

МИНИСТЕРСТВО ЗДРАВООХРАНЕНИЯ РЕСПУБЛИКИ БЕЛАРУСЬ
УЧРЕЖДЕНИЕ ОБРАЗОВАНИЯ
«ГРОДНЕНСКИЙ ГОСУДАРСТВЕННЫЙ МЕДИЦИНСКИЙ УНИВЕРСИТЕТ»
Кафедра пропедевтики внутренних болезней

ОСНОВЫ УХОДА ЗА БОЛЬНЫМИ
(методические рекомендации для студентов II курса факультета
иностранных учащихся, обучающихся на английском языке)

BASICS OF PATIENT CARE
*Methodical recommendations for students of Medical Faculty for
International Students who are studying in English medium*

Гродно, 2013
ГрГМУ

Study 1.

The infectious safety maintenance in health institutions.

Control questions

1. Types of health institutions. Basic structural units of stationary type health institutions.
2. Infection control.
3. Hospital-acquired infections.
4. Aseptic technique.
5. Antiseptics.
6. Sterilization techniques.
7. Disinfection.

Reference:

Пронько Т.П. Основы ухода за больными / Т.П. Пронько, К.Н. Соколов, М.А. Лис - Гродно: ГрГМУ, 2010. – С. 5-24.

Study 2.

Microclimate maintenance in public health institutions.

Control questions

1. Patient care definition. The role of patient care of in medical process.
2. Medical ethics and a deontology.
3. Yiatrogenic diseases. The medical staff role in treatment and care of patients.
4. The rights and duties of nurses.
5. Routes of medication administration. Regulations for distribution of medicines. Keeping medicines.
6. The organization of safe work conditions of the medical staff: personal hygiene, rules of wearing of overalls, hygienic requirements to footwear, hygiene of arms.
7. Rules of work with disinfectants, preventive maintenance of side effects of chemical preparations.
8. Wet cleaning of patients rooms and ward. Current and final disinfection. Ventilation of rooms.

List of practical skills

1. Working with the medical records of the nurse.
2. Participation in the distribution of drugs the patient.
3. Carrying rubbing, application of drug to the skin.
4. Preparing of disinfectants.

Reference:

Пронько Т.П. Основы ухода за больными / Т.П. Пронько, К.Н. Соколов, М.А. Лис - Гродно: ГрГМУ, 2010. – С. 24-40.

Study 3.

Technique of subcutaneous, intramuscular intravenous injections.

Control questions

1. Subcutaneous injections: purpose, precautions, description, preparation, complications.
2. Intradermal injections: purpose, precautions, description, preparation, complications.
3. Intramuscular injections: purpose, precautions, description, preparation, complications.
4. Intravenous medication administration: purpose, precautions, description, preparation, complications.
5. Intravenous fluid regulation: purpose, precautions, description, preparation, complications.
6. Transfusion therapy: purpose, precautions, description, preparation, complications.

List of practical skills

1. Preparing of solution of antibiotics.
2. Technique of subcutaneous injections.
3. Technique of intracutaneous injections.
4. Technique of intramuscular injections.
5. Technique of intravenous injections.
6. Placing of tourniquet on upper arm or lower extremity.
7. Technique of intravenous drop infusions.
8. Prevention of complications from injections.

Reference:

Пронько Т.П. Основы ухода за больными / Т.П. Пронько, К.Н. Соколов, М.А. Лис - Гродно: ГрГМУ, 2010. – С. 59-83.

Study 4.

Sanitary and hygienic treatment of patients.

Control questions

1. Admissions department. Reception of the patient and registration.
2. Sanitary and hygienic treatment of patients.

3. Taking care of the patient with pediculosis. Cutting of hair and nails. Taking a bath and shower.
4. Transportation of patients
5. An assessment of patient's functional conditions. Position in bed. A functional bed.
6. Personal hygiene of the patient.
7. Changing bed-clothes.
8. Care of the patient's skin.
9. Prevention of bedsores. A rubber circle usage. The bed bath.
10. Care of the external genitalia.
11. Care of the mouth.
12. Care of the eyes.
13. Care of the nose and the ears.
14. Simple medical procedures. Hydrotherapy, hot water-bottles, cups, mustard plasters, leeches, blood-letting, compresses, ice bag usage.
15. Final disinfection.

