NURSING EDUCATION SPECIALISATION
84789

Tallinn 2013

Educational institution	**TALLINN HEALTH CARE COLLEGE**
Code of educational institution	70003980
Name of the curriculum	NURSING EDUCATION SPECIALISATION
Name of the curriculum in English	NURSING EDUCATION SPECIALISATION
Studies of higher education level	Professional higher education
Curriculum code in EHIS	8 4 7 8 9
Data on the right of carrying out of the studies on the curriculum	The curriculum belongs to the curriculum category of "Health Care", in which the right to conduct studies from 31.12.2009 has been given.
The initial registration of the curriculum	14.11.2008
The date of approval of the version of the curriculum in the educational institution	The curriculum has been approved by the council of curriculum for basic nursing education and curriculum for basic nursing education specialisation dated 26.04.2013. The curriculum has been approved by the Tallinn Health Care College Council Decision No 9.1 dated 21.05.2013.

Broad group of studies	Health and Welfare
Field of study:	Health
Curriculum group	Health Care
The major specialty (or specialties) of the curriculum and the volume thereof (ECTS)	Basic nursing education 210 ECTS
Minor specialty(s), other possible specializations in the curriculum and their volume (ECTS)	Specialization in one of four nursing specialties (Clinical Nursing, Health Nursing, Intensive Nursing, Mental Health Nursing) 60 ECTS
Types of study	Day time study

The nominal length of the study	4,5 years
The volume of the curriculum in the credit points of the European credit point system (ECTS):	270 ECTS (Basic Nursing Education 210 ECTS + Nursing Eduacation Specialisation 60 ECTS)
The volume of required subjects (ECTS)	256 ECTS (Basic Nursing Education 205 ECTS + Nursing Eduacation Specialisation 51 ECTS)
The volume of elective subjects (ECTS)	14 ECTS (Basic Nursing Education 5 ECTS + Nursing Eduacation Specialisation 9 ECTS)
Language of instruction	Estonian
Other languages needed to achieve learning outcomes	English
Conditions for the commencement of learning	Secondary school leaving certificate for entering Basic Nursing Education. For continuing in Nursing Eduacation Specialisation, higher education in Nursing of equivalent. Professional higher education diploma in Basic Nursing Education.

The objective of the curriculum is to prepare specialised nurses with abilities to decide and act individually for working within healt care system and for continuing their studies in Health Sciences or other curricula of the open Master's Studies.

Learning outcomes of the curriculum

Upon completion of the curriculum of basic nursing education specialisation, student has achieved the learning outcomes of basic nursing education and, additionally, the learning outcomes of selected specialisation module:
1. Learning outcomes of Clinical Nursing (see page 7)
2. Learning outcomes of Intensive Nursing (see page 11)
3. Learning outcomes of Health Nursing (see page 15)
4. Learning outcomes of Mental Health Nursing (see page 19)

Conditions for completion of the curriculum

Curriculum is passed in two stages:

1. Curriculum of Basic Nursing Education (210 ECTS)
2. One of four available specialisation modules in curriculum of Nursing Eduacation Specialisation (60 ECTS):
   1) CLINICAL NURSING
   2) INTENSIVE NURSING
   3) HEALTH NURSING
   4) MENTAL HEALTH NURSING
   of which each module contains:
   Required subjects – 27 ECTS
   General subjects – 6 ECTS
   Practical training – 15 ECTS
   Elective subjects – 9 ECTS Final
   examination – 3 ECTS

Options to complete the curriculum	Curriculum of Nursing Eduacation Specialization contains one of four nursing specialities: Clinical Nursing, Intensive Nursing, Health Nursing, Mental Health Nursing. Within the speciality module students are able to choose elective subjects in the amount of 9 ECTS, designed to support the knowledge and skills of a specialized nurse.
Conditions for completion of the curriculum	Completion of the curriculum in full and either a graduation thesis defended for a positive grade or passing a final examination.
The name of the diploma granted upon graduation	*Diploma of professional higher education*
Documents issued at graduation	Diploma of professional higher education, the accompanying academic transcript and the *diploma supplement* in English
Further education opportunities	The graduates of the curriculum are able to continue their studies in the Master's Studies curriculum of nursing science or other curricula of the open Master's Studies.
Access to labor market	The qualification is subject to automatic recognition pursuant to the European Parliament and Council Directive 2005/36/EC, Article 21. Diploma holder has been granted the qualification of a nurse on the 6th level of the Estonian Qualifications Framework. Diploma holder has achieved learning outcomes for working as a specialized nurse.

