

TALLINNA TERVISHOIU KÕRGKOO



APPROVED

Tallinn Health University of Applied Sciences
Council Decision No 2.1 of 24 May 2022

MODIFIED

Tallinn Health University of Applied Sciences
Council Decision No 3.1 of 28 May 2024

Curriculum of Master's Studies
HEALTH SCIENCES
194200

Educational institution	TALLINN HEALTH UNIVERSITY OF APPLIED SCIENCES
Code of educational institution	70003980
Title of the curriculum	<i>TERVISETEADUS</i>
Title of the curriculum in English	HEALTH SCIENCES
Higher education level	Master's studies
Curriculum code in the Estonian Education Info-System (EHIS)	194200
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 11 July 2019 with Decree no 62.
Primary registration of the curriculum	04.06.2018
Approval date of the version of the curriculum in the educational institution	The curriculum was approved by the Council of Curriculum on 27 April 2022. The curriculum was approved by the Tallinn Health University of Applied Sciences Council by Decision 3.1 on 28 May 2024.

Study area	Health and well-being
Field of studies	Health
Curriculum group	Health Care
Main field of study in the curriculum and its volume (ECTS)	Health Sciences 40 ECTS
Minor field (or fields) of study, other possible specializations in the curriculum and their volume (ECTS)	Specialization on one of the four fields of nursing (clinical nursing, health nursing, intensive care nursing, mental health nursing) 40 ECTS
Forms of study	Daytime learning, period study

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

Learning outcomes of the curriculum

1. Has comprehensive knowledge of health sciences, knows the methods and technologies used in health sciences, is ready to implement these methods and technologies in finding solutions to the topical professional problems.
2. Is ready to work both independently and in an interdisciplinary team, is able to demonstrate their sense of initiative, responsibility, leadership and teamwork skills.
3. Is able to critically evaluate the quality of health care, human-centredness and patient safety in Estonia and internationally and leads research and development projects.
4. Is able to have a reasoned discussion in topical profession-related discussions in the society in Estonian and in English.
5. Takes the lead to develop the value-based health care and is tolerant towards the diversity of attitudes and values.
6. Systematically undertakes professional self-development and transfers their knowledge and skills.

Conditions of fulfilling the curriculum

Curriculum contains:

4 modules (90 ECTS)

Specialty module 40 ECTS (one of the four specialty modules to choose from):

clinical nursing	40 ECTS,
intensive care nursing	40 ECTS,
health nursing	40 ECTS,
mental health nursing	40 ECTS,
volume of practical training in every module	15 ECTS
Development of Profession and Quality Management	30 ECTS
Elective Subjects	5 ECTS
Master`s Thesis	15 ECTS

Options for passing the curriculum	<p>A student is required to choose within the curriculum one specialty module with the aim of deepening the knowledge and skills of the responsive field.</p> <p>It is compulsory to complete as an elective subject(s) conducted in a foreign language within the curriculum offered by the University or to find such a subject offered by other higher education institutions in volume of 5 ECTS with the aim to support international cooperation experience in health care.</p>
Graduation requirements	Completing the curriculum in full volume and receiving a positive grade for the Master's Thesis.
Type of diploma issued upon graduation	<p><i>Magistriõppe diplom</i></p> <p>Diploma of Master's degree</p> <p><i>Terviseteaduse magister</i></p> <p>Master of Science in Health Sciences (MSc)</p>
Documents issued upon graduation	Diploma of completing the curriculum and of Master's degree, accompanying academic transcript and the Diploma Supplement in English.
Possibilities for continuing studies	The graduates of the curriculum are able to continue their studies in the Doctoral studies corresponding to the requirements of the university.
Access to labour market	Diploma holder has been granted the qualification on the 7th level of the Estonian Qualifications Framework.
Additional information	http://ttk.ee/en/contacts

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

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

Conditions for beginning studies at the Curriculum of Health Sciences of Master's Studies is previously acquired higher education in volume at least 210 ECTS within a curriculum of nominal study period of 3.5 years. Nominal study period for Master's degree in Health Sciences is 5 years (3.5+1.5) and the volume of complete studies at least 300 ECTS (210+90).

The curriculum was submitted for reassessment to EKKA (Estonian Quality Agency for Higher and Vocational Education) Assessment Committee on December 4th, 2020 (committee visit on March 30th, 2021). According to the decision of EKKA Assessment Council from June 30th, 2021, the quality, resources, and sustainability of the curriculum is compliant with the required level, and the curriculum was ascribed with the right to conduct studies for an unlimited period.

