TARTU TERVISHOIU KÕRGKOOL
TARTU HEALTH CARE COLLEGE

ÕE ERIALAKOOLITUSE ÕPPEKAVA

Specialized Nursing Education Curriculum

270 ECTS

Tartu 2015

1. Philosophic basis of the curriculum

The curriculum is based on the main concepts of nursing: human being, environment, health and nursing care

Human being and environment

The democratic society believes all human beings to be equal. Each individual and human life is of value, human life and inherent values and the right to life is respected. Human dignity is not dependent on gender, race, age, language, religion, social status and health condition.

Holistic approach to human beings is an understanding of the interaction of physical, mental, social, cultural and emotional dimensions. Each person is unique with their life experience.

The human environment involves natural, non-natural and physical environment and the non-material (spiritual, mental, cultural, social) and virtual environment.

Human development continues throughout the human life with mutual impact on environment, enabling or restricting its activities and options. A human being achieves their capability to act by being active, thinking consciously, aspiring to reach goals and being able to learn and make choices. The development of a person's uniqueness is influenced by culture, education, society and socio-geographic conditions.

A human being interacts constantly with their environment by belonging to a family, group or community. Human beings make choices based on their experiences which is impacted by health and illness. A human being functions as an open system, their reactions to internal and external influences on their organism are individual and a human being is capable of adapting to these. A human being is free to make decisions and responsible for making the decisions regarding the sustaining of their health and treatment.

Health

Health encompasses physical capability, personal and social resources, and people's ability to use the former in order to enhance and maintain health.

Pesons's perception of health is associated with culture/society, time, location and situation. Health is a variable with subjective and objective dimensions which have an effect on the subjective experiencing of well-being and organism's capacity to function.

Health is a person's capability to realise their wishes and needs, and to change or adapt these according to the surrounding environment. Health is a resource to be maintained, sustained and promoted by each person, whose right is to receive professional guidance and help in order to understand experiences regarding health and make the right decisions regarding sustaining health.

Nursing and nurse

Nursing is a profession belonging in the field of healthcare. Its mission is to help individuals, families and residents to determine and enhance their physical, mental and social capabilities.

Human beings are capable of caring for other human beings and nursing is its professional manifestation. Nursing is a process which is carried out in cooperation with patient/client and their close ones, and which follows the principles of justice, equality, individuality and cooperation.

A nurse implements his/her professional knowledge, skills and attitudes when helping an individual, a family and/or community in order to sustain health, achieve improved quality of life and capability of self-care and functioning, or enable a person to die in a dignified manner in case restoration of health is impossible.

A nurse values a person's experience with and reactions to illness and health and teaches and provides guidance to the person in regard to sustaining health and/or recovering from illness based on the holistic approach. The quality of nursing care is characterised by nursing interventions and how these are carried out. When providing holistic nursing care, a nurse employs critical thinking as well as intuition. By means of a caring and trusting relationship, a nurse provides a patient/client with information regarding their health and involves the patient/client in making the best possible health-related choices.

Directions in nursing care:
- nursing care to sustain and promote health – helping, supporting and teaching individuals, families or groups in society in regard to sustaining and promoting health;
- preventative, clinical and rehabilitative nursing care – supporting, teaching and caring for a person in case they are ill or their health is under threat;
- palliative nursing care – supporting and assisting a person in dying with dignity if restoring health is not possible.

An independent, responsible, honest and reflecting nurse is able to take responsibility for their decisions, professional development and ethical behaviour and participates in developing the profession based on evidence-based information.

Understanding of knowledge, learning and the learner

In nursing we value empirical and personal knowledge, ethics and aesthetics. Each form of knowledge has its important function in the development of nursing related knowledge and these complement each other. Thus, nursing education is based on empirical (research studies) as well as personal knowledge (practical experience), and teaching and learning are based on professional values and beliefs. Acquired professional information, experience, intuition and understanding are manifested in a nurse's competence and professional activities.

The curriculum implements a social constructivist approach to education which emphasises that a learner creates knowledge with the help of their activities, new knowledge is built upon existing knowledge. Learning is viewed as a process in which experience is interpreted into

knowledge and associations are made which have an effect on the learner's attitude, emotions and behaviour. Learners and teachers create an environment that facilitates learning and in which teachers trust learners and encourage them to take responsibility for their professional and personal development.

The choice of learning/teaching methods is based on learner-centredness, interactivity and cooperation which facilitate the achieving of the best results in as authentic learning environment as possible (simulations, project work, solving problems and situations, etc.).

Basic nursing education supports and develops student's capability to constantly learn independently and develop professionally. The prerequisite for this is learner's self-reflection and perceived need for and interest in knowledge. Learner values learning when they perceive that their learning is promoted by providing them with sufficient challenges and enabling them to gain success experience.

2. Documents supporting the curriculum

Documents supporting the curriculum are the following:
1) Institutions of Professional Higher Education Act (adopted with the Act passed on 10.06.1998);
2) Institutions of Professional Higher Education Act (adopted by the Government of the Republic's Regulation number 178 on December 18 2008);
3) Framework requirements for medical, veterinary, pharmacist, dentist, midwife, nurse, architect and civil engineering studies (Regulation number 312 adopted by the Government of the Republic on October 25 2004);
4) Professional Standard of Nurse III, IV, V (adopted by Council of Estonian Nurses Association on 12.04.2008);
5) Professional standards for Nurse, Midwife and Healthcare Manager;
6) Development plan for nursing education 2002-2015;
7) Principles of nurses' specialist training, 2003;
8) Statutes of Tartu Health Care College (adopted by the Government of the Republic' Regulation number 29 on 29.01.2009);
9) Statute of Curricula of Professional Higher Education at Tartu Health Care College, adopted by Rector's Directive No. 23 of April 17, 2014;
10) Strategic Plan for Nursing and Midwifery in Estonia 2011–2020;
11) Code of Ethics of the International Council of Nurses for nurses;
12) Directive of European Parliament and Council 2005/36/EU, recognition of professional qualifications, 7.09.2005.