Additional information	Clinical Nursing Lily Parm: lily.parm@ttk.ee Intensive Nursing Teele Vaga: teele.vaga@ttk.ee Health Nursing: Gerli Liivet gerli.liivet@ttk.ee Mental Health Nursing: Liina Hürden: liina.hyrden@ttk.ee

Letter of explanation of the curriculum of NURSING EDUCATION SPECIALISATION

From the academic year 2013/2014, the following changes have been introduced in the curriculum of basic nursing specialisation training:

1. The phrasing of learning outcomes have been adjusted.

2. The phrasing of goals of modules and learning subjects have been adjusted.

3. To ensure achieving the learning outcomes of modules, subject names have been specified and matched to their content.

4. To ensure clarity, curriculum includes descriptions of modules complete with subjects within.

For changes, feedback and suggestions made by students and practice placements/employers have been taken into consideration.

In the Nursing Eduacation Specialisation curriculum, the name of the curriculum, the conditions for commencement of the studies, the nominal duration and capacity of the studies, language of instruction, specialization options and curriculum content classification have not been changed.

THE EXPECTED FIELD OF ACTIVITY OF THE GRADUATES

The expected fields of activity of the graduates of the basic nursing education specialisation curriculum are the positions requiring the competency of a specialized nurse in Estonia or in the European Union.

Continuation of studies is possible in the Master's curriculum of Health Sciences or other curricula of open Master's Studies.

THE BASES OF THE CURRICULUM AND ORGANIZATION OF INTERNSHIP

The curriculum of Nursing Eduacation Specialisation meets the requirements established in the Institutions of Professional Higher Education Act, in the Standards of Higher Education, European Parliament and Council Directive 2005/36/EÜ, Nurse III, IV, V professional standard (2008), and in the framework requirements (2004) of medical training, veterinary training, pharmacists training, dentist training, midwives training, nursing training, architecture training and civil engineering training.

The aim of Nursing Eduacation Specialisation is to offer graduates of Basic Nursing Education specialized skills and knowledge for a career as a specialized nurse in chosen speciality. The description of this curriculum does not include the description of Basic Nursing Education curriculum (210 ECTS), but its diplom is a prerequisite for a continuation of studies in Nursing Eduacation Specialisation (60 ECTS) and it is included in the amount of Basic Nursing Education Specialisation Nursing Eduacation Specialisation (270 ECTS). Nursing Eduacation Specialisation consists of one speciality module (Clinical Nursing, Intensive Nursing, Health Nursing, Mental Health Nursing), for which there is a separate admission process. Each module structurally contains:

1. Required subjects – 27 ECTS
2. General subjects – 6 ECTS
3. Practical training – 15 ECTS
4. Elective subjects – 9 ECTS
5. Final examination – 3 ECTS

Nominal study period is one year and it is divided into two semesters.

In all modules of Nursing Eduacation Specialisation curriculum, practical training amounts to 15 ECTS, supporting the acquisition of skills within the corresponding speciality. Practical training in Nursing Eduacation Specialisation curriculum can be completed in health care institutions, social and welfare agencies, educational institutions, national defense agencies and other institutions providing inpatient or outpatient nursing care that provide students with fulfillment of the internship target and achievement of the outcomes.

Practical training in Clinical Nursing is completed in at least two different practice environments of clinical nursing.

Practical training in Intensive Nursing is completed in departments of anaesthesia and intensive care, department of emergency medicine and ambulance.

Practical training in Health Nursing contains practical training as family nurse, school nurse and occupational health nurse.

Practical training in Mental Health Nursing is completed in general and acute psychiatry departments, children's psychiatry department and institutions or specialized care homes offering mental health rehabilitation service.

REQUIREMENTS SET FOR THE CURRICULUM AND THE QUALITY OF STUDIES

The curriculum of basic nursing education specialization is characterized by evidence based nature, modernity, patient centeredness, openness and involvement. The curriculum supports the formation of the values and attitudes of the nursing profession, emphasizing patient and customer focus, attentive care and a 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 theory study of the nursing curriculum is carried out in lecture halls and seminar rooms equipped with modern learning and information technology tools.

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

All faculty members teaching the curriculum have a diploma in Nursing Eduacation Specialisation or a Master's degree and are valued specialists and experts of their subjects in Estonia.

Feedback on the subjects is collected through study information system (SIS). Feedback results are analyzed and proposals are used for further developing the subject and curriculum.

For development of the curriculum of basic nursing education, national cooperation with other institutions of higher education is continued. It is important to enhance international cooperation of the lecturers based on the objective of the curriculum, to include into the teaching process foreign teachers and develop and build common study materials and modules. In development of the curriculum are included the students, the lecturers and representatives of the internship bases. The content and structure of the curriculum is consistently being compared against the curricula of foreign institutions of higher education and the outcomes and assessment methods are analyzed. The curriculum content, materials and the compulsory reading list is recorded in subject programs, which is updated at the beginning of each academic year. Each subject program is available to students through the study information system.

The curriculum is consistent with the policies of the College resulting from the development plan and the statutes of the College. The curriculum takes into account the needs of the labor market and the target audience. To achieve this goal, consistent cooperation is performed with practice placements and employers.

The study organization applies a student based learning approach;students are involved in the planning of changes and in the decision-making processes.

