

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

ОСНОВЫ МЕДИЦИНСКОГО УХОДА
(методические рекомендации для студентов I курса факультета иностранных
учащихся, *обучающихся на английском языке*)

FUNDAMENTALS OF MEDICAL CARE Methodical recommendations for
students of foreign faculty
who are studying in English medium

Study 1.

Introduction to the discipline "Fundamentals of medical care". Health institutions.

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. What is ethics?
5. What is the concept of ethics?
6. The concept of iatrogenic diseases
7. Types of health institutions.
8. Basic structural units of stationary type health institutions.
9. The apparatus of therapeutic hospital department.

Reference: Проńko Т.П. Основы ухода за больными / Т.П. Проńко, К.Н. Соколов, М.А. Лис - Гродно: ГрГМУ, 2010. – С. 5-40.

Study 2.

The infectious safety maintenance in health institutions.

Control questions

1. Infection control.
2. Prevention of infections in stationary type health institutions.
3. Disinfection.
4. Sterilization techniques.
5. Aseptic technique.
6. Antiseptics.
7. Presterilizing preparation of medical instruments.
8. Decontamination and recycling of old products and medical supplies.
9. The concept of infectious diseases associated with medical aid rendering (nosocomial infections, Hospital-acquired infections).

List of practical skills

1. Preparing of disinfectants.
2. Carrying out tests on the quality of cleaning syringes and needles from the blood and washing solution.
3. Hygienic antiseptic hand: European standard EN-1500 treatment

Reference: Проńko Т.П. Основы ухода за больными / Т.П. Проńко, К.Н. Соколов, М.А. Лис - Гродно: ГрГМУ, 2010. – С. 9-24.

Study 3.

Microclimate maintenance in public health institutions.

Control questions

1. The rights and duties of nurses.
2. The rights and duties of paramedical personnel.

3. Ethical and juridical (legal) responsibility of medical workers
4. The device of nurse workplace.
5. The main types of medical documents of nursing post.
6. Acceptance and delivery of duty.
7. The organization of safe work conditions of the medical staff: personal hygiene, rules of wearing of overalls, hygienic requirements to footwear, hygiene of arms.
8. Rules of work with disinfectants, preventive maintenance of side effects of chemical preparations.
9. Wet cleaning of patients rooms and ward. Current and final disinfection. Ventilation of rooms.
10. The concept of preventive, current and final disinfection
11. Procedure Health Organization workers in an emergency contact with the patient's biological material contamination of biological material objects of the environment.
12. The concept of Hospital day regimen

List of practical skills

1. Working with the medical records of the nurse.

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

Study 4.

Sanitary and hygienic treatment of patients. Transportation of patients.

Control questions

1. Admissions department.
2. Reception of the patient and registration.
3. An assessment of patient's functional conditions.
4. Sanitary and hygienic treatment of patients.
5. Taking care of the patient with pediculosis.
6. Cutting of hair and nails.
7. Taking a bath and shower.
8. Anthropometry.
9. Transportation of patients
10. The main propulsion modes prescribed therapeutic patients.

List of practical skills

1. An assessment of patient's functional conditions.
2. Determination of chest circumference.
3. Determination of height and weight of the patient
4. Transportation of patients

Reference: Пронько Т.П. Основы ухода за больными / Т.П. Пронько, К.Н. Соколов, М.А. Лис - Гродно: ГрГМУ, 2010. – С. 40-59.

Study 5.

Personal hygiene of patients.

Control questions

1. Personal hygiene of the patient.
2. Changing bed-clothes.
3. Care of the patient's skin.
4. The bed bath.
5. Care of the external genitalia. Intimate washing of patient
6. Care of the mouth.
7. Care of the eyes.
8. Care of the nose and the ears.

List of practical skills

1. Changing bed-clothes.
2. Intimate washing of patient
3. Instilling eyes drops.
4. Ability to establish eye ointment for the lower eyelid of the eye tube and a spatula.
5. Care of the mouth of patient.
6. Care of the nose and the ears of patient.
7. Care of the ears of patient.
8. Instilling nose drops.
9. Instilling ears drops.

Reference: Пронько Т.П. Основы ухода за больными / Т.П. Пронько, К.Н. Соколов, М.А. Лис - Гродно: ГрГМУ, 2010. – С. 40-59.

Study 6.

