



APPROVED

Tallinn Health Care College
Council's Decision No 2.1 of 24 May 2022

MODIFIED

Tallinn Health Care College
Council's Decision No 3.1 of 28 May 2024

MODIFIED

Tallinn Health University of Applied Sciences
Council's Decision No 6.1 of 21 October 2025

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 in 11.07.2019 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 has been approved by the Council of Curriculum on 15 October 2025. The Curriculum has been approved by the Tallinn Health University of Applied Sciences Council with Decision 6.1 2 October 2025.

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)	Specialisation in one of four nursing fields: clinical nursing, health nursing, intensive care nursing, and mental health nursing – 40 ECTS; and specialisation in mental health midwifery in reproductive health– 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 create opportunities for deepening knowledge in health sciences, preparing for independent and interdisciplinary practice, conducting research and development, and continuing 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 prepared to work independently and within an interdisciplinary team, demonstrating 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. Acts as a leader in the development of value-based healthcare and demonstrates tolerance towards diversity of attitudes and values.
6. Engages in continuous professional development and shares their knowledge and skills with others.

Conditions of fulfilling the curriculum

Curriculum contains:

4 modules (90 ECTS)

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

clinical nursing	40 ECTS,
intensive care nursing	40 ECTS,
health nursing	40 ECTS,
mental health nursing	40 ECTS,
mental health midwifery in reproductive health	40 ECTS
volume of practical training in every module	15 ECTS

2) Development of Profession and Quality Management 30 ECTS

3) Elective Subjects	5 ECTS
4) Master's Thesis	15 ECTS

Options for completing the curriculum	Within the curriculum, the student is required to choose one of the specialisation modules, the aim of which is to deepen knowledge and skills in the respective field. Within the curriculum, the student must also complete an elective course offered by the higher education institution or independently find a foreign-language course from another higher education institution amounting to 5 ECTS, the purpose of which is to support experience in international cooperation in the field of healthcare.
Graduation requirements	Completing the curriculum in full volume and receiving a positive grade for the Master's Thesis.
Title of the diploma awarded and the corresponding degree title	<i>Magistriõppe diplom</i> Master's degree diploma <i>Terviseteaduse magister</i> Master of Science in Health Sciences (MSc)
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	The diploma corresponds to level 7 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 4 December 2020 (committee visit on 30 March 2021). According to the decision of EKKA Assessment Council from 30 June 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. To enhance international cooperation and support the development of both students and teaching staff, a new module International Cooperation Electives (5 ECTS) was introduced by reallocating credits from the specialisation module. Within this module, the student may independently search for or select from the higher education institution's offerings a foreign-language Master's-level course that best supports their Master's thesis and professional development. For this purpose, 5 ECTS were allocated from the specialisation module, reducing its volume from 45 ECTS 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.

From the academic year 2024/2025, the following amendment has been introduced into the Health Sciences curriculum:

1. The course “*Interdisciplinarity in Health Sciences*” (5 ECTS) is taught predominantly in English and partly in Estonian in order to increase integration between representatives of different cultural backgrounds and disciplines in both student and teaching roles.

From the academic year 2026/2027, the following amendments have been introduced into the Health Sciences curriculum:

1. Based on the recommendations of the EKKK Assessment Council (30 June 2021), the higher education institution’s development plan 2022–2026, labour market needs, and a proposal from the Estonian Midwives Association, a new module *Mental Health Midwifery in Reproductive Health* (40 ECTS) has been added to the curriculum.
2. The module includes the following new courses: *Assessment of Mental Reproductive Health and Care Pathway Management in Midwifery* (5 ECTS), *Psychology of Reproductive Health* (5 ECTS), and *Practice in Mental Health Midwifery Care in Reproductive Health I* (5 ECTS) and *Practice in Mental Health Midwifery Care in Reproductive Health II* (10 ECTS), which focus on advanced knowledge and practical skills in supporting fertility health, pregnancy crisis situations, and perinatal mental health.

In addition, the module contains courses shared with other specialisation modules: *Psychiatry* (5 ECTS), *Counselling Methods and Techniques* (5 ECTS), and *Psychotherapeutic Methods in Mental Health Nursing* (5 ECTS), supporting a common scientific and clinical approach among all nurses and midwives in healthcare. Such a module structure promotes interdisciplinary cooperation, avoids duplication, and preserves the specific professional focus of midwifery.

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 employment for graduates of the Master's programme in Health Sciences is positions requiring specialist competence in the healthcare sector in Estonia or other Member States of the European Union.

Graduates may continue their studies at doctoral level.

