

SUBJECT SYLLABLE

Basic Principles of Nursing II

Pedagogues of the subject		Official lecturer: <i>PhD Enkelejd Mehilli</i> Subject Lecturer: <i>Registered Respiratory Therapist, Msc RN Vasilika Prifti</i>						
Hours	ECTS	Hours in the auditorium					Individual study	Total
		Lecture	Seminar	Lab	Practice	Clinical project		
	8	45	0	45	0	0	110	200
Typology of the subject		Discipline of the characterizing formation of the program						
Academic year /term when the subject is followed		Year I, Term II (Spring 2020)						
Type of the subject		Mandatory						
Study program		Bachelor in General Nursing						
Subject code		INF 162						
E-mail of the pedagogue of the subject		vasilika.prifti@univlora.edu.al vasilika.prifti@yahoo.com						

SUMMARY AND LEARNING RESULTS

Subject description	Basic principles of nursing is a forming professional subject, based on complex themes that explains the nursing procedures, basic principles of nursing care, and nursing documentation. In this module is included the nursing practice, which aims to give the students the knowledge of health organization in the community in order for the students to be ready for the following year in the hospital health care services.
Objectives of the subject	<ul style="list-style-type: none"> ▪ Getting to know the nursing profession, the standards of professional practice, and the standards of professional performance. ▪ Knowing the methods of medication administration and their realization ▪ Knowing the physiological basis of nursing care ▪ Knowing the professional risks and their prevention ▪ Knowing the techniques of first aid and CPR
Expected results	<p>At the end of the module the student will be able to:</p> <ul style="list-style-type: none"> ☞ To perform nursing care based on critical thinking ☞ To perform medication administration ☞ To know the physiological basis of nursing care ☞ To perform the techniques of first aid and CPR

BASIC CONCEPTS

1. Physiological basics of nursing care
2. Health care services during the lifetime. Health promotion and prevention
3. Medication administration, professional risks in hospital environments
4. Nursing care in first aid and CPR

Week	Theoretical topics: lectures	Pages	Teaching forms
1	<p>Topic I- Health and wellbeing. The health models. The factors that affect the health of an individual. <i>Health models offer the possibility to understand the relation between the concept of health, wellbeing and disease.</i></p> <p>Topic II – Health promotion, education and prevention of pathologies. The levels of care. <i>The concepts of health promotion, wellbeing and disease prevention are connected with each other in the practices of health care. All these are focused on the future, the difference between them remains on motivation and objectives.</i></p> <p>Topic III – Basic human needs <i>Basic human needs according to Virginia Henderson and Maslow</i> <i>Lab 1: Obtaining a venous blood sample for examination</i> <i>Lab 2: Obtaining a venous blood sample for examination</i> <i>Lab 3: Obtaining a venous blood sample with vacutainer system for examination</i></p>	<p>Pg. 26 – 29</p> <p>Pg. 29 -32</p> <p>Pg 61 - 65</p>	<p>Lecture</p> <p>Lecture</p> <p>Lecture</p> <p>Lab 3 hours</p>
2	<p>Topic IV - V Human communication (2 hours) <i>Communication as a therapeutic relation, the methods of communication, the basic techniques of communication</i></p> <p>Topic VI – Physical activity and exercises <i>Regular physical activity and exercises, the principles of movement and the technique of patient positioning, basic knowledge</i> <i>Lab 4 – 5: collection a sample of expectorant, ECG, the use of tampons for culture collection</i> <i>Lab 6: urine sample collection for laboratory examination</i></p>	<p>Pg 69 – 79</p> <p>Pg 233- 239</p>	<p>Lecture</p> <p>Lecture</p> <p>Lecture</p> <p>Lab 2 hours</p> <p>Lab</p>
3	<p>Topic VII – Nursing process in activity and exercises <i>Nursing care based on the 5 steps of nursing process.</i></p> <p>Topic VIII - IX- Hygiene and the care for the patient; nursing process during the patient hygiene. <i>To perform the personal hygiene of the patient means for the nurse not only to think of the characteristics of the intervention but also the understatements that may come as a result of this care, necessary for the patient hygiene.</i> <i>Lab 7: Walking with the patient</i> <i>Lab 8: Partial and total patient hygiene</i> <i>Lab 9: Partial hygiene of the patient</i></p>	<p>Pg 239- 246</p> <p>Pg 250 -258</p>	<p>Lecture</p> <p>Lecture</p> <p>Lab</p> <p>Lab</p> <p>Lab</p>
4	<p>Topic X - XI – Nutrition in different life phases <i>Nutrition in different physiological life phases or other pathological periods based on the principles of nursing care</i></p> <p>Topic XII – Urinary elimination <i>Helping the patient during the urinary elimination respecting the principles of nursing care</i> <i>Lab 10: Assistance in feeding the patient</i> <i>Lab 11: Inserting a NGS</i> <i>Lab 12: Feeding the patient with an NG tube</i></p>	<p>Pg. 291 – 301</p> <p>Pg. 309 - 315</p>	<p>Lecture</p> <p>Lecture</p> <p>Lab</p> <p>Lab</p> <p>Lab</p>
5	<p>Topic XIII - Intestinal elimination <i>Helping the patient during the intestinal elimination respecting the principles of nursing care</i></p> <p>Topic XIV - Mobility. Nursing care in mobility <i>Mobility comes as a need for the humans in order to fulfill the goals or desires.</i></p>	<p>Pg 326 - 329</p> <p>Pg 336 - 341</p>	<p>Lecture</p> <p>Lecture</p>

