



Course:	BASICS OF NURSING TECHNIQUES
Study of branch:	general medicine
Year of study:	2nd
Academic year:	2026/2027
Semester:	winter
Extent:	0/1 PH
Responsible and context teacher/Head of course:	Michaela Miertová, MSN, RN, PhD. Department of Nursing, Malá Hora 5, ground floor, office no. 19A; michaela.miertova@uniba.sk
Teachers:	Anna Ovšonková, MSN, RN, PhD.; Michaela Miertová, MSN, RN, PhD.; Jana Nemcová, MSN, RN, PhD.; Martina Tomagová, Assoc. prof., MSN, RN, PhD., Lucia Podolinská, MSN, RN, PhD.
Room:	no. 33, no.34 (1st floor, to the right at the end of the school hallway)

Syllabus of the course

The course **Basics of Nursing Techniques (BNT)** is organized into three blocks. Block 1 and Block 2 each consist of 5 lessons (from 13:00 to 16:45), while Block 3 consists of 4 lessons (from 13:00 to 16:15). Each block includes 2 practical seminars, totalling 6 practical seminars for the course. Students have to be prepared for each practical seminar to participate actively in the training of the procedures, it requires studying the relevant chapters of the textbook:

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 at the Academic Library and Audiovisual Centre - AKAS](#)).

Please NOTE: It is mandatory to wear a white coat and to change shoes for the seminar. Cellular phones are prohibited during the practical seminars.



BLOCK 1 (13,00 – 16,45) (1 st and 2 nd of the semester) the sequence of seminars is not clearly determined and will be adapted to the lecturers' availability		
Seminar 1A <i>seminar duration:</i> 2 lessons (= 90 min) <i>lecturers:</i> Anna Ovšonková, MSN, RN, PhD. Hand hygiene Principles and practices of hand hygiene: Hand wash (= antiseptic hand washing); Hand rub (= alcohol-based hand rub / antiseptic hand rub / hygienic hand disinfection); Surgical hand rub (= surgical hand antisepsis / surgical scrub / surgical hand disinfection / surgical hand preparation technique with an alcohol-based hand rub) <u>To study – topics included in the book chapter: 1, 2</u> Bandages and binders Materials used for bandages and binders General principles and rules of bandaging Types of bandages <u>To study – topics included in the book chapter: 3</u> Procedures trained within the seminar: · hand wash (= antiseptic hand washing) · hand rub (= alcohol-based hand rub / antiseptic hand rub / hygienic hand disinfection) · bandaging body parts using different techniques · applying a gauze bandage to secure the dressing – bandaging of hand, lower arm, elbow, foot · applying an elastic thigh-length compression bandage	15 min break	Seminar 1B <i>seminar duration:</i> 3 lessons (= 120 min) <i>lecturer:</i> Michaela Miertová, MSN, RN, PhD. Specimen collection – blood specimens General principles of obtaining a specimen Obtaining blood specimens – blood tests Prevention of needlestick injuries <u>To study – topics included in the book chapter: 5</u> Parenteral application of medications – intravenous (IV) therapy Parenteral application of medications: general principles and rules of preparing injections General principles, rules and routes of intravenous (IV) application of medications <u>To study – topics included in the book chapter: 6, 7</u> Procedures trained within the seminar: · blood glucose monitoring by blood glucose meter · obtaining capillary blood specimens for blood glucose analysis and blood gas analysis (CBG – capillary blood gas) by skin puncture / capillary puncture · collecting blood specimens by venepuncture (syringe and vacutainer method) · preparing injections – ampoules and vials · preparing an injection for IV application · administering medication IV by venepuncture by hand (bolus application)
BLOCK 2 (13,00 – 16,45) (7 th and 8 th week of the semester) the sequence of seminars is not clearly determined and will be adapted to the lecturers' availability		
Seminar 2A <i>seminar duration:</i> 3 lessons (= 120 min) <i>lecturer:</i> Jana Nemcová, MSN, RN, PhD. 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 <u>To study – topics included in the book chapter: 2</u> Procedures trained within the seminar: · manipulation with sterile items and equipment, sterile packages – dressing trolley · donning and removing gloves (non-sterile / sterile)	15 min break	Seminar 2B <i>seminar duration:</i> 2 lessons (= 90 min) <i>lecturer:</i> Lucia Podolinská, MSN, RN, PhD. Parenteral application of medications – intravenous (IV) therapy, peripheral IV lines General principles, rules and routes of intravenous (IV) application of medications, selection of IV access; peripheral IV lines <u>To study – topics included in the book chapter: 6, 7</u> Procedures trained within the seminar: · peripheral IV line insertion (venepuncture with over-the-needle-catheter ONC / butterfly needle) · administering medication into existing peripheral IV line