Care of patients with fever. Simple medical procedures

Control questions

1. General characteristics of the human body temperature, and the factors influencing it.
2. Storage and disinfection of thermometers.
3. The temperature measurement technique.
4. Registration of temperature measurements.
5. The concept of a fever. The types of fevers, their graphic representation.
6. Periods of fever.
7. Care of febrile patients in various stages of fever.
8. Simple medical procedures: Hydrotherapy, hot water-bottles, cups, mustard plasters, leeches, blood-letting, compresses, ice bag.
9. Disinfection of cans warmer.

List of practical skills

1. Body temperature measurement.
2. Registration of body temperature in temperature list.
3. Care of febrile patients.

4. Statement of the jars, mustard plasters.
5. Placing of warming compress.
6. Placing of cold compress.
7. Preparing and giving hot-water bag to patient.
8. Preparation and filing of heater and bladder with ice.

Reference: Пронько Т.П. Основы ухода за больными / Т.П. Пронько, К.Н. Соколов, М.А. Лис - Гродно: ГрГМУ, 2010. – С. 40-59, 83-89.

Study 7.

Ways of taking medication. Enteral routes of administration and exterior.

Control questions

1. Ways of taking medication: enteral and exterior.
2. Extract, storage medicines guard nurse.
3. Extract, possession of drugs department head nurse.
4. The rules of distribution of medicines.
5. Write-off of narcotic and potent drugs.
6. Equipping and training the workplace to perform injections and intravenous infusions.
7. Apparatus syringes and their varieties.
8. Set of drugs from vials and ampoules.
9. Delivery of the syringe to the patient's bed.

List of practical skills

1. Carrying rubbing, application of drug to the skin.
2. The collection of a sterile syringe.
3. Set of drugs from vials and ampoules.
4. Delivery of the syringe to the patient's bed

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

Study 8.

Subcutaneous injection technique. Technique of intramuscular injection.

Control questions

1. Indications and contraindications for subcutaneous injection.
2. Preparation of the skin of the patient to the injection.
3. Equipment subcutaneous and intradermal injections.
4. Possible complications of subcutaneous and intradermal injections.
5. Indications and contraindications for intramuscular injection.
6. Prepare the skin of the patient to the injection.
7. Technique intramuscular injection.
8. Features of the introduction of oily solutions.
9. Possible complications of intramuscular injections.

List of practical skills

1. Intradermal injection.
2. Subcutaneous injection.
3. Breeding antibiotics.
2. Intramuscular injection.

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

Study 9.

Technique of intravenous injection and intravenous drop infusions.

Control questions

1. General characteristics of intravenous infusions.
2. Necessary tools and supplies for intravenous infusion.
3. Characteristics of single-use systems for intravenous drop infusions.
4. Indications and contraindications for intravenous administration of drugs.
5. The method and technique of intravenous blood collection.
6. The method and technique of intravenous bolus.
7. The method and technique of intravenous drip infusion.
8. Possible complications of intravenous infusions.
9. Methods for decontamination and disposal of used products and medical supplies.

List of practical skills

1. Tourniquet on his arm.
2. The method and technique of intravenous bolus.
3. The method and technique of intravenous drip infusion.
4. The method and technique of intravenous blood collection.
5. Carrying out an intravenous drop infusion.

Study 10.

Observation and care of patients with diseases of respiratory system

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 respiration, their evaluation.
4. Determination of breathing frequency.
5. Caring for patients with respiratory diseases.
6. First aid with hemoptysis, pulmonary hemorrhage, cough, asthma attack.
7. Features of care for patients after surgical operations on the organs of respiration (tracheostomy tube pleural drainage).
8. The concept of instrumental methods of investigation of the respiratory (spirometry, bronchoscopy, bronhografi, pneumotachometry, peak flow).
9. Preparation of patients to the instrumental methods of investigation.
10. Use of a handheld inhaler.

11. The collection of sputum for general analysis, for the analysis of *Mycobacterium tuberculosis* and atypical cells.
12. Identification of *Mycobacterium tuberculosis* by flotation, fluorescence microscopy.
13. Methods of disinfection care items: processing and distribution of individual spittoons sputum in somatic hospitals and TB health facilities.
14. The method of oxygen therapy. Indications for oxygen therapy.
15. Safety precautions when working with oxygen devices.

List of practical skills

1. Determination of breath rate.
2. Collection of sputum for laboratory testing.
3. Collection of sputum for bacteriological testing.
4. Ability to use a handheld inhaler.
5. Performance of oxygen therapy.
6. Taking a throat swab for bacteriological examination.

Reference:

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

Study 11.

