



MIDWIFE

1470

Educational institution	TALLINN HEALTH CARE COLLEGE
Code of educational institution	70003980
Title of the curriculum	<i>ÄMMAEMAND</i>
Title of the curriculum in English	MIDWIFE
Higher education level	Professional higher education
Curriculum code in the Estonian Education Info-System (EHIS)	1470
Data about the right for conducting studies in the curriculum	The curriculum belongs to the “Health Care” curriculum group in which the right to conduct studies has been granted by the Government of Estonia on 18.12.2008 with Decree No 178.
Primary registration of the curriculum	05.09.2003
Approval date of the version of the curriculum in the educational institution	The curriculum has been approved by the Council of Midwifery Curriculum on 17.05.2018. The curriculum has been approved by the Tallinn Health Care College Council with Decision No 3.1 from 22.05.2018.

Study area	Health and well-being
Field of studies	Health
Curriculum group	Health Care
Main field of study (or studies) of the curriculum and their volume (ECTS)	Midwife 270 ECTS
Minor field (or fields) of study and other possible specializations in the curriculum and their volume (ECTS)	The curriculum has no minor fields or specializations
Forms of study	Daytime learning
Nominal length of studies	4,5 years
Volume of the curriculum in European credit point system (ECTS)	270 ECTS
Volume of compulsory subjects (ECTS)	265
Volume of elective subjects (ECTS)	5
Study language	Estonian

Other languages needed for achieving the learning outcomes	English
Admission requirements	Certificate of the secondary or vocational secondary education or equivalent qualification.
Aim of the curriculum	
The aim of the Curriculum of Midwife is to provide internationally recognized professional higher education for working in the area of health care and to enable the student to acquire necessary competencies for working as a midwife and nurse and for continuing one's education in Master's studies.	

Learning outcomes of the curriculum
<ol style="list-style-type: none"> 1. Has a systematic overview of the foundations of midwifery and nursing, ethics and philosophy, while working in an interdisciplinary team. 2. Applies responsible and process-based patient/client and family centred midwifery and nursing care, connecting professional evidence-based theory, practice and holistic approach to a human individual. 3. Is able to discuss in Estonian and in one foreign language (English) on an international level deriving from the profession of midwife on people's customs, attitudes and beliefs coming from different cultures. 4. Implements in his/her professional activities the knowledge of teaching, management and entrepreneurship, possessing readiness for self-directed learning and professional development. 5. Synthesizes the principles of research and its possibilities of application in the field of profession. 6. Has complied with the requirements of the EU directive on the profession of a midwife and a nurse.

Conditions of fulfilling the curriculum	
Curriculum contains: 7 modules (270 ECTS)	
Midwifery Care	64 ECTS
Midwifery in a Community	66 ECTS
Nursing Care	45 ECTS
Specialized Nursing Care	26 ECTS
Basic Studies	44 ECTS
Research Methodology	20 ECTS
Elective Subjects	5 ECTS
Volume of Practical Training	114 ECTS
Volume of Graduation Thesis/Final Examination	5 ECTS
Volume of Elective Subjects	5 ECTS

Options for passing the curriculum	<p>Students are required to choose and pass elective subjects to the extent of 5 ECTS.</p> <p>To complete the curriculum, students can choose between a graduation thesis and final examination.</p>
Graduation requirements	<p>Completing the curriculum in full and receiving a positive grade in defending the graduation thesis or a positive grade for the final examination.</p>
Type of diploma issued upon graduation	<p><i>Rakendusõõrghariduse diplom</i> Diploma of Professional Higher Education</p>
Documents issued upon graduation	<p>Diploma of Professional Higher Education with academic transcript and Diploma Supplement in English.</p>
Possibilities for continuing studies	<p>Master`s studies</p>
Access to labour market	<p>Recognition of the professional qualification of the Curriculum of Midwife is the basis of access to the labor market of the European Union and the European Economic Area. The qualification is subject to automatic recognition pursuant to the European Parliament and Council Directive 2005/36/EC, Article 21, as the curriculum complies with minimum training requirements provided in Article 40 and Annex V, clause 5.5.1 and the diploma is listed in Annex V, point 5.2.2. In addition, as the Curriculum of Midwife fully contains the Curriculum of General Nurse, the Nursing qualification included in the qualification of Midwife is subject to automatic recognition pursuant to the European Parliament and Council Directive 2005/36/EC, Article 21, as the curriculum complies with minimum training requirements provided in Article 31 and Annex V, clause 5.2.1. Diploma holder has been granted the qualification of a midwife on the 6th level of the Estonian Qualifications Framework.</p>
Additional information	<p>Graduates are automatically added to the profession register and they may apply to be added to the register of health care workers.</p> <p>http://www.ttk.ee/et/kontaktileht</p>

LETTER OF EXPLANATION FOR THE CURRICULUM OF MIDWIFE

Since the academic year 2017/2018 the following changes have been introduced to the Curriculum of Midwife:

1. The number of modules has been decreased from 10 to 7: Midwifery Care 64 ECTS; Midwifery in Community 66 ECTS; Nursing Care 45 ECTS; Specialty Nursing Care 26 ECTS; Basic Subjects 44 ECTS; Research Methodology 20 ECTS; Elective Subjects 5 ECTS.
 - 1.1. The changes in the modules of Midwifery and Nursing derived from the need to make the subjects of both specialties more compact resulting from the developments and needs of the field.
 - 1.2. Common module of the College: Research Methodology - to ensure uniform teaching of research methodology to all students of the College.
 - 1.3. New module Basic Subjects 44 ECTS, including the following subjects:
 - 1.3.1. Common subjects: Anatomy and Physiology, Pathology, General Pharmacology, Work Safety, Public Health, Psychology, Client Service, Basics of Management and Entrepreneurship, Introduction to Learning;
 - 1.3.2. Basic subjects of the curriculum: Clinical Pharmacology I, Clinical Pharmacology II, Prescription Studies I, Prescription Studies II, Structure and Legislation of Health Care and Social System.
 - 1.4. The emphasis has been changed in the module of Elective Subjects (5 ECTS). Specialty specific subjects have been replaced with options that allow the profession to be more widely explored and for project-based practical training, e.g. students of the Curriculum of Midwife may choose their 5 ECTS of elective subjects also from other curricula or students from other curricula may choose the subjects from the Curriculum of Midwife. Project-based practical training supports student's individual and professional development. As for practical training, a student may choose to give for example health education lectures to different target groups; another possibility may be various activities directed to the public, activities developing the profession; participation in certain projects, etc. Project-based practical training may be already started during the first course by registering the practical training project in the chair.
 - 1.5. Elective subject Early Discharge was changed into practical training and a subject held in English and was given a common name - Early Postpartum Discharge. The practical training within the elective subject provides students with an opportunity to study in English and for foreign exchange students to pass additional practical training as well as for all students to further deepen the knowledge in the field of early discharge considering the public health and hospital point of view.
2. The following changes have been implemented in the subjects:
 - 2.1. The volume of the following practical training has been increased - Risk Pregnancy and Gynaecological Diseases 17 ECTS;
 - 2.2. The volume of the following practical training has been increased - Pathological Delivery, Puerperium and Neonatology, 17 ECTS and practical training Normal Pregnancy, Delivery and Puerperium, 18 ECTS;
 - 2.3. Practical training Professional Development, Management and Entrepreneurship (10 ECTS) has been integrated as it is the last practical training of the last year and with its integration the students are enabled to choose the field in which he/she wishes to expand the knowledge and skills, e.g. the student may choose to fill EU directives or perhaps wishes to develop the knowledge in the field of management and entrepreneurship.
 - 2.4. New subjects in the curriculum:

- 2.4.1. Family Planning and Contraception 3 ECTS. The current subject has been created due to the feedback received from students who stated the lack of knowledge in the field of professional counselling. Instead of conducting it on the first year, the subject is transferred to the last year;
 - 2.4.2. Art and Science in Midwifery 5 ECTS – the aim of the subject is to support the development of critical thinking and connect the topic to final theses;
 - 2.4.3. Healthy Newborn and Child 4 ECTS – emanating from the professional standard, Midwife level 6 and research conducted by the chair "Midwife Professional Qualification Requirements to the Studies and Possibilities of Master`s Studies in Europe "(2017), the curriculum needs to clearly bring forth the term of a newborn and emphasize the adaption and development of a newborn.
- 2.5. The module title General Nursing Care has been changed into Nursing Care (45 ECTS). The subject Clinical Nursing Activities has been integrated into the subjects Internal Care Nursing (6 ECTS) and Surgical Nursing (6 ECTS). The subject Sick Child Nursing has been changed into Children's Nursing (3 ECTS), Practical Training – Nursing Activities has been renamed into Practical Training – Clinical Nursing, the volume of which has been increased to 12 ECTS. Practical training is divided between College's simulation environment and work environment. The volume of practical training Clinical Nursing 2 has also been increased by 1 ECTS.
- 2.6. For the benefit of the subject completeness, subjects Foundations of Nursing and Nursing Process (5 ECTS) have been integrated into one.

The aim of the curriculum has remained unchanged, learning outcomes of the curriculum have been adjusted and the previous 9 learning outcomes have been replaced by 6 learning outcomes.

In the Curriculum of Midwife, the title of the curriculum has not been changed, conditions of commencement of the studies, the nominal duration and volume of the studies, language of instruction, specialization possibilities and the classification of the content of the curriculum (curriculum group) have not been changed.

THE EXPECTED FIELD OF ACTIVITY OF THE GRADUATES

The diploma of professional higher education in midwifery grants the graduates the right to work as a midwife and general nurse in all fields of health care in Estonia and European Union. The competences are granted by the fulfillment of the directives of nurse and midwife in the European Union. New developments in health care services as patient and family centredness, quality, safety, availability and the permission to provide midwifery services in primary level health care enable the graduates competitive professional work in Estonia and/or abroad.

Graduates have the possibility to continue their education in Master`s studies.

BASES OF THE CURRICULUM AND ORGANIZATION OF PRACTICAL TRAINING

The Curriculum of Midwife meets the requirements established by the Institutions of Professional Higher Education Acts, Standards of Higher Education, European Parliament and Council Directives 2005/36/EC, Midwife level VI (2013), Global Standards for Midwifery Education (2013), Essential Competencies for Basic Midwifery Practice`s (2013).

Practical training in the work environment constitutes 98 ECTS of the curriculum. In cooperation with the Office of Academic Affairs of the College, practical training institutions are provided to all students all over Estonia. It is also possible to pass the practical training as part of Erasmus exchange program in partner educational institutions abroad. In applying for practical training institutions, the practical training goals, the possibility of meeting the outcomes of the practical training, possibilities of practical training institutions and students' previous feedback are taken into account. In the beginning of an academic year, all courses have practical training seminars where students can choose the practical training institutions according to the number of places offered, goal of the practical training and learning outcomes, which are followed by declaring themselves to the practical training in Study Information System.

Supervising the practical training is performed in electronic environment Moodle, which contains detailed information on the volume of the practical training and the independent work. College's supervisor and practical training institution supervisor (mentor) are both responsible for supervising the student during the practical training. Mentor instructs and supports the student in achieving the learning outcomes and practical training goals. After the practical training, the mentor fills the feedback form on the student. College's supervisors analyse the student's achievement of practical training goals and learning outcomes during the practical training final seminar.