3. General data of the curriculum

1. Name of curriculum in Estonian and English	Õe erialakoolitus, Specialized Nursing Education
2. Level of higher education studies	Professional Higher Education
3. Form of study	Full-time study
4. Name of educational institution	Tartu Tervishoiu Kõrgkool/Tartu Health Care College
5. Code of educational institution	70005714
6. Workload of curriculum in ECTS	270 ECTS
7. Standard period of study	4.5 years
8. Study programme group	Healthcare
9. Curriculum code in the Estonian Education Information System (EHIS)	2296
10. Language(s) of instruction	Estonian language
11. Other languages necessary for achievement of learning outcomes	English language, Russian language
12. Initial registration date of curriculum	05.09.2002
13. Approval date of curriculum version in Tartu Health Care College	17.06.2015
14. Accreditation data of curriculum	The curriculum belongs to the study programme group "Healthcare". The right to conduct studies without a term has been added to the Standard of Higher Education based on the regulation amendment number 89 of 30.06.2011.
15. Conditions of commencing studies	General secondary education or equivalent qualification from a foreign country. In the specialist module, professional higher education in nursing and professional work experience as a full-time nurse for at one year within the previous three years (preferably in the field of speciality the student would like to study in).
16. Main speciality of curriculum and its workload (ECTS)	Nursing, 210 ECTS
17. Additional specialities and their workloads (ECTS)	Specialization in four fields: 1. Intensive care nursing 60 ECTS 2. Mental health nursing 60 ECTS 3. Clinical nursing 60 ECTS 4. Health nursing 60 ECTS
18. Aim of curriculum	The aim of the curriculum is to provide an opportunity for students who have completed the basic nursing education curriculum to study and become a specialized nurse who has the ability analyse critically and preparedness to act and make decisions independently and to work at different

	levels of Estonian healthcare system, and who has the possibility to continue their studies on Master level in nursing or closely affiliated profession or speciality.
19. Learning outcomes of curriculum	On completion of the specialized nursing curriculum the student will be expected to: 1) possess specialty preparedness to work independently in the field of specialised nursing; 2) implement principles and research methods of nursing as a branch of research leading team work in provision of nursing care within his/her competence; 3) implement process-based nursing care based on nursing theories empowering the individual to take responsibility for his/her own and family members' health; 4) assess the health needs of an individual as a whole and provide nursing care based on the best possible existing knowledge and the principle of patient/client- and family-centredness and the nurse's code of ethics; 5) be able to analyse critically his/her own need for professional and personal development and be prepared for lifelong self-directing learning and evidence-based development of the profession. 6) be able to assess the development needs of the profession and initiate development projects.
20. Title of diploma or academic degree awarded on graduation	Diploma of professional higher education
21. Documents issued on graduation	Diploma and Diploma Supplement
22. Brief description of curriculum structure	The curriculum consists of the following modules: 1. Professional and personal development 41 ECTS, incl. practical training 8 ECTS and final thesis 7 ECTS 2. Basics of nursing 7 ECTS, incl. practical training 1 ECTS 3. Anatomy-physiology 7 ECTS 4. Community nursing 22 ECTS, incl. practical training 10 ECTS 5. Children's nursing 24 ECTS, incl. practical training 13 ECTS 6. Reproductive health 10 ECTS, incl. practical training 4 ECTS 7. Geriatric nursing care 17 ECTS, incl. practical training 13 ECTS 8. Clinical nursing care 56 ECTS, incl. practical training 24 ECTS

	9. Mental health and psychiatric nursing care 11 ECTS, incl. practical training 7 ECTS
	10. Nursing care in complicated cases 15 ECTS, incl. practical training 10 ECTS
	11. Specialist module 60 ECTS, incl. specialist practical training 14-16 ECTS
23. Options to complete curriculum	The student passes the modules in the sequence determined by the curriculum. In professional and personal development module, the student chooses a minimum of 6 ECTS in selective subjects and a minimum of 1 ECTS in optional subjects. In the specialist module, student can choose between four different modules: intensive care nursing, mental health nursing, clinical nursing or health nursing. In the specialist module, the student chooses a minimum of 9 ECTS in selective subjects.
24. Conditions of completing curriculum	To complete the curriculum, the student has to complete it fully and pass the specialty exam.
25. Curriculum Coordinator	Kersti Viitkar

4. General structure of the curriculum

Module	Year I		Year II		Year III		Year IV	Specialist module	
	Sem I	Sem II	Sem I	Sem II	Sem I	Sem II	Sem I	Sem I	Sem II
Professional and personal development	■	■	■	■	■	■	■		
Basics of nursing	■								
Anatomy-physiology	■								
Community nursing	■	■				■	■		
Reproductive health		■			■				
Children's nursing		■			■				
Nursing care of the elderly		■		■					
Clinical nursing care			■	■					
Mental health and psychiatric nursing care					■				
Nursing care in complicated cases						■			
Specialist module								■	■

5. Modules of the curriculum

PROFESSIONAL AND PERSONAL DEVELOPMENT	41 ECTS incl. practical training (8 ECTS)
Objective	To create conditions for the development of a self-directing life-long learner that follows the values of the profession, who can use evidence-based information to develop themselves and the profession.
Learning outcomes	On successful completion of the module the student will: 1) implement a variety of learning methods planning and setting goals for one's own learning activity, be able to analyse one's learning skills, and understand the importance of international learning experience; 2) be able to explain professional issues in writing and orally and participate in professional discussions in Estonian and at least in one foreign language; 3) have readiness to work independently and participate in evidence-based work in a professional development team; 4) know the national and international professional development trends, understand cultural differences and the importance of international cooperation; 5) analyse his/her behaviour and attitudes and their professional implementation on the basis of professional values; 6) understand the principles of management, leadership, and enterprise, and know laws and regulations pertaining to social and health care; 7) apply principles of research and use modern information finding, delivering and processing options in learning and professional development, and be able to interpret information critically and creatively; 8) understand clinical nursing studies philosophy and nurse's role as a supervisor.
Assessment	The achieving of learning outcomes of the module is assessed using undifferentiated assessment when the subjects end (except for the final thesis) and differentiated assessment is used for the defence of the final thesis with research content.