List of practical skills

1. Changing bed-clothes.
2. Caring for patients with bedsores.
3. Giving a bed-pan to patients.
4. Care of the mouth of patient.
5. Instillation of drops in the eyes, ears, nose.
6. Care of the nose and the ears of patient.
7. Instilling nose drops.
8. Instilling eyes drops.
9. Instilling ears drops.
10. Prevention of bedsores and their treatment.
11. Participation in the food distribution in the department.
12. Feeding of critically ill patients.
13. Statement of the jars, mustard plasters.
14. Placing of warming compress.
15. Placing of cold compress.
16. Preparing and giving hot-water bag to patient.
17. Preparation and filing of heater and bladder with ice.
18. Dispensing of medicines to patients.

Reference:

Пронько Т.П. Основы ухода за больными / Т.П. Пронько, К.Н. Соколов, М.А. Лис - Гродно: ГрГМУ, 2010. – С. 40-55.

Study 5.

Care of patients with fever. Observation and care of patients with diseases of respiratory system.

Control questions

1. Thermometry. Technique of thermometry.
2. Normal temperature. Hypothermia. Fever.
3. Periods of fever. Fever degree.
4. Shape of the temperature curve.
5. Care of patients with fever.
6. The main complaints in respiratory diseases. Care of patients with diseases of respiratory tract.
7. Measuring effectiveness of respiration. Spirometry.
8. Bronchoscopy.
9. Sputum tests.
10. Care of patients with pulmonary bleeding and hemoptysis.
11. Managing of cough.
12. First aid in hemoptysis.
13. First aid in bronchial asthma attack.

List of practical skills

1. Body temperature measurement.
2. Registration of body temperature in temperature chart.
3. Care of febrile patients.
4. Determination of chest circumference.
5. Determination of breath rate.
6. Collection of sputum for laboratory testing.
7. Collection of sputum for bacteriological testing.
8. Ability to use a handheld inhaler.
9. Performance of oxygen therapy.
10. Preparing of patients for bronchoscopy.
11. Caring for patients with respiratory diseases (creating a comfortable position in bed).

Reference:

Пронько Т.П. Основы ухода за больными / Т.П. Пронько, К.Н. Соколов, М.А. Лис - Гродно: ГрГМУ, 2010. – С. 55-59.

Пронько Т.П. Основы ухода за больными / Т.П. Пронько, К.Н. Соколов, М.А. Лис - Гродно: ГрГМУ, 2010. - С. 107-125.

Study 6.

Observation and care of patients with diseases of cardiovascular system.

Control questions

1. The main complaints in cardiovascular diseases. Methods of observation and care of patients.
2. Examination of the pulse and arterial blood pressure: measurement procedure, registration of the received result.
3. Edemas: types, causes, revealing methods. Water balance, its registration.
4. Hygienic actions at carrying out of computer activity monitoring.
5. First aid in stenocardia, myocardial infarction.
6. First aid in syncope.
7. First aid in hypertensive crisis.
8. First aid in hypertensive crisis.
9. Patients care after cardiosurgery.

List of practical skills

1. Determination of pulse rate.
2. Graphic and digital recording pulse.
3. Blood pressure measurement.
4. Weigh the patient.
5. Monitoring the water balance.

Reference:

Пронько Т.П. Основы ухода за больными / Т.П. Пронько, К.Н. Соколов, М.А. Лис - Гродно: ГрГМУ, 2010. – С. 125-142.

Study 7.

Observation and care of patients with diseases of gastroenterology tract.

Control questions

1. The main complaints of the patients with diseases of gastrointestinal tract.
2. Principles of diet, enteral and parenteral feeding.
3. Indications and contraindications to collecting of gastric juices and bile. Technique of gastric juices and bile collecting.
4. Care of patient with vomiting. The collecting of vomitive masses for research. Lavage of the stomach.

5. First aid in gastric or intestinal bleeding. Patients care after abdominal surgery.
6. Care of patient with diarrhea, constipation, feces incontinence and meteorism.
7. Performance of cleansing enema, siphon enema, nutrient enema, medicinal enema.
8. Preparing of patients for gastroduodenoscopy.
9. Preparing of patients for x-rays examination of the stomach.
10. Preparing of patients for ultrasound investigation of internal organs and urinary bladder.
11. Preparing of patients for colonoscopy and x-rays examination of intestine.
12. Feces analysis.