Main practical training institutions

PRACTICAL TRAINING INSTITUTIONS
Viljandi Hospital
Tallinn Children`s Hospital
Pärnu Hospital
Tallinn Health Care at School Foundation
Tallinn Emergency Medical Service – TEMS
West Tallinn Central Hospital
East-Tallinn Central Hospital
Kuressaare Hospital
East-Viru Central Hospital
North-Estonian Regional Hospital

REQUIREMENTS SET FOR THE CURRICULUM QUALITY

1. The lecturers teaching on the Curriculum of Midwife are with higher education, possess at least 3 years of professional working experience and are active in the field of research and development also regulated in the framework requirements of medical training, veterinary training, pharmacists training, dentist training, midwives training, nursing training, architecture training and civil engineering training of a Decree of Republic of Estonia 25 October 2004, No 32, Statute of Tallinn Health Care College 19.04.2011.
2. The curriculum is in accordance with the development directions of the College deriving from the Development Plan and Statute of the College. The curriculum supports the achievement of the mission and goals of the College considering the needs of labour market and target groups.
3. The curriculum and conducting the studies is in accordance with the internal standards of quality and inner as well as international demands and agreements on quality.
4. The curriculum aims and learning outcomes are equal and comparable to the 1st level learning outcomes of higher education level and meet the requirements and developments of international legislative acts considering the acquisition and implementation of the skills and knowledge described in the Professional Standards for Midwife.
5. Graduates` knowledge and skills can be evaluated according to the subject aims and learning outcomes.
6. The title of the curriculum and its contents are in accordance. Teaching methods including the volume of independent work and practical training support the achievement of the curriculum aims.
7. Learning outcomes direct students into acquiring and implementing modern evidence-based work methods.
8. A uniform evaluation system is the basis of evaluation (uniform evaluation system in higher education with *cum laude* conditions 27.10.2009 No 71), which consists of:
 - 8.1. evaluating the achievement of learning outcomes;
 - 8.2. evaluation methods and criteria;
 - 8.3. evaluation scales;
 - 8.4. conditions of awarding *cum laude* diploma;
 - 8.5. taking into consideration the previous studies and work experience and converting the grades from other assessment systems.

Exact requirements of evaluation are determined in the Tallinn Health Care College Study Regulations and in every subject program.

MODULES AND SUBJECTS OF THE CURRICULUM, AIMS AND LEARNING OUTCOMES

Module title: Midwifery Care		Volume: 64 ECTS
Aim	To acquire knowledge and skills in performing midwifery care considering the holistic approach to a human.	
Learning outcomes	<ol style="list-style-type: none"> 1. Follows the basics of midwifery, midwifery ethics and philosophy when performing midwifery care. 2. Performs midwifery care in family planning, during pregnancy, during delivery, after the delivery and when observing the development of a newborn and a child. 3. Implements theoretical knowledge following the requirements of EU directives on practical activities of a midwife. 	
Evaluation of module: subject-based method		
Subjects		
Code	Subject title	Volume
7ÄA17/FA	Basics of Midwifery and Professional Philosophy	2 ECTS
Aim	To acquire knowledge of the main principles of midwifery, its philosophy and international work.	
Learning outcome	<ol style="list-style-type: none"> 1. Describes the historical development of midwifery in Estonia, Europe and in the world. 2. Knows the main terms of midwifery and their interconnectedness, argues on the ethical viewpoints of midwifery reasoning the statements based on social and moral value judgements. 3. Has an overview of modern developments of midwifery. 	
Code	Subject title	Volume
7ÄA17/PK	Family Planning and Contraception	3 ECTS
Aim	To acquire knowledge and skills on midwife's competences concerning family planning and contraception.	
Learning outcome	<ol style="list-style-type: none"> 1. Knows the principles of modern family planning and contraception. 2. Advises a patient/client during roleplays on the topic of family planning and contraception. 	
Code	Subject title	Volume
7ÄA17/RR	Risk Pregnancy	5 ECTS
Aim	To acquire knowledge and skills to recognize risk pregnancy as well as to appoint necessary investigations, interpreting results and counselling patient and her family as a member of an interdisciplinary team.	

Learning outcome	<ol style="list-style-type: none"> 1. Evaluates different pregnancy risks and high-risk pregnancy based on the anamnestic data. 2. Describes abnormalities in pregnancy and action instructions depending on a situation taking into consideration the cultural and religious beliefs. 3. Knows the principles of using medicines, the effect of narcotic substances and harmful social conditions on a pregnancy and foetus. 4. Participates on conducting and analysing cases connected to risk pregnancy in the simulation environment. 	
Code	Subject title	Volume
7ÄA17/PrRRN	Practical Training – Risk Pregnancy and Gynaecological Diseases	17 ECTS
Aim	To reinforce theoretical knowledge and skills of observing and instructing a woman with risk-pregnancy and gynaecological diseases as a member of an interdisciplinary team.	
Learning outcome	<ol style="list-style-type: none"> 1. Practices and performs evidence-based and patient-centred midwifery care under the supervision of a practical training institution mentor in risk-pregnancy and gynaecological diseases. 2. Implements different investigation and observation techniques on a risk pregnancy and gynaecological patient, is able to act while interpreting the results. 	
Code	Subject title	Volume
7ÄA17/PSP	Pathological Delivery and Puerperium	6 ECTS
Aim	To acquire knowledge of abnormalities related to pathological delivery and puerperium, and newborn problems and abnormalities accompanying breastfeeding acting in the simulation environment.	
Learning outcome	<ol style="list-style-type: none"> 1. Evaluates the risk factors affecting delivery process and post-delivery period, pathologies and complications. 2. Performs and demonstrates midwifery care (culture-sensitive) during delivery and/or post-delivery period resulting from a present pathology as a member of an interdisciplinary team. 3. Knows about the stimulating and inducing of delivery, including medicines and pharmacocinetic principles. 4. Recognizes emergency situations in delivery in simulation environment and performs first aid knowing the medicines used, their pharmacokinetics, and performs patient-centred midwifery care. 5. Knows the breastfeeding problems and performs process-based patient counselling. 	
Code	Subject title	Volume
7ÄA17/NN	Neonatology	4 ECTS
Aim	To acquire knowledge, skills and attitudes for performing midwifery care on a newborn.	
Learning outcome	<ol style="list-style-type: none"> 1. Knows the most common pathologies of a newborn. 2. Knows the evaluation and adjustment specificity of a premature and sick newborn. 	