· cleaning and changing the dressing of aseptic surgical wound (incl. amputation stump) · cleaning and changing the dressing of a drain site · cleaning and changing the dressing of septic (chronic) wound – red, yellow, black (RYB) colour code		
BLOCK 3 (13,00 – 16,15) (10th to 11th week of the semester) the sequence of seminars is not clearly determined and will be adapted to the lecturers' availability		
Seminar 3A <i>seminar duration:</i> 2 lessons (= 90 min) <i>lecturer:</i> 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 <u>To study – topics included in the book chapter: 11</u> Vital Signs Principles and practices of vital signs measurements: Blood pressure; Pulse; Respiration; Body temperature; Oxygen saturation <u>To study – topics included in the book chapter: 4</u> <u>Procedures trained within the seminar:</u> · obtaining urine specimen by straight catheter in female patient · insertion of indwelling (retention) catheter in female patient · removal of indwelling (retention) catheter · manual measurement and assessment of arterial blood pressure, radial and apical pulses	15 min break	Seminar 3B <i>seminar duration:</i> 2 lessons (= 90 min) <i>lecturers:</i> 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 <u>To study – topics included in the book chapters: 9</u> Parenteral application of medications – ID, SC, IM injections Parenteral application of medications: general principles and rules of preparing and administering intradermal (ID), subcutaneous (SC) and intramuscular (IM) injections Special considerations for administration of insulin, heparin and LMWHs <u>To study – topics included in the book chapter: 6</u> <u>Procedures trained within the seminar:</u> · gastric tube insertion (nasogastric / orogastric) and gastric tube removal · preparing and administering ID, SC (insulin, heparin, LMWH) and IM injections

Criteria for course completion

- **Attendance score of 85%** – It is compulsory for students to actively participate in a minimum of 12 lessons.
A student may miss a maximum of two lessons without the need for substitution. Any additional missed lessons/seminars must be substituted after all blocks, and this substitution must be approved by the contact or responsible teachers for the course. The substitution of missed lessons within a specific seminar will be scheduled on a common date, agreed upon by all affected students, based on the lecturer's proposal and the students' consent. Absences during the Dean's Day Off, Rector's Day Off, or Slovak national holidays (Day Off) will not require substitution.
- Successfully **passing the 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 conducted no earlier than the 14th week of the semester, on a specific date and time agreed upon with all students, and only after all substitutions have been completed. If a student fails the test (i.e., scores less

Please NOTE: Students with special needs (officially included and registered in the database of students with special needs by the Dean of the faculty) who require specific types of academic adjustments and support services, particularly for the written exam in this course, are asked to contact Michaela Miertová, MSN, RN, PhD., by email at michaela.miertova@uniba.sk by the end of September 2026. Please include copies of relevant documents (including Annex 6 and the official response from the faculty management to the request). Requests and claims submitted after this deadline will not be accepted.

Final evaluation of the course	Points
Test 1 (electronic)	30 (min.) pts - 50 (max.) pts
Grading of the course	30 pts – 50 pts
A = 100 – 91 % (46-50pts), B = 90 – 81 % (41-45 pts), C = 80 – 73 % (37-40pts), D = 72 – 66 % (33-36pts), E = 65 – 60 % (30-32pts), FX < 60 % (less than 30pts)	

Timetable for Student Groups (Face-to-Face Teaching)

Monday | 13.00 – 16.45 | Štefánik Institute, Mala Hora 5, room 33 and room 34 (1st floor, to the right at the end of the school hallway)

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

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

Tuesday | 13.00 – 16.45 | Štefánik Institute, Mala Hora 5, room 33 and room 34 (1st floor, to the right at the end of the school hallway)

gr.9 (1st, 7th and 10th week)

gr.10 (2nd, 8th and 11th week)

Wednesday | 13.00 – 16.45 | Štefánik Institute, Mala Hora 5, room 33 and room 34 (1st floor, to the right at the end of the school hallway)

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

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

Thursday | 13.00 – 16.45 | Štefánik Institute, Mala Hora 5, room 33 and room 34 (1st floor, to the right at the end of the school hallway)

gr.3 (1st, 7th and 10th week)

gr.4 (2nd, 8th and 11th week)

Friday | 13.00 – 16.45 | Štefánik Institute, Mala Hora 5, room 33 and room 34 (1st floor, to the right at the end of the school hallway)

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

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

Please NOTE: In regard to the organization of the course, the group divisions in the timetable must be respected; transfers between groups are not permitted.

STUDY LITERATURE

DINGOVÁ, M., LEPIŠOVÁ, 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*)

LEPIŠOVÁ, 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]. 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. Luis, Missouri: Mosby/Elsevier, 2013. 1196 p. ISBN 978-0-323-08383-6.