

Subject program „7ÄK17/TIRT Healthy Human/Reproductive Health”

Year: 2018/2019

Status: Active

Subject language Estonian
Creditpoints 5 ECTS
Grading method Distinctive (letters)
Academicians Anne Ehasalu, Karin Lilienberg, Aet Maarja Leberecht, Scharlett Hansson

General

Subject objective To acquire knowledge on person's lifespan in reproductive age, as elderly or in case of special needs.

Learning outcomes

1. Knows the reproductive anatomy and physiology of a man and a woman and its changes during the lifespan.
2. Has an overview of factors affecting human reproductive health, its possible effect on human choices connected to reproduction.
3. Describes the changes in the human organism due to aging and its effect in independent life.
4. Describes the different forms of special needs (physical, mental, etc.) their effect on person's independent functioning and possibilities of finding necessary help.

Learning outcomes	
1.Outcome	Knows the reproductive anatomy and physiology of a man and a woman and its changes during the lifespan
grade „Sufficient(E)”	Student's knowledge on male and female reproductive anatomy and physiology and the changes during lifespan are on a minimum level. 51-60% of correct answers on the test.
grade „Satisfactory(D)”	Student's knowledge on male and female reproductive anatomy and physiology and the changes during lifespan are on a satisfactory level. 61-70% of correct answers on the test.
grade „Good(C)”	Student's knowledge on male and female reproductive anatomy and physiology and the changes during lifespan are on a good level. 71-80% of correct answers on the test.
grade „Very good(B)”	Student's knowledge on male and female reproductive anatomy and physiology and the changes during lifespan are on a very good level. 81-90% of correct answers on the test.
grade „Excellent(A)”	Student's knowledge on male and female reproductive anatomy and physiology and the changes during lifespan are on an excellent level. 91-100% of correct answers on the test.

Learning outcomes	
2.Outcome	Has an overview of factors affecting human reproductive health, its possible effect on human choices connected to reproduction
grade „Sufficient(E)”	Gives an overview of the factors affecting human reproductive health and their possible effect on people's choices in relation to reproduction on a minimum level. 51-60% of correct answers on the test.
grade „Satisfactory(D)”	Gives an overview of the factors affecting human reproductive health and their possible effect on people's choices in relation to reproduction on a satisfactory level. 61-70% of correct answers on the test.
grade „Good(C)”	Gives an overview of the factors affecting human reproductive health and their possible effect on people's choices in relation to reproduction on a good level. 71-80% of correct answers on the test.
grade „Very good(B)”	Gives an overview of the factors affecting human reproductive health and their possible effect on people's choices in relation to reproduction on a very good level. 81-90% of correct answers on the test.
grade „Excellent(A)”	Gives an overview of the factors affecting human reproductive health and their possible effect on people's choices in relation to reproduction on an excellent level. 91-100% of correct answers on the test.
3.Outcome	Describes the changes in the human organism due to aging and its effect in independent life.
grade „Sufficient(E)”	Student describes the changes in human organism accompanied by aging and their effect on independent living on a minimum level. 51-60% of correct answers on the test.
grade „Satisfactory(D)”	Student describes the changes in human organism accompanied by aging and their effect on independent living on a satisfactory level. 61-70% of correct answers on the test.
grade „Good(C)”	Student describes the changes in human organism accompanied by aging and their effect on independent living on a good level. 71-80% of correct answers on the test.
grade „Very good(B)”	Student describes the changes in human organism accompanied by aging and their effect on independent living on a very good level. 81-90% of correct answers on the test.
grade „Excellent(A)”	Student describes the changes in human organism accompanied by aging and their effect on independent living on an excellent level. 91-100% of correct answers on the test.
4.Outcome	Describes the different forms of special needs (physical, mental, etc.) their effect on person's independent functioning and possibilities of finding necessary help.
grade „Sufficient(E)”	Student describes different forms of special needs (physical, mental, etc.), their effect on independent living and possibilities of getting the necessary help and helping on a minimum level. 51-60% of correct answers on the test.

