

Educational institution: TALLINN HEALTH CARE COLLEGE
 Code of educational institution: 70003980
 Title of study programme: ÄMMAEMAND
 (Estonian and English) MIDWIFE

Level of study programme: Professional higher education
 Academic field: Health and well-being
 Orientation of study: Health
 Study programme group: Health care
 Accreditation data: Directive of the Minister of Education and Research
 No 53 from Jan. 27th, 2009 of accreditation until Jan.
 27th, 2016.

Volume in European Credit Transfer and Accumulation System (ECTS): 270
 Nominal period of studies: 4,5 years

Admission requirements:
 Secondary education or equivalent foreign qualification.

Objective of study programme:
 to guarantee an internationally accredited quality professional higher education for working in health care sphere and to enable the student to acquire necessary competencies for working in midwife and nurse profession, and for continuing one's studies on Master level.

Brief description of study programme and teaching:
 Volume of speciality subjects' module: 195 ECTS
 Volume of basic subjects' module: 40 ECTS
 Volume of elective subjects' module: 10 ECTS
 Volume of pre-diploma practicing and final paper/final exam module: 25 ECTS Language of teaching:
 Estonian
 Volume of contact studies: not more than 50% of total volume of study programme theory studies

Graduation requirements:
 completing study programme in full volume and final paper/final exam passed with positive grade.

Documents issued upon graduation:
 An applied higher education diploma with academic statement and *Diploma Supplement* in English.

Study programme code in the Estonian Education Info-System's Registry of Curricula:

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Explanatory letter for the curriculum of midwifery from the 2009/2010

The midwifery curriculum (hereinafter the curriculum) was approved in the Ministry of Education and Science by the Decree of the Minister of Education No 975 of 05.09.2003. The curriculum has been entered into the Estonian Education Information System (EHIS) in the curricular register with the code 1470. The curriculum is accredited by Decree of the Minister of Education and Research No 53 of 27.01.2009. In order to bring the midwifery curriculum into conformity with the Higher Education Standard (Government of the Republic Regulation 178), the curriculum is described on an outcome based manner and structured into modules. Description of learning outcomes is based on the Higher Education Standard (2008), the Midwifery Professional Standard III, IV, V, (2004), Nurse Professional Standard III, IV, V (2008) and the framework requirements of Medical training, Veterinary training, Pharmaceutical training, Dentistry training, Midwifery training, Nursing training, Architectural studies and Civil engineering studies (2004). The duration, the volume and the objective of the Curriculum have not changed. The learning outcomes described provide a clear overview of the field of study and of the knowledge, skills and attitudes which are to be acquired upon completion of the curriculum. The curriculum is structured into the modules of professional, basic and elective subjects, pre-diploma internships and graduation thesis/final exam. The module consists of a collection of targeted subjects or of one subject. The size of a module is 5, 10, 15, 20, 25 etc., ECTS. The general outcomes and the outcomes of the modules of the curriculum are described on the minimum level. Achievement of the learning objectives and learning outcomes will be assessed through the level of a grade or threshold criterion, i.d. grade or assessment form is used.

The curriculum consists of 11 modules: the Professional and Personal Development of a Midwife, Basics of Nursing and Midwifery, the Healthy Person, Clinical Nursing, Intensive Nursing, Sick Child Nursing, Gynecological Nursing, Mental Health Nursing, Pregnancy, Childbirth, Puerperium, Primary Care Nursing, Teaching of the Structure and Vital Functions of a Human, Pharmacology, Research and Development Methodology, Elective Subjects and Pre-diploma Internship and Graduation Thesis/Final Exam.

The module of the Professional and Personal Development of a Midwife comprises the social subjects that support the student's personal and professional development.

For the purpose of achievement of consistency of research and development methodology and to support and deepen the skills of performance, the module aggregates languages, information technology and a course paper. Also, the volume and duration of the individual subjects have been increased.

To ensure a holistic approach to the subjects of Midwifery, the subjects have been compiled into the modules of Pregnancy, Childbirth, Puerperium and Gynecological Diseases.

To ensure a holistic approach to the Nursing subjects, the subjects have been grouped together into the Clinical Nursing module.

The objectives and general outcomes of the curriculum

The objective of the curriculum of Midwifery (hereinafter the curriculum) is to ensure an internationally recognized, high quality professional higher education for working in the field of health care and to enable the student to acquire the competencies needed for working in the profession of a midwife or a nurse and for continuing their studies in the Master's program.

Upon completion of the curriculum, the student acquires the following general outcomes:

1. Has a systematic overview of the competencies of a midwife and a nurse in health care and in the society;
2. Possesses the knowledge, skills, ethical attitudes and readiness for the provision of an independent midwife and nursing care and carrying the responsibility of an employer or an employee;
3. Is able to explain and discuss in Estonian and in one foreign language, specialty related problems and based on the problem to perform safe midwife/nursing activities;
4. Knows and takes into account in their work practices, beliefs and attitudes of the patients from a variety of cultures and subcultures;
5. Is able to implement teaching and managerial expertise;
6. Applies the principles of teamwork in professional activity on the level of an individual and the society, in cooperation with representatives of various disciplines;
7. Is able, without prejudice to the interest of the patient/client, to gather necessary information, to analyze it critically and creatively and to apply the results obtained;
8. Has a commitment to lifelong self-directed learning and professional improvement;
9. Has knowledge of research principles and their application possibilities in the development of the profession, using a variety of information and communication technologies;
10. Has complied with the requirements of the EU Directive on the profession of a midwife and a nurse.