	<p>Topic XV – Positions of the patient in bed <i>Positions of the patient in bed and the role of the nurse in keeping the correct position</i> <i>Lab 13 – 15: nursing care in urinary elimination, the use of a bed pan, inserting a Foley Catheter.</i></p>	Pg 341 - 345	Lecture Lab 3 hours
6	<p>Topic XVI - XVII – Immobility, nursing care in immobility. <i>Immobility is related to the obvious changes of the human organism, so the nursing staff needs to know these changes and the help needed from the patient to prevent these and care for them.</i> Topic XVIII – Wounds, characteristics, classification, the process of healing. <i>Knowing the wounds and their characteristics affects the right nursing care.</i> <i>Lab 16 – 18: applying a cleaning and treating enema, rectal cleaning</i></p>	Pg. 345 – 350 Pg 377 - 382	Lecture Lecture Lab 3 hours
7	<p>Topic XIX – Wounds, the types of treatment, the factors that affect the healing process. <i>The wound healing is different depending on the causing factors</i> Topic XX- XXI Pressure ulcers, nursing care <i>Pressure ulcers are a tissue damage that goes to the necroses stage, affects the skin and the subcutaneous tissue, and in severe cases may go to the muscles and bones. The role of the nurse is in prevention of their presence in hospitalized patients.</i> <i>Lab 19 – 21: Body mechanics</i></p>	Pg 382 - 384 Pg 385 - 390	Lecture Lecture Lab 3 hours
8	<p>Topic XXII – Pain, its perception and the treatment <i>Pain definition, its classification, evaluation from the nursing personnel.</i> <i>Pg.416 - 421</i> Topic XXIII - XXIV: Preoperative nursing care, care during a surgical intervention. <i>The nurse has an important role before and during the surgical intervention Pg. 422 - 430</i> <i>Lab 22: Physical rehabilitation</i> <i>Lab 23: Treating an infected and a clean wound, treating a pressure ulcer</i> <i>Lab 24: Bandaging</i></p>		Lecture Lecture Lab Lab Lab
9	<p>Topic XXV - XXVI Nursing care post anesthesia, post op nursing care. <i>The responsibility of the nurse in order to assess the complications after a surgical intervention, is the patient is in discomfort, to help the improvement of the general condition of the patient and the continuous monitoring.</i> Topic XXVII – Medication administration, definition, classification, and the forms of medications <i>Administering the medication is a very important part of the nursing job. The nurse should know the medications, the routes of administration, their classification.</i> <i>Lab 25 – 27: Bandaging an wound</i></p>	Pg 431 – 438 Pg 442 - 448	Lecture Lecture Lab 3 hours
10	<p>Topic XXVIII – Medication administration. Maintenance, conservation of the medications and opioid medications. The features of medications. <i>Knowing the features of medications and the conditions of their preservation needed to fulfill their preservation.</i> Topic XXIX – Sublingual and oral route of medications. <i>Sublingual route, advantages, disadvantages. Oral route, advantages, disadvantages.</i> Topic XXX – Rectal and respiratory route of medication administration. <i>Administering medication orally and rectally, advantages and disadvantages of each route.</i></p>	Pg 448 – 454 Pg 454 – 456 Pg 456 - 458	Lecture Lecture Lecture Lab 3 hours

