APN Education in Mental Health
- a case example of network program
  by 4 UAS in Finland

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## Disclosure presenter

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Finnish education system

Pre-primary education (voluntary)

Basic education 9 years (compulsory)

Upper secondary education 3 years

Vocational education 3 years

Master’s degree University 3-6 years

Bachelor’s degree University 3-6 years

Bachelor’s degree UAS 3.5–4.5 years

Master’s degree UAS

3 years of work experience

Doctoral degree Licentiate degree

University

Bachelor’s degree University 3-6 years

Doctoral degree

Licentiate degree

University

Bachelor’s degree

Master’s degree

UAS
Master’s programs in the Universities of Applied Sciences

- Bachelor level nursing education 3.5 years, 210 ECTS
- Master’s program: 1.5-2 years, 90 ECTS
Structure of the curriculum

- Curriculum is not nationally decided, so there are differences between the universities.
- Example from Tampere University of Applied Sciences, 90 ECTS:
  - 30 ECTS major subject, like mental health
  - 30 ECTS courses on development and research methods, administration
  - 30 ECTS Master’s thesis
Master’s program in Mental Health

• Every other year, since 2011. Fourth one running, started at 2017 with 54 students.
• All Bachelor level nurses, public health nurses or midwives
• Students working besides the studies, full-time
Courses arranged by 4UAS network

- Mental Health Disorders, Substance Abuse Problems and Pharmacology, 5 ECTS (Turku University of Applied Sciences)
- Person-centered interaction and nurse-patient relationship, 5 ECTS (Tampere University of Applied Sciences)
- Family- and network-centered interaction, 5 ECTS (Jyväskylä University of Applied Sciences)
- Mental Health and Substance Abuse Care with Different Age Groups, 5 ECTS (Satakunta University of Applied Sciences)
- Additional agreement between two UAS to arrange more (2 courses 5 ECTS = 10 ECTS to reach 30 ECTS)
• Students from all four UAS are studying all these four courses
• Pre-tasks, intensive days in each of the location once (2 days) and written assignments

• Economical way to arrange the program: responsibility on one course, but the students get all four.
• Written agreement between the UAS
Experiences: students

- Different reasons for education: increasing skills and know-how in the current work, career opportunities, plans to change jobs
- Hard program; studies beside work and family-life
- Intensive days and co-operation with the students from other universities highly beneficial
- Competencies both on mental health and substance abuse care as well as in development and research activities increasing significantly.
- Master’s thesis often planned and conducted in co-operation with employer (development projects, often with action research approach)
Experiences: employers

• As the APN education is quite new, the first graduates have been trailblazers
• Benefiting the know-how of the Master’s level students, learning to use their expertise
• Difficulties to raise the salary
• Health care service system: new vacancies as APNs, staff nurse/ward managers, project workers, teachers, entrepreneurs...
• Knowledge about the education increasing all the time
Experiences: educators

- Network of educators participating this programme:
  - updating educator’s own knowledge with colleagues
  - true collaboration with students as future colleagues, more cooperation also with employers
  - importance from the well-being viewpoint; networking provides a place to share thoughts and experiences.
Integrating the EU-funded project with Master’s level studies: the eMenthe - project

Enhancing Master’s level education in mental health practice by developing eLearning materials through European co-operation
eMenthe – project/ the development process

Information from international, European and national documents → Curriculum comparison → 139 interviews in all participating countries → Critical reviews by three workgroups → Content of the materials → Pedagogic solutions → Technic solutions and several pilots/iteration rounds

Master level students:
- participating the interviews
- interviewing some key stakeholders
- participating the pilots, giving feedback for next iteration round
eLearning materials used in 128 countries
Open online eLearning materials:
www.ementhe.eu

Promotion and Prevention
This theme explores the concept of mental health promotion and mental health promotion programmes, wellness and wellness strategies as well as the complex relationship between physical and mental health.

Recovery
When using the eLearning materials on Recovery you can find a narrative of John with more information and materials to study also further.

Families
In this theme you will discover information about how mental health problems affect service users and their families. It includes approaches to consider when working with the family as well as professional development issues.
More information about the project and eLearning materials:

• Included in WHO Europe eHealth 2016 report as one of the good examples.
• Several scientific papers published (ResearchGate "eMenthe") especially on Master’s level competences.
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