МИНИСТЕРСТВО ЗДРАВООХРАНЕНИЯ РЕСПУБЛИКИ БЕЛАРУСЬ

УЧРЕЖДЕНИЕ ОБРАЗОВАНИЯ

«ГРОДНЕНСКИЙ ГОСУДАРСТВЕННЫЙ МЕДИЦИНСКИЙ УНИВЕРСИТЕТ»

Кафедра пропедевтики внутренних болезней

**ОСНОВЫ МЕДИЦИНСКОГО УХОДА И МАНИПУЛЯЦИОНАЯ ТЕХНИКА**

 (методические рекомендациидля студентов II курса факультета иностранных учащихся*, обучающихся на английском языке*)

**BASICS OF MEDICAL CARE AND MEDICAL MANIPULATIONS**

Methodicalrecommendation*s for II-nd year students of foreign faculty*

*(who are studying in English)*

Гродно, 2018

ГрГМУ

**Study 1.**

**Duties of the nurse of the therapeutic Department. Medical ethics and deontology in the professional activity of a nurse.**

**Goal: To instruct with role of patient care, medical ethics and deontology, Duties of the nurse of the therapeutic Department.**

*Control questions:*

1. The definition of "medical care".
2. The role of patient care in the treatment process.
3. The role of health professionals in the treatment and care of patients.
4. The rights and duties of nurses.
5. Ethical and juridical (legal) responsibility of medical workers.
6. Personal hygiene of medical personnel.
7. What is the concept ethics?
8. What is the concept of deontology?
9. Deontological requirements for the individuality of a nurse.
10. The concept of iatrogenic diseases.

**Study 2**

**Organization of work of the nurse's workplace (reception). Maintenance of medical records.**

**Goal: To Study the basic rules of work and duties of a nurse. Get acquainted with the device of the post of the nurse, maintaining medical documentation**.

*Control questions****:***

1. The equipment of a workplace of the nurse.
2. Organization of work of the nurse's workplace (reception).
3. Duties of the ward nurse.
4. Medical documentation, rules of maintenance medical documentation
5. Rules of shift of nurses at the end of duty.
6. Selection of appointments from the hospital patient's medical records.

*Practical skills:*

1. Maintenance of medical records the ward nurse.
2. Selection of medicines from the list of prescriptions.

**Study 3**

**The activities of senior nurse of therapeutic Department**

**Goal: To Study the basic rules and responsibilities of the senior nurse of the therapeutic Department. Get acquainted with the management of medical records of the senior nurse of the therapeutic Department.**

*Control questions****:***

1. Duties of the senior nurse of the therapeutic Department.
2. Organization of work of the senior nurse of therapeutic Department.
3. Medical documentation, rules of medical records management.
4. . Rules of the morning planning sessions during the shifting of duties.

*Practical skills:*

1. Preparation of demands for obtaining medicines from the pharmacy.
2. Management of medical records by the senior nurse of the therapeutic Department.

**Study 4**

**Storage and record keeping of medicines, narcotic drugs and psychotropic substances.**

**Goal: To study the rules of prescribing, storing medicines, narcotic drugs and psychotropic substances.**

*Control questions****:***

1. Extract, storage of medicines by the ward nurse.
2. Extract, storage of medicines by the head nurse of the Department.
3. Extract, storage of narcotic drugs and psychotropic substances.
4. Write offof narcotic and potent drugs.

*Practical skills:*

1. Extract of medicines by the ward nurse.

**Study 5**

**General rules for the use of medicines. Enteral administration of drugs.**

**Goal: To Study the rules of use of enteral medicines, distribution of medicines.**

*Control questions****:***

1. Preparation and rules of distribution of various forms of medicines.
2. Characteristics of enteral methods of remedy use.
3. Rules of using of liquid, tablets and powdered forms of remedies.
4. Sublingual and buccal technique taking of medication.
5. Rules of distribution of enteral medicines.
6. Features of the using of enteral medicines in elderly and senile patients, patients with swallowing disorders, intellectual and mnestic disorders.

*Practical skills:*

* 1. Distributionofenteralmedicines.

**Study 6**

**External ways of drug administration.**

**Goal: To examine the external ways of introduction of medicines. To master the technique of instilling drops in the eyes, nose, ears, laying ointment for the eyelid, the use of suppositories, the application of drugs to the skin.**

*Control questions****:***

1. Features of external methods of drug administration.
2. The technique of instilling drops in the eyes, nose, ears.
3. The technique of laying the ointment under the eyelid.
4. Methods of application of suppositories.
5. Methods of application of remedies on the skin.

*Practical skills:*

1. Carryingrubbing, application of drug to the skin.
2. The technique ofinstilling drops in the eyes, nose, ears.
3. The technique oflaying the ointment under the eyelid.
4. The technique of application of suppositories.

