

TALLINNA TERVISHOIU KÕRGKOO



Curriculum of Master's Studies  
HEALTH SCIENCES  
194200

<b>Educational institution</b>	<b>TALLINN HEALTH CARE COLLEGE</b>
<b>Code of educational institution</b>	70003980
<b>Title of the curriculum</b>	<b><i>TERVISETEADUS</i></b>
<b>Title of the curriculum in English</b>	<b>HEALTH SCIENCES</b>
<b>Higher education level</b>	Master's studies
<b>Curriculum code in the Estonian Education Info-System (EHIS)</b>	194200
<b>Data about the right for conducting studies in the curriculum</b>	The curriculum belongs to the “Health Care” curriculum group in which the right to conduct studies has been granted by the Government of Estonia in 18.12.2008 with Decree no 178.
<b>Primary registration of the curriculum</b>	04.06.2018
<b>Approval date of the version of the curriculum in the educational institution</b>	The curriculum has been approved by the Council of Curriculum on November 13th, 2017. The Curriculum has been approved by the Tallinn Health Care College Council with Decision 7.1 protocol No 1-2/5 from 23.04.2019.

<b>Study area</b>	Health and well-being
<b>Field of studies</b>	Health
<b>Curriculum group</b>	Health Care
<b>Main field of study in the curriculum and its volume (ECTS)</b>	Health Sciences 45 ECTS
<b>Minor field (or fields) of study, other possible specializations in the curriculum and their volume (ECTS)</b>	Specialization on one of the four fields of nursing (clinical nursing, health nursing, intensive nursing, mental health nursing) 45 ECTS
<b>Forms of study</b>	Daytime learning, period study

<b>Nominal length of studies</b>	1.5 years
<b>Volume of the curriculum in European credit point system (ECTS)</b>	90
<b>Volume of compulsory subjects (ECTS)</b>	90
<b>Study language</b>	Estonian
<b>Other languages needed for achieving the learning outcomes</b>	English
<b>Admission requirements</b>	Higher education degree
<b>Aim of the curriculum</b> To offer opportunities for deepening the knowledge in health sciences, for readiness for independent and interdisciplinary collaboration, to conduct research and development and to continue their studies at doctoral level.	

<b>Learning outcomes of the curriculum</b> <ol style="list-style-type: none"> <li>1. Has comprehensive knowledge of health sciences, knows research methods used in health sciences, is ready to implement these methods in finding solutions to the topical professional research problems.</li> <li>2. Is ready to work both independently and in an interdisciplinary team, is able to demonstrate their sense of initiative, responsibility, management and teamwork skills;</li> <li>3. Is able to critically evaluate the quality of health care, to manage both Estonian and international research and development projects.</li> <li>4. Is able to have a reasoned discussion in topical profession-related discussions in the society in Estonian and in English.</li> <li>5. Initiates the development of value-based health care, is tolerant towards the diversity of attitudes and values.</li> <li>6. Systematically undertakes professional self-development and transfers their knowledge and skills .</li> </ol>
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<b>Conditions of fulfilling the curriculum</b> Curriculum contains: 3 modules (90 ECTS)  Specialty module 45 ECTS (one of the four specialty modules to choose from): <table style="margin-left: 40px;"> <tr> <td>clinical nursing</td> <td>45 ECTS,</td> </tr> <tr> <td>intensive nursing</td> <td>45 ECTS,</td> </tr> <tr> <td>health nursing</td> <td>45 ECTS,</td> </tr> <tr> <td>mental health nursing</td> <td>45 ECTS,</td> </tr> </table> volume of practical training in every module 15 ECTS Development of Profession and Quality Management 30 ECTS Master's Degree Examination 15 ECTS	clinical nursing	45 ECTS,	intensive nursing	45 ECTS,	health nursing	45 ECTS,	mental health nursing	45 ECTS,
clinical nursing	45 ECTS,							
intensive nursing	45 ECTS,							
health nursing	45 ECTS,							
mental health nursing	45 ECTS,							