Following changes have been introduced to the Curriculum of Health Sciences since academic year 2022/2023, which are based on feedback of external assessment, students, and alumni:

1. In order to add clinical practice and working with patients to the curriculum, initial subject *Practical Training* (15 ECTS) was developed into two separate subjects: *Practical Training for a Clinical Nurse Specialist* (5 ECTS) – to practise nurse's appointments (new subject) and *Practical Training of Developing Nursing Staff* (10 ECTS) – to teach nursing students at their specialty (it used to be a part of the subject *Practical Training* earlier). Practical learning of leading the development used to be in the frames of the subject *Practical Training*, it belongs to the development project to be conducted independently by the Master's student and under the guidance of the supervisor now.
2. Instead of *Master's Exam*, *Master's Thesis* (15 ECTS) is required to complete the curriculum in accordance with the suggestions received on initial assessment of the curriculum. This change simplifies the understanding of the development project written within the framework of the curriculum as their final paper. Also, the relative importance of research and scientific approach is increasing in the development project as a Master's Thesis in comparison to the Master's Exam.
3. The volume of the subject *Research Methodology* was increased from 6 to 10 ECTS reducing the volume of other subjects in the general module to support master students even more when acquiring necessary practical skills for applied and intervention research for their Master's Thesis.
4. New module Elective Subjects was added consisting of the subject *International Cooperation* 5 ECTS to increase international cooperation to enhance the development of the students and the lecturers. Within this the student has a chance to select from options provided by the University or look for another subject on their own conducted in a foreign language at the level of Master's studies, which supports their Master's Thesis and development the most. Specialty module was decreased by 5 ECTS for that and the volume of the specialty module decreased from 45 to 40 ECTS.
5. Learning outcomes and contents were organised into subjects of 5 ECTS, except *Research Methodology*, *Practical Training of Developing Nursing Staff* and *Master's Thesis*; if

necessary, the volume of the subject was decreased reducing independent tasks and the title of the subject was specified. E.g., the contents of the subject *Quality Management in Health Care* (12 ECTS) in the general module was distributed into two separate subjects: *Quality Management in Health Care* (5 ECTS) and *Organisation and Technologies in Health Care Systems* (5 ECTS), to increase the focus on management of health Technologies and at the same time to lead learning process more efficiently and support the master students to complete the curriculum in smaller steps.

Starting from the 2024/2025 academic year, the following change has been introduced to the Health Sciences curriculum:

1. The language of instruction for the course “Interdisciplinarity in Health Sciences” (5 ECTS) will be predominantly English and partly Estonian, in order to enhance integration within the curriculum between representatives of different cultural backgrounds and disciplines, both in the roles of learners and lecturers.

Development of the curriculum is conducted as a continuous improvement cycle forming – implementation – assessment – changing, based on systematically gathered data and theoretical starting of curriculum development and guidelines (Rutiku et al., 2009).

THE EXPECTED FIELD OF ACTIVITY OF THE GRADUATES

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

It is possible to continue studies at the doctoral level.

BASIS OF THE CURRICULUM AND THE ORGANIZATION OF PRACTICAL TRAINING

The curriculum of health sciences of Master's studies meets the requirements established in the Standard of Higher Education, Directive 2005/36/EC of the European Parliament and of the Council, Strategic Plan for Nursing and Midwifery 2011-2020 Estonia and requirements established in Development Strategy 2021-2030. In addition, it is in concordance with definition of the specialist-nurse and basic competences of the specialist-nurse confirmed on August 27th by the board of the Estonian Nurses Union (Liivet, 2020), these are based on international guidelines of ICN (International Council of Nursing, 2020). Launching and developing the curriculum is based on Tallinn Health University of Applied Sciences Development Plan 2017-2021, Population Health Development Plan (PHDP) 2009-2020 and PHDP 2020-2030 and OSKA report from 2017 of the health care sector.

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

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

Students have the opportunity to complete their practical training and theoretical studies abroad as an exchange student. During the completion of the curriculum previous studies and work experience may be taken into account.

REQUIREMENTS SET FOR THE CURRICULUM QUALITY

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

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

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

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

Each lecturer teaching within the curriculum of health sciences for Master's studies holds an academic degree of at least a Master's level. A separate lecturer with PhD degree supports the development of each module and assessment and feedbacking of the students. The position of nursing professor was opened in the Chair of Nursing in the academic year 2021/2022, which created first professoriate in Tallinn Health University of Applied Sciences. Foreign lecturers with Doctoral degree or acquiring one will be involved in the teaching process of general subjects and specialty subjects. Following from the aim of the curriculum it is essential that the international collaboration between the lecturers is increasing to make the involvement of foreign lecturers in the teaching process possible and to create joint study materials and study modules.

