

**Educational institution:** TALLINN HEALTH CARE COLLEGE

**Code of educational institution:** 70003980  
**Title of study programme:** ÕE PÕHIÕPE  
(in Estonian and English) *BASIC NURSING EDUCATION*

**Level of study programme:** Applied higher education  
**Academic field:** Health and well-being  
**Orientation of study:** Health  
**Study programme group:** Health care  
**Accreditation data:** Directive of the Minister of Education and Science No 53 from January 27<sup>th</sup>, 2009 about accreditation until January 27<sup>th</sup>, 2016

**Volume in European Credit Point system (ECTS):** 210  
**Nominal period of studies:** 3,5 years

**Admission requirements:**  
secondary education or equivalent foreign qualification.

**Objective of study programme:**  
to provide internationally recognised quality applied higher education for working in health care sphere and for continuing studies in speciality training and/or in nursing or other opened Master study programmes.

**Brief description of study programme and teaching:**  
Volume of speciality subjects: 160  
Volume of basic subjects: 30  
Volume of practical training: 89 ECTS  
Volume of final exam/ final work: 10 ECTS  
Volume of elective subjects: 10 ECTS  
Languages of teaching: Estonian

Module code	6PA09
Module title	<b>NURSE'S PERSONALITY AND PROFESSIONAL DEVELOPMENT</b>
Module volume (ECTS hours)	30 ECTS / 780 hours
Contact learning (incl e-learning)	Not more than 140
Independent work	Not less than 172 hours
Practical training	18 ECTS / 468 hours
Year of studies	I, III and IV year
Integrated modules/subjects	
Module objective	To support the development of student's personality, knowledge and skills for working as a nurse in health care and social sphere.

Volume of contact studies: not more than 50% from the volume of theory studies in study programme

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

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

Study programme code in the Estonian Education Info-System (EEIS) Register of Study Programmes:

1	4	6	7
---	---	---	---

Learning outcomes	<p>Having passed the module, the student:</p> <ol style="list-style-type: none"> <li>1. knows the basics of psychology, learning, team management and entrepreneurship in health care sphere;</li> <li>2. knows the peculiarities of people's psycho-social development, originating from the stage of their life course;</li> <li>3. associates the personality's development with the readiness to understand, evaluate and direct the surrounding people;</li> <li>4. associates the personality's development and life long learning as the starting point for the development of nurse's profession;</li> <li>5. defines one's role in team work and relies in one's activities on the principles of team work;</li> <li>6. describes the basic functioning principles of Estonian social and health care systems;</li> <li>7. uses clear expressing technique and patient/client centred communication techniques;</li> <li>8. relying on the principles of theory and team work, selects the appropriate possibilities for rendering nursing aid with the aim to support and foster health in community;</li> <li>9. plans project work in the context of nursing sphere and shows examples about the possibilities of nurses participating in projects;</li> <li>10. brings out the hazards of rendering nursing aid to the patient/client and provides an evaluation on patient/client centred aspects during nursing;</li> <li>11. relying on evidence based theory and team work principles, applies in practice appropriate possibilities for offering nursing aid with the aim to support and develop health in community.</li> </ol>
-------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Contents and method of independent work	Working with literature, creating portfolio, composing and analyzing the practical training work.
Evaluation	Prelim

Module code	6OA09
Module title	<b>BASICS OF NURSING</b>
Module volume ( <i>ECTS hours</i> )	20 ECTS / 520 hours
Contact learning (incl e-learning)	Not more than 182 hours
Independent work	Not less than 182 hours
Practical training	6 ECTS / 156 hours
Year of studies	I and III year
Integrated modules/subjects	Research and development work methodology, Clinical nursing, Paediatric nursing, Intensive nursing, Health nursing, Mental health nursing
Module objective	Developing systematic knowledge about nursing and preparing a readiness for offering nursing aid that is based on systematic and continuous ethic principles.
Learning outcomes	Having passed the module, the student: <ol style="list-style-type: none"> <li>1. describes the essence of nursing, basics of nursing philosophy and nursing theories, defines the basic nursing principles;</li> <li>2. describes and applies the basics of infection control;</li> <li>3. demonstrates nursing procedures and first aid actions;</li> <li>4. associates nursing theory, ethics and practice, applies nursing process and selects the appropriate nursing procedures for offering patient/client centred nursing aid;</li> <li>5. recognizes and defines nursing problems and offers evidence based solutions;</li> <li>6. describes the nurse's role in health care and society;</li> <li>7. brings out the differences of cultures in nursing context.</li> </ol>
Contents and method of independent work	Working with literature, composing concept cards and nursing story
Evaluation	Exam