	<i>Lab 28 – 30: Medication administration</i>		
11	Topic XXXI – Cutaneous route of medication administration <i>Administering medication in cutaneous route, advantages and disadvantages.</i>	Pg 458 - 459	Lecture
	Topic XXXII - Subcutaneous route of medicament administration <i>Administering medication in subcutaneous route, advantages and disadvantages. Injection sites</i>	Pg 459 – 461	Lecture
	Topic XXXIII – Intradermic route of medicament administration <i>Administering medication in ID route, advantages and disadvantages. Injection sites</i> <i>Lab 31 – 33: Medication administration</i>	Pg 461 - 462	Lecture <i>Lab 3 hours</i>
12	Topic XXXIV – Intramuscular route of medicament administration <i>Administering medication in IM route, advantages and disadvantages. Injection sites. "Z" Technique Pg 462 - 464</i>		Lecture
	Topic XXXV - Intravenous route of medicament administration <i>Administering medication in IV route, advantages and disadvantages. Injection sites. Complications Pg 464 - 466</i>		Lecture
	Topic XXXVI – IV therapy <i>The goal of IV therapy, why is it used. The methods of administration, standardization of IV therapy Pg. 466 - 472</i> <i>Lab 34 – 36: Medication administration</i>		Lecture <i>Lab 3 hours</i>
13	Topic XXXVII – Liquids, electrolytes, IV therapy. <i>The function of liquids in the human body, electrolytes, their characteristics, the movement of liquids in the organism</i>	Pg 472 – 479	Lecture
	Topic XXXVIII - XXXIX – Blood transfusion, nursing care during complications of a blood transfusion. <i>Blood types, donators, the conditions of the transfusion therapy, complications and prevention.</i> <i>Lab 37 – 39: Medication administration</i>	Pg 509 - 521	Lecture <i>Lab 3 hours</i>
14	Topic XL – Physical risks during the nursing profession <i>Radiation and the nursing profession, assistance in cases of physical radiation</i>	Pg 523 - 529	Lecture
	Topic XLI – Biological risk during the nursing profession <i>The ways if infection transmission to nursing staff, protection against biological risk.</i>	Pg 530 - 534	Lecture
	Topic XLII - Chemical risks during the nursing profession <i>Exposure of nursing staff to the chemical risk</i> <i>Lab 40: Medication administration</i> <i>Lab 41 – 42: Performing a blood transfusion</i>	Pg 535 - 538	Lecture <i>Lab</i> <i>Lab 2 hours</i>
15	Topic XLIII – Accidents in health care personnel <i>Accidents during the nursing process and the methods of their prevention</i>	Pg 538 – 542	Lecture
	Topic XLIV - XLV – First aid <i>General knowledge on emergency interventions, CPR</i> <i>Lab 43 – 45: Adults and infant CPR</i>	Pg 543 - 550	Lecture <i>Lab 3 hours</i>