Subject code	Subjects	Credit points
O14-003	Self-direction	2 ECTS
O14-004	Psychology	2 ECTS
O14-005	Professional communication in foreign language (English language)	2 ECTS
O14-006	Professional communication in foreign language (Russian/Estonian language)	2 ECTS
O14-007	Basics of research and research methodology	2 ECTS
O14-008	Evidence-based development of profession and research	5 ECTS

O14-009	Management and entrepreneurship	2 ECTS
O14-010	International nursing	1 ECTS
O14-011	Supervision in nursing practice	1 ECTS
O14-012	Final practical training	8 ECTS
O14-013	Final thesis	7 ECTS
	Optional and selective subjects	7 ECTS

BASICS OF NURSING	7 ECTS incl. practical training (1 ECTS)
Objective	To develop students' understanding of nursing as an evidence-based profession and research field and nurse's role and responsibility in society.
Learning outcomes	On successful completion of the module the student will: 1) understand the principles of nursing as a research discipline and the essence of evidence-based nursing; 2) be able to explain the main concepts and know the most important nursing theories; 3) analyse the nursing care of the human as a whole based on processes using the holistic approach; 4) understand the nurse's role and responsibility in society and health care system, understand the principles of ethics and client-centredness; 5) analyse nurse's professional values and the attitudes based on these.
Assessment	The achieving of learning outcomes of the module is assessed using undifferentiated assessment when the subjects end and differentiated assessment is used in the module exam. The prerequisite for taking the module exam is a positive result in the other subjects.

Subject code	Subjects	Credits
O14-014	Nursing philosophy and ethics	2 ECTS
O14-015	Basics of nursing and evidence-based nursing	4 ECTS
O14-016	Practical training: Introduction to nursing practice	1 ECTS

ANATOMY-PHYSIOLOGY		7 ECTS
Objective	To create the conditions for acquiring the basic knowledge of human anatomy and physiology and understanding of the functioning and regulatory mechanisms of the human organism.	
Learning outcomes	On successful completion of the module the student will: 1) understand the functioning of organ systems and their influencing factors; 2) be able to explain the biochemical and biophysical regularities of human organism functioning, and understand immune system regulatory mechanisms; 3) know the basic principles of embryonic development and understand the bases of heredity.	
Assessment	The achieving of module learning outcomes is assessed using undifferentiated assessment in the subject "Latin language" and differentiated assessment in the "Anatomy-physiology".	
Subject code	**Subjects**	**Credits**
O14-017	Anatomy-physiology	6 ECTS
O14-018	Latin language	1 ECTS

COMMUNITY NURSING		22 ECTS incl. practical training (10 ECTS)
Objective	To develop the student's understanding of the functioning of community and family, the impact of health determinants on public health, and the ability to provide nursing care for families and community in an interdisciplinary team.	
Learning outcomes	On successful completion of the module the student will: 1) know the main topics related to public health and be able to describe the most important health issues of the population of Estonia and their causes; 2) know what primary care (community) nursing is and its development trends; 3) know the need and possibilites for health maintenance and promotion and implement health promotion measures within their competence when promoting family health; 4) value the role of nurse as promoter of health on the community, family and individual levels; 5) be able to compile and implement a health promotion project; 6) be able to provide first aid in case of traumas and acute attacks of illness using means available at hand; 7) provide process-based nursing care to a family at different stages of the life cycle based on evidence-based knowledge of family nursing; 8) analyse the principles of working in interdisciplinary team in family and community nursing (incl. healthcare in schools and children's institutions).	

Assessment	Differentiated assessment is used in "Public health", "Health promotion project" and "Family nursing", undifferentiated assessment is used in the subject "First aid". Differentiated assessment in "Family nursing" is carried out after practical training is completed.	
Subject code	**Subjects**	**Credits**
O14-019	Public health	6 ECTS
O14-020	Health promotion project	2 ECTS
O14-021	First aid	1 ECTS
O14-022	Family nursing	3 ECTS
O14-023	Practical training: Family nursing	10 ECTS

CHILDREN'S NURSING	**24 ECTS incl. practical training (13 ECTS)**
Objective	To provide an overview of children's age-related characteristics and develop the capability to implement process-based nursing care depending on the child's health condition.
Learning outcomes	On successful completion of the module the student will: 1) draw connects between child's anatomical-physiological characteristics and activities of daily living, be able to assess and describe child's development; 2) provide process-based nursing care based on perceived needs; 3) be able to notice, assess and explain the child's reactions to illness/hospitalisation taking into account the child's level of development, individuality and condition and provide patient- and family-centred nursing care to the child following nurse's ethics principles; 4) be able to take medical history from the child and/or his/her close ones and carry out an objective examination of the child, monitor the sick child's general condition taking into account the child's level of development, individuality and the holistic approach and implement the nursing process in case of children's acute, chronic, life-limiting conditions; 5) be able to perform diagnostic and treatment procedures, nursing interventions and be able to prepare the child and/or his/her close ones for these and involve them based on the child's level of development, individuality and condition.
Assessment	Differentiated assessment is used in subjects "Child health" and "Paediatric nursing". Differentiated assessment in "Paediatric nursing" is carried out when practical training is completed.

