

Competence objectives

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

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

Competencies

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

Generic competences	Description of the competence at level 6
Learning to learn	The graduating student recognises the strengths and development areas of their competence and learning methods, and they utilise the opportunities communities and digitalisation provide in their learning. • Assesses and develops their competence and learning methods in different learning environments. • Is able to acquire, critically assess and appropriately apply the national and international knowledge base and practices of their field. • Also takes responsibility for group learning and sharing what has been learned.
Operating in a workplace	The graduating student has versatile working life skills and is able to operate in work communities of their field. • Is able to work constructively in a work community and promotes their own and their work community's well-being. • Is able to act professionally in communication and interaction situations at a workplace. • Utilises the opportunities offered by technology and digitalisation in their work. • Understands the complexity of changing working life and their own resilience in changing working life situations. • Has capabilities for an entrepreneurial approach.
Ethics	The graduating student adheres to the ethical principles and values of their field of profession, taking the principles of equality and non-discrimination into account. • Is able to take responsibility for their own actions and their consequences and reflects on them in accordance with the ethical principles and values of their field. • Takes others into account and promotes equality and non-discrimination. • Take into account the realisation of diversity and accessibility in their actions.

	• Understands the principles of responsible conduct of research and adheres to them. • Is able to influence society based on ethical values.
Sustainable development	The graduating student is familiar with the principles of sustainable development, promotes their implementation and acts responsibly as a professional and a member of society. • Is able to use information related to their field in finding, implementing and establishing sustainable solutions and operating models. • Understands sustainability challenges, their interdependencies and the various aspects of issues and problems.
Internationality and multiculturalism	The graduating student is able to operate in multicultural and international operating environments and networks. • Is familiar with the impacts of their cultural background on their activities and is able to develop operating methods that take multiculturalism into account in their work community. • Is able to monitor and utilise the international development of their field in their work. • Is able to communicate internationally in their work tasks.
Proactive development	The graduating student is able to develop solutions that anticipate the future of their own field, applying existing knowledge and research and development methods. • Solves problem situations creatively and reforms operating methods together with others. • Is able to work in projects in cooperation with actors of different fields. • Is able to apply existing knowledge in the field in development and utilises re-search and development methods. • Is able to seek customer-oriented, sustainable and economically viable solutions, anticipating the future of their field.

Specific competences of a Dental Hygienist	Description of the competence
Ethics and professional conduct in oral healthcare	• act in accordance with the values and ethical principles governing oral healthcare • respect human dignity and act in a way that does not violate human rights and without prejudice to the characteristics and world view of each individual (including age, culture, diversity of background and opportunities, disability, gender, language, religion and sexual orientation). • respect the confidentiality of patient relationships, also outside of work • respect the patients' right to self-determination, patients' choices and informed consent • understand the laws and regulations governing dental hygienists and act in accordance with them • act in accordance with ethical principles in social media and online communication without damaging the reputation of dental hygienists • evaluate and act immediately upon discovering unethical behaviours or dangerous situations • provide patients with comprehensive and high-quality care • communicate professionally with patients, their guardians, nurses, and experts from different fields • act in a patient-centred manner and ensure patient safety while making sure that the patient's interests always come first • identify the limits of one's competences by means of self-assessment, critical feedback and peer assessment make independent decisions and recognise the need for support and consultation • demonstrate the ability to evaluate one's own decisions, actions and performance and to use that evaluation and any received feedback in a manner that will encourage the continuous development of professional competences • demonstrate a sense of responsibility and ability to justify one's actions and decisions openly • promote a safe, encouraging and professional working community • act as a proactive developer in multidisciplinary teams in the work community by promoting patient care as well as efficiency and productivity • behave professionally and demonstrate respect towards expertise when interacting with other members or partners in the work community