Development of the curriculum will be continued within the national cooperation with Tartu Applied Health Sciences University and the employers and the alumni. The students, lecturers and the representatives of practical training institutions will be involved in the development process of the curriculum. The content and structure of the curriculum are consistent with those of foreign higher education institutions. The learning outcomes and evaluation methods described in the curriculum are subject to analysis. The syllabi demonstrate the contents of the subjects, materials and the list of required reading. The syllabi are updated at the beginning of each academic year. The syllabi are available to the students via study information system.

Curriculum conforms to the general course of activities of the University that derive from the development plan of the University and the structural unit, the statute or statutes. The curriculum takes into account the needs of the labour market and the target group. To this end, consistent cooperation is held with practical training institutions and the employers. An independent Council of Curriculum acts as an advisory body of the curriculum. It involves the following target groups: students, alumni, employers, lecturers of Tartu Applied Health Sciences University and Tallinn Health University of Applied Sciences and cooperating partners from TalTech and of the Estonian Nurses Association.

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

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

Module title: Development of Profession and Quality Management		Volume: 30 ECTS Code: MAKakj17
Aim	To prepare the student for conducting research and development both independently and interdisciplinary, and to have a sense of initiative in the development of professional area or specialty in the fields of health care and wellbeing.	
Learning outcomes	<ol style="list-style-type: none">1. Has an interdisciplinary overview of health sciences, organisation of health care systems and technologies and professional area and specialty trends on a national and international level.2. Transfers their knowledge and skills and demonstrates their skills to plan and initiate development projects in an interdisciplinary team.3. Evaluates the quality of specialty field based on the principles of quality management in health care.4. Is able to critically evaluate the topical research and development problems of the profession and implements appropriate methods to find solutions to these in the field of health care and well-being.5. Is able to give value-based reasons for health care topics in professional and societal discussions and their activities are based on the principles of life-long learning.	
Evaluation of module: subject-based method		
Subject title		Volume
Quality Management in Health Care		5 ECTS
Organisation and Technologies of Health Care Systems		5 ECTS
Interdisciplinarity in Health Sciences		5 ECTS
Research Methodology		10 ECTS
Development Project		5 ECTS

Module title: Clinical Nursing		Volume: 40 ECTS Code: MAKlo17
Aim	To prepare the student for working as an Advanced Practice Nurse (APN) and a developer in the field of clinical nursing.	
Learning outcomes	<ol style="list-style-type: none">1. Has deepened knowledge in most common nursing diagnoses of the specialty, is able to determine these, plan nursing interventions and to assess the outcomes.2. Has deepened knowledge of effects and safety of medicines and implements this in practical activities as an APN.3. Is able to perform a Clinical Nurse Specialist’s appointment in their specialty and coordinate the following pathway of the patient.4. Assesses critically if nursing care is evidence-based in their profession and implements new and trustworthy information to improve it.5. Transfers their professional knowledge and skills to future or beginning colleagues in health care.6. Acts ethically and is tolerant towards the diversity of attitudes and values when serving in the society. Stands for transferring core values of the vocation and following these in health care.	
Evaluation of module: subject-based method		
Subject title		Volume
Theoretical Basis for Advanced Practice Nursing in Clinical Field		5 ECTS
Organisation of Patient Pathway in Clinical Nursing		5 ECTS
Clinical Pharmacology		5 ECTS
Counselling Methods and Techniques		5 ECTS
Emergency Medical Conditions		5 ECTS
Practical Training of a Clinical Nurse Specialist		5 ECTS
Practical Training of Developing Nursing Staff		10 ECTS

Module title: Health Nursing		Volume: 40 ECTS Code: MATro17
Aim	To prepare the student for working as an Advanced Practice Nurse (APN) and a developer in the field of health nursing at primary health care.	
Learning outcomes	<ol style="list-style-type: none">1. Has deepened knowledge in health promotion and disease prevention and can determine nursing diagnoses at the level of an individual, family and the community independently.2. Creates interdisciplinary connections and implements appropriate health behaviour interventions at primary health care.3. Has deepened knowledge of effects and safety of medicines and implements this in practical activities as an APN.4. Is able to perform a Clinical Nurse Specialist´s appointment in their specialty and coordinate the following pathway of the patient.5. Assesses critically if nursing care is evidence-based in their profession and implements new and trustworthy information to improve it.6. Transfers their professional knowledge and skills to future or beginning colleagues in health care.7. Acts ethically and is tolerant towards the diversity of attitudes and values when serving in the society. Stands for transferring core values of the vocation and following these in health care.	
Evaluation of module: subject-based method		
Subject title		Volume
Quality of Life, Lifestyle and Health Counselling		5 ECTS
Health Nursing on Supporting Family Health		5 ECTS
Counselling Methods and Techniques		5 ECTS
Environmental Health Risks and Community Work		5 ECTS
Clinical Pharmacology		5 ECTS
Practical Training of a Clinical Nurse Specialist		5 ECTS
Practical Training of Developing Nursing Staff		10 ECTS

