

DESCRIPTION OF THE COURSE OF STUDY

Course code	12.6-7PIEL-C4.1-PP	
Name of the course in	Polish	Podstawy pielęgniarstwa
	English	Basics nursing skills

1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

1.1. Field of study	Nursing
1.2. Mode of study	Full-time study
1.3. Level of study	Bachelor's degree
1.4. Profile of study*	Practical
1.5. Person/s preparing the course description	Przemysław Zając, PhD Translation: Sylwia Glowala, PhD
1.6. Contact	sylwia.glowala@ujk.edu.pl

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1. Language of instruction	English
2.2. Prerequisites*	Sem. I - knowledge of biology at the secondary school level Sem. II - knowledge of anatomy and physiology, knowledge of the subject of Nursing Basics from semester I

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes	Lectures (L), tutorials classes (Tc), practical classes (Pc)
3.2. Place of classes	Lectures hall at UJK, didactic rooms at UJK, practical classes - hospital placement)
3.3. Form of assessment	L-credit with a grade after each semester, exam Tc - a credit with a grade in each semester and OSCE exam Pc - credit with a grade
3.4. Teaching methods	information lecture, seminar lecture, discussion, four-step method, instruction, observation, consolidation exercises, tasks to solve, problems
3.5. Bibliography	Required reading
	Further reading
	<ol style="list-style-type: none"> Ślusarska B, Zarzycka D, Zahradniczek K. (red). Podstawy pielęgniarstwa Tom I i II. Wyd. Czelej. Lublin 2004. Ciechaniewicz W. (red.). Ćwiczenia. WL PZWL. Warszawa 2001 Górajek-Jóźwik J. (red.) Wprowadzenie do diagnozy pielęgniarstwa. Podręcznik dla studiów medycznych, PZWL, Warszawa 2007 Ciechaniewicz W, Grochans E, Łoś E. Wstrzyknięcia śródskórne, podskórne, domięśniowe i dożylnie. Podręcznik dla studiów medycznych. PZWL 2007. Kózka M. Płaszewska-Żywko L. Procedury pielęgniarstwa. PZWL Warszawa 2009 Stenger E, Sobolewska E. Opatrunki. Wyd. Medyczne Urban & Partner, Wrocław 1999 Chrzęszczewska A. Bandażowanie. WL PZW Warszawa 2007 Ślusarska B, Zarzycka D, Majda A (red.). Umiejętności pielęgniarstwa katalog check-list. PZWL Warszawa 2017 Ślusarska B, Zarzycka D, Majda A (red.). Podstawy pielęgniarstwa. Tom 1 i 2. PZWL Warszawa 2017

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED LEARNING OUTCOMES

4.1. Course objectives (including form of classes)

- C1 - Getting to know the theoretical foundations of nursing and nursing.
 C2 - Presentation of the scope and nature of nursing care in relation to selected patient's health conditions.
 C3 - Getting to know the stages of the nursing process, techniques of collecting data for the needs of nursing diagnosis and documentation of the process
 C4 - Shaping selected skills in performing caring, diagnostic, therapeutic and rehabilitation treatments, taking into account the appropriate methods and techniques and the patient's health condition

C5 - Shaping the attitude of responsibility for the actions performed and understanding of the patient's health problems.

4.2. Detailed syllabus (including form of classes)

Lectures

Semestr I (25 hours)

- Nursing - areas of understanding the field - nursing and its essence; nursing as a complex activity.
2. Nursing as: profession, profession, science and art.
 3. Care and nursing and nursing; definitions, determinants, structure of care, classifications.
 4. Determinants of development in Poland and in the world. against the background of changes in care and in the process of professionalization
 5. Nurse - the essence of professional activity, qualifications. The socio-professional role of a nurse. Tasks and functions of a nurse.
 6. Holism in nursing and a holistic approach to the subject of care
 7. Individualized nursing - theoretical assumptions.
 8. Primary Nursing - as a method of individualized nursing - the essence, preparation of nursing staff. Nursing process.

Semestr II (25 hours)

1. Tasks of a nurse in an interdisciplinary care team (stage of diagnosis, treatment, rehabilitation, health promotion, prevention).
2. Nursing diagnosis - essence, meaning, features, classification. Information gathering methods - interview, observation, measurement, analysis of documentation.
3. Nursing problems of patients with disorders in the functioning of the circulatory system. respiratory, digestive, urinary and nervous systems.
4. Selected nursing theories and their importance in professional practice:
5. The role of a nurse in caring for a healthy, threatened, sick and unfavorable patient;
6. Tasks of a nurse depending on the patient's condition, including: long-term immobilization, pain, fever, sleep disturbances; with impaired thermoregulation.