The curriculum is based on the philosophical tenet that care is at the heart of midwifery/nursing and a midwife is a member of a multi-disciplinary health care team. A Midwife is a professional for the promotion of sexual and reproductive health and gynecological nursing who shares the responsibility for health promotion and care with the other team members. A midwife instructs, monitors, maintains and advises women and their families during pregnancy and childbirth, during the postpartum period and upon the solution of any gynecological problems; manages births at her or his own risk, advises and assists nursing, cares and monitors the newborns and infants. He or she participates in health education and family planning on the individual, family and society levels. A midwife organizes midwifery activities in collaboration with colleagues, physicians, clients/patients and other team members. The midwife has the right to work independently as a midwife as well as a nurse. Midwifery is an informed non-judgmental expression of care, which includes respect for the needs of the individual. Midwifery is a practical discipline, which uses a systematic approach to plan, intervene and evaluate patient care. This systematic approach requires the use of analytical and critical thinking, problem solving skills, interpersonal and psychomotor skills. Midwifery/Nursing has a body of knowledge that is more and more evidence-based and represents the continuing and progressive integration of theory and practice.

The curriculum is based on the following legal acts and basic documents of the field of activity:

1. Framework requirements of Medical training, Veterinary training, Pharmaceutical training, Dentistry training, Midwifery training, Nursing training, Architectural studies and Civil Engineering studies (according to Government Regulation No. 312, 25.10.2004);

2. Republic of Estonia Education Act (30.03.1992);
3. European Council Directives on midwifery training (Directive of the European Parliament and of the Council on the Recognition of Professional Qualifications 85/434/EEC 07.03.02.);
4. Competency requirements in midwifery 1999 (Essential Competencies for basic midwifery practice);
5. Standard of Higher Education (Government of the Republic Regulation No 178 of 18.12.2008);
6. The World Health Organization (WHO) Strategy Health 21, - "Health for all" 21 Goals of the Century;
7. Munich Declaration: Nurses and Midwives - Health Guard (EUR/001501930916 Munich);
8. Of the mission, vision, philosophy and goals of the International Midwives Association; (International Confederation of Midwives)
9. Higher Education Institutions Act (16.07.1998/01.01.2009);
10. Statutes of the Tallinn Health Care College (29.01.2009);
11. The Statute of the Curriculum of Tallinn Health Care College (16.06.2009);
12. Health Care Services Organization Act (09.05.2001/01.01.2009);
13. The list of the hospitals, primary care and specialist care providers serving as a study base of the training preceding and following the qualification of health care professionals and the procedure of operating as a study base. (2002). Regulations of the Minister of Social Affairs, *State Gazette*, ASG (18.07.2002. 79.1221);

14. Nurse, Professional Standard III, IV, V (26.04.2008);
15. Nursing Specialties Development Plan, Minister of Social Affairs Regulation (No 99 of 02.08.2003);
16. Midwifery, Professional Standard III, IV, V (Professional Council of Health Care and Social Work 2004);
17. Midwifery Development Plan 2002 - 2015 (the Minister of Social Affairs No 99 of 16 July 2002);
18. Universities Act, the Private Schools Act and Institutions of Professional Higher Education Act and the Related Legislation Amendment Act (19.06.2008).

Admission requirements

Persons possessing secondary education or an equivalent foreign qualification are admitted to the curriculum. The admission regulations are approved by the Council of the College and they are in accordance with the Institutions of Professional Higher Education (16.07.1998/01.01.2008).

Organization of studies

The standard duration of Midwifery training is 4.5 years with a volume of 270 ECTS.

SPECIALTY SUBJECTS

Professional and Personality Development of the Midwife 10 ECTS;

Basics of Nursing and Midwifery 10 ECTS;

A Healthy Person - 20 ECTS

Clinical nursing - 35 ECTS

Intensive Nursing - 10 ECTS

Sick Child Nursing - 20 ECTS

Gynecological Nursing - 10 ECTS

Mental Health Nursing - 10 ECTS

Pregnancy - 25 ECTS

Childbirth, Puerperium - 35 ECTS

Primary care nursing - 10 ECTS

BASIC SUBJECTS

Teaching of Human Anatomy and Vital Functions - 15 ECTS

Pharmacology - 10 ECTS

Research and Development Methodology - 15 ECTS

ELECTIVE SUBJECTS

Elective and optional subjects 10 - ECTS

PRE-DIPLOMA INTERNSHIP AND GRADUATION THESIS/FINAL EXAM

Pre-diploma internship and graduation thesis/final exam 25 - ECTS

Those who have previously graduated from midwifery training are admitted to the training with the standard duration of 2 years using the accreditation of prior and experiential learning (APEL). The studies consist of auditory, practical and independent work. In the course of classroom and independent work and internship the student acquires the knowledge, insights and expertise necessary for planning, provision and evaluation of midwifery/nursing care. In course of internship, students participate in the activities of social and health care institutions related to learning of midwifery/nursing activities and responsibilities. The curriculum in midwifery has been prepared on an outcome-based principle allowing assessing the progress of a student during the learning process and his or her professional readiness.

The logical and dynamic nature of the curriculum of Midwifery is based on the principles of health and disease, in which learning takes place in the direction of health to a disease. The modules are structured professional, basic and elective subjects, pre-diploma internships and graduation thesis/final exam. Learning outcomes of the modules of basic and elective subjects are used to create links with the specific nature of the specialty. In the learning outcomes of specialty modules are used the learning outcomes acquired from the modules of basic and elective subjects. Consequently, a number of modules pass through the entire learning process. The curriculum of Midwifery includes integrated subjects in midwifery and nursing. Parallel treatment of the subjects of midwifery and nursing guarantees a logical learning process. Parallel passing of the Nursing and Midwifery modules helps the students make choices during the learning process and, if they so desire, to change their specialty, as in the first years of study a student may not always make the right decisions regarding the choice of a profession. In specialty modules, theory is integrated into practice. Completion of the module is accredited with different evaluation methods: assessment, a total grade or an exam.