CURRICULUM MODULES AND SUBJECTS, THEIR OBJECTIVES AND LEARNING OUTCOMES

Name of the module: **CLINICAL NURSING**	Capacity: 45 ECTS Code: 3KLO13
Objective(s)	Provide student with specialized skills and knowledge in the field of clinical nursing for ensuring preparation for providing independent patient- and family-centered nursing care as a specialized nurse.
Learning outcomes:	Upon completion of the module, student: 1. Knows the responsibilities and tasks of a specialized clinical nurse in health care and is able to provide independent patient- and family-centered nursing care according to the needs of patient/client in fields of clinical nursing. 2. Is able to determine the need for research and development, analyze and evaluate the possibilities for applying research outcomes and use them for developing clinical nursing. 3. Is able to lead the process of performing nursing care in a multiprofessional team. 4. Is able to educate and supervise patients/clients, their loved ones, nursing professional and students in fields of clinical nursing.

Module evaluation:
Introduction to Clinical Nursing 3 ECTS – Distinctive
Nursing Theories and Evidence-based Practice in Clinical Nursing 3 ECTS –
Distinctive Pathology 6 ECTS – Distinctive
Patient-centered Nursing Care 6 ECTS – Distinctive
Clinical Research Methods 3 ECTS – Nondistinctive
Pharmacology in Clinical Nursing 3 ECTS – Distinctive
Communication in Clinical Nursing Practice 3 ECTS – Distinctive
Practice in Clinical Nursing 15 ECTS – Nondistinctive
Final Exam 3 ECTS - Distinctive

Subjects

Code	*Name of the subject*	*Capacity*
3 KL13/SKL	**Introduction to Clinical Nursing**	3 ECTS
Objective	Develop an overview of the role of clinical nurse in health care and in a multiprofessional team.	
Learning Outcomes	1. Is able to use terminology related to clinical nursing.	

| | 2. Knows the responsibilities and tasks of a clinical nurse. | |
| | 3. Is able to analyze and critically evaluate the need for nursing care and provide independent nursing care accordingly. | |

Code	Name of the subject	Capacity
3KL13/ÕKL	**Nursing Theories and Evidence-based Practice in Clinical Nursing**	3 ECTS
Objective	Develop advanced knowledge of the interaction between research and practice in various subfields of clinical nursing.	
Learning outcomes	1. Critically evaluates research and theories, guidelines for care and activities related to clinical nursing. 2. Analyzes nursing problems and need for resarch in clinical nursing practice. 3. Analyzes possibilities for applying scientific nursing research in subfields of clinical nursing.	

Code	Name of the subject	Capacity
3KL13/HÕ	**Pathology**	6 ECTS
Objective	Develop advanced knowledge of most common diseases, their course in different age groups and principles of prevention in clinical nursing.	
Learning outcomes	1. Knows the most common diseases. 2. Knows the triggers and pathophysiologies of most common diseases. 3. Knows the characteristics and course of disease in different age groups. 4. Knows the principles of primary, secondary and tertiary prevention of different diseases. 5. Is able to advise patients according to disease and its specificities.	

Code	Name of the subject	Capacity
3KL13/PK	**Patient-centered Nursing Care**	**6 ECTS**
Objective	Develop advanced knowledge of planning and providing patient-centered nursing care and nursing diagnoses in different fields of clinical nursing.	
Learning outcomes	1. Is able to evaluate the need for patient-centered nursing care and plan it according to different health problems. 2. Is able to plan teaching process according to patient needs and field of clinical nursing. 3. Is able to find nursing diagnoses related to clinical nursing according to NANDA taxonomy. 4. Is able to find evidence-based patient-centered solutions according to nursing diagnoses.	

	5. Is able to prepare patient for leaving hospital and coping at home.

Code	Name of the subject	Capacity
3KL13/KU	**Clinical Research Methods**	**3 ECTS**
Objectives	Develop advanced knowledge of evaluating the state of patient in clinical nursing and the different analyses performed for preparing patient.	
Learning outcomes	1. Is able to determine the needs for analyses. 2. Is able to prepare the patient for analyses and evaluate the results. 3. Knows the possible problems caused by analyses and is able to advise patients.	

Code	Name of the subject	Capacity
3KL13/F	**Pharmacology in Clinical Nursing**	**3 ECTS**
Objectives	Develop advanced pharmacological knowledge in clinical nursing.	
Learning outcomes	1. Knows the active mechanisms and influencing factors of medications used in different fields of clinical nursing. 2. Knows the countereffects, side effects of medications in different age groups and possibilities for reducing side effects. 3. Is able to teach the administration of medications and the correct technique of administration tools.	

Code	Name of the subject	Capacity
3KL13/KO	**Communication in Clinical Nursing Practice**	**3 ECTS**
Objective	Develop advanced knowledge of communicating with patients and their families in case of different problems related to clinical nursing.	
Learning outcomes	1. Is able to communicate with patients with special needs, considering their individuality. 2. Is able to communicate with patients/clients of different age groups and with their families.	