Learning outcomes	
grade „Satisfactory(D)”	Student describes different forms of special needs (physical, mental, etc.), their effect on independent living and possibilities of getting the necessary help and helping on a satisfactory level. 61-70% of correct answers on the test.
grade „Good(C)”	Student describes different forms of special needs (physical, mental, etc.), their effect on independent living and possibilities of getting the necessary help and helping on a good level. 71-80% of correct answers on the test.
grade „Very good(B)”	Student describes different forms of special needs (physical, mental, etc.), their effect on independent living and possibilities of getting the necessary help and helping on a very good level. 81-90% of correct answers on the test.
grade „Excellent(A)”	Student describes different forms of special needs (physical, mental, etc.), their effect on independent living and possibilities of getting the necessary help and helping on an excellent level. 91-100% of correct answers on the test.

Subject program parts

default

Changer confirm	Scharlett Hansson 17.01.2019
Reviewer confirm	Katrin Klein 05.02.2019
Administrator confirm	Kristiina Puura 27.08.2019

Study in different study forms

Study form	Lecture	Excerice	Seminar	Practice	Homework	Internet study	Out of office	Practical training
All study forms			78.0	20.0	32.0			

General description

Obligatory subject to the students of the Midwifery Curriculum. Is held within the module "Midwifery in Community" during the first year. Prerequisite subject is "Anatomy and Physiology".

Forms of studying

Contact lessons (seminars, practical classes) address the following topics:

- Anatomy of the pelvic region - bones, muscles and reproductive organs (female and male) and the functions of the organs.
- Physiological processes in the organism which are related to human reproduction (oogenesis, spermatogenesis, menstrual cycle) and the factors influencing the processes.
- Factors influencing human reproductive health.
- Changes related to aging and their effect on independent living.
- Types of disability and the impact of different disabilities.

Practical classes:

- Studying reproductive anatomy and creating visual models on a moulage to understand the connection between different parts.
- Taking gynaecological anamnesis.
- Most commonly used instruments in gynaecology and principles of usage (practicing on moulages).
- Collecting samples for analysis during gynaecological examination.
- Palpating breasts and different techniques used (practicing on moulages)
- Techniques of bimanual palpation and vaginal examination (practicing on moulages).

Teaching methods

Seminars:

Discussions, group works, short presentations and solving case studies are held within the respective prepared topics.

Obligatory participation in seminars: 75%

Practical classes:

In order to acquire and reinforce the knowledge different learning tools (models, moulages, etc.) are used as well as the simulations of the practical activities studied. Simulation tasks are solved together with practicing manual activities.

Obligatory participation in practical classes: 100%

Credits (obligatory 100%).

In case of not being able to participate in the class student may be required to take an individual test on the topic of the missed class. Retaking the missed class will be agreed individually with the lecturer.

Content and method for independent study

Independent work is individual learning or preparing for seminars and practical classes using the provided literature (handbooks, lecture materials, etc.). Independent work is continuous and constantly checked (solving tasks in seminars, quizzes). As a part of an independent work students compile an individual written paper on a topic provided by the lecturer regarding the elderly. In compiling the paper, Tallinn Health Care College's instructions for writing student papers must be considered.

Required reading (K)

Lecture materials in Moodle e-learning environment:

<https://moodle.hitsa.ee/mod/book/view.php?id=577311>

Catriona, M. (2015). Sexual and reproductive health at a glance. Wiley-Blackwell. Lk 1-10.

Köpf-Maier, P. (2000). Atlas of Human Anatomy 1. Berlin. Lk. 34 - 35; 170 - 178; 190 - 193, 225, 227 - 228;

Köpf-Maier, P., (2000). Atlas of Human Anatomy 2. Berlin. Lk. 236 237; 238 - 247, 268 - 269; 270 - 277; 264 - 267.

Varney, H. jt. (2004). Varneis Midwifery. London. Lk. 1169 - 1193; 1135 - 1144

Eesti vanuripoliitika alused Eesti Vabariigi Sotsiaalministeerium

<http://www.sm.ee/est/pages/goproweb0316>

Masso, M., Pedastsaar, K. (2007). Puuetega inimeste toimetulek ja vajadused.

Poliitikaanalüüs. Sotsiaalministeeriumi toimetised nr 1.

<http://www.sm.ee/fileadmin/meedia/Dokumendid/V2ljaanded/Toimetised/2007/01.pdf>

Social Welfare Act. RT I, 30.12.2015, 5. [https://www.riigiteataja.ee/akt/130122015005?](https://www.riigiteataja.ee/akt/130122015005?leiaKehtiv)

leiaKehtiv

Recommended reading (T)

Frye, A., (2008), Holistic Midwifery. Volume I. Care During Pregnancy.

