups.

Read more about [assessment criteria](#) at the University of Oulu webpage.

**Grading:**

Pass / failed

**Working life cooperation:**

No

**353007A: Intermediate Seminar, 0,5 op**

**Opiskelumuoto:** Intermediate Studies

**Laji:** Course

**Arvostelu:** 1 - 5, pass, fail

**Opintokohteen kielet:** English

**ECTS Credits:**

0,5

**Language of instruction:**

English

**Timing:**

Spring semester (2nd semester)

**Learning outcomes:**

After this seminar the student

- introduces the plan for theses work and rest of the studies
- 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.

**Mode of delivery:**

Face-to-face teaching

**Learning activities and teaching methods:**

On-site seminar

**Target group:**

Students in Master's Programme of Health and Wellbeing in the Circumpolar Area (MCH)

**Prerequisites and co-requisites:**

No

**Recommended optional programme components:**

No

**Recommended or required reading:**

Personal Study Plan (PSP), Instructions for Master's Thesis, Instructions for Written Assignments

**Assessment methods and criteria:**

Student presentations, active- participation

Read more about [assessment criteria](#) at the University of Oulu webpage.

**Grading:**

pass/fail

**Person responsible:**

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

**Working life cooperation:**

No

**353001A: Introduction to health and wellbeing, 4 op**

**Voimassaolo:** 01.08.1950 -

**Opiskelumuoto:** Intermediate Studies

**Laji:** Course

**Arvostelu:** 1 - 5, pass, fail

**Opintokohteen kielet:** English

**ECTS Credits:**

4

**Language of instruction:**

English

**Timing:**

Autumn semester

**Learning outcomes:**

After completing the course the student is able to assess him-/herself as a student and a member of science community. The student recognizes the structure and aims of health science education and is able to plan his/her own studies. The student is able to evaluate the meaning of learning outcomes and learning strategies in planning his/her own studies. The student is able to describe the ethical principles of the university studies.

**Contents:**

Introduction to university studies: the structure, aims and content of the education. Student services at the University of Oulu. Study methods, individual study plan and learning assessment. The membership of a science community and ethical principles of the university studies. Orientation for international students organized by the University of Oulu International Relations.

**Mode of delivery:**

Blended teaching

**Learning activities and teaching methods:**

Information sessions, student and teacher tutoring, independent studying, and workshops.

**Target group:**

Students in Master's Programme of Health and Wellbeing in the Circumpolar Area (MCH)

**Prerequisites and co-requisites:**

No

**Recommended optional programme components:**

No

**Recommended or required reading:**

[Curriculum and study guide](#), web-pages of the [Faculty of Medicine](#) and [University of Oulu. Ethical Guidelines for Teachers and Students](#).

**Assessment methods and criteria:**

Participation in student and teacher tutoring and workshops. Individual study plan and its continuous self assessment. Individual study plan will be prepared and returned to teacher tutor.

Read more about [assessment criteria](#) at the University of Oulu webpage.

**Grading:**

pass/fail

**Person responsible:**

Institute of Health Sciences, International Relations

**Working life cooperation:**

No

## 354202A: Research ethics in health sciences, 5 op

**Opiskelumuoto:** Intermediate Studies

**Laji:** Course

**Arvostelu:** 1 - 5, pass, fail

**Opintokohteen kielet:** Finnish

**ECTS Credits:**

5 ECTS credits

**Language of instruction:**

Finnish and English

**Timing:**

The course is arranged during autumn term.

**Learning outcomes:**

After having completed the course, students are able to discuss key ethical issues related to health science research, recognise the norms of ethically sound research and are able to assess implementation of research from the point of view of research ethics.

**Contents:**

Good scientific practice, basic ethical requirements in research, researcher's responsibility, special ethics-related issues of health science research.

**Mode of delivery:**

Distance teaching

**Learning activities and teaching methods:**

Starting session, reading the literature and independent written essay.