Module code	6KO09
Module title	<b>CLINICAL NURSING</b>
Module volume ( <i>ECTS hours</i> )	45 ECTS / 1170 hours
Contact learning (incl e-learning)	Not more than 300 hours
Independent work	Not less than 116 hours
Practical training	29 ECTS / 754 hours
Year of studies	II year
Integrated modules/subjects	Basics of nursing, Human structure and functioning studies, Pharmacology, Research and development work methodology
Module objective	Developing knowledge about clinical nursing and readiness for offering quality nursing aid.
Learning outcomes	Having passed the module, the student: <ol style="list-style-type: none"> <li>1. recognizes the patient's need for nursing aid and the nursing problems in case of general and special diseases among patients with surgical and internal diseases;</li> <li>2. names the contemporary patient examination methods applied in health care and prepares the patient for necessary examining;</li> <li>3. applies the principles of team work and evaluates the team- work;</li> <li>4. demonstrates the nursing procedures of clinical nursing;</li> <li>5. applies nursing theory in practice by defining, planning, offering and evaluating the nursing aid, originating from patient/client needs;</li> <li>6. recognizes and formulates problems related with clinical nursing and offers evidence based solutions;</li> <li>7. selects and applies patient centred guiding measures for offering nursing aid;</li> <li>8. defines the borderlines of responsibility related with nurse's profession and evaluates critically one's activity.</li> </ol>
Contents and method of independent work	Working with literature, composing nursing story

Evaluation	Exam
------------	------

Module code	6LO09
Module title	<b>PAEDIATRIC NURSING</b>
Module volume ( <i>ECTS hours</i> )	15 ECTS / 390 hours
Contact learning (incl e-learning)	Not more than 116 hours
Independent work	Not less than 118 hours
Practical training	6 ECTS / 160 hours
Year of studies	I, II year
Integrated modules/subjects	Basics of nursing, Human structure and functioning studies, Pharmacology, Research and development work methodology
Module objective	Developing knowledge and readiness for offering quality nursing aid for children and their families.
Learning outcomes	Having passed the module, the student: <ol style="list-style-type: none"> <li>1. describes and demonstrates attitudes and value judgements in caring for children and family;</li> <li>2. describes and evaluates the child's growth, development and the factors that influence them;</li> <li>3. values the importance of individual responsibility when providing nursing aid to the child and family;</li> <li>4. creates possibilities for supporting the child and the family and for actively taking responsibility in preserving and promoting health, vital resources and capability;</li> <li>5. demonstrates the nursing procedures of paediatric nursing;</li> <li>6. connects theory and practice by applying evidence based patient/client centred nursing aid for child and family in the cases of widely known paediatric diseases;</li> <li>7. applies the principles of team work, and also evaluates the team work;</li> <li>8. selects and applies the measures for teaching the child and the family, evaluates the gained results.</li> </ol>
Contents and method of independent work	Working with literature, composing the poster concept card and analyzing an article.
Evaluation	Exam

Module code	6IO09
Module title	<b>INTENSIVE NURSING</b>
Module volume ( <i>ECTS hours</i> )	10 ECTS / 260 hours
Contact learning (incl e-learning)	Not more than 52 hours
Independent work	Not less than 52 hours
Practical training	6 ECTS / 156 hours
Year of studies	III year
Integrated modules/subjects	Basics of nursing, Human structure and functioning studies, Pharmacology, Clinical nursing, Paediatric nursing
Module objective	Developing knowledge and skills for offering nursing aid to patients in need of intensive care, and to their families.
Learning outcomes	Having passed the module, the student: <ol style="list-style-type: none"> <li>1. names the situations that need intensive care;</li> <li>2. brings examples of illness cases that need intensive care;</li> <li>3. explains pathological processes that influence vital functions;</li> <li>4. brings out the specifics of intensive nursing;</li> <li>5. demonstrates the nursing procedures of intensive care;</li> <li>6. applies theory in practice by offering patient/client centred nursing aid for patient who needs intensive nursing, and evaluates the effectiveness of the activities, originating from the patient's condition;</li> <li>7. recognizes and defines problems related with intensive nursing and finds evidence based solutions;</li> <li>8. demonstrates the algorithm of reviving on adult/child, selects appropriate assisting measures for reviving a patient;</li> <li>9. names the medication with their side effects most widely used in intensive care, and administers the medication to the patient accordingly with prescription.</li> </ol>
Contents and method of independent work	Working with literature, solving problem assignments.
Evaluation	Graded prelim.