BASIS OF THE CURRICULUM AND THE ORGANISATION OF PRACTICAL TRAINING

The Master's programme in Health Sciences complies with the requirements established in the [Higher Education Standard](#), [Directive 2005/36/EC of the European Parliament and of the Council](#), the Estonian Nursing and Midwifery Development Strategy 2011–2020 and [2021–2030](#), and the [development directions of the Estonian Midwives Association 2025–2030](#). In addition, it is aligned with the [definition and core competencies of the specialist nurse](#) approved by the Council of the Estonian Nurses Association on 27 August, which are based on the [international guidelines of the International Council of Nurses \(2020\)](#). From the academic year 2026/2027, the newly opened specialisation module is aligned with the UK Advanced Clinical Practice in Midwifery competence model and with the competency requirements of [Pregnancy Crisis Counsellor, level 6](#), and [Midwife, level 7](#). The establishment and development of the curriculum have been guided by the [Tallinn Health Care College development plans 2017–2021](#) and [2022–2026](#), the [National Health Plan \(RTA\) 2009–2020](#) and [2020–2030](#), the [OSKA 2017 report *Future View of Labour and Skills Needs: Healthcare*](#), and the [OSKA general forecast 2022–2031](#).

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.

The main practice placements are healthcare institutions, social and welfare institutions, educational institutions, national defence institutions, and other organisations providing inpatient or outpatient nursing and midwifery care, which ensure the achievement of the practice objectives and learning outcomes at Master's level for healthcare specialists. The students can choose their practical training institutions according to the list of practical training institutions approved by the structural unit. The list will be updated every academic year. Supervision of the practical training is based on the principle of individual supervision.

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

REQUIREMENTS SET FOR THE CURRICULUM QUALITY

The Master's curriculum in Health Sciences 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.

The theoretical component of the curriculum is delivered using modern teaching and information technology tools online and/or in classrooms and seminar rooms equipped with such facilities. The number of study places is sufficient to ensure favourable learning conditions for students. Classrooms are equipped with desktop computers with permanent internet access and data projectors, and the teaching buildings provide wireless internet access. A high-technology simulation centre is used for teaching theoretical knowledge and practical skills, enabling the simulation of complex and profession-specific situations and scenarios.

The scientific literature required to achieve the learning outcomes of the courses in the curriculum is available in the higher education institution's library or accessible through electronic scientific databases. Students can use publicly accessible computers with permanent internet access in the library for studying and preparing independent assignments.

All teaching staff delivering courses in the Master's programme in Health Sciences hold at least a Master's degree. The development of each module, as well as student assessment and feedback within the module, is supported by a separate doctoral-level lecturer. In the academic year 2021/2022, a professorship in nursing was established within the Department of Nursing, forming the first professorship at Tallinn Health University of Applied Sciences. The first professor of nursing supports the development of a scientific work culture and the implementation of the research and development strategy at the institution, focusing on research in nursing and specialist nursing and supporting the development of other doctoral-level nursing lecturers and curriculum-related professorships at the institution. International lecturers holding a doctoral degree or currently pursuing a doctorate are involved in teaching both specialised and general subjects. Strengthening the international cooperation of teaching staff is important in line with the curriculum objectives, in order to involve international lecturers in teaching and to develop joint learning materials and 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 contents and the structure of the curriculum is in a consistent manner compared to the curricula of foreign higher educational institutions, the learning outcomes and evaluation methods described in the curriculum are to be analysed. The syllabi demonstrate the contents of the subjects, materials and the list of required reading. The syllabi are updated at the beginning of each academic year. The syllabi are available to the students via study information system.

Curriculum conforms to the general course of activities of the 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 uses 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, SUBJECTS AND VOLUMES

Module title: Development of Profession and Quality Management		Volume: 30 ECTS Code: MAKakj17
Aim	To provide readiness to conduct research and development both independently and in an interdisciplinary manner, and to act as a leader in professional or specialist field development in the area of health and well-being.	
Learning outcomes	1. Has an interdisciplinary overview of health sciences, the organisation of healthcare systems and technologies, and professional and specialist development trends at national and international level. 2. Transfers their knowledge and skills and demonstrates the ability to plan and initiate development projects within an interdisciplinary team. 3. Evaluates the quality of the professional field based on the principles of quality management in healthcare. 4. Critically assesses current research and development problems in the professional field and applies appropriate methods to solve them in the area of health and well-being. 5. Argues on healthcare topics based on values in professional and societal discussions and follows the principles of lifelong learning in their activities.	
Evaluation of module: subject-based method		
Subject title		Volume
Quality Management in Healthcare		5 ECTS
Organisation and Technologies of Healthcare 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	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 provide readiness to work as an Advanced Practice Nurse (APN) and developer in the field of public health nursing in primary healthcare.	
Learning outcomes	1. Possesses advanced knowledge of health promotion and disease prevention and independently establishes nursing diagnoses at the level of the individual, family, and community. 2. Creates interdisciplinary links and applies appropriate health behaviour interventions in primary healthcare. 3. Possesses advanced knowledge of the effects and safety of medicines and applies this in practical work as a specialist nurse. 4. Is able to conduct specialist nurse consultations in their field and coordinate the patient’s further care pathway. 5. Critically evaluates the evidence base of nursing care in their field and applies new and reliable information to improve it. 6. Transfers professional knowledge and skills to future or novice colleagues in healthcare. 7. Acts ethically and demonstrates tolerance towards diversity of attitudes and values in serving society and upholds and promotes the core values of the profession in healthcare.	
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 an Advanced Practice Nurse		5 ECTS
Practical Training of Developing Nursing Staff		10 ECTS

