



UNIVERSITETI I MJEKESISE, TIRANE



# PROFESSIONAL MASTER

“FAMILY NURSING”



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## Main details:

<b>Study cycle:</b>	Second-cycle study program
<b>Degree title:</b>	Professional Master in “Family Nursing”
<b>Duration:</b>	1 academic year
<b>Study system:</b>	Full time (suitable for those in employment)
<b>Credits:</b>	60 ECTS
<b>Language:</b>	Albanian
<b>Tuition fee:</b>	ALL 76,000 (including the application and registration fee)





## Mission

The Professional Master program in “Family Nursing” aims to train qualified nursing staff, in order to provide the highest quality care to patients, their family and the community. The Program enables the practice of highest standards, based on tradition values and best practices on health care at national and international levels.

## Vision

Develop nursing care skills on counseling, disease prevention and rehabilitation of patients and their family members in both Primary Health Care (PHC) and at home.

# Master's Program Description

The Professional Master in “Family Nursing” program is a post-university program that will be delivered for the first time by the Faculty of Technical Medical Sciences (FoTMS) and, as such, it is the only program of its kind in Albania. This program has been developed to complete the new family nurse profile, as a necessity in response to the growing need for qualified-at-home services, the treatment of chronic non-communicable diseases and the aging trend in the population.

The program curriculum was developed with the expertise of technical medical science education institutions from Basel (Switzerland) and is based on the integration of theory and practice, with an added focus on practice. Students gain a multitude of practical skills developed in the new clinical practice simulation laboratory of the FoTMS and in professional internships in the Primary Health Care Centers. Program courses will be delivered by nurse lecturers.

Upon successful program completion, students will obtain the Professional Master's degree in “Family Nursing” and the specialized qualification of a Family Nurse.



# Why Should I Choose the Professional Master's in "Family Nursing"

## **Nursing academic staff trained by international experts**

The entire pedagogical staff engaged in the "Family Nursing" Master's program has nursing background, which constitutes one of the novelties of this program. Lecturers have been trained by experts from Swiss and Dutch universities specializing in nursing programs.

## **Practical Training of Students**

The program allows students to participate in learning practice in the Faculty's new simulation laboratory, which is outfitted with training devices such as simulation manikins and other necessary medical equipment for skill development in clinical evaluation and practice of various nursing procedures.

Students will acquire additional practical skills through professional work and practices at the Health Centers that the Faculty has concluded cooperation agreements with. Practices will be guided by practice supervisors and nursing teams at the HCs.





**Contemporary competency-based curriculum**

The curriculum was drafted in collaboration with international experts and in full compliance with the strategy of the Ministry of Health and Social Protection and the University of Medicine. The curriculum is based on the competences derived from the World Health Organization's and European Union's definition of the multidimensional role of the Family Nurse.

**A program responding to population's needs**

The program was developed in response to the needs of the Albanian population for specialized at-home nursing service, prompted by the increase in chronic morbidity and the ageing population. Primary Health Care centers need the family nurse profile to respond to demographic and epidemiological trends and fulfill the duties assigned in the PHC Basic Service Package.

The 2020-2025 National Primary Health Care Strategy anticipates that 50 family nurses working in Primary Health Care will complete the new Professional Master's in "Family Nursing" program during this period.

**Entirely different knowledge from Bachelor studies**

The Master's in "Family Nursing" program is based on basic nursing education and equips students with advanced skills that enable them to work at primary health care facilities by focusing on disease prevention, rehabilitation, and nursing care at PHC facilities and at home. As such, the program does not contain repetitions of the same knowledge obtained during Bachelor studies.



# Admission Criteria

Candidates must have a “Bachelor” or second-cycle degree in “General Nursing” or “Midwifery,” or a similar degree obtained in the old system. If the degree was issued by a university abroad, it should be converted and recognized by the national competent body.

Candidates with experience/job experience in Primary Health Care are preferred (non-disqualifying criterion). Candidates will be evaluated by their average grade of completed studies.





# Study Program

The Professional Master in “Family Nursing” program is organized into one academic year comprising two full-time semesters totaling 60 ECTS. The program syllabus includes a total of 8 courses, professional practice (semester I+II) and diploma thesis.

In the first semester, students will attend courses that provide basic family nursing knowledge, while the second semester includes courses that enable students to expand and hone their knowledge and understanding of the family nurse occupation. The professional practice is conducted throughout the year and students learn to apply their knowledge and develop their skills in a practice setting.