Subject code	**Subjects**	**Credits**
O14-029	Child health	5 ECTS
O14-030	Practical training: Child health	5 ECTS
O14-031	Paediatric nursing	6 ECTS
O14-032	Practical training: Paediatric nursing	8 ECTS

REPRODUCTIVE HEALTH	10 ECTS incl. practical training (4 ECTS)
Objective	To develop student's understanding of human psychosexual development and the essence of reproductive health and changes related to woman's health throughout the life cycle.
Learning outcomes	On successful completion of the module the student will: 1) describe physiological and psychological changes at different ages in women and men and explain sexual physiology and factors impacting these; 2) know and be able to use the principles of health and sexual education and family planning and contraception; 3) know the principles of maternity care and view pregnancy, delivery and postpartum period as normal and physiological processes; 4) know the more common pathologies that occur during pregnancy, delivery and in the postpartum period, be able to help and encourage the woman and her close ones when dealing with nursing issues; 5) know the main gynaecological diseases, treatment options, and be able to deal with the patient in accordance with nursing process.
Assessment	Undifferentiated assessment is used in practical training and subjects "Healthy woman and man", "Normal pregnancy, delivery and puerperium", and differentiated assessment is used in subjects "Maternity care", "Gynaecological diseases".

Subject code	Subjects	Credits
O14-024	Healthy woman and man	2 ECTS
O14-025	Normal pregnancy, delivery and puerperium	1 ECTS
O14-026	Maternity care	2 ECTS
O14-027	Gynaecological diseases	1 ECTS
O14-028	Practical training: Maternity care	4 ECTS

NURSING CARE OF THE ELDERLY	17 ECTS incl. practical training (13 ECTS)
Objective	To give an overview of ageing-related changes and develop the capability to provide nursing care in case of the elderly with different functional capacity based on the health condition of the elderly.
Learning outcomes	On successful completion of the module the student will: 1) understand the differences between normal ageing-related changes and disease-related changes in the elderly; 2) analyse factors impacting the quality of life of the elderly; 3) perform care activities without causing harm to the person in their care and himself/herself ensuring a hygienic environment; 4) provide nursing care based on the complex assessment of a geriatric patient and on the core values of nursing;

	5) identify and reflect on ethical dilemmas that occur in geriatric nursing care; 6) have readiness to work in an interdisciplinary team.
Assessment	Undifferentiated assessment is used on completion of theoretical subjects and practical training.

Subject code	Subjects	Credits
O14-033	Ageing and health of the elderly	2 ECTS
O14-034	Practical training: Care of the elderly	5 ECTS
O14-035	Geriatric nursing care	2 ECTS
O14-036	Practical training: Geriatric nursing care	8 ECTS

CLINICAL NURSING CARE	56 ECTS incl. practical training (24 ECTS)
Objective	To give an overview of the most common diseases and their prevention and develop the capabilities and skills to implement process-based nursing care with adult patients.
Learning outcomes	On successful completion of the module the student will: 1) be able to assess adult's health condition systematically using different condition assessment methods; 2) determine nursing problems in case of patients with more common cases and perform nursing skills to solve problems and rehabilitate the patient in the nursing process; 3) prepare a patient and assist a doctor with the implementation of modern evidence-based investigation and treatment methods; 4) assess and understand persons' physical and psychological and social reactions to acute and chronic diseases, crises, excess stress, and be able to act according to the knowledge; 5) understand medication effects, interaction and side effects, the need for nutrition and dietary treatment in case of disease and implement knowledge within his/her competence; 6) teach, provide guidance, assist a patient and his/her family and cooperate with care and multidisciplinary team; 7) explain the necessity for preventative nursing in case of more common diseases and risk groups; 8) value patient/family-centredness, act based on nurse's ethics code.
Assessment	Differentiated assessment is used in the subject "Pharmacology", undifferentiated assessment is used in other theoretical subjects and practical trainings. Final differentiated assessment of the module is carried out following the completion of the practical training "clinical nursing II.

Subject code	Subjects	Credits
O14-037	General pharmacology	2 ECTS
O14-038	Introduction to clinical nursing	2 ECTS

O14-039	Nursing skills I	2 ECTS
O14-040	Nursing skills II	2 ECTS
O14-041	Nursing care of patients with internal diseases	9 ECTS
O14-042	Surgical nursing care	11 ECTS
O14-043	Pharmacology	4 ECTS
O14-044	Practical training: Clinical nursing I	6 ECTS
O14-045	Practical training: Nursing care of patients with internal diseases	6 ECTS
O14-046	Practical training: Surgical nursing care	6 ECTS
O14-047	Practical training: Clinical nursing II	6 ECTS

MENTAL HEALTH AND PSYCHIATRIC NURSING	11 ECTS incl. practical training (7 ECTS)
Objective	To develop capability and skills to use nursing care in case of mental health problems in a community and hospital.
Learning outcomes	On successful completion of the module the student will: 1) be able to use mental health assessment methods and use evidence-based nursing interventions to solve patient's mental health nursing problems; 2) know the main causes and general symptomatology of psychiatric and behavioural disorders; 3) describe main treatment methods for psychiatric disorders and be able to monitor person's condition in regard to effects and side effects of psychopharmaceuticals; 4) be able to use therapeutic communication techniques; 5) provide nursing care in accordance with legal acts regulating treatment and nursing care of persons with mental health problems and core values of nursing.
Assessment	Undifferentiated assessment is used in the subject "Clinical psychology" and practical training, and differentiated assessment is used in the subject "Psychiatric nursing care".

Subject code	Subjects	Credits
O14-048	Psychiatric nursing care	3 ECTS
O14-049	Clinical psychology	1 ECTS
O14-050	Practical training: Psychiatric nursing care	7 ECTS

NURSING CARE IN COMPLICATED CASES	15 ECTS incl. practical training (10 ECTS)
Objective	To give an overview of specific characteristics of nursing care in complicated cases and develop preparedness to work in a multidisciplinary team with complicated cases and those in need of emergency care.
Learning outcomes	On successful completion of the module the student will: 1) understand pathological processes affecting vital functions and interpret results of important investigations and tests; 2) determine and assess the condition of critical patient, prioritise nursing problems and use intervention within his/her competence; 3) assess and analyse the nursing process in critical and complicated cases; 4) follow principles of patient-centredness and nursing ethics in case of providing nursing care to critical patients; 5) have readiness to commence provision of first aid at ALS (advanced life support) level, know the main medication used in resuscitation and be able to administer these to a patient; 6) understand the principles of organising help in case of large-scale accidents, disasters and military conflict, and be ready to help within their competence.
Assessment	Differentiated assessment is used in the subject "Complicated cases and intensive care nursing" and undifferentiated assessment is used in practical training and the subject "Military and disaster medicine".

