



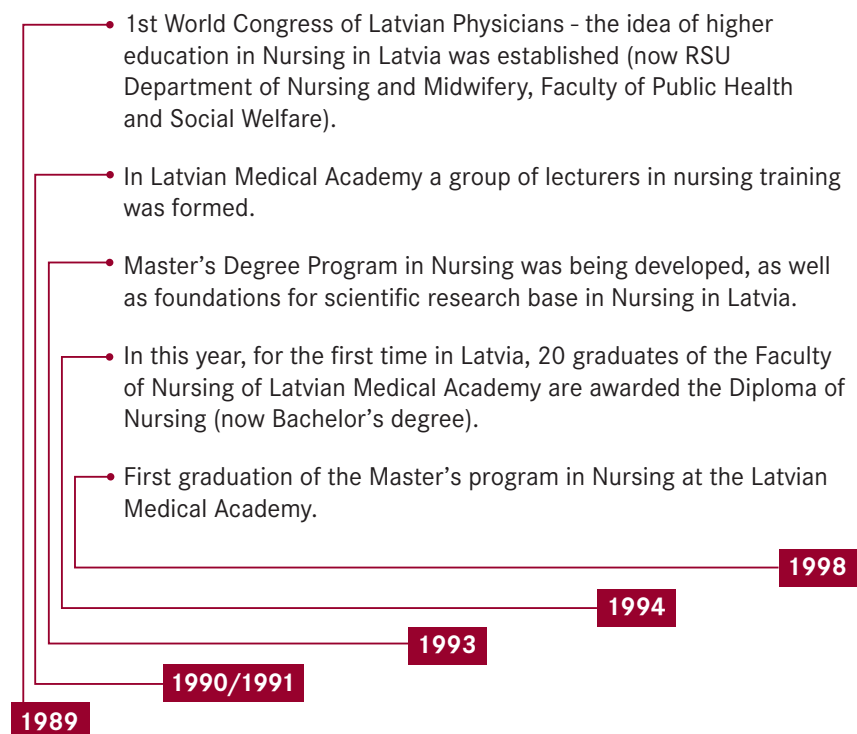
RĪGA STRADIŅŠ
UNIVERSITY

Nursing and Midwifery



*The development of Nursing and Midwifery
studies at Rīga Stradiņš University*

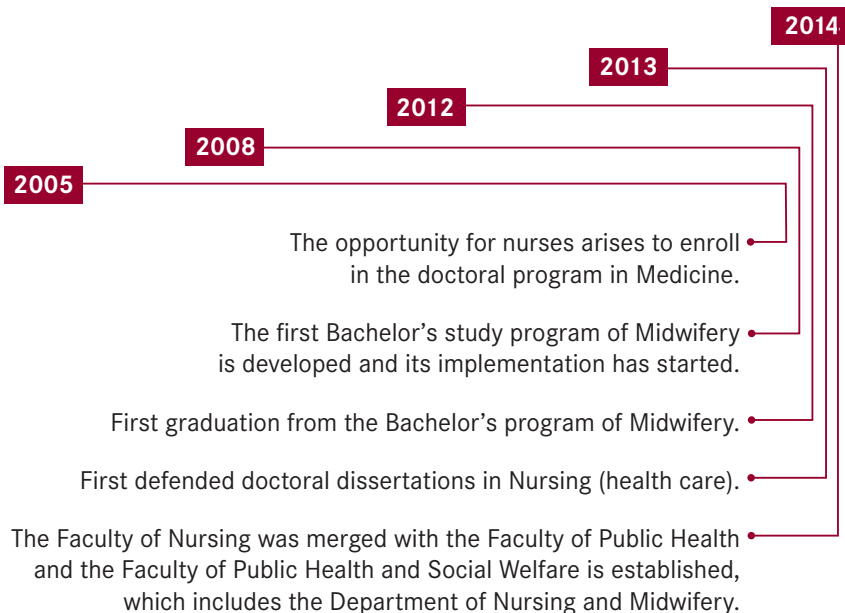
Department of Nursing and Midwifery





Professor **Inga Millere**,
Dean of the Faculty of
Public Health and
Social Welfare

Looking back at opportunities for education in the past, comparing it to the present and thinking ahead to the future, it is inevitable to conclude that we have seen major changes. Bachelor's, master's, and doctoral study programmes have been developed, as well as a new, and for Latvia unprecedented, healthcare sub-sector of medical science that has been accepted by the Latvian Council of Science. This enables nurses and midwives to obtain a doctoral degree in medicine, but also denotes certain quality standards and a responsibility for upholding these standards in various healthcare positions in practice, education and research, which promotes the improvement of the quality of healthcare.