**Study 7**

**Inhalation method of drug administration.**

**Goal: To study the technique of inhalation method of drug administration. To master the method of use of individual inhaler, spacer, spinhaler, turbuhaler, the use of nebulizer**.

*Control questions****:***

1. Characteristics of the inhalation method of drug administration.
2. The use of individual inhaler and spacer.
3. The use ofspinhaler, turbuhaler and multidisk.
4. Types of nebulizers and their characteristics.
5. Rules for the use of the nebulizer.

*Practical skills:*

1. The use of individual inhaler and spacer.
2. Rules for the use of the nebulizer.

**Study 8**

**General inspection.**

**Goal: Master the rules of General inspection of the patient. To master the methods of thermometry andregistration of received data.**

*Control questions****:***

1. Assessment of the state of the patient.
2. Assessment of the patient's position.
3. Determination of body mass index (Quetelet index).
4. Inspection of skin, visible mucous membranes.
5. Edema, theirtypes.
6. Methods of determination of edema.
7. Storage and disinfection of thermometers.
8. Temperature measurement technique.
9. Registration of temperature measurement results.
10. The concept of fever. Types of fever, their graphic image.
11. Periods of fever.

*Practical skills:*

1. General inspection of the patient.
2. Determination of body mass index.
3. Determination of peripheraledema and ascites.
4. Temperature measurement technique.
5. Registration of temperature measurement results.

**Study9**

**Diet.The concept of clinical nutrition.**

**Goal: To study the features of dietary nutrition of patients and the organization of patient nutrition in health care organizations, especially the nutrition of patients with self-care deficiency. To master the technique of feeding of patients with a probe.**

*Control questions****:***

1. The concept of the caloric intake.
2. The human bodyneeds protein, fat, carbohydrates, vitamins, mineral salts, water.
3. The importance of diet as a therapeutic factor.
4. Therapeutic diets.
5. Organization of patient’s nutritionin health care organizations.
6. Types of enteralnutrition.
7. Feeding patients with self-care deficiency, elderly and senile,bedridden.
8. The concept of artificial feeding of patients with a probe and parenterally

*Practicalskills:*

1. Feeding patients with self-care deficiency, elderly and senile,bedridden.
2. Making an application for the nutrition for the catering Department of health care institutions care institutions.

**Study 10**

**Observation and care of patients with diseases of respiratory system**

**Goal: To study the main symptoms of respiratory diseases. Learn breathing observation, determination of breathing frequency. To learn the features of care for patients with respiratory diseases, febrile patients.**

*Control questions****:***

1. The basic idea of the function of the respiratory system.
2. The main complaint with the disease of the respiratory system
3. Signs of external respiratory disorders, their assessment
4. Determination of breathing frequency.
5. Rulesofuseahandheldinhaler.
6. Thecollectionofsputumforgeneralanalysis, fortheanalysisofMycobacteriumtuberculosisandatypicalcells.
7. Methods of disinfection care items: processing and distribution of individual spittoons sputum in somatic hospitals and TB health facilities.
8. Nutrition of patients with respiratory diseases.
9. Care for patients with respiratory diseases.
10. Features of medical care and monitoring of elderly and senile patients with respiratory diseases.

*Practical skills:*

1. Collection of sputum for laboratory testing.
2. Collection of sputum for bacteriological testing/
3. Taking aswab from the area of the throat and nose for bacteriological examination
4. Ability to usea handheldinhaler.
5. Determination of breath rate.

**Study 11**

**Medical care for patients with chest pain, shortness of breath, suffocation, hemoptysis and pulmonary bleeding.**

**Goal: Learn the basic rules of care and first aid for patients with chest pain, shortness of breath, suffocation, hemoptysis and pulmonary bleeding.**

*Control questions****:***

1. Medical care and first aid for patients with chest pain

2. Medical care and first aid for patients with hemoptysis, pulmonary bleeding.

3. Medical care and first aid for patients with cough.

4. Medical care and first aid for patients with bronchial asthma attacks.

5. Care for patients with fever depending on stage of fever.

**Study 12**

**Oxygen therapy for patients with respiratory diseases. Peakflowmetry.**

**Goal: To Introduce the method of oxygenotherapy and instrumental methods of investigation.**

*Control questions****:***

1. The concept of oxygen therapy, their types.
2. Indications for oxygen therapy.
3. Safety when working with oxygen devices.
4. Rules peakflowmeters and registration of data in med.documentations.
5. The concept of instrumental methods of respiratory research (spirography, pneumotachography, bronchoscopy, bronchography).
6. Preparation of patients for instrumental methods of research.

*Practical skills:*

1. Carrying oxygen therapy by different methods.
2. Rules peakflowmeters and registration of data in med.documentations.

**Study 13**

**Observation and care of patients with diseases of cardiovascular system.**

**Goal: to Study the main symptoms in diseases of cardiovascular system. To learn the features of care for patients with diseases of the cardiovascular system. To master the technique of registration of blood pressure and pulse determination**.