Subject code	Subjects	Credits
O14-051	Complicated cases and intensive care nursing	3 ECTS
O14-052	Military and disaster medicine	2 ECTS
O14-053	Practical training: Intensive care nursing	10 ECTS

INTENSIVE CARE NURSING MODULE	60 ECTS incl. practical training (20 ECTS)
Objective	To prepare a specialized nurse who is prepared to manage the work of a team in the provision of nursing care to a critical patient in outpatient care, before and during hospitalisation.
Learning outcomes	On successful completion of the module the student will: 1) be prepared to organise the provision of nursing care in a multidisciplinary team to a patient with existing or potential vital organ dysfunction; 2) be able to stabilise, improve and maintain patient's condition using critical assessment; 3) be prepared to be a mentor for colleagues; 4) be ready to lead a development process in a field of speciality.
Assessment	Undifferentiated assessment is used in general, selective subjects and

practical training, and differentiated assessment is used in specialist subjects. At the end of the module, it is assessed in the form of speciality examination.

Subject code	Subjects	Credits
	General subjects	**9 ECTS**
OEK10-003	Healthcare system and legislation	3 ECTS
OEK10-004	Supervision and teaching in nursing practice	3 ECTS
OEK14-1	Evidence-based planning of nursing care	3 ECTS
	Specialist subjects	**48 ECTS**
INO10-003	General and specialist aenesthetics	8 ECTS
INO14-1	Emergency medicine	11 ECTS
INO10-005	Intensive care nursing	6 ECTS
INO14-2	Specialist practical training in intensive care nursing	20 ECTS
INO10-014	Speciality examination in intensive care nursing	3 ECTS
	Selective subjects	**3 ECTS**
OEK10-002	Organ donation	1 ECTS
OEK10-021	Resuscitation	3 ECTS
OEK10-001	Poisoning and antidotes	2 ECTS
INO10-012	Crisis psychology	2 ECTS
INO10-006	Emergency obstetrics, gynaecology	1 ECTS
INO10-007	Emergency LOR and eye diseases	1 ECTS
INO10-011	Infectious diseases	1 ECTS
INO10-008	Emergency psychiatric care	3 ECTS

MENTAL HEALTH NURSING MODULE	60 ECTS incl. practical training (15 ECTS)
Objective	To prepare a specialized nurse who is prepared to manage the work of a team in the provision of nursing care to a person with mental health problems in community and hospital.
Learning outcomes	On successful completion of the module the student will: 1) be prepared to deal with psychiatric cases in an interdisciplinary team; 2) be able to implement measures to prevent mental health problems and improve the coping of individuals with psychiatric problems; 3) be prepared to cooperate with social welfare and rehabilitation institutions in order to improve the quality of life of individuals with mental health disorders; 4) be prepared to be a mentor for colleagues; 5) be ready to lead a development process in a field of speciality.
Assessment	Undifferentiated assessment is used in general, selective subjects and practical training, and differentiated assessment is used in specialist subjects.

Subject code	Subjects	Credits
	General subjects	**6 ECTS**
OEK10-003	Healthcare system and legislation	3 ECTS
OEK10-004	Supervision and teaching in nursing practice	3 ECTS
	Specialist subjects	**45 ECTS**
VTO14-2	Mental health nursing, community work and rehabilitation	12 ECTS
VTO14-3	Psychiatry	6 ECTS
VTO14-1	Clinical psychology	9 ECTS
VTO10-019	Specialist practical training in mental health nursing	15 ECTS
VTO10-020	Speciality examination in intensive care nursing	3 ECTS
	Selective subjects	**9 ECTS**
VTO10-013	ART – agression replacement therapy	3 ECTS
VTO10-015	Psychiatric disorders in the elderly	3 ECTS
VTO10-012	Psychiatric disorders in children and adolescents	3 ECTS
VTO10-014	Group work methods in nursing care	3 ECTS
OEK10-002	Organ donation	1 ECTS
OEK10-021	Resuscitation	3 ECTS
OEK10-001	Poisoning and antidotes	2 ECTS

At the end of the module, it is assessed in the form of speciality examination. (appears above the table as first row spanning)

CLINICAL NURSING MODULE (DIABETES NURSING)	60 EAP incl. practical training (14 ECTS)
Objective	To prepare a specialized nurse who is prepared to manage the work of a nursing care team in the provision of nursing care to individuals of varying ages with an endocrine and metabolic disorder problems in outpatient as well as inpatient care.
Learning outcomes	On successful completion of the module the student will: 1) be able to assess the teaching and counselling needs of patients of different ages suffering from endocrine and metabolic disorders and their close ones and plan the necessary interventions based on the assessment of the critical condition; 2) be able to organise the provision of nursing care in an interdisciplinary team to patients of different ages with an endocrine and metabolic disorder; 3) be prepared to be a mentor for colleagues; 4) be ready to lead a development process in a field of speciality.
Assessment	Undifferentiated assessment is used in general, selective subjects and practical training, and differentiated assessment is used in specialist

subjects. At the end of the module, it is assessed in the form of speciality examination.