Evidence-based oral healthcare	• use a broad scientific basis in oral healthcare • evaluate the validity of claims regarding different products in the field, primarily in relation to risks, clinical benefits and costs • read and critically evaluate scientific publications • share expert knowledge effectively orally, in writing and electronically • if necessary, serve as an active agent in treating patients as part of an oral healthcare, healthcare or social care team • explain the treatment plan as well as the benefits and risks related to planned treatment to patients for them to be able to make informed decisions • cooperate with patients and their families in all stages of the patient's life, taking into account the patient's current understanding of oral health and the promotion of oral health, risk assessment and treatment of oral diseases • recognise dangers in the work environment and know how to act when dangerous situations occur • evaluate patients' feedback and make recommendations based on them
Clinical oral healthcare	• understand the mechanisms of occurrence of dental hard tissue diseases, related risk factors and changes caused by them, as well as have the capacity to plan and implement preventive treatment • understand the mechanisms of occurrence of connective tissue and peri-implant diseases, related risk factors and changes caused by them, as well as have the capacity to plan and implement preventive treatment • understand human anatomy and physiology as it relates to oral healthcare • understand the stages of development and eruption of milk teeth, replacement teeth and permanent teeth • familiarity with radiation safety and imaging methods used in oral healthcare • act in accordance with occupational safety instructions and recommendations (e.g., vaccination recommendations, hygiene instructions, radiation protection, use and maintenance instructions for various devices) • maintain a safe work environment (infection control, dangerous chemicals, ionising radiation, ergonomics, equipment and stress management) • understand the link between general health, oral health, and diseases, and take into account any medical treatment that a patient is undergoing in the planning and implementation of treatment • mastery of medical treatment used in oral healthcare • assess the risk of an emergencies in the context of oral healthcare and act appropriately in them • draw up accurate and up-to-date patient information in accordance with legal requirements, using digital tools for the documentation and management of patient information

	• assess the external and internal soft and hard tissues of the mouth and face • refer patients to follow-up treatment if necessary • prescribe and provide instructions on the use of fluoride products to patients and use the fluoride products at the clinic to prevent the occurrence of hard tissue diseases • able to apply tooth coating Treatment of dental caries: Suitable treatment in line with recommendations • able to implement anti-infective treatment • able to evaluate indications and contraindications for local anaesthetics and possible complications related to anaesthesia • competence in anaesthesia infiltration • familiarity with teeth whitening treatments and related instructions • able to fix, maintain and remove fixed and removable orthodontic appliances • able to implement oral care on a patient according to their treatment plan • able to evaluate the effectiveness of provided oral healthcare and plan follow-up treatment based on the evaluation
Instruction and teaching competences	• able to apply the philosophical, ethical and pedagogical premises of instruction and teaching when carrying out activities promoting oral health • able to plan, implement and evaluate individual and group instruction • able to use suitable instruction and teaching methods in a way that involves and motivates the client • able to adjust communication methods for children and young people and patients with special needs • capable of using virtual methods/reception when instructing clients • able to use appropriate materials when providing instructions • able to produce new teaching and instruction material
Promotion of oral health and functional capacity	• able to assess the impact of oral health on a person's quality of life • able to assess risk factors for the oral health of individual patients in relation to their general health • able to assess the effects of tobacco products, alcohol and substance abuse on a person's general and oral health • able to assess a patient's health behaviour, especially in relation to oral self-care and nutritional habits, as well as to the use of tobacco products, alcohol and drugs • able to adjust oral self-care recommendations to fit the needs of each patient • able to evaluate the risks, benefits and limitations related to the oral self-care products available to patients

	• able to take into account issues related to a patient's medical and dental treatment history as well as family and social background when drawing up and carrying out an oral health treatment plan • able to develop strategies that can be used to assess and promote oral self-care amongst the community/population and reduce habits that negatively affect oral health.
Social and health services in oral healthcare	• mastery of the principles of quality management and ability to apply them at work. • able to apply research and development skills in the development of oral healthcare • mastery of the principles of first-line leadership and ability to apply them at work. • able to combine entrepreneurial skills with expertise and career planning • understand the premises of entrepreneurship in the welfare sector and the required procedures for establishing a company • understand the basics premises of developing an ethical business idea in the health sector.