**Target group:**

Students in Degree program in nursing science, Teacher training program in health science, Degree program in health administration science, Degree program in radiography and Degree program in clinical laboratory science.

**Prerequisites and co-requisites:**

No

**Recommended optional programme components:**

No

**Recommended or required reading:**

One of the books listed below:

1. Etiikkaa ihmistieteille. 2006. Hallamaa, J. et al. (ed.) Suomalaisen Kirjallisuuden Seura, Tutkimuseettisen neuvottelukunnan julkaisuja, Hakapaino Oy, Helsinki. OR
2. The Handbook of Social Research Ethics. 2009. Mertens D.M. & Ginsberg, P.E. (eds.) Sage Publications, Ltd., California, USA. (as applicable).

Websites of [The National Advisory Board on Social Welfare and Health Care Ethics \(ETENE\)](#) and the [National Advisory Board on Research Ethics](#),

as well as current scientific articles in the area chosen by the student for the written assignment.

**Assessment methods and criteria:**

Participation in starting session, independent work and accepted completion of written assignment.

Read more about [assessment criteria](#) at the University of Oulu webpage.

**Grading:**

Pass / fail

**Person responsible:**

Doctoral candidate / Lecturer

**Working life cooperation:**

No

**Other information:**

The course of study is suited as part of free-choice studies for the degree of Bachelor and Master of Health Sciences.

### 351008P: Research methods (basic), 2 op

**Opiskelumuoto:** Basic Studies

**Laji:** Course

**Arvostelu:** 1 - 5, pass, fail

**Opintokohteen kielet:** Finnish

**Leikkaavuudet:**

ay351008P Research methods (basic) (OPEN UNI) 2.0 op

**ECTS Credits:**

2 ECTS

**Language of instruction:**

Finnish

**Timing:**

1st year autumn term

**Learning outcomes:**

Learning outcomes: After completing the course the student is familiar with aims and principles of scientific research and she/he is able to describe the phases of research process.

**Contents:**

The aims and principles of scientific research, and research process.

**Mode of delivery:**

Distance teaching

**Learning activities and teaching methods:**

Independent studying

**Target group:**

Students in Degree program in nursing science, Teacher training program in health science, Degree program in health administration science, Degree program in radiography and Degree program in clinical laboratory science.

**Prerequisites and co-requisites:**

No

**Recommended optional programme components:**

Part of the research studies

**Recommended or required reading:**

Polit DF & Beck CT. 2011. Nursing Research. Generating and assessing evidence for nursing practice. Lippincott Williams & Wilkins, Philadelphia.

Part I, chapter 1,2,3; Part II chapter 4,5,6,7,8

Part III, chapter 9,10

Part IV, chapter 20,24

Part V, chapter 25

Part VI chapter 27

You can check the literature availability at [this link](#)

**Assessment methods and criteria:**

Literature examination.

Read more about [assessment criteria](#) at the University of Oulu webpage.

**Grading:**

1-5 / fail

**Person responsible:**

Doctoral candidate

**Working life cooperation:**

No

**Other information:**

The course is substituted to those students who have accomplished the degree in social and health care at the university of applied sciences.

## 352107A: Research methods I, 6 op

**Opiskelumuoto:** Intermediate Studies

**Laji:** Course

**Arvostelu:** 1 - 5, pass, fail

**Opintokohteen oppimateriaali:**

**Polit, Denise F.** , , 2004, pakollinen

**Opintokohteen kielet:** Finnish

**Leikkaavuudet:**

ay352107A Research methods I (OPEN UNI) 6.0 op

**ECTS Credits:**

6 ECTS

**Language of instruction:**

Finnish / English

**Timing:**

1st year spring term

**Learning outcomes:**

Learning outcomes:

The student gets familiar with methodological issues and the process of scientific research.