Lepp, A. (2013), Inimese anatoomia I osa: (õpik kõrgkoolidele), Liikumisaparaat, siseelundid. TÜ kirjastus.

Pocock, C., Richards, C. D., (2008), The Human Body. Oxford, Oxford Universiti Press. Lk. 575 - 667 (TÜ)

Raff, H., Lewitzky, M., (2011), Medical Physiologi. A system approach. The McGraw-Hill compani. New York (TÜ)

Silbrnagel, S., Despopoulus, A., (2003), Color atlas of physiology. Elsevier

Widmain, E. P. jt., (2008), Vander`s Human Physiology. New York. McGraev-Hill companies. (TÜ)

Ylikorkala, O., Kauppila, A. (2008). Sünnitusabi ja günekoloogia. Medicina. Tallinn. Lk. 11 - 25; 26 - 52; 53 - 58, 121 - 131; 142 - 144; 1146 - 149

Methods of assessment

Differentiated evaluation is used to grade the written credit and non-differentiated evaluation for oral credit, presentations, quizzes, group-work in classes.

1. Subject ends with a written test, which evaluates the achievement of all learning outcomes. In order to take the final test all previous tests (quizzes, oral interim credit) have to be passed together with the presentation of a written independent work.

Evaluation of Final Credit:

Completely correct answer = 1 point. Incomplete answer = 0,5 points. Incorrect answer = 0 points. Question not answered as required (e.g. no required explanation) = 0 points.

E – 51%-60%

D – 61-70%

C – 71-80%

B – 81-90%

A – 91-100%

2. Oral interim credit on the topic of reproductive anatomy. Interim credit is passed if the student is able to name (in Estonian and Latin) correctly and find on a study tool the anatomical sites. Explains the structure and functions of pelvic organs and genitals. Is able to bring examples and link the acquired knowledge. Positive result of an oral interim credit is a prerequisite of taking the written final credit.

3. Presentation of a written independent work on a topic regarding the elderly. Evaluation of the independent work consists of two parts::

-The compliance of the content of the paper with the topic, the suitability of the solutions offered and literature used.

-Formalisation of the paper in accordance with the requirements of the College's instruction for written papers.

Positive result for presenting the paper is a prerequisite to take a final credit.

4. In addition, several tests are to be taken during the subject which are evaluated as passed, non-passed. The test is passed if 60% of answers are correct. The tests not taken because of being absent have to be retaken during the consultations agreed with the lecturer.

Additional information

Practical classes are held in room 215: it is obligatory to wear practical training uniform and indoor footwear.

The requirements of using the Simulation Center:

1. Personal belongings (bags, laptops, mobile phones and other smart devices) should be left in the individual locked closet;

2. Special college uniform for practical classes and indoor footwear must be worn during the classes;

3. All personal hygiene requirements are followed;

4. Food and drinks, incl. coffee, tea, etc. is not allowed in the Simulation Center;

5. Simulation Center is opened only with the lecturer's key.

Student has the right to main evaluation and two re-evaluations in case of a previous negative result (including non-appearance).

Subject program

Nr	Activity	Hours	Literature	Academicians
1.	<p>Sissejuhatus ainesse. Aineprogrammi tutvustus, tähtaegade kinnitamine. / Introduction to the subject. Introducing subject programme, agreeing on deadlines. Reproduktiivsus, reproduktiivtervis, seksuaalsus, seksuaaltervis / Reproduction, reproductive health, sexuality, sexual health.</p>	4	<p>Catriona, M. (2015). Sexual and reproductive health at a glance. Wiley-Blackwell. Lk 1-10.</p>	<p>Aet Maarja Leberecht, Scharlett Hansson</p>
2.	<p>Luuline vaagen: vaagna ehitus, vaagnasidemed, klassikalised vaagna tasapinnad, erinevad vaagnatüübid, vaagnapõhjelihased / Bony pelvis: structure of the pelvis, pelvic ligaments, classic pelvic planes, different types of pelvis, pelvic floor muscles.</p>	8	<p>Konspekt Moodle keskkoonas / Lecture materials in Moodle environment.. K: Köpf-Maier, P. Atlas of Human Anatomy 1. Pp. 34 - 35; 170 - 178; 190 - 193 Köpf - Maier. Atlas Of Human Anatomy 2. Pp. 264 - 267.</p>	<p>Aet Maarja Leberecht</p>
3.	<p>Seminar: Suguelundid: looteline areng ja sooline eristumine, areng läbi elukaare. Mehe suguelundid ja nende talitlus</p> <p>Seminar: Genitals: fetal development and gender differentiation, development during the lifespan. Male genitals and their function.</p>	4	<p>Konspekt Moodle keskkonnas / Lecture materials in Moodle environment Köpf- Maier, P. (2000). Atlas of Human Anatomy 2. Berlin. Lk. 236 - 237; 270 – 277 T. Ylikorkala, O., Kauppila, A. (2003). Sünnitusabi ja günekoloogia. Medicina. Tallinn. Lk. 11 - 25; 142 - 144, 146 – 149</p>	<p>Scharlett Hansson</p>