Subject code	Subjects	Credits
	General subjects	**6 ECTS**
OEK10-003	Healthcare system and legislation	3 ECTS
OEK10-004	Supervision and teaching in nursing practice	3 ECTS
	Specialist subjects	**45 ECTS**
KLO12-001	Evidence-based planning of nursing care	4 ECTS
KLO12-002	Patient teaching and counselling	10 ECTS
KLO12-003	Nursing care of a patient with endocrine and metabolic disorder	12 ECTS
KLO12-004	Pharmacology	2 ECTS
KLO11-002	Specialist practical training	14 ECTS
KLO06-015	Speciality examination	3 ECTS
	Selective subjects	**9 ECTS**
O10-065	Introduction to e-learning	1 ECTS
KLO13-001	Exercise and being physically active	2 ECTS
KLO12-005	Communication with a patient with a chronic condition	3 ECTS
OEK10-021	Resuscitation	3 ECTS
OEK10-001	Poisoning and antidotes	2 ECTS
INO10-012	Crisis psychology	2 ECTS
OEK10-002	Organ donation	1 ECTS

CLINICAL NURSING MODULE (CHILDREN'S NURSING)		60 ECTS incl. practical training (14 ECTS)
Objective	To prepare a specialized nurse who is prepared to manage the work of a nursing care team in the provision of nursing care to patients who have special needs due to diseases.	
Learning outcomes	On successful completion of the module the student will: 1) be able to manage the provision of nursing care in an interdisciplinary team to a child based on the assessment of the critical condition; 2) be prepared to be a mentor for colleagues; 3) be ready to lead a development process in a field of speciality.	
Assessment	Undifferentiated assessment is used in general, selective subjects and practical training, and differentiated assessment is used in specialist subjects. At the end of the module, it is assessed in the form of speciality examination.	

Subject code	Subjects	Credits
	General subjects	**6 ECTS**
OEK10-003	Healthcare system and legislation	3 ECTS
OEK10-004	Supervision and teaching in nursing practice	3 ECTS

Subject code	Specialist subjects	45 ECTS
KLO10-013	Pathophysiology	3 ECTS
KLO10-014	Evidence-based planning of nursing care	9 ECTS
KLO10-001	Child development theories	4 ECTS
KLO10-002	Family-centred care models and theories	4 ECTS
KLO10-003	Neonatology and paediatric intensive care	4 ECTS
KLO10-004	Paediatric nursing care	4 ECTS
KLO10-008	Specialist practical training: Clinical nursing	14 ECTS
KLO10-009	Speciality examination in clinical nursing	3 ECTS
	Selective subjects	**9 ECTS**
KLO10-005	Communication with the child with mental and behaviour problems	2 ECTS
KLO10-006	Mental disorders in children and adolescents	3 ECTS
KLO10-017	Group work methods in nursing care	3 ECTS
OEK10-002	Organ donation	1 ECTS
OEK10-021	Resuscitation	3 ECTS
OEK10-001	Poisoning and antidotes	2 ECTS

CLINICAL NURSING MODULE (ADULT NURSING)	60 ECTS incl. practical training (14 ECTS)
Objective	To prepare a specialized nurse who is prepared to manage the work of a nursing care team in the provision of nursing care to patients who have special needs due to diseases.
Learning outcomes	On successful completion of the module the student will: 1) be able to manage the provision of nursing care in an interdisciplinary team to an adult based on the assessment of the critical condition; 2) be prepared to be a mentor for colleagues; 3) be ready to lead a development process in a field of speciality.
Assessment	Undifferentiated assessment is used in general, selective subjects and practical training, and differentiated assessment is used in specialist subjects. At the end of the module, it is assessed in the form of speciality examination.

Subject code	Subjects	Credits
	General subjects	**6 ECTS**
OEK10-003	Healthcare system and legislation	3 ECTS
OEK10-004	Supervision and teaching in nursing practice	3 ECTS
	Specialist subjects	**45 ECTS**
KLO09-004	Pathophysiology	3 ECTS
KLO09-005	Evidence-based planning of nursing care	9 ECTS
KLO09-006	Patient teaching	3 ECTS
KLO09-007	Ageing theories and quality of life of the elderly	3 ECTS

KLO09-009	Internal diseases and nursing care	5 ECTS
KLO09-008	Surgical nursing	5 ECTS
KLO09-014	Specialist practical training: Clinical nursing	14 ECTS
KLO09-015	Speciality examination: Clinical nursing	3 ECTS
	Selective subjects	**9 ECTS**
KLO09-013	Complex patient assessment	2 ECTS
INO10-012	Crisis psychology	2 ECTS
KLO10-017	Group work methods in nursing care	3 ECTS
OEK10-002	Organ donation	1 ECTS
OEK10-021	Resuscitation	3 ECTS
OEK10-001	Poisoning and antidotes	2 ECTS

Selective and optional subjects (Module Professional and personal development)

	Name	Maht
AM09-081	Nursing care of patients with urological diseases	1.5 ECTS
O09-066	Quality management	1 ECTS
O10-048	Human awareness of death	2 ECTS
O10-049	Pervasive developmental disorders	2 ECTS
O10-050	Paediatric nursing in case of general surgical conditions	1.5 ECTS
O10-051	What should the nurse know about pulmonary tuberculosis	1 ECTS
O10-052	Nutrition for children	1.5 ECTS
O10-054	Patient-/Client-centred health care	1.5 ECTS
O10-058	Nurse documentation in primary care with the help of OMAHA system	2 ECTS
O10-060	Professional German	1 ECTS
O10-065	Introductory course to e-learning	1 ECTS
O10-070	Counselling on breast feeding II	3 ECTS
O11-002	Counselling on breast feeding I	3 ECTS
O11-004	Supporting functional capacity in the elderly	3 ECTS
O11-008	Nursing care of and teaching the patient with a bone fracture	1 ECTS
O12-019	German language for advanced learners	1 ECTS
O13-003	Health care service after delivery	2 ECTS
O14-002	Study of breast feeding	3 ECTS
Y11-005	Curriculum development	1 ECTS
Y11-007	Introduction to gender studies	2 ECTS
Y12-002	History of medicine	2 ECTS
Y12-006	Treatment and nursing care of a patient with a plaster cast	1 ECTS
Y12-016	Learning in a higher education institution	3 ECTS
Y12-024	Medical Anthropology	1.5 ECTS
Y12-026	Neonatal intensive care	3 ECTS
Y12-027	Occupational health care – counselling employees based on their working environment	2 ECTS
Y12-031	Conscious development of learning skills	2 ECTS
Y12-033	Health risks of environmental changes	2 ECTS
Y12-037	Treatment and nursing of an oncology patient	1 ECTS