Code	Name of the subject	Capacity
3KL13/P	**Practice in Clinical Nursing**	**15 ECTS**
Objective	Prepare for providing independent nursing care in clinical nursing.	
Learning outcomes	1. Is able to provide independent nursing care in clinical nursing. 2. Is able to analyze and critically evaluate his/her activities in clinical nursing. 3. Is able to apply principles of team work. 4. Is able to lead a multiprofessional team.	

FINAL EXAM	Capacity: 3 ECTS
	Code: 3KL13/E
Objective	Evaluate the integration of acquired knowledge and skills and the ability to debate in a professional discussion in argumented manner.
Learning outcomes	Upon completion of the module, student: 1. Knows the theories and contemporary principles within the field of clinical nursing and is able to assess them critically. 2. Is able to analyze and synthesize theoretical and empirical research materials and integrate and present results. 3. Is capable of an argumented debate on topics related to clinical nursing.
Evaluation: Distinctive	

Name of the module: INTENSIVE NURSING	Capacity: 45 ECTS Code: IO/13
Objective(s)	Provide student with specialized skills and knowledge in the field of intensive nursing for ensuring preparation for providing independent patient- and family-centered nursing care as a specialized nurse.
Learning outcomes:	Upon completion of the module, student: 1. Knows the responsibilities and tasks of a specialized intensive nurse in health care and is able to provide independent patient- and family-centered nursing care according to the needs of patient/client in fields of intensive nursing. 2. Is able to determine the need for research and development, analyze and evaluate the possibilities for applying research outcomes and use them for developing intensive nursing. 3. Is able to evaluate the state of patient and stabilize, improve and preserve his/her health accordingly 4. Is able to lead the providing of nursing care to patients with actual or potential failures of vital organ systems in an interdisciplinary team.

Module evaluation:
Evidence-based Intensive Nursing 3 ECTS – Distinctive
Clinical Pharmacology and Pharmacotherapy in Intensive Nursing 3 ECTS –
Distinctive Nursing Acute Patients 6 ECTS – Distinctive
Intensive Nursing for Children 3 ECTS –
Nondistinctive General and Local Anesthesia 3 ECTS
– Distinctive Nursing care in Emergency Medicine 6
ECTS – Distinctive Trauma 3 ECTS – Distinctive
Practice in Intensive Nursing 15 ECTS –
Nondistinctive Final Exam 3 ECTS - Distinctive

Subjects

Code	Name of the subject	Capacity
3IO13/TP	**Evidence-based Intensive Nursing**	3 ECTS
Objective	Develop advanced knowledge of the interaction of research and practice in different fields of intensive nursing.	
Learning Outcomes	1. Critically evaluates research and theories, guidelines for care and activities related to intensive nursing. 2. Analyzes nursing problems and need for research in intensive nursing practice. 3. Analyzes possibilities for applying scientific nursing	

	research in subfields of intensive nursing.	
Code	*Name of the subject*	*Capacity*
3IO13/KF	**Clinical Pharmacology and Pharmacotherapy in Intensive Nursing**	3 ECTS
Objective	Developadvancedknowledge ofmedicationsand pharmacotherapy used in emergency medicine and intensive care.	
Learning outcomes	1. Knows the pharmacotherapy of heart, kidney, nerve and respiratory tract illnesses. 2. Knows the main co-effects and countereffects of medications and complications. 3. Knows the medications used in anesthesia. 4. Is able to inform patient on topics related to medications: effects, side-effects, peculiarities.	
Code	*Name of the subject*	*Capacity*
3IO13/ÕÄH	**Nursing Acute Patients**	6 ECTS
Objective	Develop advanced knowledge of nursing care and nursing diagnoses in case of acute neurological, nefrological, heart and cardiovascular ilnesses, respiratory and multiple organ failures and poisoning and skills for resuscitation on advanced level.	
Learning outcomes	1. Knows the main acute heart and vascular and neurological and nefrological system illnesses and metabolic disorders and is able to provide nursing care accordingly. 2. Knows neurotraumas and multiple traumas and is able to provide nursing care accordingly. 3. Is able to finding nursing diagnoses related to intensive nursing, relying on NANDA taxonomy. 4. Is able to find evidence-based patient-centered solutions according to nursing diagnoses. 5. Is able to apply the principles of nursing care to a patient on mechanical ventilation and to intubated and extubated patient. 6. Knows the instruments and equipment necessary for analyses, monitoring and treatment procedures and is able to use them. 7. Is able to perform ECG diagnostics. 8. Is able to interpret results of analyses and monitoring.	
Code	*Name of the subject*	*Capacity*
3IO13/LI	**Intensive Nursing for Children**	**3 ECTS**
Objective	Develop knowledge of acute health disorders of children and the suitable nursing care.	

