Academic program: **Bachelor in Midwifery**

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| Module: “ADULT NURSING CARE” |
| Module’s Titular: Prof/ assoc Fatjona KamberiModule’s lecturer: Dr Evis Alushi |
| Module’s code | ECTS | Classrooms (hours) | Individual study (hours) | Total |
| Lecture | Seminar | Labs  | Clinic practices |
| INF 241 | 8 | 45 | 0 | 0 | 60 | 94 | 200 |
| **Subject typology** | Characteristic subject |
| **Year/semester**  | Year III, Semester I (Fall) |
| **Core / Optional** | Obliged |
| **Study program** | Bachelor in "Nursing Midwifery" |
| **Subject code** | INF 330 |
| **Email:** | evis.allushi @univlora.edu.al |

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| **SUMMARY AND LEARNING OUTCOMES** |
| **Module’s description** | In this course, the student, after having obtained relevant knowledge about the pathologies that affect adults in Internal Medicine, Surgery and Geriatrics, prepares in the field of nursing care to successfully cope with any situation related to this care.Get relevant knowledge about nursing diagnoses as well as different nursing care protocols. |
| **Module’s objectives** |  Familiarity with nursing care in the main pathologies that affect adults. Presentation of the patient's nursing assessment. Acquaintance with nursing care protocols as well as drafting nursing diagnoses |
| **Learning outcomes** | At the end of the course students will be able:* To draw up nursing diagnoses for adults.
* To concretely implement care protocols according to the pathology of different systems.
* To present secondary clinical cases: from etiology to nursing care planning
* To carry out nursing care based on critical thinking.
* To carry out the administration of medications.
* To know the physiological bases of nursing care in every disease.
* To perform first aid techniques.
* To perform nursing care in urinary and intestinal elimination.
* To take care of a clean, contaminated, infected wound or a decubitus.
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| **BASIC CONCEPTS**1. Physiological bases of nursing care in internal diseases2. Health care throughout life. Health promotion and disease prevention in adults according to systems.3. Administration of medications and psychological assistance to patients with cardiac, pulmonary, gastrointestinal, endocrine, hematological and renal disorders.4. Nursing assistance in geriatric diseases5. Nursing care in the pre- and post-operative period. |

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| **MODULE’S WEEKLY SCHEDULE**  |
| **Week** | **Lectures program** | **Reference literature** | **Teaching activities** |
| **1** | Topic 1 - Examination methods in cardiology. Nursing care in patients with TA and hypertensive crises*A large number of instrumental methods are used for the diagnosis of diseases of the cardiovascular system, from the simplest to the complicated or sophisticated ones.**Arterial tension is the pressure exerted by the blood in its vessels. The level of this pressure depends on the volume of the blood, the work force of the heart and the peripheral resistance encountered by the blood flow in the arterial system. HTA is one of the most widespread diseases in all the world. In our country, it affects about 80% of the adult population.*Topic 2 - Nursing care for patients with pulmonary edema*Pulmonary edema is a clinical syndrome with multiple etiological causes, which is associated with the accumulation of an amount of fluid in the pulmonary tissue.*Topic 3 - Nursing care for patients with endocarditis, pericarditis, myocarditis.*Pericarditis are inflammations of the pericardial membranes. They are very causal diseases. Endocarditis is inflammation of the endocardial membranes.**Teaching practice in the Pathology ward.* | (1)*pg.8-14*(1)*pg.15-22*(1)*pg.23-33* | Lecture 1 hourLecture 1 hourLecture 1 hourPractice 4 hours |
| **2** | Topic 4 - Nursing care for patients with angina pectoris and patients with AMI.*Angina pectoris is a pathology that occurs when the oxygen supply to the heart is not sufficient, usually from atherosclerotic changes in the coronary arteries.**Myocardial infarction is a pathology expressed by necrotic areas in the myocardium, which comes from a prolonged spasm and from the obstruction of the coronary artery in the absence of collateral circulation and which leads to the immediate stoppage of blood and oxygen in the cardiac muscle.*Topic 5 - Nursing care in cardiomyopathy and heart failure.*Heart failure is a very common chronic condition where a diseased heart reduces a person's ability to be sufficiently physically active. Having heart failure means that blood is not being pumped out of the heart correctly and sometimes causes a blockage of blood going to the lungs and body tissues.*Topic 6 - Nursing care in patients with Pneumonia.*Pneumonia is an inflammatory process of the lungs, which focuses on the perialveolar interstitial tissue and the alveolar walls.**Teaching practice in the Pathology ward.* | (1)*pg.34-40*(1)*pg.48-52*(1)*pg.53-63* | Lecture 1 hourLecture 1 hourLecture 1 hourPractice 4 hours |