<b>Options for passing the curriculum</b>	A student is required to choose within the curriculum one specialty module with the aim of deepening the knowledge and skills of the corresponding field.
<b>Graduation requirements</b>	Completing the curriculum in full volume and receiving a positive grade for the Master's degree examination.
<b>Type of diploma issued upon graduation</b>	<i>Magistriõppe diplom</i> Diploma of Master's degree <i>Terviseteaduse magister</i> Master of Science in Health Sciences (MSc)
<b>Documents issued upon graduation</b>	Diploma of completing the curriculum and of Master's degree, accompanying academic transcript and the Diploma Supplement in English.
<b>Possibilities for continuing studies</b>	The graduates of the curriculum are able to continue their studies in the Doctoral studies corresponding to the requirements of the university.
<b>Access to labour market</b>	Diploma holder has been granted the qualification on the 7th level of the Estonian Qualifications Framework.
<b>Additional information</b>	<a href="http://ttk.ee/en/contacts">http://ttk.ee/en/contacts</a>

## LETTER OF EXPLANATION OF THE CURRICULUM OF HEALTH SCIENCES OF MASTER'S STUDIES

The opening of the curriculum arises from the rapid development of the field of health care. So far, a curriculum of Nurse of 3.5 years has been available for the students in Estonia, which provides the student with general competencies necessary for a general nurse. A general nurse can continue their studies either in the curriculum of nurse-specialist training or choose a curriculum in the Master's studies.

Nurse-specialist training has developed from ESF joint project "Professional Training of Nurses", after completing it the level of higher education remains the same. Yet, the need and demand for nurse-specialists is constantly rising in labour market in the field of health care. Nurse-specialist training for one year does not cover the current and future needs of health care sector any more, expectations to the outcomes of the nurse-specialists have grown. The role and responsibilities of the nurses have evolved in connection with the restructuring of health care system. It requires the nurse-specialists to have more specific knowledge and skills to provide quality health care service at every level. Opening of curriculum of the Master's studies closes the admission to nurse-specialist training curriculum for the nurses.

The College submitted the Master of Science in Health Sciences (Nurse-specialist) for initial assessment to EKKKA (Estonian Quality Agency for Higher and Vocational Education) on December 12<sup>th</sup>, 2017. The international initial assessment took place in February 2018 (committee visit on February 22<sup>nd</sup>, 2018). According to the report of the assessment committee, the Estonian Quality Assessment Council for Higher Education decided that the quality of the curriculum is partially compliant with the required level, and suggested to change the name of the curriculum to Health Sciences. This gives an opportunity to broaden the admission of the graduates to other curricula of health care as well, and so the curriculum corresponds even better to the future needs of the health care system.

In accordance with the suggestion of the EKKKA Assessment Council the name of the curriculum has been changed in Estonian and in English, the initial Terviseteadus (eriõde) / *Master of Science in Health Sciences (Nurse-specialist)* has been replaced with Terviseteadus / *Health Sciences*. In addition, the aims and outcomes of the curriculum have been changed as derived from the change of the name, however only in the context of "special nurse", which does not change the contents of the curriculum. Initial subject Nursing Theories has been replaced with the subject Multidisciplinarity in Health Sciences for the purpose of extended use of the curriculum. In the module of Intensive Nursing the volume of the subjects Accident and Emergency Medicine and Intensive Nursing has been reduced by 3 ECTS, and the subject Clinical Pharmacology 6 ECTS has been added. The change derives from the planned amendment of the regulation of the Ministry of Social Affairs, which gives all the graduates of Master's studies in the field of nursing limited prescription writing rights. The skills and knowledge regarding general knowledge of pharmacology were included within other subjects in the module of intensive nursing. Adding Clinical Pharmacology as a different subject to all specialty modules gives an advantage for better organisation of studies. Other details caused by the change in the name have been modified but it will not change the contents of the curriculum.

There has been a change in the structure of the 2019 version of the curriculum, according to which the subject grading criteria will be henceforth considered as curriculum's additional data within the time distribution of the curriculum, based on the academic year. It is in accordance with the

Standard of Higher Education and the requirements set by the curriculum statute of Tallinn Health Care College.