Learning outcomes	1. Is able to provide nursing care to a child patient in case of acute health disorders. 2. Knows the specificities of intensive care for premature newborns. 3. Is able to resuscitate children of different age groups.	
Code	**Name of the subject**	**Capacity**
3IO13/ÜEA	**General and Local Anesthesia**	**3 ECTS**
Objectives	Develop advanced knowledge of anesthesia, types of anesthesia and specificities in different pathologies and age groups.	
Learning outcomes	1. Knows different types of anesthesia and possible complications. 2. Knows specificities of anesthesia to patients of different age groups in case of different pathologies. 3. Is able to provide perioperative nursing care. 4. Knows different types of pain and principles of pain management.	
Code	**Name of the subject**	**Capacity**
3IO13/ÕAEM	**Nursing care in Emergency Medicine**	**6 ECTS**
Objectives	Develop knowledge of diferential diagnostics and planning and providing nursing care in different stages of emergency medicine.	
Learning outcomes	1. Knows the diagnostics of different syndromes. 2. Knows the principles of differential diagnostics. 3. Can provide primary care to patient in critical stage. 4. Is able to perform and lead triage. 5. Is able to provide independent and team-based nursing care in different stages of emergency medicine. 6. Can resuscitate at an advanced level.	
Code	**Name of the subject**	**Capacity**
3IO13/TR	**Trauma**	**3 ECTS**
Objective	Develop advanced knowledge and skills for examining patients with traumas, planning activities and care and preventing complications.	
Learning outcomes	1. Knows the primary care for patients with severe traumas. 2. Is able to perform examination of trauma patient, plan activities and prevent possible complications. 3. Can perform nursing care to a trauma patient. 4. Is able to use different methods and suitable tools for transporting trauma patients.	
Code	**Name of the subject**	**Capacity**
3IO13/P	**Practice in Intensive Nursing**	**15 ECTS**
Objective	Applying learned knowledge and skills in subfields of	

Learning outcomes	intensive nursing.
Learning outcomes	1. Is able to apply knowledge learned in theory into practice, determining, planning and evaluating the need for nursing intervention in subfields of intensive nursing. 2. Is able to determine the responsibilities of specialized intensive nurse and critically evaluate his or her performance. 3. Is able to provide independent nursing care in intensive nursing. 4. Is able to apply principles of team work. 5. Is able to lead a multiprofessional team.

FINAL EXAM	Capacity: 3 ECTS
	Code: 3IO13/E
Objective	Evaluate the integration of acquired knowledge and skills and the ability to debate in a professional discussion in argumented manner.
Learning outcomes	Upon completion of the module, student: 1. Knows the theories and contemporary principles within the field of intensive nursing and is able to assess them critically. 2. Is able to analyze and synthesize theoretical and empirical research materials and integrate and present results. 3. Is capable of an argumented debate on topics related to intensive nursing.
Evaluation: Distinctive	

Name of the module: **HEALTH NURSING**	Capacity: 45 ECTS Code: TRO/13
Objective(s)	Provide student with specialized skills and knowledge for improving the health of community, to ensure preparation for providing independent patient-centered and family-centered nursing care as a specialized nurse in primary care.
Learning outcomes:	Upon completion of the module, student: 1. Knows the responsibilities and tasks of a specialized health nurse in health care and is able to provide independent patient- and family-centered nursing care according to the needs of patient/client in family nursing, home nursing, school and occupational health care. 2. Is able to determine the need for research and development, analyze and evaluate the possibilities for applying research outcomes and use them for developing health nursing. 3. Is able to lead the process of performing nursing care in a multiprofessional team. 4. Is able to educate and supervise patients/clients, their loved ones, nursing professional and students in fields of health nursing.

Module evaluation:
Evidence-based Health Nursing 3 ECTS – Distinctive
Child's and Family's Development Psychology 3 ECTS – Nondistinctive
School Health Care 3 ECTS – Distinctive
Family Nursing 3 ECTS – Distinctive
Lifestyle Consulting 6 ECTS – Distinctive
Occupational Health 3 ECTS – Distinctive
Health Risks Caused by Environment 3 ECTS – Nondistinctive
Health and Life Quality of an Elderly Person 3 ECTS – Distinctive
Practice in Health Nursing 15 ECTS – Nondistinctive
Final Exam 3 ECTS - Distinctive