Upon completion the student:

- is able to formulate a research problem and research purpose and design a research
- is able to review and evaluate scientific research
- is able to design qualitative and quantitative research methods
- knows the requirements of a good scientific writing
- is able to evaluate ethical considerations
- is able to evaluate the basic criteria to assess the quality of quantitative and qualitative studies

**Contents:**

The overview of research process, literature reviews, data collection, analysis of research data, reliability, addressing ethical issues, writing a research proposal.

Students of the International Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH): course consists of on-line supported independent studies. Detailed course description will be given by the responsible teacher.

**Mode of delivery:**

Contact teaching

**Learning activities and teaching methods:**

Lectures and practice 30 hours, independent studying and exam 130 hours.

Students of the International Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH): course consists of on-line supported independent studies.

**Target group:**

Students in Degree program in nursing science, Teacher training program in health science, Degree program in health administration science, Degree program in radiography and Degree program in clinical laboratory science.

**Prerequisites and co-requisites:**

Please see the recommended optional programme components.

**Recommended optional programme components:**

Research methods (basic).

**Recommended or required reading:**

Polit DF & Beck CT. 2011. Nursing Research. Generating and assessing evidence for nursing practice. Lippincott Williams & Wilkins, Philadelphia.  
Topical scientific articles.

You can check the availability of literature at [this link](#)

**Assessment methods and criteria:**

Participation in exercises, working groups and exam.

Read more about [assessment criteria](#) at the University of Oulu webpage.

Students of the International Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH):  
Accepted research proposal for a Master's thesis. Grading: pass/fail.

**Grading:**

1-5 / fail

**Person responsible:**

Senior lecturers.

Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH): postdoctoral researcher  
Sanna-Mari Ahonen.

**Working life cooperation:**

No

## 353203S: The Application of Research Methods in Health Sciences, 10 op

**Opiskelumuoto:** Advanced Studies

**Laji:** Course

**Arvostelu:** 1 - 5, pass, fail

**Opettajat:** Satu Elo

**Opintokohteen kielet:** Finnish

**ECTS Credits:**

10 ECTS cr

**Language of instruction:**

Finnish

**Timing:**

spring term

**Learning outcomes:**

Upon completion of the course the student:

is able to define the features and methodological issues in quantitative and qualitative research in depth;

is able to choose and apply types and designs for nursing research in his / her own research

has a good command of the research process;

is able to assess questions of reliability and validity and apply them in planning and implementing his / her own research;

is able to assess main ethical questions and issues in research;

is able to write a research proposal and a research report.

**Contents:**

Methodological issues in quantitative and qualitative research, types / designs for nursing research, phases of research process, assessment of reliability and validity, ethical issues. Writing a research proposal and research report.

**Mode of delivery:**

Multidimensional teaching.

**Learning activities and teaching methods:**

Lectures and guided exercises 50h, individual studying 220h.

**Target group:**

Master Degree students in health management science, in nursing science and in teacher education programme.

**Recommended or required reading:**

Polit DF & Beck CT. 2008. Nursing Research. Generating and assessing evidence for nursing practice. Lippincott Williams & Wilkins, Philadelphia (certain parts).

Denzin, Norman K. & Lincoln, Yvonna S. (eds.) 2011. The sage Handbook of Qualitative Research. 4th ed. Thousand Oaks, CA: SAGE. (Certain parts, e.g. part III in Strategies of Inquiry and part IV in Methods of Collecting and Analyzing Empirical Materials)

Relevant scientific literature.

**Assessment methods and criteria:**

Lectures and active participation in practical training/exercises and group work, written assignment and exam.

**Grading:**

1-5/fail

**Person responsible:**

University lecturers of nursing and health management sciences

**353216S-01: Master's Thesis, 30 op**

**Voimassaolo:** 01.08.2013 -

**Opiskelumuoto:** Advanced Studies

**Laji:** Diploma thesis

**Arvostelu:** 1 - 5, pass, fail

**Opintokohteen kielet:** English

**ECTS Credits:**

30

**Language of instruction:**

English

**Timing:**

3rd semester - 4th semester

**Learning outcomes:**

After completing the course the student is able to write the Master's thesis.