| **3** | Topic 7 - Nursing care in patients with COPD and tracheobronchitis.*COPD is chronic obstructive pulmonary disease. Observation and history of the disease will help the nurse in understanding the patient and his disease. Data collection includes providing information about ongoing symptoms.*Topic 8 – Nursing care in bronchial asthma and PNX.*Bronchial asthma is a clinical condition that appears in the form of respiratory failure resulting from the high reactivity of the tracheo-bronchial pathways to various environmental or genetic factors.**PNX is the collection of air in the pleural space, which separates the lungs from the chest wall.*Topic 9 - Nursing care for sica and exudative pleurisy and acute bronchitis.*Pleuritis is inflammation of the pleura and accumulation of fluid in the space between the two visceral and parietal pleura.**Acute bronchitis is inflammation of the mucous membrane of the bronchi that is characterized by anatomical-pathological changes and is expressed by increased secretions and their sensitivity (exudates and spasms).**Teaching practice in the Pathology ward.* | (1)*pg.65-76*(1)*pg.76-89*(1)*pg.90-93* | Lecture 1 hourLecture 1 hourLecture 1 hourPractice 4 hours |
| **4** | Topic 10 – Nursing care in rheumatic fever and rheumatoid arthritis.*Rheumatic fever or acute rheumatic arthritis is a general disease of the body that appears with high temperature, with collagen tissue damage with main localization in the joints and heart.*Topic 11 - Nursing care in Esophagitis and Esophageal Cancer.*Esophageal cancer is the neoplasm of the esophagus. Esophageal tumors usually cause difficulty in swallowing, pain and other symptoms, and are diagnosed by biopsy. In addition to them, small tumors have also been identified, which are treated with surgery for curative purposes.*Topic 12 - Nursing care in Gastritis and Stomach Cancer.*Gastritis is an inflammation of the stomach lining.**Stomach cancer is considered one of the malignant pathologies of the digestive tract, but this varies from country to country.**Teaching practice in the Pathology ward.* | (1)*pg.93-99*(1)*pg.100-106*(1)*pg.107-114* | Lecture 1 hourLecture 1 hourLecture 1 hourPractice 4 hours |
| **5** | Topic 13 - Nursing care in Peptic and duodenal ulcer.*Assessment of nursing diagnoses and nursing intervention.**An ulcer is a break in the continuity of the gastrointestinal mucosa that spreads throughout the submucosa to the muscular layer. Peptic ulcer is found in the stomach, pylorus and duodenal bulb.*Topic 14 - Nursing care in Pancreatitis, Biliary Calculus and Acute Cholecystitis.*Acute pancreatitis is an immediate inflammation of the pancreas (pancreatic parenchyma) followed by lesions ranging from edema to coagulative tissue necrosis. Chronic pancreatitis is an inflammatory disease of the pancreas characterized by irreversible damage to the pancreatic tissue.*Topic 15 - Nursing care in Hepatic Cirrhosis and Morbus Chron.*Cirrhosis is a general term that includes all forms of widespread chronic damage to the liver mass.**Chron's disease is a chronic inflammatory disease with a repetitive and relapsing clinical course that can affect any area of the digestive tract from the mouth to the anus.**Teaching practice in the Pathology ward.* | (1)*pg.115-120*(1)*pg.121-126*(1)*pg.127-137* | Lecture 1 hourLecture 1 hourLecture 1 hourPractice 4 hours |
| **6** | Topic 16 - Nursing care in urinary tract infections*Urinary tract infections is a term used to describe infections of the urinary system. These infections are named depending on the site of the infection.*Topic 17 - Nursing care in Renal Calculus, polycystic kidney.*Renal calculus or nephrolithiasis itself represents the presence of crystals or stones in the kidneys or in the urinary tract, resulting from the precipitation or aggregation of salts present in the urine under normal or pathological conditions.**Renal polycystosis is the most common hereditary disease of the urinary system. The disease is characteristict from the presence of multiple cysts in both kidneys, which are of different dimensions.*Topic 18 - Nursing care in glomerulonephritis and pyelonephritis.*Glomerular disease is characterized by an inflammatory reaction, with infiltration of leukocytes and proliferative cells of the glomerulus, as a result of glomerular immune damage. Nephritis is a disease characterized by infectious inflammation of the glomerulus of the kidney, with little urine production, with the presence of blood and proteins in the urine and with edema.**Pyelonephritis is a urinary tract infection that affects the kidney pyelonephritis. It affects almost all structures of the kidneys. The exception is the glomerulus, which is affected only in the advanced stages of the disease.*Teaching practice in the Pathology ward | (1)*pg.138-140*(1)*pg.141-147*(1)*pg.147-156* | Lecture 1 hourLecture 1 hourLecture 1 hourPractice 4 hours |
| **7** | Theme 19 - 20 - Nursing care in I.R.A & I.R.K, Dialysis, types and care.*Acute renal failure is characterized by the sudden and immediate interruption of the main renal functions, accompanied by metabolic changes resulting from the accumulation of protein catabolism products in the body.**IRCH is a permanent, irreversible condition in which the kidney stops eliminating metabolic end products and excess water from the blood.*Topic 21 - Nursing care in Thalassemia.*Thalassemia is an inherited hematological pathology (hemoglobinopathy) where a mutation occurs in one of the amino acids of Alpha or Beta globin which leads to rapid and excessive destruction of erythrocytes.*Teaching practice in the Pathology ward | (1)*pg.157-164*(1)*pg.165-169* | Lecture 2 hoursLecture 1 hourPractice 4 hours |