Subjects

Code	*Name of the subject*	*Capacity*
3TO13/TP	**Evidence-based Health Nursing**	3 ECTS
Objective	Develop advanced knowledge of the interaction of theory, research and practice in subfields of health nursing.	
Learning Outcomes	1. Critically evaluates research and guidelines for care and	

	activities related to health nursing. 2. Analyzes nursing problems and need for research in health nursing practice. 3. Analyzes possibilities for applying scientific nursing research in subfields of health nursing.	
Code	**Name of the subject**	**Capacity**
3TO13/AP	**Child's and Family's Development Psychology**	3 ECTS
Objective	Develop knowledge of cognitive, emotional, social and moral development and skills of children, applying the abovementioned knowledge to family-centered preventive nursing care directed to children.	
Learning outcomes	1. Is able to determine the need for nursing care and provide nursing care in outpatient services and at patient's home, valuing family as a complete system. 2. Is able to assess cognitive development according to J. Piaget and social development according to E. Erikson. 3. Is able to assess emotional development and development of values during different stages of childhood according to L. Kohlberg.	
Code	**Name of the subject**	**Capacity**
3TO13/KT	**School Health Care**	3 ECTS
Objective	Develop skills for providing independent nursing care to students in school environment.	
Learning outcomes	1. Is able to assess students' health needs and provide nursing care accordingly, on individual, family and community level. 2. Knows the legislation regulating school health care, the rights and obligations of school nurses. 3. Is able to provide independent nursing care in family nursing.	
Code	**Name of the subject**	**Capacity**
3TO13/PA	**Family Nursing**	**3 ECTS**
Objective	Develop knowledge of options for family nurses for improving community health, preventing diseases and supporting coping.	
Learning outcomes	1. Knows the specificities of family nursing and their role in health care system. 2. Is able to find nursing diagnoses related to clinical nursing, according to NANDA taxonomy. 3. Is able to find evidence-based patient-centered solutions for patients of all age groups according to nursing diagnoses and evaluate the results of activities.	

	4. Is able to provide independent nursing care in family nursing and health nursing.

Code	Name of the subject	Capacity
3TO13/EN	**Lifestyle Consulting**	**6 ECTS**
Objectives	Develop skills in advising patients on lifestyle through motivational interviewing technique and building skills for advising on healthy eating and exercise habits in the profession of health nursing.	
Learning outcomes	1. Is able to apply motivational interviewing technique for lifestyle advising. 2. Knows the principles and contemporary standpoints for health risk intervention, based on patient-centered and family-centered approach. 3. Is able to use programs linked to health promotion and is familiar with the supporting networks. 4. Is able to provide independent nursing care for ensuring a healthy diet and physical activity.	

Code	Name of the subject	Capacity
3TO13/TT	**Occupational Health**	**3 ECTS**
Objectives	To give specialized knowledge of the nature of occupational health and the role of nurses in promoting, preserving and restoring the health of workers.	
Learning outcomes	1. Is familiar with the organization of occupational health in Estonia and the problems it poses. 2. Is aware of health risks caused by work environment and able to prevent and reduce risks. 3. Is able to offer independent nursing assistance in occupational health.	

Code	Name of the subject	Capacity
3TO13/TR	**Health Risks Caused by Environment**	**3 ECTS**
Objectives	Develop skills for evaluating and preventing health problems caused by environment.	
Learning outcomes	1. Knows risk factors caused by environment and their effect on community health, strategies for reducing danger. 2. Is able to assess danger and influence factors caused by environment and independently advise clients on this subject.	

Code	Name of the subject	Capacity
3TO13/ET	**Health and Life Quality of an Elderly Person**	**3 ECTS**
Objective	Develop knowledge about assessing health situation of elderly patients and methods of nursing rehabilitation for maintaining	

	and/or enhancing health and quality of life.
Learning outcomes	1. Is able to critically evaluate the functional coping of elderly patient and the factors influencing it using RAI-MDS for assessment. 2. Is able to analyze the physical and psychosocial factors influencing the health and life quality of elderly patient and can plan and apply suitable measures for improving quality of life. 3. Is able to arrange independent providing of nursing care to elderly patient and his/her family for improving and/or enhancing quality of life.

Code	*Name of the subject*	*Capacity*
3TO13/P	**Practice in Health Nursing**	**15 ECTS**
Objective	Prepare for providing independent nursing care in health nursing.	
Learning outcomes	1. Is able to determine, plan and evaluate the need for nursing intervention in subfields of health nursing. 2. Is able to determine the responsibilities of specialized health nurse and critically evaluate his or her performance. 3. Is able to provide independent nursing care in health nursing. 4. Is able to apply principles of team work. 5. Is able to lead a multiprofessional team.	

FINAL EXAM		**Capacity: 3 ECTS**
		Code: 3TO/E
Objective	Evaluate the integration of acquired knowledge and skills and the ability to debate in a professional discussion in argumented manner.	
Learning outcomes	Upon completion of the module, student: 1. Knows the theories and contemporary principles within the field of health nursing and is able to assess them critically. 2. Is able to analyze and synthesize theoretical and empirical research materials and integrate and present results. 3. Is capable of an argumented debate on topics related to health nursing.	
Evaluation: Distinctive		

Name of the module: **MENTAL HEALTH NURSING**	Capacity: 45 ECTS Code: 3KLO13

Objective(s)	Provide student with specialized skills and knowledge in the field of mental health nursing for ensuring preparation for providing independent patient- and family-centered nursing care as a specialized nurse.
Learning outcomes:	Upon completion of the module, student: 1. Knows the responsibilities and tasks of a specialized mental health nurse in health care and is able to provide independent patient-centered nursing care according to the needs of patient/client in fields of mental health nursing. 2. Is able to determine the need for research and development, analyze and evaluate the possibilities for applying research outcomes and use them for developing mental health nursing. 3. Is able to lead the process of performing nursing care in a multiprofessional team. 4. Is able to educate and supervise patients/clients, their loved ones, nursing professional and students in fields of mental health nursing.

