

Course: **Basic nursing techniques**

Study branch: general medicine

Year of study: 2nd

Academic year: 2022/2023

Semester: winter

Extent (lessons per week): 0/1 PH

ECTS: 1

Responsible teacher: prof. Mgr. Katarína Žiaková, PhD.

Contact teacher: Jana Nemcová, MSN, RN, PhD. (Department of Nursing, Malá Hora 5, ground floor, office no. 19B); jana.nemcova@uniba.sk

Teachers: *Jana Nemcová, MSN, RN, PhD.; Anna Ovšonková, MSN, RN, PhD.; Dominika Kalánková, MSN, RN, PhD.; Michaela Miertová, MSN, RN, PhD.; Martina Tomagová, Assoc. prof., MSN, RN,*

Timetable (face-to-face teaching)

Monday | 13.00 – 16.45 | Mala Hora 5, room 34 (1st floor)

gr.1 (1st, 7th and 10th week)

gr.2 (2nd, 8th and 11th week)

gr.3 (3rd, 9th and 12th week)

Tuesday | 13.00 – 16.45 | Mala Hora 5, room 34 (1st floor)

gr.4 (1st, 7th and 10th week)

gr.9 (2nd, 8th and 11th week)

gr.10 (3rd, 9th and 12th week)

Wednesday | 13.00 – 16.45 | Mala Hora 5, room 34 (1st floor)

gr.5 (1st, 7th and 10th week)

gr.6 (2nd, 8th and 11th week)

gr.8 (3rd, 9th and 12th week)

Thursday | 13.00 – 16.45 | Mala Hora 5, room 34 (1st floor)

gr.7 (1st, 7th and 10th week)

gr.11 (2nd, 8th and 11th week)

gr.12 (3rd, 9th and 12th week)

Note: *With regard to the organization of the course, division of the groups in the timetable has to be respected; transfers are not possible.*

The course is organized into 3 blocks, two blocks lasting 5 lessons (3 hrs 45 min) and one block lasting 4 lessons; each block consisting of 2 practical seminars – altogether there are 6 practical seminars within a course.

Students have to be prepared for each practical seminar to participate actively in the training of the procedures by studying the textbook (chapters concerning concrete topics of practical seminar):

Dingová, M., Lepiešová, M., Rosenberg, A. et al.: **Basics of Nursing. Textbook for Medical and Nursing Students.** Martin : Comenius University in Bratislava, Jessenius Faculty of Medicine in Martin, 2011. 283 p. ISBN 978-80-88866-6-88-6. *(the textbook is available for students in Academic Library and Audiovisual Centre - AKAS).*

Note:

It is necessary to wear a white coat and to change shoes for the seminar. During the practical seminars it is strictly prohibited to use the cellular phones.

block 1 (1 st week to 3 rd of semester)		
<p><i>seminar duration:</i> 1,5 hrs (90 min) = 2 lessons <i>lecturer:</i> Anna Ovšonková, MSN, RN, PhD.</p> <p>Hand hygiene hand wash (= antiseptic hand washing); hand rub (= alcohol-based hand rub / antiseptic hand rub / hygienic hand disinfection)</p> <p>Bandages and binders Materials used for bandages and binders General principles and rules of bandaging Types of bandages <i>Procedures trained:</i></p> <ul style="list-style-type: none">· bandaging body parts using different techniques· applying a gauze bandage to secure the dressing – bandaging of hand, lower arm, elbow, foot, amputation stump· applying an elastic thigh-length compression bandage <p><u><i>To study – topics included in the book chapters: 2, 3</i></u></p>	15 min break	<p><i>seminar duration:</i> 2,15 hrs (120 min) = 3 lessons <i>lecturer:</i> Michaela Miertová, MSN, RN, PhD</p> <p>Nursing care in surgery Principles and practices of surgical asepsis Establishing and maintaining a sterile field Wound care – wound healing and assessment, wound dressing materials (traditional / modern), general principles and rules of cleaning a wound and applying sterile dressing in different types of wounds <i>Procedures trained:</i></p> <ul style="list-style-type: none">· manipulation with sterile items and equipment, sterile packages – dressing trolley· cleaning and changing the dressing of aseptic surgical wound· cleaning and changing the dressing of septic (chronic) wound – red, yellow, black (RYB) colour code· cleaning and changing the dressing of a drain site <p><u><i>To study – topics included in the book chapters: 2</i></u></p>
block 2 (7 th to 9 th week of semester)		
<p><i>seminar duration:</i> 1,5 hrs (90 min) = 2 lessons <i>lecturer:</i> Dominika Kalánková, MSN, RN, PhD.</p> <p>Specimen collection – blood specimens General principles of obtaining a specimen Obtaining blood specimens – blood tests <i>Procedures trained:</i></p> <ul style="list-style-type: none">· collecting blood specimens by venipuncture (syringe and vacutainer method)· obtaining capillary blood specimens for blood glucose analysis and blood gas analysis (CBG – capillary blood gas) by skin puncture / capillary puncture· blood glucose monitoring by blood glucose meter <p><u><i>To study – topics included in the book chapters: 5</i></u></p>	15 min break	<p><i>seminar duration:</i> 2,15 hrs (120 min) = 3 lessons <i>lecturer:</i> Dominika Kalánková, MSN, RN, PhD.</p> <p>Parenteral application of medications – ID, SC, IM, IV injections Parenteral application of medications: prevention of needlestick injuries; general principles and rules of preparing injections and administering intradermal (ID), subcutaneous (SC), intramuscular (IM) injections Special considerations for administration of insulin, heparin and LMWHs <i>Procedures trained:</i></p> <ul style="list-style-type: none">· preparing injections – ampoules and vials· mixing parenteral medications in one syringe· administering ID, SC (insulin, heparin, LMWH) and IM injections, preparing an injection for IV application· peripheral IV line insertion (venipuncture with over-the-needle-catheter ONC / butterfly needle)· administering medication by IV bolus (into existing peripheral IV line / by venipuncture with single-shot needle) <p><u><i>To study – topics included in the book chapters: 6, 7</i></u></p>