Admission requirement for the Master's studies curriculum of health sciences is an acquired higher education degree in nursing, which lasts for 3.5 years in nominal period of studies, at least in volume of 210 ECTS. Nominal period of study for Master's degree of the curriculum of health sciences is 5 years (3.5+1.5), and the volume of studies together 300 ECTS (210+90) at least.

The curriculum was compiled as an act of cooperation between Tallinn Health Care College and Tartu Health Care College and the lecturers of Tartu University department of Health Sciences (Master of Nursing Science) and the employers. Curriculum received suggestions from the alumni of nurse-specialist training.

## **THE EXPECTED FIELD OF ACTIVITY OF THE GRADUATES**

The expected field of activity of the graduates in health sciences of Master's studies are the positions that require the competencies of a health care specialist located either in Estonia or in the European Union.

The graduates are able to continue their studies in the Doctoral studies.

## **BASIS OF THE CURRICULUM AND THE ORGANIZATION OF PRACTICAL TRAINING**

The curriculum of health sciences of Master's studies meets the requirements established in the Standard of Higher Education, Directive 2005/36/EC of the European Parliament and of the Council, Strategic Plan for Nursing and Midwifery 2011-2020 Estonia.

Practical training is an integral part of each specialty module in the curriculum of health sciences of Master's studies. It complements and reinforces the knowledge acquired during theoretical studies of the curriculum. The aim and outcome of every practical training have been formulated separately in the programme of practical training in response to the aim of the module.

Main practical training institutions are health care organisations, social and welfare institutions, educational institutions, authorities in charge of national defence and other institutions providing inpatient or outpatient nursing care, and provide the students with fulfilment of the practical training target and achievement of the outcomes at the level of a health care specialist. The students can choose their practical training institutions according to the list of practical training institutions approved by the structural unit. The list will be updated every academic year. Supervision of the practical training is based on the principle of individual supervision.

Students have the opportunity to apply for performing the practical training and theoretical part abroad as an exchange student. During completion of the curriculum previous studying and work experience can be taken into account.

## **REQUIREMENTS SET FOR THE CURRICULUM QUALITY**

The curriculum of health sciences of Master's studies is characterized by evidence based nature, modernity, patient centeredness, openness and involvement. The curriculum supports the formation of the values and attitudes of the profession, emphasizing patient and customer centeredness, attentive care and a caring, respectful attitude towards patients and clients and other cooperation partners.

In the curriculum, the theoretical knowledge and practical skills of the profession are closely integrated into each other and support the achievement of learning outcomes.

Theoretical studies of the curriculum are conducted in lecture halls and seminar rooms equipped with modern learning and information technology tools. There are enough study places, which provides the student with conditions conducive to learning. There are local computers and data projectors with fixed internet connection in the study rooms. There is a wireless internet connection in study buildings. Teaching of theoretical knowledge and acquisition of practical skills are held in high-tech simulation center, which helps to simulate difficult and profession-specific circumstances and situations.

The academic literature necessary to achieve the learning outcomes of the subjects of the curriculum is located in the library of the College or is available through electronic research databases. The students have an opportunity to use free-to-use computers with fixed internet connection for studying and preparing their independent papers.

Each lecturer of the curriculum of health sciences for Master's studies has an academic degree of at least at Master's level. Foreign lecturers with Doctoral degree or acquiring one will be involved in the teaching process of general subjects and specialty subjects. Following from the aim of the curriculum it is essential that the international collaboration between the lecturers is increasing to make the involvement of foreign lecturers in the teaching process possible and to create common study materials and study modules.

Development of the curriculum will be continued within the national cooperation with Tartu Health Care College and the employers. The students, lecturers and the representatives of practical training institutions will be involved in the development process of the curriculum. The contents and the structure of the curriculum is in a consistent manner compared to the curricula of foreign higher educational institutions, the learning outcomes and evaluation methods described in the curriculum are to be analysed. The syllabi demonstrate the contents of the subjects, materials and the list of required reading. The syllabi are updated at the beginning of each academic year. The syllabi are available to the students via study information system.