Module title: Intensive Care Nursing		Volume: 40 ECTS Code: MAIo17
Aim	To provide readiness to work as an Advanced Practice Nurse and developer in the field of intensive care nursing.	
Learning outcomes	1. Possesses advanced knowledge in three areas of intensive care nursing: emergency medicine, anaesthesia, and intensive care. 2. Independently analyses the care needs of a critically ill patient, evaluates care possibilities, applies appropriate methods, and critically assesses their own performance while demonstrating initiative, leadership, and teamwork skills. 3. Independently identifies intensive care nursing problems and is able to solve them within given timeframes and creatively under constrained conditions using appropriate methods. 4. Possesses advanced knowledge of the effects and safety of medicines and applies this in practical work as an Advanced Practice Nurse. 5. Is able to conduct Advanced Practice Nurse consultations in their field and coordinate the patient’s further care pathway. 6. Critically evaluates the evidence base of nursing care in their field and applies new and reliable information to improve it. 7. Transfers professional knowledge and skills to future or novice colleagues in healthcare. 8. Acts ethically and demonstrates tolerance towards diversity of attitudes and values in serving society and upholds and promotes the core values of the profession in healthcare.	
Evaluation of module: subject-based method		
Subject title		Volume
Intensive Care Nursing in 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 provide readiness to work as an Advanced Practice Nurse and developer in the field of mental health nursing at different levels of healthcare.	
Learning outcomes	1. Possesses advanced knowledge of evidence-based nursing care for various mental disorders and of the legislation regulating psychiatric care. 2. Creates interdisciplinary links, provides Advanced Practice Nurse services independently and within a team, and coordinates the patient’s further care pathway. 3. Possesses advanced knowledge of the principles of prevention and rehabilitation of various mental disorders and applies measures to prevent mental health problems and promote coping among people with mental disorders. 4. Possesses advanced knowledge of the effects and safety of medicines and applies this in practical work as an Advanced Practice Nurse. 5. Critically evaluates the evidence base of nursing care in their field and applies new and reliable information to improve it. 6. Transfers professional knowledge and skills to future or novice colleagues in healthcare. 7. Acts ethically and demonstrates tolerance towards diversity of attitudes and values in serving society and upholds and promotes the core values of the profession in healthcare.	
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 an Advanced Practice Nurse		5 ECTS
Practical Training of Developing Nursing Staff		10 ECTS

Module title: Mental Health Midwifery in Reproductive Health		Volume: 40 ECTS Code: MAVtav26
Aim	To provide readiness to work as an Advanced Practice Midwife and developer in the field of mental health midwifery related to reproductive health.	
Learning outcomes	1. Possesses advanced knowledge of evidence-based care for various mental disorders and of the legislation regulating psychiatric care. 2. Establishes interdisciplinary links and provides mental health midwifery services related to reproductive health — including supporting the coping capacity of the father and family during the perinatal period — both independently and within a team and coordinates the patient’s further care pathway. 3. Possesses advanced knowledge of the principles of prevention and rehabilitation of various mental disorders and applies measures to prevent mental health problems and promote coping among people with mental disorders. 4. Analyses and applies evidence-based knowledge from theoretical approaches to perinatal mental health, pregnancy crisis, and the psychology of reproductive health in order to plan and provide counselling that considers the woman’s life course and to collaborate with specialists at different levels of care. 5. Applies the practical skills of an Advanced Practice Midwife to assess, counsel, and manage reproductive health–related mental health cases and to implement preventive and developmental activities for service development.	
Evaluation of module: subject-based method		
Subject:		Volume
Psychiatry		5 ECTS
Assessment of Mental Reproductive Health and Care Pathway Management in Midwifery		5 ECTS
Psychotherapeutic Methods in Mental Health Nursing		5 ECTS
Counselling Methods and Techniques		5 ECTS
Psychology of Reproductive Health		5 ECTS
Practice in Mental Health Midwifery Care in Reproductive Health I		5 ECTS
Practice in Mental Health Midwifery Care in Reproductive Health II		10 ECTS

Module title: Volume 5 ECTS Elective Subjects Code: MARK22	
Aim	To provide readiness to work in an international foreign-language working environment.
Learning outcomes	1.Critically evaluates the organisation and/or quality of healthcare services in Estonia and compares them with international practices. 2.Argues on current professional topics and collaborates within an international working group. 3.Represents Estonian professional principles internationally and recognises and respects cultural differences.
Evaluation of module: subject-based method	
Customer Guidance and Participation in Digital Services	
Sustainable Leadership and Management	
Subject: it is compulsory to select one of the offered subjects.	Volume
International cooperation (freely chosen foreign-language course or international project that meets the module learning outcomes)	5 EAP
<i>Customer Guidance and Participation in Digital Services</i>	5 EAP
<i>Sustainable Leadership and Management</i>	5 EAP

Module title: Master's Thesis		Volume: 15 ECTS Code: MA22/MT
Aim	To enable the demonstration of knowledge acquired during the studies in health sciences and the professional field, and to demonstrate analytical and development skills both in written and oral form.	
Learning outcomes	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