Beginning of specialty modules in the freshman year motivates students to deeply learn their profession and supports formation of the professional identity of a midwife. In the view of logic and consistency of the study and integration of earlier and new knowledge, the student passes the modules by academic years, with a capacity of 1600 hours and in the 5th year 800 hours. Completion of the requirements of the previous academic year is a prerequisite to continuation in the next academic year.

In the first academic year, students will acquire knowledge: on the basics of nursing and midwifery, vital functions, physiology, life activities and family planning of a healthy person. Skills are acquired

to perform nursing procedures. Internships take place in various internship bases dealing with caring for a healthy person. That same year, the modules that pass across the curriculum start: professional and personal development of a midwife and research and development methodology. In the module of professional and personal development of a midwife, the student learns time management, entrepreneurship, leadership, health care management, learning and teaching, teamwork, enterprise and a variety of communication techniques. The module ends in the 5th year with debates and a portfolio presentation. In the module of research and development methodology, a student develops through the learning process the skills of planning, preparing and conducting of a research. The module ends in the 4th year with the defending of a course paper.

The second academic year will focus on the acquisition of students' clinical knowledge and practical skills through critical thinking and finding links. In the course of learning is formed the skill for finding and analysis of professional research literature. The students will acquire knowledge of: physiology, monitoring and counseling of a normal pregnancy, normally run birth, childbirth analgesia, labor management, counseling of the person giving birth, assisting delivery, the postpartum period and initial breastfeeding counseling and internal and surgical nursing. Internship is carried out in various health care institutions that provide midwifery/nursing care.

In the third and fourth academic year, the student will be given a readiness to implement the midwifery/nursing process in case of special and complex disease conditions. Through the module of research and development methodology is created a readiness to carry out the research and to develop the midwifery profession. The teaching focuses on the development of pathological processes and on the ways to handle them. Students will gain knowledge about: nursing of a mental health disorder patient, primary nursing and midwifery, intensive care nursing, nursing of children's diseases, pharmacology and prescription study, monitoring and counseling of risk pregnancy, pathological childbirth, pathological puerperium and counseling in emergence of nursing problems. Internship is carried out in various health care institutions that provide midwifery/nursing care.

In the fifth academic year, conditions are created to reinforce and implement the previously acquired theoretical knowledge and practical skills in different fields of the work of midwives and nurses. Learning focuses on establishing linkages and the integration of theory and practice, performing all the operations of nursing and midwifery. Knowledge in all areas of the midwife and nursing care is enhanced and applied, by planning and providing high quality nursing and midwife care.

A student performs a pre-diploma internship in accordance with the individual objectives pursuant to the requirements of the EU directives.

The graduation thesis/final exam will ensure the integration of knowledge and skills and readiness for employment, reflecting the student's theoretical knowledge, practical and research skills, which are necessary for the further development of the profession. The questions of the final exam in the field of nursing are compiled and evaluated by the lecturers of the specialty subjects of nursing, in order to confirm the student's competence for working as a nurse. The questions of the final exam of midwifery are compiled and evaluated by the lecturers of the specialty subjects of midwifery who confirm the student's competence and readiness to work as a midwife.

Principles of evaluation

The evaluation methods enable the evaluation of the acquisition of the learning outcomes on a minimum level. Upon evaluation are used both the assessment and the grade form. Through the learning process the student is provided with feedback on his or her personal and professional development. The evaluation criteria are fixed in the Study Organization Rules of Tallinn Health Care College.

Graduation requirements

The graduates of the College are deemed the students who have passed the examinations, assessments and internships prescribed by the curriculum, met the requirements arising from EU directives, collected the required credit points and defended a thesis or passed the final exam. Graduates will receive a diploma regarding completion of the curriculum, an academic transcript and a diploma

supplement in English. The graduation documents will be entered into the Estonian Education Information System as established on the basis of the Republic of Estonia Education Act, § 366, paragraph 4. Graduates of the curriculum meet the midwife and nurse III professional qualifications, with general nursing and midwifery competency (Professional Standard III, IV, V of a Midwife, 08.12.2004, Professional Standard III, IV, V of a Nurse, 26.04.2008).

The expected field of activity of the graduates

Graduates will receive a diploma on completion of the curriculum in midwifery and the profession of a midwife and a general nurse, which gives the right to work as a midwife and a general nurse in all health care areas, in the public, private and third sectors in Estonia and in the EU countries.

Continuation of studies

The graduates of the curriculum can continue their studies in various Master's curricula, in specialty nursing training or in the training of a pregnancy crisis counselor.

Requirements set for the curriculum and the quality of studies

1. The lecturers teaching in the curriculum of midwifery have a higher education, at least 50% of the subjects taught by the academic staff with a Master's degree or with an equivalent qualification. Framework requirements of Medical training, Veterinary training, Pharmaceutical training, Dentistry training, Midwifery training, Nursing training, Architectural studies and Civil Engineering studies (Government Regulation No. 312, 25.10.2004);
2. The curriculum is consistent with the policies of the College resulting from the development plan and the statutes of the College. The curriculum contributes fulfillment of the mission and achievement of goals of the College and takes into account the needs of the labor market and the target audience.
3. The curricula and conducting of the study process is consistent with the internal quality standards of the institution of education and national and international quality standards.
4. The objectives and learning outcomes of the curriculum are equivalent and comparable with the learning outcomes of level I of higher education level and meet the requirements and trends of international legislation regulating the profession (EU Directives 1989), taking into account the acquisition and application of knowledge and skills described in the professional standards of midwifery and a nurse.
5. The knowledge and skills of the curriculum can be evaluated based on the goals and learning outcomes of the curriculum.
6. The name and the structure of the curriculum are consistent with the organization of teaching and the learning methods used, including the volume of independent work and internships, and support achievement of the objectives of the curriculum.
7. The internship described in the curriculum directs students to acquire and implement effective ways of working.
8. The evaluation is based on the Minister for Education 11 February 1999 Regulation No. 10 of "Unified evaluation system of the institutions of education providing higher education". The specific requirements of evaluation of subjects are determined with the curriculum and the evaluation criteria are recorded in the Rules of Study Organization of Tallinn Health Care College.