List of practical skills

1. First aid in vomiting.
2. Taking of throat swab.
3. Gastric lavage.
4. Technique of gastric juices and bile collecting.
5. Performance of different kinds of enemas.
6. Preparing of patients for x-rays examination of the stomach.
7. Feces analysis.

Reference:

Пронько Т.П. Основы ухода за больными / Т.П. Пронько, К.Н. Соколов, М.А. Лис - Гродно: ГрГМУ, 2010. – С. 142-161.

Study 8.

Care of patients with urinary disorders.

Control questions

1. The main complains and symptoms in patients with the diseases of kidneys and urinary tract.
2. Diuresis, registration methods. Assistance with toileting.
3. Catheterization, male and female.
4. Care of a patient with a urinary catheter.
5. Kidney function tests: creatinine clearance test, urinalysis, 24-hour urine collection.
6. The principles of diet in diseases of kidneys and urinary tract.
7. Preparing patient for instrumental investigations: kidney

ultrasonography, x-ray of the urinary system.

List of practical skills

1. Collecting urine for laboratory testing.
2. Conducting tests on SS Zimnitskiy.
3. Catheterization of urinary bladder.

Reference:

Пронько Т.П. Основы ухода за больными / Т.П. Пронько, К.Н. Соколов, М.А. Лис - Гродно: ГрГМУ, 2010. – С. 161-186.

Study 9.

Observation and care of care of critical patients. Test on basics of patient care.

Control questions

1. General care of the patient in intensive care department.
2. The terminal state. Agony, clinical and biological death.
3. Care of critical patients.
4. Preparing for death legally.
5. 2010 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science With Treatment Recommendations.
6. Cardiopulmonary resuscitation. Chest compression, artificial respiration.
7. Postmortem care.

List of practical skills

1. Closed chest cardiac massage.
2. Technique of mouth-to-mouth artificial respiration.
3. First aid in anaphylactic shock.

Reference:

Пронько Т.П. Основы ухода за больными / Т.П. Пронько, К.Н. Соколов, М.А. Лис - Гродно: ГрГМУ, 2010. – С. 186-195.

TEST ON BASICS OF PATIENT CARE

Control questions

1. Types of health institutions. Basic structural units of stationary type health institutions.
2. Infection control.
3. Hospital-acquired infections.
4. Aseptic technique.
5. Antiseptics.
6. Sterilization techniques.
7. Disinfection.
8. Patient care definition. The role of patient care of in medical process.
9. Medical ethics and a deontology.
10. Yiatrogenic diseases. The medical staff role in treatment and care of patients.
11. The rights and duties of nurses.
12. Routes of medication administration. Regulations for distribution of medicines. Keeping medicines.
13. The organization of safe work conditions of the medical staff: personal hygiene, rules of wearing of overalls, hygienic requirements to footwear, hygiene of arms.
14. Rules of work with disinfectants, preventive maintenance of side effects of chemical preparations.
15. Wet cleaning of patients rooms and ward. Current and final disinfection. Ventilation of rooms.
16. Admissions department. Reception of the patient and registration.
17. Sanitary and hygienic treatment of patients.
18. Taking care of the patient with pediculosis. Cutting of hair and nails. Taking a bath and shower.
19. Transportation of patients
20. An assessment of patient's functional conditions. Position in bed. A functional bed.
21. Personal hygiene of the patient.
22. Changing bed-clothes.
23. Care of the patient's skin.
24. Prevention of bedsores. A rubber circle usage. The bed bath.

25. Care of the external genitalia.
26. Care of the mouth.
27. Care of the eyes.
28. Care of the nose and the ears.
29. Thermometry. Care of patients with fever.
30. Simple medical procedures. Hydrotherapy, hot water-bottles, cups, mustard plasters, leeches, blood-letting, compresses, ice bag usage.
31. Final disinfection.
32. The main complaints in respiratory diseases. Care of patients with diseases of respiratory tract.
33. Measuring effectiveness of respiration. Spirometry
34. Bronchoscopy.
35. Sputum tests.
36. Care of patients with pulmonary bleeding and hemoptysis.
37. Managing of cough.
38. First aid in hemoptysis.
39. First aid in bronchial asthma attack.
40. The main complaints in cardiovascular diseases. Methods of observation and care of patients.
41. Examination of the pulse and arterial blood pressure: measurement procedure, registration of the received result.
42. Edemas: types, causes, revealing methods. Water balance, its registration.
43. Hygienic actions at carrying out of computer activity monitoring.
44. First aid in stenocardia, myocardial infarction.
45. First aid in syncope.
46. First aid in hypertensive crisis.
47. First aid in hypertensive crisis.
48. Patients care after cardiosurgery.
49. The main complains and symptoms in patients with the diseases of kidneys and urinary tract.
50. Diuresis, registration methods. Assistance with toileting.
51. Catheterization, male and female.
52. Care of a patient with a urinary catheter.
53. Kidney function tests: creatinine clearance test, urinalysis, 24-hour urine collection.
54. The principles of diet in diseases of kidneys and urinary tract.
55. Preparing patient for instrumental investigations- kidney ultrasonography, x-ray of the urinary system.