	<p>3. Describes different observation methods of a newborn and demonstrates relevant care accompanying parents.</p> <p>4. Knows the main investigation and treatment methods and pharmacokinetic principles, interprets the results in an interdisciplinary team.</p> <p>5. Performs first aid on a newborn and demonstrates the use of first aid techniques in simulation environment.</p>	
Code	Subject title	Volume
7ÄA17/PrPSP	Practical Training – Pathological Delivery, Puerperium ja Neonatology	17 ECTS
Aim	To reinforce the knowledge, attitudes and skills acquired in theory on a pathological delivery, puerperium and on observing and evaluating the condition of a newborn.	
Learning outcome	<p>1. Practices and performs evidence-based and patient-centred midwifery care under the supervision of a mentor in case of delivery pathologies.</p> <p>2. Implements different investigation and observation techniques on delivery pathologies and is able to act while interpreting the results.</p> <p>3. Knows how to examine a newborn, connect abnormalities based on modern investigation and observation methods, performs nursing/midwifery care on a newborn.</p>	
Code	Subject title	Volume
7ÄA17/TVL	Healthy Newborn and a Child	4 ECTS
Aim	To acquire knowledge on a development of a newborn and a child and the factors affecting it, to acquire skills to implement the knowledge during the midwifery care.	
Learning outcome	<p>1. Knows the particular features of a newborn adjustment period and is able to evaluate them.</p> <p>2. Knows the anatomical-physiological characteristics of a child's development and is able to evaluate them.</p> <p>3. Describes the health promotion principles to a child and his/her family.</p> <p>4. Demonstrates the examination and care principles of a child in simulation environment.</p>	
Code	Subject title	Volume
7ÄA17/NSP	Normal Delivery and Puerperium	6 ECTS
Aim	To acquire knowledge and skills for a physiological delivery, puerperium and breastfeeding.	
Learning outcome	<p>1. Describes the criteria of physiological delivery, periods, terms and psychological well-being of a woman in labour; action mechanisms of labour pain and different possibilities of relieving labour pains.</p> <p>2. Describes the physiology of early post-partum period, skin to skin contact and the importance of early breastfeeding.</p> <p>3. Performs and demonstrates midwifery activities and documentation during normal delivery.</p>	

Module title: Midwifery in a Community		Volume: 66 ECTS
Aim	To acquire knowledge and skills in performing midwifery care in the community considering the needs of a single individual and family.	
Learning outcome	<ol style="list-style-type: none"> 1. Is familiar with the primary level health care system and is able to implement the midwifery principles according to the target group. 2. Understands and is able to connect the activities of a midwife with art, science, management and entrepreneurship. 	
Evaluation of module: subject-based method		
Subjects		
Code	Subject title	Volume
7ÄK17/NH	Gynaecological Diseases	5 ECTS
Aim	To acquire skills in performing midwifery care in case of gynaecological problems considering the midwife's competences.	
Learning outcome	<ol style="list-style-type: none"> 1. Knows the classification of most common gynaecological diseases, including the classification of oncological and sexually transmitted infections, signs and symptoms, investigation methods, possibilities of treatment and prevention. 2. Knows the signs of spontaneous abortion, its diagnostics, treatment and possibilities of prevention. 3. Explains the aspects connected to terminating the pregnancy, aspects and regulations connected to infertility and infertility treatment. 	
Code	Subject title	Volume
7ÄK17/KTÄ	Art and Science in Midwifery	5 ECTS
Aim	To develop creativity and acquire critical thinking skills through the treatment of science and art.	
Learning outcome	<ol style="list-style-type: none"> 1. Understands the bases of conscious activities performed by a midwife and deriving from a midwifery model based on midwifery philosophy, is able to discuss on the beforementioned notions. 2. Connects the woman in art to the midwifery philosophy. 3. Connects the practical activity of midwives to research and science. 	
Code	Subject title	Volume
7ÄK17/TIRT	Healthy Person and Reproductive Health	5 ECTS
Aim	To acquire knowledge on person's lifespan in reproductive age, as elderly or in case of special needs.	
Learning outcome	<ol style="list-style-type: none"> 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.	
Code	Subject title	Volume
7ÄK17/NR	Normal Pregnancy	6 ECTS
Aim	To acquire knowledge and skills to perform midwifery care in normal pregnancy.	
Learning outcome	<ol style="list-style-type: none"> 1. Explains the human pre-birth development and factors affecting it. 2. Knows and compares physiological and anatomical changes during different stages of pregnancy and gives an overview of their effect on pregnancy. 3. Chooses appropriate midwifery care to observe a normal pregnancy according to the regulations. 	
Code	Subject title	Volume
7ÄK17/PrNR	Practical Training – Normal Pregnancy, Normal Delivery and Normal Puerperium	18 ECTS
Aim	To reinforce the knowledge, attitudes and skills acquired in theory in observing healthy delivery, post-partum period and healthy newborn.	
Learning outcome	<ol style="list-style-type: none"> 1. Performs evidence-based and patient-centred midwifery care under the supervision of a practical training institution mentor in normal pregnancy, delivery and post-partum period. 2. Implements different methods in observing normal pregnancy, delivery and post-partum period. 3. Implements family-centred midwifery in caring for a healthy newborn. 	
Code	Subject title	Volume
7ÄK17/ET	Primary Level Health Care	4 ECTS
Aim	To create readiness for performing midwifery/nursing care in primary level health care in cooperation with the specialists from other fields.	
Learning outcome	<ol style="list-style-type: none"> 1. Understands the terms and regulation legislation of primary level health care. 2. Is able to describe the investigation methods used in primary level health care and is able to prepare patient/client for the investigations. 3. Determines, plans, directs and evaluates the midwifery/nursing care on primary level health care according to the needs of a single individual and a family. 4. Analyses the limits of responsibility of the profession, evaluates critically his/her activities. 	
Code	Subject title	Volume
7ÄK17/PrET	Practical Training – Primary Level Health Care	10 ECTS
Aim	To reinforce in work environment the knowledge on the organization of primary level health care acquired in theory.	

