

**FIRST AID WITH ELEMENTS OF NURSING**  
**for the 1<sup>st</sup> year Students of Medicine. English Program; Academic year 2011/2012**

**THE INDEPENDENT LABORATORY OF PROPEDEUTICS OF NURSING**

**u. Żołnierska 48, 71-210 Szczecin**

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**Head: dr n. med. Elżbieta Grochans**

**ECTS Points: 2**

**Classes: 40 hours**

**Nursing practice: 140 hours**

**Teachers in charge of didactics: dr n. med. Małgorzata Szkup-Jabłońska, mgr Magdalena Kuczyńska**

**Didactic and educational goals of the subject:**

A student should be able to:

1. Develop skills of providing diagnostic, care, therapeutic and conditioning treatment to a patient of any health condition and age.
2. Develop interpersonal skills with the members of therapeutic team.
3. Learn basic methods of nursing and choose them according to the recipient profile.
4. Develop the skills of providing first aid.
5. Nurse the patient in accordance with the rules of professional ethics.

**Didactic methods:** classes, demonstration, situation method.

To obtain the final credit the student must pass all the tests in the second semester.

## **I semester**

**Classes:** 28 hours

### **Teaching material**

1. Hygienic hands washing and application of non-sterile gloves
2. Methods of bandaging different parts of the body
  - a. Types of guipage
  - b. Upper and lower limbs bandaging
  - c. Thoracic cavity bandaging
  - d. Head bandaging
3. Provision of daily activities assistance to the patient
  - a. Laying the bed with the patient
  - b. Changing the patient's underwear
  - c. Laying the patient in different positions according to their general condition and abilities
  - d. Providing the lying and sitting patient with facilities
  - e. Assisting the patient in changing his position in bed, when getting out of bed.
  - f. Passing a bedpan and a urinal to the patient
  - g. Feeding the patient and giving him liquids
4. Assessment of basic vital functions and general condition of the patient
  - a. Measuring and observing respiration, pulse, blood pressure, body temperature
  - b. Measurement of patient's height and weight
  - c. Documentation of measurement results
5. Care for patient at risk of complication because of long bed-rest
  - a. bedsores – assessment of risk, typical places, dressings, management
  - b. technique of breathing exercises
  - c. performing Range-of-Motion Exercises
6. Collecting the specimens for laboratory tests
  - a. collecting urine specimens, twenty-four hour specimens,
  - b. collecting stool specimens
  - c. collecting swabs from nose, ear, wound, urethra
7. Selected treatment methods

- a. oral medication administration
  - b. technique of administering eye-drops, eardrops, nose-drops, eye-ointment
  - c. calculation of ordered medication doses
8. Technique concerning some activities securing the patient's safety
- a. application of sterile gloves
9. Technique of catheterization and irrigation of urinary bladder
10. First aid rules in a life- threatening condition (bleeding, fracture, cardiac arrest)
11. Technique of giving injections and blood collecting
- a. preparing equipment
  - b. collecting capillary blood
  - c. intradermal injection and allergic tests

## **II semester**

**Classes:** 12 hours

### **Teaching materials**

1. Technique of giving injections
  - a. subcutaneous injection
  - b. intramuscular injection
  - c. vein- blood collecting
  - d. intravenous injection
  - e. intravenous drip infusion
  - f. technique of intravenous cannula

### **After the course the student should be able to:**

- Characterize the most important elements of nursing a patient
- Explain and use methods of collecting data about the patient
- Participate in the process of diagnosis, treatment and rehabilitation
- Apply the rules and use proper techniques of nursing

- Recognize symptoms of life risks
- Provide first aid

## Regulations

1. The course will be conducted by: dr n. med Małgorzata Szkup, mgr Magdalena Kuczyńska
2. Classes are held on depending on the timetable, in the classrooms 101, 102, 113, 114, 116 on 1<sup>st</sup> floor
3. Students are obliged to be prepared for every class according to the plan which is hung out on the table
4. Students are obliged to change their clothes (white coat, white trousers, shoes) before starting the classes. Students must be presented with a proper appearance: name tag, pin up hair, short nails without nail polish, no jewellery (these rules must be respected from first class in November).
5. Rights and obligations for I-st year students during the course of nursing
6. The presence at the classes is obligatory. Lessons start on time, it is unacceptable to be late.
7. Students who have been absent must (within maximum 7 days) present a document justifying their absence signed either by doctor, or by the Dean.
8. If the student has justified his/her absence, he/she is allowed to make up the day they have missed – best with the next group of students
9. If the work up of missed days is not possible with the next group – a different kind of task will be given by the teacher
10. If a student has been absent and doesn't bring a document within 1 week she/he is not able to get a signature from the teacher at the end of the course
11. Regulations for First year Students during the course of nursing
12. In order to get a signature in the student's book the student must be present in all the lessons, take active part in the exercises, and have positive marks on every practice.
13. If the student fails the practice, he/she has a second chance on the next class. If the students fail it, the third chance is available only at the end of the semester.

## Obligatory reading

1. Kładna A (ed.): Nursing Care; Desmurgy; Emergencies. PAM, Szczecin 2008

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Samodzielnej Pracowni Propedeutyki  
Pielęgniarstwa  
  
dr n. med. Elżbieta Grochans