4.	Seminar: Naise ja mehe suguelundite talitlus / Seminar: Function of female and male genitals	4	Konspekt Moodle keskkonnas / Lecture materials in Moodle environment Köpf-Maier, P. (2000). Atlas of Human Anatomy 2. Berlin. Lk. 238 - 247 T: Ylikorkala, O., Kauppila, A. (2003). Sünnitusabi ja günekoloogia. Meditcina. Tallinn. Lk. 11 – 25	Scharlett Hansson
5.	Seminar: Vaagnaõõne elundid naisel / Seminar: Female pelvic cavity organs	4	Konspekt Moodle keskkonnas./ Lecture materials in Moodle environment K: Köpf-Maier, P. Atlas of Human Anatomy 1. Lk. 34 - 35; 170 - 178; 190 - 193 Köpf - Maier. Atlas Of Human Anatomy 2. Lk. 264 - 267.	Aet Maarja Leberecht
6.	Seminar: Inimese reproduktiivsust reguleerivad hormonaalsed süsteemid ja selle muutused elukaare jooksul Seminar: Hormonal systems regulating the human reproduction and changes to it during the lifespan.	8	Konspekt Moodle keskkonnas / Lecture materials in Moodle environment	Scharlett Hansson
7.	Praktikum: luuline vaagen, vaagnapõhjelihased, vaagnaõõne elundid / Practical class: bony pelvis, pelvic floor muscles, pelvic cavity organs.	8	Kogu eelnev kirjandus, täidetud töövihik / All previous literature, completed workbook.	Aet Maarja Leberecht
8.	Seminar: 1) Kirjalik arvestus: suguelundid ja nende talitlus 2) Sugurakkude paljunemine, spermatogenees, ovogenees Seminar: 1) Written credit: genitals and their function 2) Propagation of sex cells, spermatogenesis, oogenesis	4	Konspekt Moodle keskkonnas / Lecture materials in Moodle environment	Scharlett Hansson

9.	<p>Seminar: Mehe sisemised ja välimised suguelundid, naise välimised suguelundid</p> <p>Seminar: Internal and external male genitals, female external genitals</p>	4	<p>Konspekt Moodle keskkonnas / Lecture materials in Moodle environment</p>	Aet Maarja Leberecht
10.	<p>Seminar: Emakatsükkel e. menstruatsioonitsükkel, selle regulatsioon ja seda mõjutavad tegurid; munasarjatsükkel ja selle hormonaalne regulatsioon</p> <p>Seminar: Uterine cycle e.g. menstrual cycle, its regulation and affecting factors; ovarian cycle and its hormonal regulation</p>	4	<p>Konspekt Moodle keskkonnas / Lecture materials in Moodle environment Ylokorkala, O., Kauppila, A. (2003). Sünnitusabi ja günekoloogia. Medicina. Tallinn. Lk. 26 - 52</p>	Scharlett Hansson
11.	<p>Praktikum: Pelviomeetria ja vaginaalne läbivaatus</p> <p>Practical class: Pelvimetry and vaginal examination</p>	8	<p>K: Varney, H. jt. (2004). Varney`s Midwifery. London. Lk.1135 - 1144; 1169 1193. Konspekt ÖISis / Lecture material in Study Information System T: Ylikorkala, O., Kauppila, A. (2003) Sünnitusabi ja günekoloogia. Medicina. Tallinn. Lk. 53 - 58</p>	Scharlett Hansson
12.	<p>Praktikum: Mehe sisemised ja välimised suguelundid, naise välimised suguelundid</p> <p>Practical class: Internal and external male genitals, female external genitals</p>	4	<p>K: Varney, H. jt. (2004). Varney`s Midwifery. London. Lk.1135 - 1144; 1169 1193. Konspekt ÖISis T: Ylikorkala, O., Kauppila, A. (2003) Sünnitusabi ja günekoloogia. Medicina. Tallinn. Lk. 53 - 58</p>	Aet Maarja Leberecht