The curriculum is approved by the Council of the Midwifery Curriculum on 28.05.2009.

The curriculum has been approved by the Council of Tallinn Health Care College with the Decision No 1-2/15 p.1.4 on 16.06.2009

Module passports

Module code	7PA09
Module title	Midwife's professional and personality development
Module volume (ECTS hours)	10 ECTS (260 hours)
Contact learning (incl e-learning)	130 hours
Independent work	130 hours
Year of studies	I, II, IV, V year
Integrated modules	All study programme modules
Module objective	To create a basis for acquiring broad-based knowledge for supporting student's professional and personality development.
Learning outcomes	<p>Having passed the module the student:</p> <ol style="list-style-type: none"> 1. associates the study and teaching processes with personal and midwifery/nursing activities; 2. debates about the system of profession's convictions, about philosophical directions and their meanings; 3. compares social theories and social problems by offering solutions to them in contemporary society; 4. recognises and analyzes the psychological peculiarities of different stages in human life circle, the differences in personalities, and selects the most appropriate midwifery/nursing activity; 5. prepares reports, presentations and instructions, plans events and participates in them by applying patient/client centred communication techniques; 6. values the principles of individual and team work by applying them in midwifery/nursing activity; 7. recognizes legal acts that regulate health care and the speciality, and applies them in midwifery/nursing activity; 8. brings out basic principles of entrepreneurship and associates these with practical activity; 9. analyzes critically the functioning of health care and social systems.
Contents and method of independent work	<ol style="list-style-type: none"> 1. Preparing for debates, debating; 2. Composing portfolio (separate instructions); 3. Possibility to select either: composing and presentation of one health educational report outside the chair of midwifery, or organizing and conducting events (conference, information day, international week etc).
Evaluation	<p>Prelim. Debating and presenting portfolio on V year. The condition for entering debate is the accomplishing of independent work and passing theory studies. The passing of theory studies is reflected in portfolio. Intermediate evaluations take place in module at the end of every academic year.</p>

Module code	7OAA09
Module title	Basics of nursing and midwifery
Module volume (ECTS hours)	10 ECTS (260 hours)
Contact learning (incl e-learning)	130 hours

Independent work	130 hours
Year of studies	I year
Integrated modules	Midwife's professional and personality development, Healthy human, Pharmacology, Research and development work, Human structure and functioning studies
Module objective	<ol style="list-style-type: none"> 1. To create the basis for acquiring deepened knowledge and skills about the basic principles of nursing/midwifery; about the life activities of an individual, the profession's ethics and value judgements, about international nursing and midwifery organisations and cultural differences. 2. To create the readiness for observing and evaluating the individual's living activities and for applying hand activities in carrying out nursing and midwifery procedures, at the same time observing the requirements of a- and antiseptics.
Learning outcomes	<p>Having passed the module, the student:</p> <ol style="list-style-type: none"> 1. provides an overview about the history, principles, theoretics, individual life activities, ethics and value judgements of nursing/midwifery; 2. explains the contemporary development directions in the sciences of midwifery and nursing; 3. by considering the patient's individual necessities and problems, plans midwifery/nursing activities and solves the problematic situations that emerged during nursing activities; 4. prepares the patient for procedures and selects necessary instruments for conducting a particular midwifery or nursing procedure, and uses appropriate techniques by considering the requirements for a- and antiseptics, and also documents one's activity; 5. possesses a broad based overview about international nursing and midwifery organisations; 6. in midwifery/nursing job – takes into consideration the specifics, necessities and rights of people from different cultures.
Contents and method of independent work	The composing and presenting of midwifery thematic poster as group work. Rehearsing nursing activities. Preparing for exam.
Evaluation	Exam. Graded complex exam consisting of two parts: written part for checking theoretical knowledge, and practical part for evaluating manual skills. The minimum level of evaluation is described in learning outcomes.

Module code	7TI09
Module title	Healthy human
Module volume (ECTS hours)	20 ECTS (520 hours)
Contact learning (incl e-learning)	104 hours
Independent work	104 hours
Practical training	12 ECTS (312 hours)
Year of studies	I year
Integrated modules	Midwife's professional and personality development, Basics of nursing and midwifery, Pharmacology, Research and development work, Human structure and functioning studies

Module objective	<ol style="list-style-type: none"> 1. To provide student with broad based knowledge about human gender development, sexuality, reproductive health during different life stages and living activities that are the basis for offering midwifery and nursing care; 2. to develop a positive attitude and understanding towards people with different age and necessities, their managing in life and the midwifery/nursing care that is offered for them; 3. to fix in practice the knowledge acquired in theory studies, and through this to prepare a readiness to offer quality midwifery/nursing aid.
Learning outcomes	<p>Having passed the module, the student:</p> <ol style="list-style-type: none"> 1. explains the European Union and Estonian legislature related to human: human, sexual and reproductive rights, children protection, legal acts related with elderly and people with special needs, and the possibilities of social care; 2. demonstrates the possibilities and actions of first aid, can provide help and instruct others if needed; 3. observes, describes and analyzes the peculiarities of human gender and the managing with every-day actions by proceeding from different nursing models; 4. values health and human being as a whole, regardless of social and cultural origin, sexual convictions and family attitude; 5. expresses one's thoughts, grounds one's activities and instructs others in different situations; 6. selects ergonomic work measures by preserving safe environment; 7. practices in healthy human practical training by following the instructions of college instructor and mentor, relying on different team work principles by integrating theory and practice.
Contents and method of independent work	Composing portfolio during the whole study-period, including the composing of practical training work that contains the evaluation of life-activities of child and elderly, following Roper–Logan–Tierney (separate instruction).
Evaluation	In first year the module ends with prelim. Student presents the portfolio that contains the results of passing theory and practice, and a summarized analysis about healthy human's module.