block 3
(10th to 12th week of semester)

seminar duration: 1,5 hrs (90 min) = 2 lessons
lecturer: Jana Nemcová, MSN, RN, PhD.

Urinary catheterization

Straight / indwelling retention urinary catheters
Special considerations for urinary catheterization in female / male patients
General principles and rules of urinary catheter insertion, maintenance and removal
Collecting urine specimen, assessing and examination of urine
Prevention of catheter-associated urinary tract infections (CAUTI)
Care measures of working with patients having indwelling retention urinary catheter
Procedures trained:
· obtaining urine specimen by straight catheter in female patient
· insertion of indwelling retention catheter in female patient
· removal of indwelling catheter

To study – topics included in the book chapters: 11

15 min break

seminar duration: 1,5 hrs (90 min) = 2 lessons
lecturer: Martina Tomagová, Assoc. prof., MSN, RN, PhD.

Gastric intubation and enteral nutrition (tube feeding)

General principles and rules of gastric tube insertion, maintenance and removal, administering medications via gastric tube and tube feeding
Care measures of working with patients having a gastric tube.
Procedures trained:
· gastric tube insertion (nasogastric / orogastric)
· tube feeding – verifying feeding tube placement, checking gastric residual volume, administering enteral nutrition by bolus (syringe) or intermittent gravity drip (bag / container), flushing the tube
· administering medications via gastric tube
· gastric tube removal

Measurement of Vital Signs (blood pressure, puls, breath, temperature, oxygen saturation)

To study – topics included in the book chapters: 9

(GRADING) AND FINAL EVALUATION

- attendance score 85 %**– for student it is mandatory to actively participate in **12 lessons**
Student can miss (without substitution) lessons in Dean's Day Off / Rector's Day Off / Slovak national holiday (day off). Other missed lessons except 2 lessons have to be substituted after all blocks. The substitution of missed lessons is paid extra (10 € per each extra lesson to be substituted).
- successfully written electronic test in the Moodle platform (test passing score ≥ 60 %)**
total: 100 % = 50 points; the minimum score needed to pass the test = 30 points (i.e. pass rate is 30/50 points)
Electronic testing will be held in 14th week of semester, in concrete date and time agreed with the students. If student fails the test (the score under 30 points, i.e. 60 %), can rewrite it, but no more than twice.

FINAL EVALUATION AND GRADING OF THE COURSE

	pass level – minimum pts	total – maximum pts
electronic test	30 pts	50 pts
TOTAL	30 pts	50 pts

	pts
A/1 (91 - 100%)	46 – 50 pts
B/1,5 (81 - 90%)	41 – 45 pts
C/2 (73 - 80%)	37 – 40 pts
D/2,5 (66 - 72%)	33 – 36 pts
E/3 (60 - 65%)	30 – 32 pts
Fx (less than 60%)	less than 30 pts

STUDY LITERATURE

Dingová, M., Lepiešová, M., Rosenberg, A. et al.: Basics of Nursing. Textbook for Medical and Nursing Students. Martin : Comenius University in Bratislava, Jessenius Faculty of Medicine in Martin, 2011. 283 p. ISBN 978-80-88866-6-88-6. *(this textbook is mandatory for this course; each student can borrow it in Academic Library and Audiovisual Centre - AKAS)*

Lepiešová, M., Dingová, M., Nemcová, J., Ovšonková, A., Miertová, M., Tabaková, M., Tomagová, M.: Basics of nursing presentations. Martin : JLFUK – portal MEFANET, 2012, 419 p. [online] ISBN 1337-7396 ISSN 1337-7396. Available at:
<http://portal.jfmed.uniba.sk/articles.php?aid=187https://stella.uniba.sk/epc/JL/2012/vtlso00257495.pdf>

Kozier, B., Berman, A., Erb, G., Snyder, S. J.: Fundamentals of Nursing: Concepts, Process and Practice. 7th ed. Pearson Prentice Hall, 2004. 1500 p. ISBN 0130455296.

Perry, A. G., Potter, P. A., Ostendorf W.: Clinical Nursing Skills & Techniques. 8th ed. St. Louis, Missouri: Mosby/Elsevier, 2013. 1196 p. ISBN 978-0-323-08383-6.

September 9 th 2022

Jana Nemcová, MSN, RN, PhD.