13.	<p>Seminar: Eakas inimene, Eakusest tingitud muutused inimese organismis ja selle mõju iseseisvale toimetulekule.</p> <p>Seminar: Elderly person. Age-related changes in human organism and impact on independent living.</p>	4	<p>Eesti vanuripoliitika alused Eesti Vabariigi Sotsiaalministeerium / the Policy for the Elderly in Estonia http://www.sm.ee/est/pages/goproweb0316</p> <p>Õppejõu konspekt / lecturer's materials RAI-instrument</p>	Anne Ehasalu
14.	<p>Praktikum:</p> <p>Rindade läbivaatus, rinna palpeerimine, kordamine</p> <p>Practical class: Breast examination, breast palpation, revision</p>	4	<p>Kõik eelnevad reproduktiivsust käsitlevad õppematerjalid / all previous learning materials addressing reproduction</p>	Scharlett Hansson
15.	<p>Seminar: Puudega inimene: mõisted: puue, töövõime, töövõimetus, erivajadus; puude käsitlemise muutumine ajas; harvikaigused</p> <p>Seminar: Disabled person: terms: disability, capacity for work, incapacity for work, special need; the change of the treatment of disability in time; rare diseases</p>	4	<p>Rahvusvaheline funktsioneerimisvõime, vaeguste ja tervise klassifikatsiooni - RFK http://www.sm.ee/fileadmin/meedia/Dokumendid/Tervisevaldkond/E-tervis/RFK__ICF__Sissejuhatus.pdf</p>	Karin Lilienberg
16.	<p>Seminar: Eakatele mõeldud tugisüsteemid Eestis.</p> <p>Seminar: Support systems for the elderly in Estonia.</p>	4	<p>Õppejõu konspekt / Lecturer's materials Internetiallikad piirkondlike tugisüsteemide kohta / Internet sources for regional support systems</p>	Anne Ehasalu
17.	<p>Seminar: RIA, iseseisvate tööde esitlus</p> <p>Seminar: ISA, presentation of independent work</p>	4		Anne Ehasalu

18.	<p>Seminar: Puudeliikide tutvustus (liikumispuue, kuulmispuue). Toimetulekutakistused nende puhul, käitumissoovitused nende inimestega tegelemisel, kasutatavad abivahendid</p> <p>Seminar: Introduction of types of disabilities (reduction in mobility, hearing disability). Coping obstacles related to disabilities, behaviour recommendations in dealing with people with disabilities, aiding tools used.</p>	4	<p>Sotsiaalministeeriumi poolt eraldatavad abivahendid. Aiding tools provided by the Ministry of Social Affairs of the Republic of Estonia. EV Sotsiaalministeerium http://www.sm.ee/sinule/puudega-inimesele/sotsiaalteenused-puudega-inimesele/abivahendid.html (6.09.2010)</p>	Karin Lilienberg
19.	<p>Seminar: Puudeliikide tutvustus (nägemispuue, kõnepuue, intellektipuue). Toimetulekutakistused nende puhul, käitumissoovitused nende inimestega tegelemisel, kasutatavad abivahendid / Seminar: Introduction to types of disabilities (visual impairment, speech impediment, intellectual disability). Coping obstacles in different disabilities. Behaviour recommendations in dealing with people with disabilities, aiding tools used.</p>	4	<p>Sotsiaalministeeriumi poolt eraldatavad abivahendid. / Aiding tools provided by the Ministry of Social Affairs of the Republic of Estonia. EV Sotsiaalministeerium http://www.sm.ee/sinule/puudega-inimesele/sotsiaalteenused-puudega-inimesele/abivahendid.html (6.09.2010)</p>	Karin Lilienberg
20.	<p>Kirjalik arvestus ja tagasisidestamine / Written credit and feedback</p>	6	<p>Eelnevad materjalid kõigist teemadest / Previous materials from all topics</p>	Aet Maarja Leberecht, Scharlett Hansson