Semester I	Semester II
Family Nursing	Family Nursing (specific population Geriatric + Psychiatric)
Nursing Management of Chronic Diseases	Nursing Management of Chronic Diseases
Evidence-Based Nursing	Clinical evaluation
Health Promotion	<i>Elective course:</i> Ergotherapy / Semiotics in Logopedy
Professional Practice at the HC	Professional Practice at the HC

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## 1. Course: Evidence-Based Nursing

**Lecturer: Dr. Albana Poloska**

**No. ECTS: 4 - 44 lecture hall hours (Lectures: 1 ECTS/12 hours; Seminars: 2 ECTS/12 hours; Laboratory: 1 ECTS/20 hours)**

### **Description:**

This course is designed to provide students with basic knowledge of research methods and evidence-based practice. The introduction of knowledge throughout this course assists students in understanding research methods, evaluating and utilizing findings in clinical decision-making, as well as fully understanding and participating in evidence-based practice. All this knowledge contributes to the enhancement of student's clinical decision-making skills and patient outcome improvement. Their inclusion allows the student to understand the necessity of establishing an interactive relationship between theory, practice and scientific research during nursing work practice.

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## 2. Course: "Family Nursing. Concepts, theories and applications thereof"

**Lecturer: Dr. Eteleva Kika – Smakaj**

**No. ECTS: 6, - 62 lecture hall hours (Lectures: 2 ECTS/24 hours; Seminars: 3 ECTS/18 hours; Laboratory: 1 ECTS/20 hours)**

### **Description:**

The course aims at equipping students with the key concepts of Family Nursing and discusses the dimensions of the family nurse and family health. The definitions are followed by explanations about family nursing care through 4 approaches: according to context, client, and health systems and components. This course provides the theoretical basis required for the family nurse practice. Special attention is paid to the variables affecting family nursing, roles, responsibilities and obstacles in the family nurse practice. Addressing such issues enables the student to understand the necessity of establishing an interactive relationship between theory, practice and scientific research during nursing work practice. The introduction of systematic approaches to developing action plans for the family by building on the traditional models of nursing processes creates dynamic and systematic nursing evaluation approaches. Further, the course explores and analyzes means to include the family in decision-making, as a critical step that helps focus the nurse and family on identifying the main concerns. Moreover, the course includes case studies as examples demonstrating the evaluation and interventions of the family nurse.

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### 3. Course: Management of Chronic Diseases

Lecturer: Dr. Albana Poloska, Dr. Vjollca Ndreu, Msc. Miranda Cela

No. ECTS: 14 - 186 lecture hall hours (Lectures: 3 ECTS/36 hours; Seminars: 5 ECTS/30 hours; Laboratory: 4 ECTS/80 hours; Practice: 2 ECTS/40 hours)

#### Description:

This course is designed to provide students with advanced knowledge related to chronic diseases that have a considerable impact on a person's life and health care. The course includes a comprehensive overview of the nurse's role in primary care for the management of non-communicable diseases (NCD), applicable to the Albanian context. The knowledge students will acquire will guide them in understanding the identification of risk factors, diagnostic criteria, and management of chronic diseases within a multidisciplinary team. This course tackles nursing care concepts with regard to the management of said pathologies as well as obstacles and prevention options. The course discusses the increasing importance of health self-management and the means of realizing health care on electronic platforms.

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### 4. Course: Health Promotion

Lecturer: Dr. Valbona Bezhani

No. ECTS: 6 - 68 lecture hall hours (Lectures: 3 ECTS/36 hours; Seminars: 2 ECTS/12 hours; Laboratory: 1 ECTS/20 hours)

#### Description:

With the increasing number of chronic diseases and pressure on health professionals to improve patient outcomes, the requirement for capable professionals in the field of health promotion is stronger than ever. The course introduces patient education and health promotion as key functions of Family Nursing. This course provides an overview of health promotion principles and patient education, and it enables the student to put them into practice. Through the approaches used, the student learns to reinforce good effective communication skills to best convey all the necessary health information to individuals, at-risk population groups and the community. Furthermore, it helps to bridge the gap between theory and practice by providing students with the tools they need to put their health promotion skills into action. The course methodology includes case studies, exercises and practical demonstrations through examples of how theoretical concepts can be applied in real life situations. In clinical practice, the student will be able to understand the factors

that enhance health promotion and reduce risk through the establishment of a long-term relationship with a patient and their family. Additionally, the terms of this course address promotion program planning, implementation and evaluation, and discuss the practical applications of the process.

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## 5. Course: Family nursing in specific populations

**Lecturer: Dr. Flora Zyberi**

**No. ECTS: 5 - 52 lecture hall hours (Lectures: 2.5 ECTS/30 hours; Seminars: 2 ECTS/12 hours; Laboratory: 0.5 ECTS/10 hours)**

### **Description:**

The course is designed to provide theoretical knowledge and practical examples of how students can apply the fundamental concepts of Family Nursing in the populations affected by geriatric and psychiatric diseases. This course introduces the theoretical background necessary for Family Nursing practice, but will also use several case examples to explain how to assess family situations and develop family action plans and interventions adapted to the target populations.