Curriculum conforms to the general course of activities of the College that derive from the development plan of the College and the structural unit, the statute or statutes. The curriculum takes into account the needs of the labour market and the target group. To this end, consistent cooperation is held with practical training institutions and the employers. An independent Council of Curriculum acts as an advisory body of the curriculum. It involves the following stakeholders: students, employers, lecturers of Tartu and Tallinn Health Care Colleges and of the Estonian Nurses Association. After the graduation of the first students of the curriculum, the representative of the alumni will be involved in the work of the Council of Curriculum.

Title of the Curriculum and the structure are in conformity with the organisation of studies and the teaching methods, including the volume of independent work and the volume of practical training which support the achievement of the aims set in the curriculum. Organisation of studies uses a student-centered approach, the students are involved in the process of planning the changes and decision making.

**MODULES OF THE CURRICULUM, THEIR AIMS AND LEARNING OUTCOMES,  
AND SUBJECTS AND THEIR VOLUMES**

<b>Module title:</b> Development of Profession and Quality Management		<b>Volume:</b> 30 ECTS <b>Code:</b> MAKakj17
<b>Aim</b>	To prepare the student for conducting research and development both independently and interdisciplinary, and to have a sense of initiative in the development of professional area or specialty in the fields of health care and wellbeing.	
<b>Learning outcomes</b>	<ol style="list-style-type: none"> <li>1. Has a multidisciplinary overview of health sciences and professional area and specialty trends on a national and international level.</li> <li>2. Transfers their knowledge and skills and demonstrates their skills to manage development projects in an interdisciplinary team.</li> <li>3. Evaluates the quality of specialty based on the principles of quality management in health care.</li> <li>4. Is able to critically evaluate the topical research problems of the profession, uses appropriate research methods to find solutions to the research problems in the field of health care.</li> <li>5. Is able to give value-based reasons in professional and societal discussions related to health care and, their activities are based on the principles of life-long learning.</li> </ol>	
<b>Evaluation of module:</b> subject-based method		
<b>Subject title</b>	<b>Volume</b>	
Quality Management in Health Care	12 ECTS	
Multidisciplinarity in Health Sciences	6 ECTS	
Research Methodology	6 ECTS	
Development Project	6 ECTS	

<b>Module title:</b> Clinical Nursing		<b>Volume:</b> 45 ECTS <b>Code:</b> MAKlo17
<b>Aim</b>	Prepare the student for working as a nurse-specialist in the field of clinical nursing and to lead the process of developing the profession.	
<b>Learning outcomes</b>	<ol style="list-style-type: none"> <li>1. Has deepened knowledge of most common nursing diagnoses of the profession, is able to determine them, to plan nursing interventions and to evaluate the results.</li> <li>2. Has deepened knowledge of the influence of medications and safety, and implements the knowledge in their practical activities as a nurse-specialist.</li> <li>3. Manages the process of quality assessment and development of clinical nursing and transfers their knowledge and skills in the interdisciplinary team.</li> <li>4. Acts ethically and is tolerant towards the diversity of attitudes and values in the service of society.</li> </ol>	
<b>Evaluation of module:</b> subject-based method		
<b>Subject title</b>	<b>Volume</b>	
Nursing Care as a Part of Treatment	12 ECTS	
Clinical Pharmacology	6 ECTS	
Counselling Methods and Techniques	6 ECTS	
Emergency Medical Conditions	6 ECTS	
Practical Training	15 ECTS	

<b>Module title:</b> Health Nursing		<b>Volume:</b> 45 ECTS <b>Code:</b> MATro17
<b>Aim</b>	Prepare the student for working as a nurse-specialist in the field of health nursing in primary health care and to lead the process of developing the profession.	
<b>Learning outcomes</b>	<ol style="list-style-type: none"> <li>1. Has deepened knowledge of health promotion and prevention of diseases and is able to determine independently nursing diagnosis at the individual, family and community level.</li> <li>2. Is able to create interdisciplinary connections and uses appropriate health behaviour interventions in primary health care.</li> <li>3. Has deepened knowledge of the influence of medications and safety, and implements the knowledge in their practical activities as a nurse-specialist.</li> <li>4. Manages the process of quality assessment and development of health nursing in primary health care and transfers their knowledge and skills in the interdisciplinary team.</li> <li>5. Acts ethically and is tolerant towards the diversity of attitudes and values in the service of society.</li> </ol>	
<b>Evaluation of module:</b> subject-based method		
<b>Subject title</b>	<b>Volume</b>	
Family Quality of Life, Lifestyle and Health Counselling	12 ECTS	
Counselling Methods and Techniques	6 ECTS	
Environmental Health Risks and Community Work	6 ECTS	
Clinical Pharmacology	6 ECTS	
Practical Training	15 ECTS	