**Contents:**

The aim to learn skills for producing high quality research and learn to collaborate in a research group. Scientific research made by independently or part of the research group. Written Master thesis. Master Thesis is prepared and written according to instructions of Institute of Health Sciences and MCH programme.

**Mode of delivery:**

Blended teaching

**Learning activities and teaching methods:**

Individual study or pair work under supervision of 1-2 teachers. Thesis can be written also as a scientific article.

**Target group:**

Students in Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH)

**Prerequisites and co-requisites:**

Please see the recommended optional programme components

**Recommended optional programme components:**

Research methods (basic), Research methods I, and Research methods II

**Recommended or required reading:**

Instructions for Written Assignments. Research and methodology literature related to Master's thesis.

**Assessment methods and criteria:**

The student writes Master's thesis or does a comparable work. If the student has not written the maturity test related to the Bachelor's thesis, the written maturity test has to be written after Master's thesis. Participating in individual and group tutoring. Master thesis could be a written scientific article too.

Read more about [assessment criteria](#) at the University of Oulu webpage.

**Grading:**

1-5 / failed

**Person responsible:**

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

**Working life cooperation:**

No

**353009S: Optional Studies, 25 op**

**Voimassaolo:** 01.08.1950 -

**Opiskelumuoto:** Optional Studies

**Laji:** Course

**Arvostelu:** 1 - 5, pass, fail

**Opintokohteen kielet:** English

**Voidaan suorittaa useasti:** Kyllä

Ei opintojaksokuvauksia.

### **353216S-02: Thesis Seminar, 5 op**

**Voimassaolo:** 01.08.2013 -

**Opiskelumuoto:** Advanced Studies

**Laji:** Course

**Arvostelu:** 1 - 5, pass, fail

**Opintokohteen kielet:** English

**ECTS Credits:**

5Ects

**Language of instruction:**

English

**Timing:**

3rd semester -4th semester

**Learning outcomes:**

The students will be able to present their Master's Thesis. The students will be able to receive and give constructive feedback.

**Contents:**

Presentation of the progress and results of the student's Master's Thesis. Peer-support and peer-feedback to fellow students in Optima learning environment.

**Mode of delivery:**

On-line teaching

**Learning activities and teaching methods:**

On-line thesis seminar and independent working.

**Target group:**

Students in Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH)

**Prerequisites and co-requisites:**

Please see the recommended optional programme components

**Recommended optional programme components:**

Research methods (basic), Research methods I, and Research methods II

**Recommended or required reading:**

Instructions for Written Assignments. Research and methodology literature related to research proposal.

**Assessment methods and criteria:**

Accepted presentation of the progress of Master's Thesis. Participation in on-line discussion and feedback.

Read more about [assessment criteria](#) at the University of Oulu webpage.

**Grading:**

pass / failed

**Person responsible:**

Professor Arja Rautio, postdoctoral researcher Sanna-Mari Ahonen.

**Working life cooperation:**

No

### **353205S: Written maturity test, 0 op**

**Opiskelumuoto:** Advanced Studies

**Laji:** Course

**Arvostelu:** 1 - 5, pass, fail

**Opintokohteen kielet:** Finnish

**Assessment methods and criteria:**

Student writes an essay in his/her native language about the topic of the Master's thesis to show a good command of the language and the content of the thesis. The abstract of the Master's thesis can be accepted as a maturity test if the student has written a maturity test earlier in Bachelor's degree. If the student's native language is another than Finnish or Swedish the Faculty will define separately the requirements for the language test.

Read more about [assessment criteria](#) at the University of Oulu webpage.

**Grading:**

Pass / Fail

**Person responsible:**

The essay is examined first by the supervisor of the Master's thesis and then by the teacher of the university's Language Center.