FORMS OF KNOWLEDGE EVALUATION

ATTENDANCE:	<p>It is required active participation in the class. Lesson hours are mandatory at 75%. Lab hours are 100% mandatory in case of justified absences the lab hour will be repeated in agreement with the lecturer. All students must be present in the Lab hours at the designated time and equipped with a lab coat and hair on a pony tail (respecting the ethical code of nursing).</p> <p>Absences are allowed to be repeated up to 25% of the hours if they are justified. Otherwise, the student is deprived of the right to be admitted in the final exam. Absences are personal responsibility of the student, as well as missed assignments or tests.</p>
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	<i>Type of evaluation</i>	<i>Time of evaluation</i>	<i>Themes being evaluated</i>	<i>Maximal points</i>	<i>Forms of knowledge testing</i>	<i>Testing contents</i>
The method of evaluation	Midterm	Week 7/8	1- 15 lectures	30 points	Written exam	Quiz and explanation questions
	Final exam	End of the term	16 – 45 lectures	60 points	Written exam	Quiz and explanation questions
	<i>Continuing evaluation</i> *	Week 14/15	Lab topics	10 points	Lab procedures	Procedure demonstration
	* <i>Continuing evaluation</i> - this part is evaluated from the lab instructor during the total term hours. The students will demonstrate the lab procedures that are learned on the manikins.					
	Conversion of the points in the final grade will be as follows:					
	40- 49 points	50-59 points	60-69 points	70-79 points	80-89 points	90-100 points
	5	6	7	8	9	10

LITERATURE	
Mandatory literature	“Fundamentals of Nursing” Edition 8, 2012. Publisher Elsevier Health Science ISBN – 13 9780323079334 (translated and prepared by Emirjona Kiçaj, Denada Selfo, Rudina Cercizaj, Rezarta Lalo and Alida Ramaj)
Recommended literature	<ul style="list-style-type: none"> o Procedures and nursing techniques” E. Kicaj, R. Cercizaj, R. Lalo, A. Ramaj 2010 (FPH-UV) o Nursing procedures and interventions, Daniel Jirkovský et al. Prague, May 2014 ISBN: 978-80-87347-16-4

FINAL REMARKS FROM THE SUBJECT PEDAGOGUE	
Dispositions:	Students are expected to develop values and ethics that show their interests and behavior in a professional perspective. These expectations relate to the appearance at the University premises, accountability during the teaching process, their honesty and social justice issues. Students should respect individual differences, be collaborative, evaluate the abilities and qualities of themselves and others, to evaluate the different forms of expression of thought and individual choices. In accordance to the ethical rules, students should respect ethnic differences and assist with integrating and supporting attitudes of persons with disabilities.
Lateness	Being late in lectures and seminars will not be tolerated. After the pedagogue enters the classroom no student is allowed to enter after.
The professional behavior of the student	Students are considered adults and this requires a higher level of responsibility and self-awareness about their behavior, goals and interests for which they have chosen to attend the university. Bearing in mind that the university infrastructure and ecology of the environment where knowledge is provided is not perfect, we must set some mandatory rules for everyone. That is, attention during the process of teaching, mobile phones should be turned off, no messages and no use of other digital entertainment devices (MP3s), no games, no make ups on the desks, suitable clothing to attend the lesson, acceptable vocabulary (strictly forbidden vulgarity) and communication within and outside the classroom. For any deviation from these rules, there will be penalties, as written in the University Regulations and the Faculty of Public Health.

The academic integrity and the rights of the author

Each test or written work should be entirely individual and original. This means that the students write only based on argument concepts, in lectures, abstracts and original analyses and always state the source of their information. Copying and mixtures of information, stealing of other's work will not be tolerated.

Approved by
Head of the Nursing Department
Dr. Majlinda Zahaj