Learning outcome	<ol style="list-style-type: none"> 1. Determines the need(s) and performs midwifery/nursing care resulting from the patient's/client's need and his/her competences. 2. Plans and performs midwifery care to a pregnant woman and to a woman in post-partum period. 3. Observes the child's development and prepares and conducts health promotion in different forms. 4. Conducts health education to patient and to his/her family. 	
Code	Subject title	Volume
7ÄK17/BF	Breastfeeding	3 ECTS
Aim	To acquire the knowledge and skills of mother-child bonding and breastfeeding.	
Learning outcome	<ol style="list-style-type: none"> 1. Describes the benefits from neonatal early breastfeeding, the importance of breastfeeding for a mother and her child, and relation of breastfeeding to mother`s nutrition principles. 2. Describes the correct suction technique of a newborn baby and demonstrates the correct breastfeeding positions applying the principles of teaching and counselling. 3. Describes the breastfeeding problems and teaches women how to cope with breastfeeding problems and with a child with special needs. 4. Describes the principles for starting age-appropriate complementary feeding. 	
Code	Subject title	Volume
7ÄK17/PrKA	Practical Training – Professional Development and Entrepreneurship	10 ECTS
Aim	To reinforce the integration of professional knowledge and skills and create readiness for working as an employer and employee.	
Learning outcome	<ol style="list-style-type: none"> 1. Evaluates different career possibilities as a midwife or a nurse in Estonia. 2. Implements teaching- and management-related knowledge in different events connected to midwifery. 3. Implements the principles of teamwork in his/her professional work on an individual and community level cooperating with health care professionals of different fields. 4. Analyses the organization of health care and social system, offering solutions to problems in the modern society. 	

Module title: Nursing Care		Volume: 45 ECTS
Aim	To create readiness for performing process-based nursing care in cooperation with specialists of other professions.	
Learning outcome	<ol style="list-style-type: none"> 1. Determines the nursing care needs of a patient/client, nursing problems, nursing diagnosis and activities based on the principles of ethics and evidence-based sources. 2. Implements patient-centred teaching methods to perform nursing care. 3. Knows the investigation methods used in the field of nursing and is able to prepare patients for them. 4. Analyses the limits of responsibility of the nursing profession and critically evaluates his/her activity. 	
Evaluation of module: subject-based method		
Subjects		
Code	Subject title	Volume
70A17/0A	Basics of Nursing and Nursing Process	5 ECTS
Aim	To acquire knowledge on the basics of nursing and the basics of nursing process.	
Learning outcome	<ol style="list-style-type: none"> 1. Knows the main terms of nursing, the basics of nursing philosophy and nursing theories. 2. Knows NANDA I, II taxonomy and uses Gordon health condition scheme. 3. Is able to formulate NANDAI II taxonomy nursing diagnoses and find evidence-based solutions. 4. Describes the principles of documenting nursing anamnesis. 	
Code	Subject title	Volume
70A17/SH	Internal Patient Nursing	6 ECTS
Aim	To acquire knowledge, skills and attitudes to perform nursing care.	
Learning outcome	<ol style="list-style-type: none"> 1. Knows the classification, etiology, pathogenesis, clinical picture and investigation methods of internal diseases. 2. In simulation environment, determines and documents patient's nursing care needs and nursing problems in case of different diseases. 3. In simulation environment, prepares the patient for different investigations and operations. 4. Implements ethical, teamwork and health promotion principles in role-plays. 	
Code	Subject title	Volume
70A17/0T	Nursing Activities	2 ECTS
Aim	To acquire theoretical knowledge on performing nursing activities.	
Learning outcome	<ol style="list-style-type: none"> 1. Knows the aims of various nursing activities, the method of performing, effect on patient's management with daily activities and possible 	

	<p>complications resulting from investigations.</p> <p>2. Knows necessary equipment needed for specific activity, principles of usage and safety requirements.</p> <p>3. Plans process-based nursing activity resulting from patient/client centredness and answers relevant questions.</p>	
Code	Subject title	Volume
7ÖA17/KH	Surgical Patient Nursing	6 ECTS
Aim	To acquire knowledge, skills and attitudes in providing nursing care to patients with ear-nose-throat (LOR) and eye diseases.	
Learning outcome	<p>1. Knows the classification of surgical, infectious, eye and LOR diseases and the etiology, pathogenesis, clinical picture, investigation methods as well as the treatment and prevention principles.</p> <p>2. In simulation environment, determines and documents the patient's nursing care needs and nursing problems in case of different diseases.</p> <p>3. In simulation environment, prepares the patient for different investigations and operations.</p> <p>4. In roleplays, implements the principles of ethical, teamwork and health education principles.</p>	
Code	Subject title	Volume
7ÖA17/PrKÖ1	Practical Training – Clinical Nursing I	12 ECTS
Aim	To implement nursing activities and nursing documentation in clinical environment based on nursing process and patient-centred nursing.	
Learning outcome	<p>1. Values health and person as a whole, not depending from person's age, social and cultural origin, sexual orientation and family/individual attitudes.</p> <p>2. Demonstrates the performing of activities using ergonomic techniques, following the rules of a - and antiseptics and documents his/her activities as required.</p> <p>3. Implements the acquired nursing activities in work environment under the supervision of a practical training institution mentor.</p> <p>4. Implements the principles of waste disposal according to the specifics of a department.</p>	
Code	Subject title	Volume
7ÖA17/PrKÖ2	Practical Training – Clinical Nursing II	11 ECTS
Aim	To implement in practice the knowledge and skills acquired theoretically, developing his/her manual and communication skills.	
Learning outcome	<p>1. Performs activities under the supervision of a mentor of a clinical nursing II practical training, integrating theory and practice.</p> <p>2. Performs clinical nursing activities and is able to use evidence-based sources to explain the necessity of a current procedure.</p> <p>3. Implements nursing theory, while determining, planning, performing and evaluating patient/client needs for nursing care.</p> <p>4. Determines the limits of responsibility of a nurse and critically evaluates</p>	