56. The main complaints of the patients with diseases of gastrointestinal tract.
57. Principles of diet, enteral and parenteral feeding.
58. Indications and contraindications to collecting of gastric juices and bile. Technique of gastric juices and bile collecting.
59. Care of patient with vomiting. The collecting of vomitive masses for research. Lavage of the stomach.
60. First aid in gastric or intestinal bleeding. Patients care after abdominal surgery.
61. Care of patient with diarrhea, constipation, feces incontinence and meteorism.
62. Performance of cleansing enema, siphon enema, nutrient enema, medicinal enema.
63. Preparing of patients for gastroduodenoscopy.
64. Preparing of patients for x-rays examination of the stomach.
65. Preparing of patients for ultrasound investigation of internal organs and urinary bladder.
66. Preparing of patients for colonoscopy and x-rays examination of intestine.
67. Feces analysis
68. General care of the patient in intensive care department.
69. The terminal state. Agony, clinical and biological death.
70. Care of critical patients.
71. Preparing for death legally.
72. 2010 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science With Treatment Recommendations.
73. Cardiopulmonary resuscitation. Chest compression, artificial respiration.
74. Postmortem care.

Addition 2

List of practical skills

1. Working with the medical records of the nurse.
2. Participation in the distribution of drugs to the patient.
3. Carrying out rubbing, application of drug to the skin.
4. Preparing of disinfectants.
5. Changing bed-clothes.
6. Caring for patients with bedsores.
7. Giving a bed-pan to patients.
8. Care of the mouth of patient.
9. Instillation of drops in the eyes, ears, nose.
10. Care of the nose and the ears of patient.
11. Instilling nose drops.
12. Instilling eye drops.
13. Instilling ear drops.
14. Prevention of bedsores and their treatment.
15. Participation in the food distribution in the department.
16. Feeding of critically ill patients.
17. Body temperature measurement.
18. Registration of body temperature in temperature chart.
19. Care of febrile patients.
20. Statement of the jars, mustard plasters.
21. Placing of warming compress.
22. Placing of cold compress.
23. Preparing and giving hot-water bag to patient.
24. Preparation and filling of heater and bladder with ice.
25. Dispensing of medicines to patients.
26. Determination of chest circumference.
27. Determination of breath rate.
28. Collection of sputum for laboratory testing.
29. Collection of sputum for bacteriological testing.
30. Ability to use a handheld inhaler.
31. Performance of oxygen therapy.
32. Preparing of patients for bronchoscopy.
33. Caring for patients with respiratory diseases (creating a comfortable position in bed).
34. Determination of pulse rate.
35. Graphic and digital recording pulse.
36. Blood pressure measurement.

37. Weigh the patient.
38. Monitoring the water balance.
39. Collecting urine for laboratory testing.
40. Conducting tests on SS Zimnitskiy.
41. Catheterization of urinary bladder.
42. First aid in vomiting.
43. Taking of throat swab.
44. Gastric lavage.
45. Technique of gastric juices and bile collecting.
46. Performance of different kinds of enemas.
47. Preparing of patients for x-rays examination of the stomach.
48. Feces analysis.
49. Closed chest cardiac massage.
50. Technique of mouth-to-mouth artificial respiration.
51. First aid in anaphylactic shock.
52. Preparing of solution of antibiotics.
53. Technique of subcutaneous injections.
54. Technique of intracutaneous injections.
55. Technique of intramuscular injections.
56. Technique of intravenous injections.
57. Placing of tourniquet on upper arm or lower extremity.
58. Technique of intravenous drop infusions.
59. Prevention of complications from injections.