Module code	7KO09
Module title	Clinical nursing
Module volume (ECTS hours)	35 (910 hours)
Contact learning (incl e-learning)	182 hours
Independent work	182 hours
Practical training	21 (546 hours)
Year of studies	II, III year
Integrated modules	Basics of nursing/midwifery, Human structure and functioning studies, Pharmacology, Research and development work methodology, Healthy human
Module objective	Developing clinical nursing-related knowledge and the readiness for offering quality nursing aid.

Learning outcomes	<p>Having passed the module, the student:</p> <ol style="list-style-type: none"> 1. recognizes the patient's necessities, and the nursing problems of patients with surgical, internal, ear-nose, throat, eye, nerve, infection or skin-venereal diseases, and with genetic diseases; 2. names contemporary patient examination methods that are applied in health care and prepares the patient for necessary check up; 3. plans and offers nursing aid by proceeding from patient's individuality and health problems; 4. applies team-work principles and evaluates team work; 5. demonstrates the nursing procedures of clinical nursing; 6. associates nursing theory with practice, explains the necessity of offering nursing aid; 7. plans the nursing aid by proceeding from patient/client necessities and defines possible clinical consequences; 8. recognizes and defines problems related with clinical nursing and offers evidence based solutions; 9. selects and applies patient-centred teaching methods for offering nursing aid; 10. defines borderlines of responsibility related with nursing profession and evaluates critically one's activities.
Contents and method of independent work	Exercising in procedure class, learning for exam, working with obligatory literature.
Evaluation	At the end of third year's oral exam the student demonstrates theoretical knowledge as well as manual skills through a case analysis. Oral exam is graded, the minimum level of which is described in learning outcomes.

Module code	7I009
Module title	Intensive nursing
Module volume (ECTS hours)	10 ECTS (260 hours)
Contact learning (incl e-learning)	52 hours
Independent work	52 hours
Practical training	6 ECTS (156 hours)
Integrated modules	Midwife's professional and personality development, Basics of nursing/midwifery, Healthy human, Human structure and functioning studies, Pharmacology, Research and development work methodology, Clinical nursing, Sick child nursing, Mental health nursing, Pregnancy, Delivery and puerperium, Female genital diseases nursing
Year of studies	IV year
Module objective	To support the forming of student's knowledge and skills for offering nursing aid to patients in need of intensive care, and for patient's close ones.

Learning outcomes	<p>Having passed the module, the student:</p> <ol style="list-style-type: none"> 1. names the situations that need intensive care; 2. brings examples of cases that need intensive care, counting the features of intensive nursing; 3. explains the pathological processes influencing vital functions; 4. demonstrates the nursing procedures of intensive care; 5. associates theory and practice by applying evidence based nursing aid for patients in need of intensive care; 6. offers nursing aid to patient in need of intensive care and evaluates the effectiveness of activities by considering the patient's condition; 7. recognises and defines problems related with intensive nursing and finds evidence based solutions for them; 8. applies the reviving algorithms on adult/child, selects appropriate instruments for reviving the patient; 9. names the most widely used medications used in intensive care with their side-effects, and administers medication to patient accordingly with prescription; 10. can offer intensive nursing aid in work environment by following the instructions of college instructor and training base mentor, relying on different team-work principles and the integration of theory and practice.
Contents and method of independent work	Exercising in procedure class, working with obligatory literature, preparing for exam.
Evaluation	At the end of fourth year's oral exam, the student demonstrates one's theoretical knowledge as well as manual skills through a case analysis. Oral exam is graded, the minimum level of which is described in learning outcomes.

Module code	7HLO09
Module title	Sick child nursing
Module volume (ECTS hours)	20 (520 hours)
Contact learning (incl e-learning)	104 hours
Independent work	104 hours
Practical training	12 ECTS (312 hours)
Year of studies	III, IV year
Integrated modules	Midwife's professional and personality development , Healthy human, Pharmacology, Research and development work, Human structure and functioning studies, Pregnancy, Delivery and puerperium, Female genital diseases nursing, Mental health nursing
Module objective	To provide knowledge about the principles of sick child nursing and to develop the readiness to offer quality nursing aid to sick child and his/her family.

Learning outcomes	<p>Having passed the module, the student:</p> <ol style="list-style-type: none"> 1. orientates in different levels of sick child nursing; 2. possesses appropriate attitudes and value judgements when caring for sick child and his/her family/custodian; 3. realizes the meaning of individual responsibility in the nursing aid of the child and his/her family/custodian; 4. supports and encourages child and his/her family/custodian to take responsibility for their health, for preserving and restoring their energy supplies and ability; 5. can conduct nursing aid accordingly to the process in cases of general children diseases by relying on evidence based know-how; 6. brings out connections between pregnancy, delivery process, the further adjustment of newborn and the most frequently occurring health problems; 7. evaluates independently the newborn's physical condition and recognizes the deflections from normal evolvement; 8. can offer sick child nursing aid in work environment by following the instructions of college instructor and training base mentor, relying on different team work principles and the integration of theory and practice; 9. can critically analyze and evaluate learning process.
Contents and method of independent work	Independent training in exercise-class, working with obligatory literature, preparing for exam.
Evaluation	At the end of fourth year's oral exam, the student demonstrates the theoretical knowledge as well as manual skills through a case analysis. Oral exam is graded, the minimum level of which is described in learning outcomes.