<b>Module title:</b> Intensive Nursing		<b>Volume:</b> 45 ECTS <b>Code:</b> MAIo17
<b>Aim</b>	Prepare the student for working as a nurse-specialist in the field of intensive nursing and to lead the process of developing the profession.	
<b>Learning outcomes</b>	<ol style="list-style-type: none"> <li>1. Has deepened knowledge in three fields of intensive nursing: accident and emergency medicine, anaesthesia and intensive care.</li> <li>2. Is able to analyse the need of care of a patient in critical condition independently, possibilities of assisting, implements appropriate methods when assisting, is able to critically evaluate their activity, at the same time demonstrating sense of initiative, management and teamwork skills.</li> <li>3. Is able to recognize the issues of intensive nursing independently, and is creative and able to find solutions within given time and limited conditions with appropriate methods.</li> <li>4. Has deepened knowledge of the influence of medications and safety, and implements the knowledge in their practical activities as a nurse-specialist.</li> <li>5. Manages the process of quality assessment and development of intensive nursing and transfers their knowledge and skills in the interdisciplinary team.</li> <li>6. Acts ethically and is tolerant towards the diversity of attitudes and values in the service of society.</li> </ol>	
<b>Evaluation of module:</b> subject-based method		
<b>Subject title</b>	<b>Volume</b>	
Accident and Emergency Medicine	9 ECTS	
Intensive Nursing	6 ECTS	
Anaesthesia	6 ECTS	
Child in Intensive Nursing	3 ECTS	
Clinical Pharmacology	6 ECTS	
Practical Training	15 ECTS	

<b>Module title:</b> Mental Health Nursing		<b>Volume:</b> 45 ECTS <b>Code:</b> MAVto17
<b>Aim</b>	Prepare the student for working as a nurse-specialist in the field of mental health nursing at different health care levels and to lead the process of developing the profession.	
<b>Learning outcomes</b>	<ol style="list-style-type: none"> <li>1. Has deepened knowledge of evidence-based nursing care in case of various mental disorders and about legislation regulating psychiatric care.</li> <li>2. Creates interdisciplinary connections and can provide nurse-specialist care independently and in a team.</li> <li>3. Has deepened knowledge about the principles of prevention and rehabilitation of various mental disorders, and implements methods of prevention of mental health problems and of promoting coping with their lives among people with mental disorders.</li> <li>4. Has deepened knowledge of the influence of medications and safety, and implements the knowledge in their practical activities as a nurse-specialist.</li> <li>5. Manages the process of quality assessment and development of mental health nursing and transfers their knowledge and skills in the interdisciplinary team.</li> <li>6. Acts ethically and is tolerant towards the diversity of attitudes and values in the service of society.</li> </ol>	
<b>Evaluation of module:</b> subject-based method		
<b>Subject title</b>		<b>Volume</b>
Psychiatry		15 ECTS
Psychotherapeutic Methods in Mental Health Nursing		9 ECTS
Clinical Pharmacology		6 ECTS
Practical Training		15 ECTS

<b>Module title:</b> Master's Degree Examination		<b>Volume:</b> 15 ECTS <b>Code:</b> MAMe17
<b>Aim</b>	To enable the student to demonstrate their knowledge in the field of a nurse-specialist acquired during their studies, and their written and oral analytical skills.	
<b>Learning outcomes</b>	<ol style="list-style-type: none"> <li>1. Is able to critically analyze scientific research papers in the field of nursing and evaluate if the research results could be implemented in practice in order to develop quality nursing care.</li> <li>2. Is able to give a reasoned presentation about profession-related issues and knows how to plan a development project.</li> </ol>	
<b>Evaluation of module:</b> subject-based method		
<b>Subject</b>	<b>Volume</b>	
Master's Degree Examination	15 ECTS	