Professional Bachelor's Degree Study Programme in

Nursing



Study direction: Health Care



Study duration: 4 years (8 semesters)

240

Credit points: 240 ECTS points



Language: Latvian, English



Degree conferred Professional Bachelor's Degree in Health Care

Qualification: Medical nurse or a specialisation in one of the following fields - ambulatory care nurse, anaesthetic nurse, intensive and emergency care nurse, paediatric nurse, mental care nurse, internal care nurse, surgical nurse or operating room nurse.



Head of the study
programme,
Lecturer **Eva Cela**
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This modern study programme prepares nurses for the world of today and tomorrow by giving them a strong foundation in science, humanitarian subjects and nursing, by using problem-solving techniques. Graduates of the Professional Bachelor's Degree Study Programme in Nursing will enter the healthcare sector as qualified and competitive professionals – nurses of various specialities.

The Professional Bachelor's Degree Study Programme in Nursing provides students with the opportunity to obtain a second level higher professional education with a Bachelor's Degree in Health Care and a qualification in nursing corresponding to a Level 5 professional qualification. The programme also prepares students for further master's studies. A secondary education is required in order to apply for the study programme.

PROGRAMME AIMS

The aims of the Professional Bachelor's Degree Study Programme in Nursing is to train students to become highly qualified and competitive professionals in the field of nursing who can ensure high-quality patient care.

PROGRAMME CONTENT

(1) Basic and preclinical objects (1 and 2 year of study): knowledge of humans and their organisms, learning theoretical knowledge, such as anatomy, biology, functional and pathological physiology, medical biochemistry and genetics, philosophy and psychology, languages and nursing courses.

(2) Objects developing social, communicable and organizational skills (all years of study): pedagogy, health organization, organization and management of nursing work, public

rights and legal aspects of sister work, interpersonal interaction in health care, the foundations for project development and management and statistics methods.

(3) Clinical subjects (study years 3 and 4): professional specialization courses in the sector, such as the care process and nursing theory, the philosophy of care, patient care, emergency care and intensive care and reanimatology in different specific areas, as well as the use of theoretical knowledge in practice in clinics and outpatient care, a specialization module and practice in which of the seven basic specialties of nurses, research methods and the development of bachelor's work.

Intensive practice for prospective nurses begins already in the first year by successfully combining theoretical and practical training. The duration of hospital placements is not only longer than at other universities, but the placements are also personalised and involve actually working with patients, not just observation. Each student has access to the RSU internal network and the Student Portal.

Students will be taught best practices for ensuring patient safety and quality of care, learn to think critically, solve problems, and practice providing care in a safe and simulated environment where mistakes do not pose any risks or hazard to patients.



Student groups are small and the teaching process is personalised – this approach integrates both individual and group training.

Throughout their studies, students acquire knowledge by various study methods: lectures, seminars, developing research projects, discussions, group projects, problem analysis, finding solutions, as well as individual work in the RSU Library that offers the latest theoretical literature and access to scientific databases from all over the world.

Practical classes in the clinical study courses take place in the most

advanced simulation technology centre in the Baltic States, where the necessary clinical skills for nursing practice are accurately mastered in a simulated environment, from simple manipulations (venepuncture, injections, probing, respiratory and auditory testing, artificial respiration, suturing, etc.) to complicated surgical operations and even delivery. These hands-on simulations help improve clinical skills, teach teamwork, and strengthen communication skills and self-confidence. All of this will be important when dealing with actual patients.



Professional Bachelor's Degree Study Programme in

Midwifery

+	Study direction: Health Care
	Accredited professional undergraduate study programme
	Form of studies: full-time
🕒	Study duration: 4 years (8 semesters)
240	Credit points: 240 ECTS points
🗣️	Language: Latvian
🎓	Degree conferred Bachelor's Degree in Health Care and a Lead Midwife Qualification



Head of the study
programme,
Assistant **Ilze Ansule**
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Each of us deserves to receive the best possible health care, and it is in our power to help make it happen.

The Professional Bachelor's Degree Study Programme in Midwifery aims at developing prospective midwives' skills and competencies to be able to act independently in various healthcare situations. They also have to observe professional ethics requirements and be able to carry out scientific research applying the results to their professional work. The education they obtain will strengthen the prestige of the midwife profession and promote midwives as the most appropriate caregivers for pregnant women in order to enhance the reproductive health of women, their new-borns and their families.

PROGRAMME AIMS

To train highly qualified professionals whose duties include women's sexual and reproductive health care, care for her family and society, preconception care, care of pregnant women, obstetric and postnatal care, care of newborns, organising and managing obstetric assistance, educating patients, healthcare personnel and society, as well as promoting the development of the profession and obstetric assistance.