Module code	7NO09
Module title	Gynecological midwifery/nursing
Module volume (ECTS hours)	10 (260 hours)
Contact learning (incl e-learning)	52 hours
Independent work	52 hours
Practical training	6 ECTS (156 hours)
Year of studies	III year
Integrated modules	Midwife's professional and personality development, Healthy human, Pharmacology, Research and development work, Human structure and functioning studies, Pregnancy, Delivery and puerperium, Mental health nursing
Module objective	<ol style="list-style-type: none"> 1. To provide an overview about midwifery/nursing aid in connection with gynaecological pathology, originating from woman's life proceedings by applying evidence based knowledge and ethical convictions, and confidentiality principles; 2. to fix in practice the knowledge acquired from theory studies and through this to develop a readiness to offer quality midwifery/nursing aid.

Learning outcomes	<p>Having passed the module, the student:</p> <ol style="list-style-type: none"> 1. recognizes the basic symptoms, risk factors and prevention possibilities of gynaecological diseases that occur most frequently, and describes the contemporary research methods and midwifery/nursing procedures preceding the research; 2. recognizes the most frequently occurring inflammations of female genitalia, including sexually spreading infections together with complaints, complications and psychological problems and the midwifery/nursing care methods, applies prevention and first aid; 3. describes the essence of the procedure of infertility treatment, the micromanipulations used in contemporary laboratories of infertility treatment, and the patients' psychological and social problems that accompany infertility treatment procedures; 4. describes the neuroendocrinal regulation of menstrual/ovarial cycle, recognizes the deviations and selects the first aid remedies in case of haemorrhages; 5. describes the most frequently occurring ill-conditioned and benign genital cancers, recognizes the complaints, complications, the side-effects of chemical and radiation therapy, and offers midwifery/nursing aid; 6. describes the methods of pain therapy, incl medications, and midwifery/nursing aid in case of acute and chronic pain, preventing midwifery/nursing problems; 7. recognizes the category principles of gynaecological operations and anaesthesia, and offers midwifery/nursing aid in pre- and postoperative period; 8. assists the midwife/nurse in blood transfusion and in occurrence of transfusion reaction; 9. plans and evaluates midwifery/nursing aid by connecting it with earlier knowledge and learning experiences, valuing the attitudes of speciality and profession; 10. does practicing by the instructions from college instructor and mentor in practical training.
Contents and method of independent work	Independent exercising on simulators. Analysis of evidence based literature incl articles, participation in discussions. Preparing for exam.
Evaluation	At the end of third year's oral exam, the student demonstrates theoretical knowledge as well as manual skills through a case analysis. Oral exam is graded, the minimum level of which is described in learning outcomes.

Module code	7RA09
Module title	Pregnancy and midwifery
Module volume (ECTS hours)	25 ECTS (650 hours)
Contact learning (incl e-learning)	117 hours
Independent work	117 hours
Practical training	15 ECTS (390 hours)
Year of studies	I, II, III year
Integrated modules	Midwife's professional and personality development , Healthy human, Pharmacology, Research and development work, Human structure and functioning studies, Clinical nursing, Delivery and puerperium, Female genital diseases nursing, Mental health nursing
Module objective	<ol style="list-style-type: none"> 1. To create the basis for deepened acquiring of knowledge about embryology, the evolving of fetus and pregnancy, and to explain the importance of reproductive health from the point of evolving fetus; 2. to prepare midwives who are capable for independent work with pregnant woman by recognizing their pregnancy risk; 3. to fix in practice the acquired knowledge about midwifery aid to pregnant with instructions from mentor, connecting them with earlier knowledge and learning experiences. To develop correct speciality and profession attitudes and value judgements in student.
Learning outcomes	<p>Having passed the module, the student:</p> <ol style="list-style-type: none"> 1. describes the human prenatal evolving stages and explains the importance of pregnant's healthy living environment from the point of fetus evolving; 2. recognises the basic truths of pregnancy immunology; 3. recognises the physiological changes in female organism related with pregnancy; 4. observes independently the condition of the pregnant and the fetus during different trimesters of pregnancy, and consults the pregnant about healthy ways of living; 5. differentiates pregnancy risk from normal pregnancy and observes the risk pregnant together with gynaecologist accordingly with instructions; 6. plans midwifery activity according to patient's individual necessities; 7. carries out and documents midwifery actions; 8. values social and ethical convictions in the preparation of the pregnant and her family/support person for delivery and becoming a parent; 9. practices in practical training by the instructions of college instructor and mentor, relying on different team-work principles by integrating theory and practice; 10. fulfils the European Union requirements set for midwifery actions.
Contents and method of independent work	Independent exercising, working with obligatory literature, preparation for exam.
Evaluation	At the end of third year's oral exam, the student demonstrates theoretical knowledge as well as manual skills through a case analysis.