Tutorials classes

Semestr I (100 hours)

1. Discussion of the regulations and rules in force at the Monoprofile Medical Simulation Center. Hygienic washing and disinfection of hands, rules of waste segregation. Desmurgia. Bandaging technique: basic obliques (circular, screw, serpentine, folded, ascending and descending spike, converging and divergent turtle), full and incomplete hand dressing, breast bandaging, Dessault dressing
2. Measurement and interpretation of basic vital parameters: heart rate, temperature, blood pressure, respiration, pulse oximetry. Feverish card.
3. Performing the ECG. Anthropometric measurements: body weight, height and length, calculation of the body mass index BMI, circumferences, calculation of WHR, WHtR
4. Characteristics of the closer and more distant environment of the patient. Changing the empty bed and with the patient into one or two nurses. Change of bed linen and personal linen.
5. Toilet of the body in bed taking into account age and health condition. Posthumous toilet.
6. Washing the hair, toilet of the mouth, Putting on the head lice.
7. Transport and movement of patients. Patient bathing with the use of a bathing trolley. Putting the patient in various positions with the use of amenities, taking into account the patient's condition and the type of ailment: flat, lateral position with the use of amenities, high, half-high, Trendelenburg, Antitrendelenburg.
8. Decubitus prevention. Improving breathing (bronchial drainage procedures: patting, shaking, drainage positions, suction).
9. Anti-inflammatory treatments. Medicine cupping.
10. Gastric examination. Gastric tube feeding and gastrostomy.
11. Rectal treatments.

Semestr II (100 hours)

1. Administration of drugs through the gastrointestinal tract (orally, sublingually, periorbally, rectally). Calculating drug doses.
2. Administration of drugs through the respiratory system (inhalations, inhalations in adults and children). Oxygen therapy. Administration of drugs to the skin, mucous membranes, the conjunctival sac, ear and nose.
3. Asepsis and antisepsis. Injections - introduction. Typical subcutaneous injection.
4. Atypical subcutaneous injection, principles of insulin therapy.
5. Intramuscular injection.

6. Intradermal injection.
7. Administration of drugs by intravenous route. Installation of a cannula for peripheral vessels.
8. Administration of drugs by drip infusion. Infusion pump operation.
9. Capillary blood sampling: gasometry, glucose, cholesterol and triglycerides. Venous puncture and venous blood collection with a closed set. Diagnostic tests for the determination of ketone bodies.
10. Collection of material for bacteriological tests: swab from the throat and nose. Collection of urine for general and bacteriological examination in adults and children.
11. Urinary bladder catheterization. Drainage of the urinary system
12. Assisting for puncture of the sternum, lumbar, abdominal and pleural cavities.
13. Changing the dressing on a clean and dirty wound

Practical classes

Semestr I (40 hours)

- Admitting the patient to the hospital. Helping the patient to adapt to hospital conditions.
- Analysis of documentation in force in the ward, with particular emphasis on nursing documentation
- Participation in nursing patients - solving complex situations
- Application of direct and indirect measurements (scales, tests) in nursing practice
- Nurse's participation in diet therapy - criteria for the selection of adult feeding techniques

Semestr II (40 hours)

Nursing diagnosis in terms of methods of getting to know the patient. Recognition of nursing problems under conditions of hospitalization. Formulating care problems. Analysis of adaptation problems during hospitalization (on any selected examples).

- The specificity of nursing a seriously ill patient - analysis of the nurse's actions.
- Interpretation of the basic parameters documented in the feverish card and the observation card.
- Application of nursing theory in nursing practice - analysis on selected examples