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. Edemas: types, causes, revealing methods.
3. Water balance, its registration.
4. The concept of acute coronary disease (angina, myocardial infarction).
5. The concept of acute and chronic heart failure.
6. Provide first aid for pain in the heart, suffocation.
7. Characteristics of therapeutic diets used in cardiovascular diseases.
8. Care for patients with diseases of the cardiovascular system.
9. Features of care for patients after cardiac surgery.
10. Caring for the patient during the computer monitoring of cardiac activity.

List of practical skills

1. Water balance, its registration

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

Study 12.

A study of pulse and blood pressure measurement.

Control questions

1. What is the pulse?
2. Method of calculation of the pulse.
3. Methods of measuring blood pressure.
4. Registration of the result.
5. The concept of hypertension.
6. The concept of acute circulatory collapse (syncope, collapse, shock).
7. Provide first aid for hypertensive crisis, fainting, collapse, shock.

List of practical skills

1. Determination of pulse rate.
2. Blood pressure measurement.

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

Study 13.

Diet. The concept of clinical nutrition.

Control questions

1. The concept of the caloric intake.
2. The human body needs protein, fat, carbohydrates, vitamins, mineral salts, water.
3. The importance of diet as a therapeutic factor.
4. Organization of patient's nutrition in health care organizations.
5. Feeding critically ill patients, elderly, bedridden.
6. The concept of artificial feeding of patients with a probe and parenterally.

Study 14.

Observation and care of patients with diseases of gastrointestinal tract.

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. Providing first aid in vomiting, gastric bleeding.
4. Methods of collecting vomit for examination.
5. Method of gastric lavage.
6. Nutritional care of patients with diseases of the digestive system.
7. Features of care for patients with lesions of the central nervous system, after surgery on the abdominal organs.

List of practical skills

1. First aid in vomiting.
2. Gastric lavage.

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

Study 15.

Observation and care of patients with disturbances of intestine propulsion and evacuation.

Control questions

1. Main complaints of patients with diseases of intestine.
2. Care of patient with diarrhea, constipation, feces incontinence and meteorism.
3. The methods of disinfection of objects of patient care: treatment and supply vessel.
4. Enemas, enemas types. Indications and contraindications for the production of various types of enemas.
5. Preparation of the patient and the conditions for carrying out a cleansing enema.
6. Performance of cleansing enema, siphon enema, nutrient enema, medicinal enema.
7. Introduction of the vapor tube into the rectum.
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. Submission of the bed-pan to the patient.
2. Performance of a cleansing enema.
3. Stool samples for bacteriological tests.

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

Study 16.

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. Daily urine output, registration methods. Assistance with toileting.
3. Observation and care of patients with diseases of kidney and urinary tract
4. The principles of diet in diseases of kidneys and urinary tract.
5. Method of collecting urine for general analysis.
6. Submission of the patient urinal.
7. Methods of disinfection of objects of patient care: treatment of the urinal.

List of practical skills

1. Determination of the water balance.
2. The collection of urine for laboratory examination.

3. Submission of a patient urinal.

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

Study 17.

Preparation of patients for analysis and functional studies of the urinary system. Catheterization of the urinary bladder.

Control questions

1. Indication for catheterization of urinary bladder.
2. Catheterization of male.
3. Catheterization of female.
4. Preparation of the patient to X-ray examination of the kidneys.
5. Method of urine on Nechiporenko study on Zimnitsky.
6. How is going urine for sugar, glyukozurichesky profile?
7. Psychological and physiological preparation for further studies (bladder catheterization, diagnostic imaging - X-ray examination, renal imaging, sonography, etc.).

List of practical skills

1. Catheterization of male.
2. Catheterization of female.

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

Study 18.

Monitoring and care of patients with middle and old age, with a deficit of self-service

Control questions

1. . Features of care for patients with middle and old age.
2. Observation and hygienic care of patients with deficiency of self-service and a violation of motor activity.
3. The situation in the bed and patient care with the need to change his position in bed, when changing the bed and underwear in critically ill.
4. Functional bed.
5. Various tools for the creation of a comfortable position for the patient.
6. The concept of bedsores, the mechanism of their occurrence.
7. Skin Care in the presence of pressure sores, methods of prevention and treatment.
8. Feeding critically ill patients, patients, elderly, bedridden.
9. The clinical signs of terminal states.
10. Caring for dying people.

11. The statement of death, legal and ethical standards of treatment of the corpse.
Design documentation for delivery to the morgue.
12. Sanitary and epidemiological regime ICU.
13. Secure methods of work in the intensive care unit.

List of practical skills

1. Change of bed and underwear seriously ill.
2. Submission of the bed-pan.
3. Treatment of bedsores.

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