	his/her activities.	
Code	Subject title	Volume
70A17/L0	Children's Nursing	3 ECTS
Aim	To acquire readiness to investigate the health needs of a child and a family based on evidence-based sources and critical thinking.	
Learning outcome	<ol style="list-style-type: none"> 1. Knows the classification of children's diseases as well as etiology, pathogenesis, clinical picture, investigation methods, treatment and prevention strategies of the most common diseases. 2. Is able to formulate NANDAI II taxonomy nursing diagnoses and find evidence-based solutions based on family-centred nursing process. 3. In simulation environment, implements critical thinking in performing family-centred nursing care based on the principles of teamwork. 	

Module title: Specialized Nursing Care		Volume: 26 ECTS
Aim	To create readiness for process-based performance of specialty nursing care in cooperation with the specialists of other professions.	
Learning outcome	<ol style="list-style-type: none"> 1. Determines the patient/client needs for specialty nursing care, nursing problems, nursing diagnoses, nursing activities based on the principles of ethics and evidence-based sources. 2. Implements patient-centred teaching techniques to perform specialty nursing care. 3. Knows the investigation methods used in specialty nursing fields and knows how to prepare patients for them. 4. Values the principles of teamwork cooperating with the representatives of different fields and professions. 5. Analyses the limits of responsibility of a nurse's profession and critically evaluates his/her activities. 	
Evaluation of module: subject-based method		
Subjects		
Code	Subject title	Volume
7E017/I0	Intensive Care Nursing	3 ECTS
Aim	To acquire knowledge, skills and attitudes to perform intensive nursing care.	
Learning outcome	<ol style="list-style-type: none"> 1. Knows the fields of intensive care nursing, determines nursing problems and performs intensive care nursing. 2. Describes modern investigation and observation methods in intensive care nursing. 3. Knows the principles of teamwork used in solving and documenting the problems in the field of intensive care nursing. 4. In roleplays, implements the activities of intensive care nursing and principles of health education, supports the patient and his/her family on making informed health-related choices. 	
Code	Subject title	Volume
7E013SKM	War and Disaster Medicine	2 ECTS
Aim	To develop readiness for providing and organizing assistance in case of a major accident, a disaster and a military conflict.	
Learning outcome	<ol style="list-style-type: none"> 1. Has general knowledge of military medical service structure during peace and war. 2. Is cognizant of the priorities for assistance of victims and nursing needs, principles and methodology for carrying out triage based on the victims' individual needs. 3. Has knowledge of the methodology of liquidation of major accidents. 	
Code	Subject title	Volume
7E017/PrI0	Practical Training – Intensive Care Nursing	8 ECTS
Aim	To reinforce in work environment the knowledge acquired during theoretical	

	studies on intensive care nursing (including children's intensive care), to develop manual skills and professional attitudes.	
Learning outcome	<ol style="list-style-type: none"> 1. Practices under the supervision of a mentor, integrating theory into practice. 2. Prepares a patient for investigations according to the specifics of the investigation. 3. Performs intensive care nursing activities and explains the need for a current procedure. 4. Engages in intensive care related health education to patient and his/her family. 	
Code	Subject title	Volume
7EÖ17/VTÖ	Mental Health Nursing	4 ECTS
Aim	To acquire knowledge, skills and attitudes to perform mental health nursing.	
Learning outcome	<ol style="list-style-type: none"> 1. Knows and uses the legislation regulating the field of mental health care, data protection and ethical principles. 2. Knows the most common dependencies and psychological and behavioural disorders in patients of different age groups. 3. Understands the role of trust nurse in mental health nursing. 4. Observes and evaluates the condition of a patient receiving psychopharmacological treatment and applies his/her knowledge in patient education. 5. Solves pregnancy crises case studies in simulation environment. 	
Code	Subject title	Volume
7EÖ17/PrVTÖ	Practical Training – Mental Health Nursing	6 ECTS
Aim	To reinforce in work environment's practical situations the knowledge acquired in theoretical studies on mental health nursing and basics of psychotherapeutical communication.	
Learning outcome	<ol style="list-style-type: none"> 1. Builds trust in a relationship with a patient. 2. Observes and evaluates the health condition of a patient receiving psychopharmacological treatment. 3. Applies evidence-based knowledge on teaching the patient and his/her family. 4. Finds evidence-based solutions to different cases tackling the mental health problems and is able to implement suitable techniques of psychotherapeutic communication. 5. Evaluates his/her practical activity based on G. Gibbs's model. 	
Code	Subject title	Volume
7IO13KP	Clinical Psychology	3 ECTS
Aim	To acquire knowledge on risk factors affecting people's mental health and the principles of psychotherapy, to create readiness for implementing the techniques of psychotherapeutic communication techniques.	
Learning outcome	<ol style="list-style-type: none"> 1. Knows different psychosocial and clinical risk factors affecting person's mental health and is able to find evidence-based solutions. 2. Has an overview of psychological explanations on psychological and 	