Module code	7SP09
Module title	Delivery and puerperium
Module volume (ECTS hours)	35 ECTS (910 hours)

Contact learning (incl e-learning)	143 hours
Independent work	143 hours
Practical training	24 ECTS (624 hours)
Year of studies	II, IV year
Integrated modules	Midwife's professional and personality development , Basics of nursing and midwifery, Healthy human, Pharmacology, Research and development work, Human structure and functioning studies, Delivery and puerperium, Female genital diseases nursing, Mental health nursing, Intensive nursing, Clinical nursing
Module objective	<ol style="list-style-type: none"> 1. To provide knowledge about physiological nursing, puerperium, the caring and suckling of newborn, pathological delivery, puerperium and problems of suckling; 2. to fix in practice the knowledge acquired in theory studies and through this to develop a readiness for offering quality midwifery aid.
Learning outcomes	<p>Having passed the module, the student:</p> <ol style="list-style-type: none"> 1. arranges the midwifery aid during delivery, pueperium and newborn care in different situations; 2. integrates speciality knowledge with earlier knowledge and learning experiences; 3. values the appropriate attitudes for midwife by offering midwifery aid for the pregnant and her family; 4. understands the meaning of individual responsibility in midwifery help; 5. applies analytic and critical thinking and multi-disciplinary approach in midwifery aid; 6. offers midwifery help accordingly with the process, relying on evidence based know-how; 7. practices by the instructions of college instructor and mentor, relying on different team work principles by integrating theory and practice; 8. fulfils the European Union requirements set for midwifery actions.
Contents and method of independent work	Exercising in study-class, working with obligatory literature, preparation for exam.
Evaluation	At the end of fourth year's oral exam, the student demonstrates theoretical knowledge as well as manual skills through a case analysis. Oral exam is graded, the minimum level of which is described in learning outcomes.

Module code	7VT009
Module title	Mental health nursing
Module volume (ECTS hours)	10 (260 hours)
Contact learning (incl e-learning)	52 hours
Independent work	52 hours
Practical training	6 ECTS (156 hours)
Year of studies	III year
Integrated modules	Midwife's professional and personality development, Basics of nursing and midwifery, Healthy human, Pharmacology, Research and development work, Human structure and functioning studies, Pregnancy, Delivery and puerperium, Female genital diseases nursing

Module objective	To provide and support a readiness for acquiring knowledge, values and skills for applying nursing aid, and for planning, directing and researching nurse's job in mental health area in cooperation with interdisciplinary team in health care and social care areas.
Learning outcomes	Having passed the module, the student: <ol style="list-style-type: none"> 1. describes the essence and principles of mental health, and the legal acts regulating mental health sphere; 2. describes the most widely spread mental disorders, their incidence and symptoms; 3. brings out the factors influencing mental health; 4. recognizes and defines problems related with mental health nursing and finds evidence based solutions to them; 5. can conduct mental health nursing aid in working environment with the help of college instructor and training base mentor, relying on different team-work principles and the integration of theory and practice.
Contents and method of independent work	Reading obligatory literature, filling exercise book, creating portfolio.
Evaluation	The condition for taking the module prelim on third year is the passing of theory studies, completing practical training and presenting portfolio.

Module code	7EO09
Module title	Primary Health Care nursing
Module volume (ECTS hours)	10 (260 hours)
Contact learning (incl e-learning)	52 hours
Independent work	52 hours
Practical training	6 ECTS (156 hours)
Year of studies	I, IV year
Integrated modules	Midwife's professional and personality development , Basics of midwifery and nursing, Healthy human, Pharmacology, Research and development work, Human structure and functioning studies, Pregnancy, Delivery and puerperium, Female genital diseases nursing, Mental health nursing, Paediatric diseases nursing
Module objective	<ol style="list-style-type: none"> 1) To create the basis for acquiring broad-based knowledge in the areas of population and community health; 2) to fix in practice the knowledge acquired in theory studies and through this to develop a readiness to offer quality midwifery/nursing aid.

Learning outcomes	<p>Having passed the module, the student:</p> <ol style="list-style-type: none"> 1. values the theoretical principles of health and health promotion; 2. recognises the physical, mental and social risk factors that influence personal and community health; 3. describes the principles of health policy, the organisation of health promotion, the work organisation and development possibilities of first level health care in Estonia; 4. finds and applies independently the legal acts regulating the area, evaluates environmental risk factors, applies work methods that guarantee a safe environment; 5. defines, plans, offers and evaluates midwifery/nursing aid by proceeding from the needs of an individual, family, community and society; 6. values the principles of multidisciplinary team-work; 7. values the role of midwife/nurse for carrying out health promotion on the level of community, family and individual; 8. practices by the instructions of college instructor and mentor, relying on different team-work principles, and integrating theory and practice.
Contents and method of independent work	Composing portfolio, working with obligatory literature.
Evaluation	Prelim at the end of fourth year. The condition for taking the prelim is the participation in theory studies, completion of practical training and presenting of independent work.

Module code	7OIE09
Module title	Human structure and functioning studies
Module volume (ECTS hours)	15 ECTS (390 hours)
Contact learning (incl e-learning)	195 hours
Independent work	195 hours
Year of studies	I, II year
Integrated modules	Midwife's professional and personality development , Healthy human, Pharmacology, Research and development work, Pregnancy, Delivery and puerperium
Module objective	To provide knowledge about the development, structure and functioning of human organism in healthy as well as sick organism.
Learning outcomes	<p>Having passed the module, the student:</p> <ol style="list-style-type: none"> 1. explains the structure and functioning of human organism, and the physiological and pathological processes regulating it, names the terms in Estonian and Latin languages; 2. explains the physiological and pathological processes taking place in organism, relying on the physical and biochemical processes happening inside, considering the essence of inheritance and changeability; 3. explains the pathological processes in human organism that are caused by the vital functioning of micro-organisms; 4. values evidence based knowledge and connects them with midwifery and nursing subjects; 5. consults and teaches about healthy nutrition people in different age, with different health condition or special needs, considering evidence based know-how, the customs of different cultures and sub-cultures, usages and convictions.

Contents and method of independent work	Filling exercise-book, working with obligatory literature, preparation for exam.
Evaluation	Exam on II year.