Module evaluation:

Evidence-based Mental Health Nursing 3 ECTS – Distinctive 3VTO13/TP
Neurobiological Foundations and Psychopharmacology in Mental Health 3 ECTS – Distinctive 3VTO13/PF
Professional Communication Between Nurse and Patient 3 ECTS – Distinctive 3VTO13/SU Psychopathalogy and Foundations of Mental Illness Classification 3 ECTS – Distinctive 3VTO13/PSP
Mental Illnesses of Elderly and Assessing Geriatric Condition 3 ECTS – Nondistinctive 3VTO13/EPS
Emergency Psychatric Patient and Managing Agression 3 ECTS – Distinctive 3VTO13/EPP
Methods of Cognitive Behavioural Therapy in Nursing 3 ECTS – Nondistinctive 3VTO13/KKT
Community Work and Psychosocial Rehabilitation 3 ECTS – Distinctive 3VTO13/PRE
Substance Abuse and Addiction 3 ECTS – Distinctive 3VTO13/AKS
Practice in Mental Health Nursing 15 ECTS – Nondistinctive
3VTO13/P Final Exam 3 ECTS – Distinctive 3VTO13/E

Subjects

Code	*Name of the subject*	*Capacity*
3VTO13/TP	**Evidence-based Mental Health Nursing**	3 ECTS

Objective	Develop advanced knowledge of interaction between research and practice in mental health nursing.
Learning Outcomes	1. Critically evaluates research and guidelines related to mental health nursing. 2. Analyzes nursing problems and research needs in mental health nursing. 3. Analyzes the possibilities for applying the results of nursing research in mental health nursing.

Code	Name of the subject	Capacity
3VTO13/PF	**Neurobiological Foundations and Psychopharmacology in Mental Health**	3 ECTS
Objective	Develop advanced knowledge of neurobiological foundations and psychopharmacology in mental health.	
Learning outcomes	1. Has advanced knowledge of neurobiological foundations and mechanisms of mental health. 2. Has advanced knowledge of psychopharmacology. 3. Is able to advise patient of using psychopharmacons.	

Code	Name of the subject	Capacity
3VTO13/SU	**Professional Communication Between Nurse and Patient**	3 ECTS
Objective	Develop knowledge of theurapeutic relationship and communication between nurse and patient.	
Learning outcomes	1. Knows the foundations of communication and communication techniques between nurse and patient. 2. Knows the possible barriers in different relationship patterns between nurse and patient. 3. Is able to apply his or her knowledge to a professional nurse-patient relationship according to patient's needs, age and cultural aspects. 4. Knows and is able to apply techniques of therapeutic communication to working with families and groups.	

Code	Name of the subject	Capacity
3VTO13/PSP	**Psychopathalogy and Foundations of Mental Illness Classification**	**3 ECTS**
Objective	Develop advanced knowledge of mental illness classification, etiology, pathogenesis, manifestations, course, diagnostics and principles of treatment.	
Learning outcomes	1. Knows the classification and foundation of systematisation of mental illnesses. 2. Knows the etiology, pathogenesis, manifestations and course of mental illnesses. 3. Knows the main principles of diagnosing and treating mental illnesses.	

Code	Name of the subject	Capacity
3VTO13/EPS	**Mental Illnesses of Elderly and Assessing Geriatric Condition**	**3 ECTS**
Objectives	Develop advanced knowledge of mental illnesses of elderly, specifics of psychopathology, research methods, need for geriatric assessment, treatment and skills for teaching caregivers.	
Learning outcomes	1. Knows the specifics of psychopathology and negative risk factors influencing psyche of elderly patients. 2. Knows the main research methods for evaluating mental illnesses of elderly and is able to use evaluators for assessing patient's geriatric state. 3. Is able to teach and advise caregivers for taking care of elderly with mental illnesses. 4. Is able to apply principles of patient study by collaborating with patients, their families and support networks in social system.	
Code	Name of the subject	Capacity
3VTO13/EPP	**Emergency Psychatric Patient and Managing Agression**	**3 ECTS**
Objectives	Develop advanced skills of causes and risk factors of acute psychiatric conditions and skills for managing agression.	
Learning outcomes	1. Knows the causes of acute psychiatric conditions and is able to assess risks. 2. Recognises situations which demand acute intervention. 3. Is able to act effectively when solving problems of patients in need of emergency psychiatric help. 4. Knows and is able to fill documentation required in emergency cases.	
Code	Name of the subject	Capacity
3VTO13/KTT	**Methods of Cognitive Behavioural Therapy in Nursing**	**3 ECTS**
Objective	Develop skills of cognitive behavioural therapy and the possibilities for using its methods in mental health nursing.	
Learning outcomes	1. Knows the theory of cognitive therapy. 2. Knows the therapies of self-help and problem solving. 3. Knows the techniques and process of cognitive behavioural therapy in case of different psychiatric disorders. 4. Knows the possibilities for using cognitive therapy methods in nursing.	
Code	Name of the subject	Capacity
3VTO13/PRE	**Community Work and Psychosocial Rehabilitation**	**3 ECTS**
Objective	Develop skills of community work principles and possibilities for applying networking and skills for independent and team-	