Y12-038	Safety requirements in MRT	0.5 ECTS
Y12-039	Emergency medicine	2 ECTS
Y12-041	First aid	1 ECTS
Y13-002	Paediatric nursing care for children with ENT diseases	2 ECTS
Y13-003	Nursing care of children in critical condition	1 ECTS
Y13-005	Evidence-based care of pressure ulcers	1 ECTS
Y13-042	Personal health as basis for success	1 ECTS
Y13-043	Music therapy	1 ECTS
Y14-1	Demographics, public health and population politics	1 ECTS
Y14-3	International nursing	3 ECTS

6. General and specialist/professional competences

	ECTS	GENERAL COMPETENCES						SPECIALIST/PROFESSIONAL COMPETENCES					
		Self-directing and personal development	Communication and team work	Management and entrepreneurship	Internationalisation	Ethics	Critical and creative interpretation of information	Holistic approach to human being	Personal and professional development (learning, teaching)	Process-based nursing care	Health-centredness	Interdisciplinary team work	Ethics
PROFESSIONAL AND PERSONAL DEVELOPMENT	**4**												
1) implement a variety of learning methods planning and setting goals for one's own learning activity, be able to analyse one's learning skills, and understand the importance of international learning experience;		X			X		X		X				
2) be able to explain professional issues in writing and orally and participate in professional discussions in Estonian and at least in one foreign language;		X	X		X				X			X	
3) have readiness to work independently and participate in evidence-based work in a professional development team;		X		X			X		X		X		X
4) know the national and international professional development trends, understand cultural differences and the importance of international cooperation;		X		X	X				X				
5) analyse his/her behaviour and attitudes and their professional implementation on the basis of professional values;		X				X		X	X				X
6) understand the principles of management, leadership, and enterprise, and know laws and regulations pertaining to social and health care;		X	X	X			X						
7) apply principles of research and use modern information finding, delivering and processing options in learning and professional development, and be able to interpret information critically and		X		X	X		X						

creatively;													
8) understand clinical nursing studies philosophy and nurse's role as a supervisor.		X	X	X	X	X	X	X	X	X	X	X	X
BASICS OF NURSING	**7**												
1) understand the principles of nursing as a research discipline and the essence of evidence-based nursing;						X		X		X	X		X
2) be able to explain the main concepts and know the most important nursing theories;							X	X		X	X		
3) analyse the nursing care of the human as a whole based on processes using the holistic approach;						X		X		X	X	X	X
4) understand the nurse's role and responsibility in society and health care system, understand the principles of ethics and client-centredness;						X		X		X	X	X	X
5) analyse nurse's professional values and the attitudes based on these.						X		X		X			X
ANATOMY-PHYSIOLOGY	**7**												
1) understand the functioning of organ systems and their influencing factors;											X		
2) be able to explain the biochemical and biophysical regularities of human organism functioning, and understand immune system regulatory mechanisms;											X		
3) know the basic principles of embryonic development and understand the bases of heredity.											X		
COMMUNITY NURSING	**22**												
1) know the main topics related to public health and be able to describe the most important health issues of the population of Estonia and their causes;						X				X			
2) know what primary care (community) nursing is and its development trends;							X			X	X		
3) know the need and possibilities for health maintenance and promotion and implement health promotion measures within their competence when promoting family health;				X			X			X	X	X	X
4) value the role of nurse as promoter of health on the community, family and individual levels;			X			X		X		X	X	X	X
5) be able to compile and implement a health promotion project;			X	X	X		X	X	X	X	X	X	X

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6) be able to provide first aid in case of traumas and acute attacks of illness using means available at hand;						X		X			X	X	X
7) provide process-based nursing care to a family at different stages of the life cycle based on evidence-based knowledge of family nursing;		X	X	X		X		X	X	X	X	X	
8) analyse the principles of working in interdisciplinary team in family and community nursing (incl. healthcare in schools and children's institutions).			X	X	X		X		X	X	X	X	X
CHILDREN'S NURSING CARE	**24**												
1) draw connections between child's anatomical-physiological characteristics and activities of daily living, be able to assess and describe child's development;											X		
2) provide process-based nursing care based on perceived needs;						X		X			X	X	X
3) be able to notice, assess and explain the child's reactions to illness/hospitalisation taking into account the child's level of development, individuality and condition and provide patient- and family-centred nursing care to the child following nurse's ethics principles;						X		X			X		X
4) be able to take medical history from the child and/or his/her close ones and carry out an objective examination of the child, monitor the sick child's general condition taking into account the child's level of development, individuality and the holistic approach and implement the nursing process in case of children's acute, chronic, life-limiting conditions;				X			X	X			X	X	
5) be able to perform diagnostic and treatment procedures, nursing interventions and be able to prepare the child and/or his/her close ones for these and involve them based on the child's level of development, individuality and condition.						X	X	X	X	X	X	X	X
REPRODUCTIVE HEALTH	**10**												
1) describe physiological and psychological changes at different ages in women and men and explain									X			X	