4.3 Intended learning outcomes

Code	A student, who passed the course	Relation to learning outcomes
within the scope of KNOWLEDGE: Student knows:		
Lectures		
Semestr I		
W1	Conditions for the development of nursing care for the needs of nursing care and the professionalization of modern nursing	PIEL1P_W53
W2	the concept of nurturing, including supporting, helping and accompanying;	PIEL1P_W54
W3	functions and professional tasks of a nurse and the role of the patient in the process of implementing nursing care;	PIEL1P_W55
W4	the process of nursing (essence, stages, rules) and primary nursing (essence, differences) and the impact of traditional nursing on the functioning of nursing practice;	PIEL1P_W56
W5	classification of nursing diagnoses and practices;	PIEL1P_W57
W6	the essence of nursing care based on selected theoretical assumptions (Florence Nightingale, Virginia Henderson, Dorothea Orem, Callista Roy, Betty Neuman);	PIEL1P_W58
W8	the nurse's tasks in caring for a healthy, threatened, sick and poor patient patient;	PIEL1P_W60
W9	the scope and nature of nursing care in selected patient conditions, clinical situations, in deficit of self-care, disturbed comfort, disturbed psychomotor sphere;	PIEL1P_W61
W10	scope of nursing care and nursing interventions in selected nursing diagnoses;	PIEL1P_W62
W11	participation of a nurse in an interdisciplinary team in the process of health promotion, prevention, diagnosis, treatment and rehabilitation;	PIEL1P_W63
Tutorials classes		
Semestr I, II		
W1	the essence, purpose, indications, contraindications, complications, applicable rules and technique of performing basic nursing, diagnostic, therapeutic and rehabilitation activities;	PIEL1P_W59
within the scope of ABILITIES:		
Semestr I		
U1	measure body temperature, heart rate, respiration, arterial blood pressure, central venous pressure, circuits, saturation, peak expiratory flow and anthropometric measurements (measurement of body weight, height, BMI, adipose tissue distribution indexes: WHR, WHtR, skin fold thickness - fatty acids);	PIEL1P_U36

U2	use anti-inflammatory treatments;	PIEL1P_U38
U3	use the available methods of feeding the patient (orally, through a gavage, nutritional fistulas);	PIEL1P_U44
U4	move and position the patient using various techniques and methods;	PIEL1P_U45
U5	perform breathing gymnastics and postural drainage, airway degumming and inhalation;	PIEL1P_U46
U6	perform rubbing, patting, active and passive exercises;	PIEL1P_U47
U7	perform hygiene procedures;	PIEL1P_U48
U8	take care of the skin and its products and mucous membranes with the use of pharmacological agents and medical materials, including therapeutic baths;	PIEL1P_U49
U9	assess the risk of developing pressure ulcers and apply preventive measures;	PIEL1P_U50
U10	perform rectal procedures;	PIEL1P_U51
U11	insert a gastric tube and monitor and remove the tube;	PIEL1P_U53
U12	keep and use medical records;	PIEL1P_U54
Semestr II		
U13	perform diagnostic tests for the determination of ketone bodies and glucose in blood and urine, and blood cholesterol, and other test strips.	PIEL1P_U34
U14	maintain, document and evaluate the patient's fluid balance;	PIEL1P_U35
U15	collect material for laboratory and microbiological tests and assist the doctor in diagnostic tests;	PIEL1P_U37
U16	store and prepare drugs in accordance with applicable standards;	PIEL1P_U39
U17	administer drugs to the patient in various ways, in accordance with the doctor's written order or in accordance with their competences, and calculate drug doses;	PIEL1P_U40
U18	perform vaccinations against influenza, viral hepatitis and tetanus;	PIEL1P_U41
U19	rinse the mouth, throat, eye, ear, stomach, bladder, intestinal fistula and wound;	PIEL1P_U42
U20	insert and remove a catheter from peripheral veins, perform intravenous drip infusions and monitor and care for the peripheral puncture site, central line and vascular port;	PIEL1P_U43
U21	catheter into the bladder, monitor diuresis and remove the catheter;	PIEL1P_U52
U22	keep and use medical records;	PIEL1P_U54
Practical classes		
within the scope of ABILITIES:		
Semestr I		
U1	use the selected method of nursing in patient care	PIEL1P_U29
U2	monitor the patient's health condition during hospitalization or other organizational units of the health care system:	PIEL1P_U32
U3	make current and final assessment of the patient's health and nursing activities;	PIEL1P_U33
U4	measure body temperature, heart rate, respiration, arterial blood pressure, central venous pressure, circuits, saturation, peak expiratory flow and anthropometric measurements (measurement of body weight, height, BMI, adipose tissue distribution indexes: WHR, WHtR, skin fold thickness - fatty acids);	PIEL1P_U36
U5	use anti-inflammatory treatments;	PIEL1P_U38
U6	use the available methods of feeding the patient (orally, through a gavage, nutritional fistulas);	PIEL1P_U44
U7	move and position the patient using various techniques and methods;	PIEL1P_U45
U8	perform breathing gymnastics and postural drainage, airway degumming and inhalation;	PIEL1P_U46
U9	perform rubbing, patting, active and passive exercises;	PIEL1P_U47
U10	perform hygiene procedures;	PIEL1P_U48
U11	take care of the skin and its products and mucous membranes with the use of pharmacological agents and medical materials, including therapeutic baths;	PIEL1P_U49
U12	assess the risk of developing pressure ulcers and apply preventive measures;	PIEL1P_U50
U13	perform rectal procedures;	PIEL1P_U51
U14	insert a gastric tube and monitor and remove the tube;	PIEL1P_U53
U15	keep and use medical records;	PIEL1P_U54
Semestr II		
U16	use the selected method of nursing in patient care	PIEL1P_U29
U17	set the goals and plan of nursing care and implement it together with the patient and his family;	PIEL1P_U31
U18	monitor the patient's health condition during hospitalization or other organizational units of the health care system:	PIEL1P_U32
U19	make current and final assessment of the patient's health and nursing activities;	PIEL1P_U33