Module code	6TO09
-------------	-------

Module title	<b>HEALTH NURSING</b>
Module volume ( <i>ECTS hours</i> )	30 ECTS / 780 hours
Contact learning (incl e-learning)	156 hours
Independent work	156 hours
Practical training	18 ECTS / 468 hours
Year of studies	I and III year
Integrated modules/subjects	Basics of nursing, Pharmacology, Research and development work methodology, Clinical nursing, Paediatric nursing, Mental health nursing, Nurse's personality and professional development
Module objective	To create the possibilities to understand the principles of health nursing as a complete system and for applying it in team work, for promoting the health of all aged people, valuing the client and family centeredness in a multicultural society.
Learning outcomes	<p>Having passed the module, the student:</p> <ol style="list-style-type: none"> <li>1. describes the patient's development peculiarities by originating from the stage of their life course;</li> <li>2. defines the importance of health promotion in enhancing population health;</li> <li>3. applies appropriate attitudes and value judgements in offering nursing aid to patients/clients, relying on principles of team work;</li> <li>4. evaluates critically the living environment and makes suggestions for enhancing the living environment;</li> <li>5. connects theory with practice by applying evidence based nursing aid to patients who need intensive care;</li> <li>6. offers nursing aid to all aged patients/clients for avoiding health and managing problems, relying on evidence based know-how;</li> <li>7. recognizes and defines population health problems of patient/client, and finds evidence based managing and health promotional solutions for them;</li> <li>8. applies and evaluates critically the applied patient training results;</li> <li>9. describes the basic principles, work area, work arrangement and development directions of health nursing as a system,</li> <li>10. brings out the hazards in offering nursing aid to patient/client and evaluates the aspects of patient/client centeredness during the offering of nursing aid.</li> </ol>
Contents and method of independent work	Working with literature, composing written work on given topic, creating portfolio, composing a health promotional project and nursing story.
Evaluation	Graded prelim

Module code	6VTO09
Module title	<b>MENTAL HEALTH NURSING</b>
Module volume ( <i>ECTS hours</i> )	10 ECTS / 260 hours
Contact learning (incl e-learning)	Not more than 52 hours
Independent work	Not less than 52 hours
Practical training	6 ECTS / 156 hours
Year of studies	III year
Integrated modules/subjects	Nurse's personality and professional development, Clinical nursing, Paediatric nursing, Pharmacology, Research and development work methodology
Module objective	Developing knowledge, values and skills for offering nursing aid in mental health sphere in cooperation with interdisciplinary team in health and social care areas.

Learning outcomes	Having passed the module, the student: <ol style="list-style-type: none"> <li>describes the essence and principles of mental health, and the legal acts regulating mental health sphere;</li> <li>describes the most widely spread mental disorders, their incidence and symptoms;</li> <li>knows the most widely known mental disorders and ways of treating them, and can observe the condition of patient receiving psycho-pharmacological treatment;</li> <li>recognizes and brings out the factors influencing mental health;</li> <li>recognizes and defines problems related with mental health nursing and finds evidence based solutions to them;</li> <li>connects theory and practice, offers nursing aid to patient/client by relying on evidence based know-how.</li> </ol>
Contents and method of independent work	Working with literature, taking tests, solving situation assignment.
Evaluation	Graded prelim

Module code	6IE09
Module title	<b>HUMAN STRUCTURE AND FUNCTIONALITY STUDIES</b>
Module volume (ECTS hours)	10 ECTS / 260 hours
Contact learning (incl e-learning)	160 hours
Independent work	100 hours
Practical training	No practical training
Year of studies	I and II year
Integrated modules/subjects	Basics of nursing, Pharmacology
Module objective	Developing knowledge about the development of healthy and sick human organism, structure and functionality.
Learning outcomes	Having passed the module, the student: <ol style="list-style-type: none"> <li>describes the development, structure and functioning of human organism, the physiological and pathological processes influencing it, and names the basic terms related to them in Estonian and Latin languages;</li> <li>explains the physiological processes taking place in organism, originating from the physical and biochemical processes in organism;</li> <li>explains and describes the pathological processes taking place in organism caused by the activities of microorganisms.</li> </ol>
Contents and method of independent work	Working with literature, composing study-map.
Evaluation	Graded prelim