	<p>behavioural disorders, investigation methods and intervention possibilities.</p> <p>3. Knows the basics of various types of psychotherapy and techniques of therapeutic communication as well as nurse's and midwife's role in applying the techniques in practice.</p>
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Module title: Basic Studies		Volume: 44 ECTS
Aim	To acquire general knowledge on human anatomy, physiology, pathological processes, pharmacology, and skills to be able to implement them and connect to other professional subjects.	
Learning outcome	<ol style="list-style-type: none"> 1. Knows the structure and function of a healthy and sick human organism. 2. Has an overview of general and clinical pharmacology and knows how to write prescriptions. 3. Knows how to follow work safety regulations in case of fire alarm and how to give first aid. 4. Knows the psychological processes of a human in different stages of lifespan, the affecting factors and nature and causes of individual social behaviour. 5. Knows the content of service process, is able to counsel patients/clients and implements various communication techniques and teamwork principles. 6. Understands the policy of public health, is familiar with the legislation of social system and the basics of management and entrepreneurship. 7. Knows the study regulations and support systems of Tallinn Health Care College. 	
Evaluation of module: subject-based method		
Subjects		
Code	Subject title	Volume
AnF17	Anatomy and Physiology	6 ECTS
Aim	To acquire basic knowledge in anatomy and physiology.	
Learning outcomes	<ol style="list-style-type: none"> 1. Uses appropriate anatomy and physiology related terminology. 2. Knows and is able to explain the structure of the human body and the mechanisms regulating its functioning and development. 3. Knows the shape, structure and location of organs in human body by body systems. 	
Code	Subject title	Volume
HaOp17	Pathology	5 ECTS
Aim	To acquire foundation knowledge about causes and onset of diseases, signs and disease-related changes in the human body.	
Learning outcomes	<ol style="list-style-type: none"> 1. Knows fundamental processes and concepts of general pathology. 2. Knows etiopathogenesis and pathogenesis of most prevalent diseases, and ways to prevent the diseases treating each organ system separately. 3. Has basic knowledge about microbiology and function of the immune system, most common micro-organisms and diseases caused by them affecting human functioning. 4. Knows genetic bases and understands the nature of heredity and mutability, has foundation knowledge about more common chromosomal and genetic diseases, and possibilities to apply genetics in medicine. 	

Code	Subject	Volume
TO17	Occupational Safety	3 ECTS
Aim	To acquire first aid skills, ability to act safely in the work environment and in case of fire hazard.	
Learning outcomes	<ol style="list-style-type: none"> 1. Knows the principles of quality and risk management in health care organization. 2. Is able to assess risk factors in the work environment and develop a risk analysis. 3. Knows, how to use ergonomic job methods and promote health at workplace. 4. Is able to give first aid without any medical devices. 5. Is able to act in case of fire hazard. 	
Code	Subject title	Volume
UF17	General Pharmacology	2 ECTS
Aim	To acquire knowledge about concepts of general pharmacology, groups and different forms of medications, and routes of administration.	
Learning outcomes	<ol style="list-style-type: none"> 1. Knows concepts of general pharmacology and can use them. 2. Describes effects of the medication groups on a human body and factors influencing them. 3. Names different forms and routes of administration of medications, and dependence of a form or route of administration on the effect of medication. 	
Code	Subject title	Volume
7AA17/KF1	Clinical Pharmacology I	4 ECTS
Aim	To acquire knowledge in basic medicinal groups used in midwifery, internal diseases and surgery, usage of medicines and related midwifery/nursing activities.	
Learning outcome	<ol style="list-style-type: none"> 1. Knows the most used medicines in midwifery, internal diseases and surgery, their pharmacokinetics, indications, contraindications, interactions and side effects. 2. Connects pharmacotherapy to midwifery/nursing process. 3. Describes general principles of performing clinical drug trials. 4. Is able to use pharmacology-related handbooks, reference books and Internet sources. 	
Code	Subject title	Volume
7AA17/KF2	Clinical Pharmacology II	3
Aim	To acquire knowledge in most common drug groups used in risk pregnancy, psychiatry, gynaecological and paediatric diseases, on usage of medicines and connected midwifery/nursing activities.	
Learning outcome	<ol style="list-style-type: none"> 1. Knows the medicines used in risk pregnancy, psychiatry, gynaecological and paediatric diseases, their pharmacokinetics, pharmacodynamics, indications, contraindications, interactions and side effects. 2. Is able to perform patient education on the topic of therapies using 	

	<p>medicines.</p> <p>3. Connects the subjects of the module of pharmacology.</p>	
Code	Subject title	Volume
7AA17/RÕ1	Prescription Studies I	2 ECTS
Aim	To acquire knowledge on writing prescription according to the legislation regulated by the Government of Estonia, having basic knowledge of general and clinical pharmacology and other pre-requisite subjects.	
Learning outcome	<ol style="list-style-type: none"> 1. Knows the main terms and legislation connected to writing prescriptions. 2. Describes midwife's rights and obligations in writing prescriptions. 3. Describes the principles of patient counselling in connection of using the medicines. 	
Code	Subject title	Volume
7AA17/RÕ2	Prescription Studies II	3 ECTS
Aim	To acquire readiness for writing prescriptions according to the legislation regulated by the Government of Estonia.	
Learning outcome	<ol style="list-style-type: none"> 1. Is able to independently write prescriptions according to the current regime and resulting from a guideline of medicines to midwife; to counsel patients about the use of medicines. 2. Is able to solve problem-based tasks and integrate prescription studies with the subjects of clinical pharmacology and other clinical subjects. 	
Code	Subject title	Volume
RaTer17	Public Health	2 ECTS
Aim	To form knowledge about theoretical foundations and functions of public health, public health policy principles, and give an overview of the situation and organizational arrangement of public health in Estonia.	
Learning outcomes	<ol style="list-style-type: none"> 1. Understands the nature of public health field, tasks, public health policy principles, and is able to interact health factors having effect on an individual and the community. 2. Knows most common health problems of population in Estonia and activities within the frames of the National Health Development Plan to prevent diseases and promote health. 3. Has an overview of the organizational arrangement of public health in Estonia and creates connections between activities of different institutional sectors and levels. 	
Code	Subject title	Volume
PSU17	Psychology	3 ECTS
Aim	To acquire knowledge of psychology and provide readiness for understanding the needs of a patient/client.	
Learning outcomes	<ol style="list-style-type: none"> 1. Has knowledge about concepts of psychology (including developmental, personality and social psychology) and main approaches. 2. Understands the nature and causes of an individual's development and social behaviour. 3. Is able to apply different communication techniques and knows teamwork 	