	perform diagnostic tests for the determination of ketone bodies and glucose in blood and urine, and blood cholesterol, and other test strips.	
U20	maintain, document and evaluate the patient's fluid balance;	PIEL1P_U34
U21	measure body temperature, heart rate, respiration, arterial blood pressure, central venous pressure, circuits, saturation, peak expiratory flow and anthropometric measurements (measurement of body weight, height, BMI, adipose tissue distribution indexes: WHR, WHtR, skin fold thickness - fatty acids);	PIEL1P_U35
U22	collect material for laboratory and microbiological tests and assist the doctor in diagnostic tests;	PIEL1P_U36
U23	use anti-inflammatory treatments;	PIEL1P_U37
U24	store and prepare drugs in accordance with applicable standards;	PIEL1P_U38
U25	administer drugs to the patient in various ways, in accordance with the doctor's written order or in accordance with their competences, and calculate drug doses;	PIEL1P_U39
U26	rinse the mouth, throat, eye, ear, stomach, bladder, intestinal fistula and wound;	PIEL1P_U40
U27	insert and remove a catheter from peripheral veins, perform intravenous drip infusions and monitor and care for the peripheral puncture site, central line and vascular port;	PIEL1P_U42
U28	use the available methods of feeding the patient (orally, through a gavage, nutritional fistulas);	PIEL1P_U43
U29	move and position the patient using various techniques and methods;	PIEL1P_U44
U30	perform breathing gymnastics and postural drainage, airway degumming and inhalation;	PIEL1P_U45
U31	perform rubbing, patting, active and passive exercises;	PIEL1P_U46
U32	perform hygiene procedures;	PIEL1P_U47
U33	take care of the skin and its products and mucous membranes with the use of pharmacological agents and medical materials, including therapeutic baths;	PIEL1P_U48
U34	assess the risk of developing pressure ulcers and apply preventive measures;	PIEL1P_U49
U35	perform rectal procedures;	PIEL1P_U50
U36	catheter into the bladder, monitor diuresis and remove the catheter;	PIEL1P_U51
U37	insert a gastric tube and monitor and remove the tube;	PIEL1P_U52
U38	keep and use medical records;	PIEL1P_U53
within the scope of SOCIAL COMPETENCE: Semestr I, II		
K1	Be guided by the patient's welfare, respect for the dignity and autonomy of people entrusted to care, show understanding for worldview and cultural differences, and empathy in the relationship with the patient and his family	PIEL1P_K1
K2	Respect the patient's rights	PIEL1P_K2
K3	Perform the profession independently and reliably in accordance with the principles of ethics, including observing moral values and obligations in patient care	PIEL1P_K3
K4	Be responsible for the professional activities performed	PIEL1P_K4
K5	Seek expert advice if you have difficulty solving a problem yourself	PIEL1P_K5
K6	Anticipate and take into account factors influencing one's own and the patient's reactions	PIEL1P_K6
K7	Noticing and recognizing own limitations in terms of knowledge, skills and social competences, and self-assessment of deficits and educational needs	PIEL1P_K7

**delete as appropriate*

4.5. Criteria of assessment of the intended learning outcomes		
Form of classes	Grade	Criterion of assessment
lecture (L) (including e-learning)	3	Test – 61%
	3,5	Test- 69%
	4	Test- 76%
	4,5	Test- 83%
	5	Test- 90%
Tutorials classes (Tc)*	3	Knowledge: Basic knowledge and understanding of the curriculum content, chaotic answers, necessary leading questions. Abilities: Memorization and reproduction. Manipulation. Passive admission.
	3,5	Knowledge: The knowledge and understanding of the content of the curriculum at the basic level, systematic answers, requires the help of a teacher. Abilities: Interpretation of phenomena. Imitation. Actively responding.
	4	Knowledge: Basic knowledge and understanding of the program content, systematic and independent answers. Troubleshooting in typical situations.