*Control questions****:***

1. The main complaints in patients with diseases of cardiovascular system.
2. What is pulse?
3. The method of counting the pulse.
4. Method of measurement of blood pressure.
5. Registration of data to medical documentation.
6. Cardiac edema: the mechanism of occurrence, detection methods.
7. The concept of water balance, data recording in the card of the account of water balance.
8. Characteristics of therapeutic diet used in patients with cardiovascular diseases.
9. Care for patients with diseases of the cardiovascular system.
10. Features of patient care after cardiac surgery.
11. Patient care during computer monitoring of cardiac activity.

*Practical skills:*

1. Determination of water balance.
2. Blood pressure measurement.
3. Determination of pulse.

**Study 14**

**Care for patients with urgent conditions in cardiovascular diseases.**

**Goal: to Study the care and provision of first aid to patients with emergency conditions in cardiovascular diseases.**

*Control questions****:***

1. The concept of acute coronary disease (angina, myocardial infarction).
2. The concept of acute and chronic heart failure.
3. The concept of hypertension.
4. The concept of acute circulatory collapse (syncope, collapse, shock).

*Practical skills:*

1. Providing first aid for patients with pain in the heart
2. Providing first aid for patients in case of suffocation.
3. Providing first aid in case of syncope, collapse, shock.
4. Providing first aid in hypertensive crisis.

**Study 15**

**ECG registration.**

**Goal: To study and master the technique of ECG registration.**

*Control questions****:***

1. Structure of digital ECG system.
2. Leads, rules of electrode application.
3. ECG registration rules.
4. Registration of medical documentation for electrocardiography.
5. Safety during work with a digital ECG system (prevention of electric shock).
6. Disinfection of the electrodes and the medical bed.

*Practical skills*:

1. Technique of ECG registration.

**Study 16**

**Observation and care of patients with diseases of gastrointestinal tract.**

**Goal: to Study the features of care and monitoring of patients with diseases of the digestive system. To learn the methods of preparation of patients for x-ray, endoscopic and ultrasound examination**.

*Control questions****:***

1. The main complaints of the patients with diseases of gastrointestinal tract.
2. Observation and care of patients with diseases of the digestive system.
3. Diet of patients with diseases of the digestive system.
4. Features of care for patients with diseases of the Central nervous system, after surgery on the abdominal organs.
5. Preparation of patients for x-ray examination of the stomach, intestines, gallbladder and biliary tract.
6. Preparation of patients for esophagogastroduodenoscopy, proctosigmoidoscopy, colonoscopy.
7. Preparation of patients for ultrasound examination of the digestive system.

*Practical skills:*

1. Preparation of patients for x-ray examination of the stomach, intestines, gallbladder and biliary tract.

2. Preparation of patients for esophagogastroduodenoscopy, proctosigmoidoscopy, colonoscopy.

3. Preparation of patients for ultrasound examination of the digestive system.

**Study17**

**Medical care for patients with abdominal pain, heartburn, vomiting, gastrointestinal bleeding, tympanites, constipation, diarrhea.**

**Goal: To Study the care of patients with abdominal pain, heartburn, vomiting, gastrointestinal bleeding, tympanites, constipation, diarrhea. To learn the methods of collection of vomit for the study. Be able to provide first aid for patients with vomiting, gastrointestinal bleeding.**

*Control questions:*

1. Care and first aid for patients with heartburn.
2. Care and first aid for patients with abdominal pain.
3. Care and first aid for patients with vomiting.
4. Methods of collection of vomit for examination.
5. Care and first aid for patients with gastric bleeding.
6. Care for patients with tympanites and stool disorders (constipation, diarrhea).
7. The main complaints in patients with diseases of the intestine.
8. Care and first aid to patients with diarrhea, constipation, fecal incontinence, tympanites.
9. The method of collecting feces for Stool test.
10. Collecting feces for bacteriological test.

*Practical skills:*

1. The method of collecting feces for Stool test.

2. Collecting feces for bacteriological test.

**Study 18**

**Diagnostic and therapeutic nursing procedures. The introduction of a tube into the stomach.**

**Goal: to Master the technique of introducing oral and nasogastric tube s into the stomach, the technique of gastric lavage with a tube and gastroenteric tube feeding of the patient.**

*Control questions****:***

1. Equipment for gastric lavage.
2. Introduction of the tube into the stomach. Indications, contraindications, possible complications.
3. Introduction of oral and nasogastric tubes into the stomach.
4. Gastric lavage with a tube.
5. Gastroenteric tube feeding of the patient.

*Practical skills:*

1. Introduction of oral and nasogastric tubes into the stomach.
2. Gastric lavage with a tube.
3. Gastroenteric tube feeding of the patient.