Module title: Intensive Care Nursing		Volume: 40 ECTS Code: MAIo17
Aim	To prepare the student for working as an Advanced Practice Nurse (APN) and a developer in the field of intensive nursing.	
Learning outcomes	<ol style="list-style-type: none">1. Has deepened knowledge in three fields of intensive care nursing: emergency medicine, anaesthesia, and intensive care.2. Analyses independently the needs of patient in a critical condition, options for giving aid, implements appropriate methods when helping, and can critically assess their activities demonstrating leadership and teamwork skills and being initiative.3. Is able to recognise problems of intensive care nursing independently and can solve them within the given time frame and creatively in limited conditions with best methods.4. Has deepened knowledge of effects and safety of medicines and implements this in practical activities as an APN.5. Is able to perform a Clinical Nurse Specialist’s appointment in their specialty and coordinate the following pathway of the patient.6. Assesses critically if nursing care is evidence-based in their profession and implements new and trustworthy information to improve it.7. Transfers their professional knowledge and skills to future or beginning colleagues in health care.8. Acts ethically and is tolerant towards the diversity of attitudes and values when serving in the society. Stands for transferring core values of the vocation and following these in health care.	
Evaluation of module: subject-based method		
Subject title		Volume
Intensive Care Nursing in Accident and Emergency Medicine		5 ECTS
Intensive Care Nursing in Intensive Care		5 ECTS
Intensive Care Nursing in Anaesthesia		5 ECTS
Intensive Care Nursing in the Ambulance		5 ECTS
Clinical Pharmacology		5 ECTS
Practical Training of a Clinical Nurse Specialist		5 ECTS
Practical Training of Developing Nursing Staff		10 ECTS

Module title: Mental Health Nursing		Volume: 40 ECTS Code: MAVto17
Aim	To prepare the student for working as an Advanced Practice Nurse (APN) and developer at various levels of health care in the field of mental health.	
Learning outcomes	<ol style="list-style-type: none">1. Has deepened knowledge about evidence-based nursing care for various mental disorders, and of legislation regulating psychiatric help.2. Creates interdisciplinary connections, is able to provide service of a Clinical Nurse Specialist independently and in a team and coordinate the following pathway of the patient.3. Has deepened knowledge of principles of prevention and rehabilitation for various mental disorders and implements measures to prevent mental health problems and to promote coping with of people with mental disorders.4. Has deepened knowledge of effects and safety of medicines and implements this in practical activities as an APN.5. Assesses critically if nursing care is evidence-based in their profession and implements new and trustworthy information to improve it.6. Transfers their professional knowledge and skills to future or beginning colleagues in health care.7. Acts ethically and is tolerant towards the diversity of attitudes and values when serving in the society. Stands for transferring core values of the vocation and following these in health care.	
Evaluation of module: subject-based method		
Subject title		Volume
Psychiatry		5 ECTS
Advanced Practice Nursing in Mental Health		5 ECTS
Psychotherapeutic Methods in Mental Health Nursing		5 ECTS
Counselling Methods and Techniques		5 ECTS
Clinical Pharmacology		5 ECTS
Practical Training of a Clinical Nurse Specialist		5 ECTS
Practical Training of Developing Nursing Staff		10 ECTS

Module title: Elective Subjects		Volume: 5 ECTS Code: MARK22
Aim	To enhance the student’s ability to work in a foreign language in an international work environment.	
Learning outcomes	1. Evaluates critically organisation and/or quality of health care service in Estonia and compares these with international experiences. 2. Argues when it comes to topical specialty themes and cooperates in an international workgroup. 3. Represents the Estonian principles of the vocation and the profession internationally and knows and recognises cultural differences.	
Evaluation of module: subject-based method		
Subject: it is compulsory to select one of the offered subjects.		Volume
International Cooperation (an elective course in a foreign language or an international project that corresponds to the learning outcomes of the module)		5 ECTS
Customer Guidance and Participation in Digital Services		5 ECTS
Sustainable Leadership and Management		5 ECTS

Module title: Master's Thesis		Volume: 15 ECTS Code: MA22/MT
Aim	To enable the student to demonstrate their knowledge in the field of Health Sciences and speciality acquired during their studies, and their written and oral analytical and developmental skills.	
Learning outcomes	<ol style="list-style-type: none">1. Is able to present issues occurring in their vocational or professional field in a well-argued manner and has skills to plan an evidence-based development project in health and well-being.2. Is able to use relevant methods and technologies to assess quality in health care and to develop it within their profession.	
Evaluation of module: subject-based method		
Subject		Volume
Master's Thesis		15 ECTS