		Abilities: Troubleshooting in typical situations. Self-made. Active participation, evaluation according to common criteria.
	4,5	Knowledge: The scope of the presented knowledge goes beyond the basic level based on the supplementary literature provided. Problem solving in new and complex situations. Abilities: Problem solving in new and complex situations. Proficiency in carrying out activities. Taking responsibility for your actions.
	5	Knowledge: The scope of the presented knowledge goes beyond the basic level based on self-acquired scientific sources of information Abilities: Synthesis, evaluation and creation of original works that inspire others. Use of acquired skills in different conditions and unforeseen situations. Using your own system of values, accepting responsibility for the activities of others.
Practical classes	3	Rules: Doesn't always follow the rules. Requires supervision. Performs activities chaotically. Performs simple activities without comments. Efficiency: performs activities uncertainly, very slowly. Visible efficiency during exercise simple steps. Effectiveness: does not always take into account the individual situation of the patient. Reaches the goal after directing the action. Self-reliance: requires constant guidance and recall in performing complex exercises activities. Communicating with the patient: makes contact, but is unable to continue communicating with the patient patient. Attitude: not always able to judge and analyze their own behavior. He sometimes collaborates with therapeutic team. As far as possible, he identifies with the professional role
	3,5	Rules: follow the rules after targeting. Performs activities in between. Efficiency: condition uncertain. Sometimes it requires support and confidence. Effectiveness: the program time included in the program. It achieves the goal. Independence: Often requires reminders in taking action. Communicating with the patient: they can make us adequately and with care verbal contact with the patient. Attitude: a new approach to evaluate and analyze your own behavior. Works with the team m.m. Usually I usually come up with a professional role
	4	Rules: follow the rules after targeting. Performs activities correctly. Efficiency: Performs activities in slow motion. Effectiveness: draws attention to the individual situation of the patient. It achieves the goal. Self-reliance: Sometimes it requires reminders in action. Communicating with the patient: can establish and maintain verbal and non-verbal contact with the patient. Attitude: shows awkwardness in assessing and analyzing own behavior. Works with the team therapeutic. Identifies with the professional role.
	4,5	Principles: adheres to the principles after initial targeting. Technique and sequence of actions without any comments. Efficiency: performs activities confidently, but after a short reflection. Effectiveness: shows concern for taking into account the health situation of the patient. Achieves the goal after the preliminary orientation. Self-reliance: sometimes requires recall and direction of action. Communicating with the patient: correct, but sometimes requires guidance in the selection of methods communicating. Attitude: Demonstrates efforts to evaluate and analyze their own behavior. Works well with therapeutic team. He identifies visibly with his professional role
	5	Rules: follows the rules. Technique and sequence of activities without any comments. Efficiency: performs activities confidently and vigorously. Effectiveness: takes into account the patient's situation and the current possibilities of performing these activities. Independence: plans and carries out activities completely independently. Communicating with the patient: spontaneous, constructive. Selection of content adequate to expectations recipient. Attitude: can evaluate and analyze own behavior. He cooperates with the therapeutic team. Apparently he identifies with the professional role

5. BALANCE OF ECTS CREDITS – STUDENT'S WORK INPUT

Category	Student's workload	
	Full-time studies	Extramural studies
<i>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</i>	330	
<i>Participation in lectures*</i>	50	
<i>Participation in tutorials classes</i>	200	
<i>Preparation in the exam/ final test*</i>		
<i>Participations in practical classes</i>	80	
<i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>	50	

<i>Preparation for the lecture*</i>	25	
<i>Preparation for the classes</i>	25	
<i>Preparation for the exam/test*</i>		
<i>Gathering materials for the project/Internet query*</i>		
<i>Preparation of multimedia presentation</i>		
<i>Others *</i>		
TOTAL NUMBER OF HOURS	380	
ECTS credits for the course of study	13	

**delete as appropriate*

Accepted for execution (date and legible signatures of the teachers running the course in the given academic year)

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