sexual physiology and factors impacting these;													
2) know and be able to use the principles of health and sexual education and family planning and contraception;			X	X		X			X		X	X	X
3) know the principles of maternity care and view pregnancy, delivery and postpartum period as normal and physiological processes;			X			X		X			X	X	X
4) know the more common pathologies that occur during pregnancy, delivery and in the postpartum period, be able to help and encourage the woman and her close ones when dealing with nursing issues;						X	X	X	X	X	X	X	X
5) know the main gynaecological diseases, treatment options, and be able to deal with the patient in accordance with nursing process.						X		X	X	X	X	X	X
NURSING CARE OF THE ELDERLY	**17**												
1) understand the differences between normal ageing-related changes and disease-related changes in the elderly;								X			X		
2) analyse factors impacting the quality of life of the elderly;						X	X	X		X	X	X	X
3) perform care activities without causing harm to the person in their care and himself/herself ensuring a hygienic environment;			X			X		X	X	X	X	X	X
4) provide nursing care based on the complex assessment of a geriatric patient and on the core values of nursing;			X			X	X	X			X	X	X
5) identify and reflect on ethical dilemmas that occur in geriatric nursing care;						X		X		X	X	X	X
6) have readiness to work in an interdisciplinary team.			X	X		X						X	X
CLINICAL NURSING CARE	**56**												
1) be able to assess adult's health condition systematically using different condition assessment methods;							X	X			X		
2) determine nursing problems in case of patients with more common cases and perform nursing skills to solve problems and rehabilitate the patient in the nursing process;			X			X	X	X	X	X	X	X	X

Learning outcome												
3) prepare a patient and assist a doctor with the implementation of modern evidence-based investigation and treatment methods;					X				X		X	X
4) assess and understand persons' physical and psychological and social reactions to acute and chronic diseases, crises, excess stress, and be able to act according to the knowledge;			X		X		X		X	X		X
5) understand medication effects, interaction and side effects, the need for nutrition and dietary treatment in case of disease and implement knowledge within his/her competence;						X			X			
6) teach, provide guidance, assist a patient and his/her family and cooperate with care and multidisciplinary team;			X			X	X	X	X	X	X	X
7) explain the necessity for preventative nursing actions taken in case of more common diseases and risk groups;									X			
8) value patient/family-centredness, act based on nurse's code of ethics.					X		X					X
MENTAL HEALTH AND PSYCHIATRIC NURSING	11											
1) be able to use mental health assessment methods and use evidence-based nursing interventions to solve patient's mental health nursing problems;					X		X		X			X
2) know the main causes and general symptomatology of psychiatric and behavioural disorders;							X			X		
3) describe main treatment methods for psychiatric disorders and be able to monitor person's condition in regard to effects and side effects of psychopharmaceuticals;							X			X		
4) be able to use therapeutic communication techniques;		X	X		X					X		X
5) provide nursing care in accordance with legal acts regulating treatment and nursing care of persons with mental health problems and core values of nursing.				X						X		
NURSING CARE IN COMPLICATED CASES	15											
1) understand pathological processes affecting vital functions and interpret results of important										X		

investigations and tests;													
2) determine and assess the condition of critical patient, prioritise nursing problems and use intervention within his/her competence;							X		X	X	X	X	
3) assess and analyse the nursing process in critical and complicated cases;									X	X		X	
4) follow principles of patient-centredness and nursing ethics in case of providing nursing care to critical patients;									X	X			
5) have readiness to commence provision of first aid at ALS (advanced life support) level, know the main medication used in resuscitation and be able to administer these to a patient;									X	X			
6) understand the principles of organising help in case of large-scale accidents, disasters and military conflict, and be ready to help within their competence.			X	X		X		X	X		X	X	X
INTENSIVE CARE NURSING MODULE	**60**												
1) be prepared to organise the provision of nursing care in a multidisciplinary team to a patient with existing or potential vital organ dysfunction;			X	X		X	X	X	X	X	X	X	X
2) be able to stabilise, improve and maintain patient's condition using critical assessment;			X			X	X	X	X	X	X	X	X
3) be prepared to be a mentor for colleagues;		X	X	X	X	X	X		X			X	X
4) be ready to lead a development process in a field of speciality.		X	X	X	X	X	X	X	X			X	X
MENTAL HEALTH NURSING MODULE	**60**												
1) be prepared to deal with psychiatric cases in an interdisciplinary team;			X	X		X	X	X	X	X	X	X	X
2) be able to implement measures to prevent mental health problems and improve the coping of individuals with psychiatric problems;			X	X		X	X	X	X	X	X	X	X
3) be prepared to cooperate with social welfare and rehabilitation institutions in order to improve the quality of life of individuals with mental health disorders;		X	X	X		X	X	X	X	X	X	X	X
4) be prepared to be a mentor for colleagues;		X	X	X	X	X	X		X			X	X

	ECTS	1	2	3	4	5	6	7	8	9	10	11	12
5) be ready to lead a development process in a field of speciality.		X	X	X	X	X	X	X	X			X	X
CLINICAL NURSING MODULE (DIABETES NURSING)	**60**												
1) be able to assess the teaching and counselling needs of patients of different ages suffering from endocrine and metabolic disorders and their close ones and plan the necessary interventions based on the assessment of the critical condition;			X	X		X	X	X	X	X	X	X	X
2) be able to organise the provision of nursing care in an interdisciplinary team to patients of different ages with an endocrine and metabolic disorder;			X	X		X	X	X	X	X	X	X	X
3) be prepared to be a mentor for colleagues;		X	X	X	X	X	X		X			X	X
4) be ready to lead a development process in a field of speciality.		X	X	X	X	X	X	X	X			X	X
CLINICAL NURSING MODULE (CHILDREN'S NURSING)	**60**												
1) be able to manage the provision of nursing care in an interdisciplinary team to a child based on the assessment of the critical condition;			X	X		X	X	X	X	X	X	X	X
2) be prepared to be a mentor for colleagues;		X	X	X	X	X	X		X			X	X
3) be ready to lead a development process in a field of speciality.		X	X	X	X	X	X	X	X			X	X
CLINICAL NURSING MODULE (ADULT NURSING)	**60**												
1) be able to manage the provision of nursing care in an interdisciplinary team to an adult based on the assessment of the critical condition;			X	X		X	X	X	X	X	X	X	X
2) be prepared to be a mentor for colleagues;		X	X	X	X	X	X		X			X	X
3) be ready to lead a development process in a field of speciality.		X	X	X	X	X	X	X	X			X	X