Module code	6FA09
Module title	<b>PHARMACOLOGY</b>
Module volume (ECTS hours)	5 ECTS / 130 hours
Contact learning (incl e-learning)	Not more than 60 hours
Independent work	Not less than 70 hours
Practical training	
Year of studies	I and II year
Integrated modules/subjects	Basics of nursing, Clinical nursing, Paediatric nursing, Intensive nursing, Mental health nursing
Module objective	To provide an overview about the basic principles of pharmacology, the different forms of treatment and ways of administering medication; to develop an understanding about the mathematical calculations when administering medication, the most widely used treatment groups, the use of medication and the nursing activity related with medication treatment.

Learning outcomes	Having passed the module, the student: <ol style="list-style-type: none"> <li>describes the effect of medication on organism and the factors influencing the effects;</li> <li>names different forms of medication and ways of administering medication, and describes the depending of medication effect from medication form and the way of administering;</li> <li>applies mathematical calculation during the administering of medication;</li> <li>names the most widely used medication groups, describes their pharmacokinetics, pharmacodynamics, their using indications and contraindications, and side-effects;</li> <li>knows the group-specific nursing activities of the discussed medication group;</li> <li>associates medication treatment with nursing aid;</li> <li>describes the general principles of treatment in case of medication poisoning;</li> <li>uses pharmacology-related encyclopaedias, handbooks and internet resources;</li> <li>brings out the hazards connected with the use and administering of medication to patient and evaluates the aspects of patient/client centeredness when using medication.</li> </ol>
Contents and method of independent work	Working with literature, sorting home apothecary, acquiring of pharmacology terminology, solving exercises, composing a learning conspectus and a short overview of basic medication groups, making tests in IVA virtual environment.
Evaluation	Exam

Module code	6UAM09
Module title	<b>RESEARCH AND DEVELOPMENT WORK METHODOLOGY</b>
Module volume (ECTS hours)	15 ECTS / 390 hours
Contact learning (incl e-learning)	Not more than 194 hours
Independent work	Not less than 196 hours
Practical training	
Year of studies	I, II and III year
Integrated modules/subjects	Basics of nursing, Nurse's personality and professional development
Module objective	Developing knowledge about the principles and objectives of research work in nursing science, and developing readiness for conducting the research by using evidence based knowledge for developing the profession.
Learning outcomes	Having passed the module, the student: <ol style="list-style-type: none"> <li>describes the principles of scientific way of thinking, the principles of the process of research work and basics of research work in nursing science (incl applied);</li> <li>uses scientific databases and evaluates critically speciality science articles;</li> <li>expresses oneself in Estonian written text by relying on principles of creating scientific text;</li> <li>defines nursing terminology in Estonian and English;</li> <li>recognises and defines problems coming from nursing practice and finds evidence based solutions for them;</li> <li>composes final work or final development project;</li> <li>outlines the ethical positions generally proposed for scientific work and analyzes the researcher's role from ethics point of view.</li> </ol>
Contents and method of independent work	Working with literature, analyzing scientific articles and composing of development or final work project.
Evaluation	Graded prelim

Module code	
Module title	<b>ELECTIVE- AND OPTIONAL SUBJECTS</b>
Module volume (ECTS hours)	10 ECTS / 260 hours
Contact learning (incl e-learning)	According to the selected subject
Independent work	According to the selected subject
Practical training	

Year of studies	I-IV year
Integrated modules/subjects	According to the descriptions of selected subjects
Module objective	Completing speciality knowledge originating from the objectives in study programme, and the developing of general knowledge through subjects independently selected by student.
Learning outcomes	According to the learning outcomes of selected subjects
Contents and method of independent work	Accordingly with independent work foreseen by subject.
Evaluation	Prelim

Module code	6LTE09
Module title	<b>FINAL WORK / FINAL EXAM</b>
Module volume ( <i>ECTS hours</i> )	10 ECTS
Contact learning (incl e-learning)	
Independent work	260 hours
Practical training	
Year of studies	IV year
Integrated modules/subjects	All modules in study programme
Module objective	To guarantee the integration of professional knowledge and skills, and readiness to start working.
Learning outcomes	Having passed the module, the student demonstrates the knowledge, skills and value judgements having learned from the study programme by composing the final work or taking the final exam.
Contents and method of independent work	Repeating all material from study programme. Composing final work.
Evaluation	Exam