	based case management for patients/clients with mental health problems.

Learning outcomes	1. Knows the principles of community work in nursing clients with mental health problems. 2. Knows case management, stages of case management process and types of case-based networking. 3. Is able to provide independent and team-based nursing care in psychosocial rehabilitation.

Code	Name of the subject	Capacity
3VTO13/AKS	**Substance Abuse and Addiction**	**3 ECTS**
Objective	Develop advanced skills of consuming different substances, addiction disorders, rehabilitation care and skills for providing patient-centered and family-centered nursing care.	
Learning outcomes	1. Knows different addiction disorders and principles of addiction treatment. 2. Knows somatic, behavioural and cognitive manifestations of addiction disorders. 3. Is able to find mental health nursing diagnoses, based on NANDA taxonomy. 4. Is able to provide patient-centered and family-centered independent nursing care to patients with addiction disorders and their families.	

Code	Name of the subject	Capacity
3VTO13/P	**Practice in Mental Health Nursing**	**15 ECTS**
Objective	Prepare for providing independent nursing care in mental health nursing.	
Learning outcomes	1. Is able to apply knowledge learned in theory into practice, determining, planning and evaluating the need for nursing intervention in subfields of mental health nursing. 2. Is able to determine the responsibilities of specialized mental health nurse and critically evaluate his or her performance. 3. Is able to provide independent nursing care in mental health nursing. 4. Is able to apply principles of team work. 5. Is able to lead a multiprofessional team.	

FINAL EXAM		**Capacity: 3 ECTS** **Code:** 3VTO/E
Objective	Evaluate the integration of acquired knowledge and skills and the ability to debate in a professional discussion in argumented manner.	
Learning outcomes	Upon completion of the module, student: 1. Knows the theories and contemporary principles within the field of mental health nursing and is able to assess them critically. 2. Is able to analyze and synthesize theoretical and empirical research	

	materials and integrate and present results. 3. Is capable of an argumented debate on topics related to mental health nursing.
Evaluation: Distinctive	

Name of the module: **GENERAL SUBJECTS** **General subjects are included in every module**	**Capacity: 6 ECTS** **Code:**

Subjects		
Code	*Name of the subject*	*Capacity*
3EK/TSTK	**Social and Health Care Policy and Legislation**	**3 ECTS**
Objective	Develop skills for using social and health care legislation in professional work.	
Learning outcomes	1. Knows the legislation governing health care organisation and relationship between health care worker and patient. 2. Knows medical law, medicinal aspects of criminal law, social politics and legislation. 3. Knows social care legislaton, including principles of social care and social insurance and legal regulation of social care.	
Evaluation	Distinctive	
Code	*Name of the subject*	*Capacity*
3EK/ÖJ	**Teaching and Mentoring in Nursing Practice**	**3 ECTS**
Objective	Preparing for mentoring students during practice.	
Learning outcomes	1. Is able to create a good learning environment. 2. Is able to phrase feedback to student's learning and mentoring process. 3. Is capable of self-analysis in role of mentor. 4. Is able to use e-learning environment for mentoring.	
Evaluation	Distinctive	

ELECTIVE SUBJECTS

Name of the module: **ELECTIVE SUBJECTS**	**Capacity: 9 ECTS** **Code: 3EK13/VA**
Objective	To give students the opportunity to deepen the knowledge and acquire additional skills in a selected field of nursing.

Learning Outcomes	Upon completion of the module, the student: 1. Has an in-depth knowledge for working as a specialized nurse. 2. Is able to appreciate and critically evaluate nursing care in the chosen field.	

Module evaluation: Nondistinctive

Subjects

Code	Name of the subject	Capacity
3EK13/JEA	Juridicial and Ethical Foundations in Nursing Practice	3 ECTS
3EK13/KLF	Clinical Pharmacology	5 ECTS
3EK13VMV	Injury Prevention	4 ECTS
3EK13/KLVTH	Schoolchild`s Mental Health Evaluation	6 ECTS
3EK13/ÕJ	Health Care Organization and Management	3 ECTS
3EK13/MJ	Managing Changes	3 ECTS