PROGRAMME OBJECTIVES:

- To promote the growth of an independent and creative personality able to develop on

the basics of the practice of a midwife, as well as the ability to coordinate and manage obstetric care;

- To gain comprehension about the societal role of a midwife and to develop lifelong learning skills;
- To develop skills in healthcare communication and teamwork;
- To train students for management, research and pedagogical work in the field of health care;
- To increase graduates' competitiveness in a changing socioeconomic environment in both the local and international market.

FORMS OF STUDY:

Lectures, seminars and laboratory work, independent work (research projects, simulations). Students have access to materials on an e-learning platform accessible both on RSU premises and at home. Students undergo placements in perinatal care centres and maternity hospitals.

PROGRAMME CONTENT

(1) Basic and preclinical courses: Introduction to studies about the human body – Anatomy, Histology, Embryology, Biology, Functional and Pathologic Physiology, Medical Biochemistry and Genetics, Philosophy, Psychology and Foreign Languages.



(2) Clinical courses: Management of Physiological and Pathologic Pregnancy, Physiologic Delivery, Postnatal Care, Pathologic and Operative Obstetrics, Neonatology, Gynaecology, Basics of Clinical Care, Anaesthesiology and Resuscitation in Obstetrics, Emergency Aid, application of theoretical knowledge in practice in clinics.

(3) Study courses that aim at developing social, communication and coordination skills: Pedagogy, Organisation and Management of Midwife's Work, Public Law and Legal Aspects of the Work of a Midwife, Basics of Project Development and Management, Research Methods and Statistics, Basics of Records Management, developing a bachelor's thesis.



Academic Master's Degree Study Programme in

Nursing

+	Study direction: Health Care
	Accredited academic master's study programme
	Form of studies: full-time
🕒	Study duration: 2 years (4 semesters)
240	Credit points: 120 ECTS points
🗣️	Language: Latvian, English
🎓	Degree conferred: Master's Degree in Health Sciences



Head of the study
programme, *Dr med.*
Assistant Professor
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Since 1996, Riga Stradiņš University has provided Latvian nurses with the opportunity to receive a Master's degree in Health sciences. Since the very beginning, the study process has been qualitatively different from the usual model - the requirements are high, and the studies are difficult and intensive, but the skills and abilities acquired are compliant with the requirements of a Master's level. Graduates finish the programme satisfied and with a diploma which is accepted by employers in Latvia, and abroad.

This study programme has been designed according to the lifelong learning concept, which provides the opportunity to acquire the necessary knowledge to become an academically educated **nurse or midwife**. The programme is focused on preparing **health care specialists** with advanced knowledge and skills to train prospective **nurses or midwives** and ensure that they get high-level placements at healthcare facilities and are able to raise public awareness about various health issues. Currently the study programme offers students the possibility to develop their professional competence, learn organisation and management skills for working at healthcare facilities, as well as analytical and research skills, and teaching and communication skills.

PROGRAMME AIMS:

Training professionals by teaching them analytical skills, critical thinking, and the ability to apply the scientific methods they learn to solve various healthcare problems.

PROGRAMME OBJECTIVES:

- To ensure in-depth learning of nursing and health care, to teach healthcare organisation,

and how to plan and implement educational programmes about nursing;

- To develop management skills with the aim to improve the care and education of individuals, patient groups and society;
- To develop and deepen scientific research skills;
- To increase graduates' competitiveness in a changing socioeconomic environment in both the local and international market.

PROGRAMME CONTENT:

1st study year: compulsory courses – Quality Management in Patient Care, Topical Issues in Patient Care, Basics of Market Economy and Management, Research Methods in Nursing, Clinical Research, Statistical Methods, Occupational Factors and Prevention in Health Care; elective courses – Integration Problems in an Intercultural Context, Nursing Theories in Research and Practice, Pain Medication, Clinical Pharmacology and the Management of Medicamentous Therapy, Project Management in Health Care, Management and Organisational Psychology, Educational Psychology.

2nd year of studies: compulsory courses – Research Methods, Planning and Implementation of Educational Programmes in Health Care, The Planning and Evaluation of Scientifically Grounded Prevention



Programmes, The Communication and Management of Therapeutic Relations, Public Law and Records Management, development and defence of master's thesis.

After completing the master's program, nurses and midwives have the opportunity to continue their

doctoral studies, where they develop research skills. The programme is designed to train qualified specialists for academic work, research and for practical work in the field of health care. Length of the programme is 3 years (180 ECTS).



*Alongside with professionalism,
always keep working on your
personality: strive to be versatile –
love art, literature, and music;
grow the sense of beauty in your heart.*

Professor Pauls Stradiņš (1896–1958)



RSU Sabiedrības veselības un sociālās labklājības fakultāte



Rīgas Stradiņa universitāte



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Rīga Stradiņš University



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