Module code	7FA09
Module title	Pharmacology
Module volume (ECTS hours)	10 (260 hours)
Contact learning (incl e-learning)	130 hours
Independent work	130 hours
Year of studies	I, II, IV year
Integrated modules	Midwife's professional and personality development , Healthy human, Research and development work, Human structure and functioning studies, Pregnancy, Delivery and puerperium, Clinical nursing, Intensive nursing, Female genital diseases nursing, Mental health nursing, First level nursing
Module objective	To provide an overview about general and clinical pharmacology, prescription studies and the midwifery/nursing activities connected with pharmacology.
Learning outcomes	Having passed the module, the student: <ol style="list-style-type: none"> 1. explains the basic principles of pharmacology; 2. applies different forms of treatment and manners of administering medications; 3. resumes the most widely used medication groups used in midwifery/nursing activities, their pharmacokinetics, pharmaco-dynamics, using indications, contraindications, effects and side-effects; 4. recognises the dependence of medication effect from the form of medication and the way of administering and in this case applies the general treatment principles of medication poisoning; 5. can apply mathematical calculation in medication dosing; 6. composes home pharmacy; 7. writes independently prescriptions of medications within the scope of law; 8. uses pharmacology reference-books, hand-books and internet sources.
Contents and method of independent work	Sorting medications in home apothecary, registering their expiry-date and side-effects, eliminating expired medications. Solving exercises by using mathematical calculation in administering medications. Composing study-conspectus of selected medication group and making a report about the topic in seminar. Composing a personal review of main medication groups basing on student's own and fellow student conspectuses. Making self-control tests in IVA virtual environment. Preparing for exam.
Evaluation	Exam on IV year

Module code	7UAM09
Module title	Research and development work methodology
Module volume (ECTS hours)	15 ECTS (390 hours)
Contact learning (incl e-learning)	150 hours
Independent work	240 hours
Year of studies	I, II, III, IV year
Integrated modules	All modules in study programme

Module objective	To provide knowledge to student about the principles and objectives of research work in the areas of midwifery and nursing science, and to develop the readiness for conducting research and participating in applied research for developing the profession.
Learning outcomes	Having passed the module, the student: <ol style="list-style-type: none"> 1. knows the general principles of scientific thinking and the stages of research work; 2. knows the principles and objectives of research work in the areas of midwifery and nursing science; 3. knows and recognises the principles guaranteeing ethics and reliability in research work and knows how to apply them; 4. can find and use evidence based scientific databases; 5. can critically evaluate and analyze speciality science articles and to use these in one's teaching and profession; 6. understands the importance of development work in midwifery and nursing, and is familiar with project-work principles; 7. values Estonian language as scientific language and knows how to use it; 8. knows speciality terminology in English; 9. can compose and finalize written student work.
Contents and method of independent work	I year: searching journals, articles from databases (information-search); article analysis that evaluates the understanding about the article and the use of speciality terminology (foreign language), the use of scientific language and linguistic expression (Estonian language, research and development work methodology) and analyzing of article by following given criteria (basics of research and development work methodology), finalizing independent work accordingly with instructions. II, III, IV year: working with conspectus of research and development work methodology with given questions, preparing for seminars, reviewing one research work (basics and requirements of research and development work methodology), composing the project for research work, and course paper; preparing for seminars (instructing is organized accordingly with the stages of research work – instructors are the lecturers from the chair of midwifery).
Evaluation	Exam. Defending course paper on IV year

Module code	
Module title	Elective and optional subjects
Module volume (<i>ECTS hours</i>)	10 ECTS (260 hours)
Contact learning (incl e-learning)	Accordingly with selected subject
Independent work	Accordingly with selected subject
Year of studies	I, II, III, IV, V
Integrated modules	All subjects in study programme
Module objective	To provide the student an opportunity for deepened development of knowledge and skills in midwifery, and for realizing one's interests through freely elective subjects.
Learning outcomes	Having passed the module, the student: <ol style="list-style-type: none"> 1. possesses deepened knowledge about the selected elective and optional subjects; 2. possesses additional knowledge, skills and value judgements in midwifery or nursing; 3. connects the acquired knowledge with profession.

Contents and method of independent work	Accordingly with selected subject.
Evaluation	Prelim.

Module code	7LDP09
Module title	Pre-diploma practicing and final paper/final exam
Module volume (ECTS hours)	25 ECTS (650 hours)
Contact learning (incl e-learning)	38 hours
Independent work	300 hours
Practical training	12 ECTS (312 hours)
Year of studies	V year
Integrated modules	All modules in study programme
Module objective	To guarantee the integration of speciality knowledge and skills and the readiness for work by reflecting theoretical knowledge, practical and research-related skills acquired by student that are necessary for developing the profession.
Learning outcomes	<p>Having passed the module, the student:</p> <ol style="list-style-type: none"> 1. has fulfilled the European Union directive requirements for midwifery and nurse specialities; 2. has a systematic overview about the competencies of midwife and nurse in health care and society; 3. possesses knowledge, skills, ethical attitudes and readiness for offering independent midwifery and nursing aid, bearing responsibility as an employer or employee; 4. can explain and discuss about speciality problems in Estonian and one foreign language; to offer secure midwifery/nursing activities depending of the problem; 5. knows and considers the customs, beliefs and attitudes of people from different cultures and sub-cultures; 6. can apply knowledge related with teaching and instructing; 7. applies team-work principles in speciality activities on the levels of individual and society, cooperating with different representatives of the speciality; 8. can collect necessary information without harming the interests of patient/client and society, to analyse it critically and creatively and to apply the gained results; 9. has the readiness for life long self-regulative learning and professional evolving; 10. possesses knowledge about the principles of research work and about the possibilities of applying these in speciality development, using different information and communication technologies.
Contents and method of independent work	Preparation for final exam or final paper, filling the practical training documentation.
Evaluation	Final exam or final paper at the end of V year.