	principles.	
Code	Subject title	Volume
7AA17/TSS	Structure of Health and Social System and Legislation	2 ECTS
Aim	To get an overview of the most important legislative acts regulating health care and social system; health care and social sector institutions and their responsibilities, and of the responsibilities and rights of health care workers.	
Learning outcomes	<ol style="list-style-type: none"> 1. Knows the principles for personal data processing. 2. Gives an overview of legislation and legislative acts regulating the social and health care system, and describes the structure of social and health care system. 3. Calculates social tax, income tax and unemployment insurance tax from individual income, knows the difference between the taxes of the employer and the taxes of the employee. 4. Is able to describe the European Social Charter, The European Code of Social Security and the European Convention on Human Rights, and knows how to apply them into study process involving the social system. 	
Code	Subject title	Volume
KL17	Client Service	3 ECTS
Aim	To acquire knowledge about client service foundations and provide readiness for understanding and fulfilling clients` needs in service process.	
Learning outcomes	<ol style="list-style-type: none"> 1. Knows foundations and ethical aspects of client service. 2. Knows the nature of service process and can participate properly in this. 3. Knows types of products/service and is able to plan and carry out (sales) conversation. 4. Uses appropriate communication techniques in client service. 	
Code	Subject title	Volume
JuEt17	Management and Entrepreneurship	4 ECTS
Aim	To create possibilities for developing basic skills related to organization management and starting enterprise.	
Learning outcomes	<ol style="list-style-type: none"> 1. Can describe an organization and its management process, including personnel management, and associate them with his/her specialty. 2. Knows different forms of enterprise and principles for choosing them. 3. Chooses and analyses a business idea, can develop a business plan, and plan and carry out projects. 4. Has elementary knowledge about foundations of tax system and accountancy, and can apply to financial institutions or funds for getting financing. 5. Knows principles of product and service development, and marketing. 	
Code	Subject title	Volume
SO17	Introduction to Learning	2 ECTS
Aim	To create possibilities for managing successfully in study process in Tallinn Health Care College.	

Learning outcomes	<ol style="list-style-type: none">1. Has an overview of Estonian higher education system and possibilities for international cooperation.2. Knows organization of studies and practical training, and study counselling system in Tallinn Health Care College.3. Is able to compose and execute letters and study documents.4. Knows foundations of studies, teamwork, stress and time management, and career planning.
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Module title Research Methodology		Volume: 20 ECTS
Aim	To create possibilities and support for conducting research and developing academic writing skills.	
Learning outcomes	<ol style="list-style-type: none"> 1. Can find and use reliable evidence-based scientific sources for the professional research. 2. Can analyse and report information found from different sources. 3. Knows foundations of statistics, can methodically collect data and analyse them properly. 4. Knows ethics in research and can follow this. 5. Can set professional problems, and based on the research, give recommendations for solving them. 	
Evaluation of module: subject-based method		
Subjects		
Code	Subject title	Volume
UTM1-17	Foundations of Research I	5 ECTS
Aim	To create readiness for collecting and analysing evidence-based information.	
Learning outcomes	<ol style="list-style-type: none"> 1. Can apply principles of systematic literature search and record search results. 2. Can independently use scientific data bases and analyse relevant evidence-based materials. 3. Can report professional scientific literature in English and Estonian. 4. Knows foundations of statistics and is able to find and interpret statistics. 5. Can compose and form independent works, and uses scientific language. 	
Code	Subject title	Volume
UTM2-17	Foundations of Research II	5 ECTS
Aim	To create skills for conducting research.	
Learning outcomes	<ol style="list-style-type: none"> 1. Understands concepts and principles of scientific research and differences between types of research. 2. Knows different research methods, and planning the research, can choose the most suitable method for collecting and analysing data. 3. Can collect or find statistical data and relevant evidence-based sources, analyse, report and refer properly them in his/her paper. 4. Understands principles of ethics in science and medicine, is able to pay attention to ethical aspects, when composing his/her research. 	
Code	Subject title	Volume
LP1-17	Graduation Thesis I	5 ECTS
Aim	To acquire skills for using his/her professional knowledge to search independently and analyse critically a particular problem or situation in	

	practice.	
Learning outcomes	<ol style="list-style-type: none"> 1. Is able to independently plan and carry out a research, and present properly its results. 2. Can pay attention to professional problems and research focuses. 3. Is able to give research-based recommendations for solving professional problems. 	
Code	Subject title	Volume
LP2-17	Graduation Thesis II	5 ECTS
Aim	To show a student`s ability to apply his/her knowledge and practical skills, developed across the curriculum, to carry out a research, using different research methods.	
Learning outcomes	<ol style="list-style-type: none"> 1. Understands research ethics and principles of reliability, and considers them when carrying out the research. 2. Is able to go through and analyse scientific literature associated with a research problem. 3. Knows the way of data collection and method of analysis used in the research. 4. Can explain research results and importance of them in specialty. 5. Is able to analyse critically and defend his/her viewpoints presented in the research, and discuss the searched topic. 	
Code	Subject title	Volume
LE17	Final Examination	5 ECTS
Aim	To show a student`s ability to integrate his/her professional knowledge and skills, and readiness for starting professional field job.	
Learning outcomes	<ol style="list-style-type: none"> 1. Has a systematic overview of the profession and its competencies. 2. Has knowledge, skills and readiness for starting professional field job. 3. Can connect professional theory with practice and use the knowledge without causing harm to a patient/client interests. 	

Module title: Elective Subjects		Volume: 5 ECTS
Evaluation of module: subject-based method		
Code	Subject title	Volume
7VA17/ATE	Midwifery and Health Promotion	5 ECTS
7VA18/PrEPD	Practical Training – Early Postpartum Discharge	5 ECTS
7VA17/V	Vaccinating	5 ECTS
7VA17/SEH	Sexuality in Different Diseases	5 ECTS
7VA17/PrPP	Project-Based Practical Training	5 ECTS
7VA17/KTT	Art and Science in Health Care	5 ECTS