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## 6. Course: Clinical evaluation

**Lecturer: Dr. Etleva Kika – Smakaj**

**No. ECTS: 5 - 82 lecture hall hours (Lectures: 0.5 ECTS/6 hours; Seminars: 1 ECTS/6 hours; Laboratory: 3.5 ECTS/70 hours)**

### **Description:**

Throughout this course, the student will learn how to perform an effective, holistic and systematic evaluation of the person's/patient's health. A complete physical evaluation constitutes the basis of the entirety of nursing care. The course examines best practices for structured medical history taking and summarizes the main clinical skills required, as well as physical examination for evaluation, diagnostics, planning and delivery of proactive and safe care. The focus on evaluation finding interpretation will enable students to distinguish between normal and abnormal findings, formulate nursing diagnosis and refer patients. In addition, the student will become acquainted with counseling, patient condition documentation and care plan models. Class sessions will combine presentations/lectures, laboratory classes with in-class demonstrations and practice with real patients at health center and health post facilities. The provided approaches ensure the development of physical examination skills,

including auscultation, inspection, palpation and percussion. Special attention will be given to the cooperation of the multidisciplinary team in regards to the referral and handling of patient cases encountered in the primary health care practice in Albania.

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## 7. Course: Occupational therapy, Ergotherapy (elective course)

Lecturer: Dr. Vjollca Ndreu

No. ECTS: 2-18 lecture hall hours (Lectures: 1 ECTS/12 hours; Seminars: 1 ECTS/6 hours; Laboratory)

### Description:

The course aims at equipping students with the appropriate training on the role of occupational therapy in rehabilitation and with basic skills to adapt work premises and disabled patient's home setting. The terms of this course address the modalities used in ergotherapy, such as: daily life activities, artisanal and professional techniques, socio-cultural creative activities and techniques loaned from ergonomics and pedagogy. Among others, the student will also learn about the fundamental techniques of moving tetraplegic and hemiplegic patients. The course combines theoretical and practical aspects that assist students in developing core skills for interacting within professional health care settings.

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## 8. Course: Semiotics in Logopedy (elective course)

Lecturer: Dr. Valbona Bezhani

No. ECTS: 2 - 18 lecture hall hours (Lectures: 1 ECTS/12 hours; Seminars: 1 ECTS/6 hours; Laboratory)

**Description:** This module aims at equipping students with general knowledge and contemporary concepts of logopedic semiotics, introducing them to the symptoms of main communication and speech pathologies, and teaches them to perform language screening. "Basics of Semiotics and its laws" poses interest in terms of everything around us constituting specific signs: natural phenomena, computer software, paintings, music and, obviously, language, both at the artistic level and in its natural state. People live in a world of signs, use signs and, in certain situations, represent signs themselves. A person's walk, distinct figure, voice timbre and haircut comprise a full set of signs that allow us to recognize those we are familiar with. Semiotics is the science that studies and interprets signs and sign systems developed with their basis. The

sign system is a system that transmits information that varies by energy. It exists objectively, irrespective of the observer. Natural, or spoken, language is one of the most important sign systems created by humans.

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## 9. Professional practice

**Lecturer: Supervising lecturers and referring nurses at the HC according to agreements**

**No. ECTS: 10 - 250 lecture hall hours**

**Description:**

This course aims at providing students with the opportunity to hone their nursing skills in the field of Family Nursing, apply their knowledge into clinical practice and demonstrate competence in practical skills and procedures. This will prepare them for their future role as a family nurse in the community care setting. In this course, students will spend a total of 8 weeks at the training center, three at the end of the first semester and five at the end of the second semester. They will spend full weeks at a health care center or health post under the supervision of a clinic mentor. Halfway into the practice, a seminar will be held for students to reflect together on their experiences and challenges.

# Support of the Health for All Project (HAP)

The Professional Master in “Family Nursing” is supported by the Health for All Project of the Swiss Agency for Development and Cooperation (SDC). In support of the Professional Master’s in “Family Nursing”, HAP has facilitated:

- Teaching infrastructure improvement as a result of the construction of the clinical practice simulation laboratory at the FoTMS, aiming at better training students from a practical perspective.
- Technical expertise provision to the multidisciplinary working group developing the Master’s curriculum. The working group, which was composed of the MoHSP, UoM, FoTMS, Physicians Order, Nurses Order, and Primary Health Care service providers, was supported by international and local experts.
- Capacity development of lecturers charged with the delivery, by providing them with reference literature, training delivered by national and international experts, study visits at international education institutions.
- Free of charge provision of learning materials to students, prior to the commencement of each module.
- Improvement of the primary health care center infrastructure where the professional internships for students are to be organized. The internship supervisors and nursing teams at the HC that will deliver these teaching internships in family nursing were trained to train students on practical skills.



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The Professional Master in “Family Nursing” is supported by the Health for All Project of the Swiss Agency for Development and Cooperation (SDC).



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