| **8** | Topic 22 - Nursing care in sickle cell anemia.*It is a congenital Mediterranean anemia, the basis of which is the deformation of erythrocytes in hypoxia conditions, their sickling, which is caused by the change of the positions of two amino acids in the chromosomes for the production of hemoglobin.*Topic 23 - Nursing care in acute and chronic Leukosis*Acute and chronic leukosis are neoplastic diseases with idiopathic etiology, and a rather poor prognosis. They include abnormalities in the overproduction of white blood cells.*Topic 24 - Nursing care in diabetes mellitus*Diabetes Mellitus is a chronic disorder of carbohydrate, fat and protein metabolism. It presents clinically as impaired or reduced insulin production. The relative or absolute lack of insulin leads to a decrease in the use of glucose by cells, increases the metabolism of glycogen to glucose, increases the catabolism of proteins and lipids with glucogenic function.*Teaching practice in the Pathology ward | (1)*pg.170-173*(1)*pg.174-178*(1)*pg.179-185* | Lecture 1 hourLecture 1 hourLecture 1 hourPractice 4 hours |
| **9** | Topic 25 - Nursing care in Hyrothyroidism and Hyperthyroidism.*Hyperthyroidism is the term for overactive tissue within the thyroid gland causing an excessive production of thyroid hormones (thyroxine and/or triiodothyronine).**Hypothyroidism is a resistant disease caused by insufficient production of thyroid hormones by the thyroid gland.*Theme 26 -27 - Asepsis, antisepsis, sterilization, disinfection.*There are special procedures to achieve asepsis known as medical asepsis or purity techniques. These procedures are performed in order to prevent the spread of pathogenic microorganisms from one individual or place to another individual or place. Medical asepsis differs from disinfection and sterilization.*Teaching practice in the surgery ward. | (1)*pg.186-192*(1)*pg.193-205* | Lecture 1 hourLecture 2 hoursPractice 4 hours |
| **10** | Topic 28 - Nursing care in preoperative preparation*Preoperative education includes advice that can be given to the patient alone or in a group. During this procedure, the nurse must speak calmly, slowly and confidently, choose the words so that the patient does not get scared, but at the same time understands what is being said. Preoperative education aims to calm the patient and prepare him for the intervention.*Topic 29 - Nursing care in the postoperative period.*Restoring the anatomy and independence of the post-operative patient is carried out through continuous control in the first post-operative phase (phase during which the organization is engaged in maintaining and correcting homeostasis) and through supportive therapy (medical prescription and continuous assistance) depending on the patient's condition and daily activity.*Topic 30 - Nursing care in pain and its management.*Pain is an unpleasant subjective feeling and personal experience associated with actual or potential tissue damage.*Teaching practice in the surgery ward. | (1)*pg.206-210*(1)*pg.211-214*(1)*pg.*215-221 | Lecture 1 hourLecture 1 hourLecture 1 hourPractice 4 hours |
| **11** | Topic 31 - Nursing care in external and internal hemorrhages, blood transfusions.*With hemorrhage we mean the outflow of blood from the system in which it is located (artery, capillary bed, vein) due to a traumatic injury (eg a wound), an organic injury (eg an ulcer, a tumor) ), or more rarely due to a coagulation disorder.*Topic 32 - Nursing care for wounds and their treatment.*A wound is the disruption of the continuity of the skin, caused by traumatic factors, which can also affect deep tissues.**Treatments in the surgical department are daily actions and it is the duty of the nurse to perform the treatments correctly and observe the progress of the surgical wounds.**Correctly this means that this practice is carried out with aseptic technique to avoid contamination and is easily manipulated in order to avoid suffering and harm.*Topic 33 - Nursing care in bladder catheterization.*Bladder catheterization is the set of maneuvers with the placement of a tubular instrument (catheter) in the bladder, in order to ensure the elimination of urine.*Teaching practice in the surgery ward. | (1)*pg.* 222-227(1)*pg.*227-231(1)*pg.*232-235 | Lecture 1 hourLecture 1 hourLecture 1 hourPractice 4 hours |
| **12** | Topic 34-35. Nursing care in naso-gastric tube and tracheotomy.*Many of the pathologies of the gastro-intestinal tract require the use of a naso-gastric tube to determine the presence or absence of blood in the stomach, to control the level of hemorrhage, to prevent gastric dilatation and to apply lavage.*Topic 36. Nursing care in abdominal paracentesis and pleural drainage.*Abdominal paracentesis is performed for two purposes, the introduction of various solutions and medications into the abdominal cavity and the drainage of liquid (ascites) located in the abdominal (peritoneal) cavity.**Pleural drainage is a valved drainage system that prevents air from entering the pleural cavity and ensures its elimination from this cavity.*Teaching practice in the surgery ward. | (1)*pg.* 236-244(1)*pg.*245-247 | Lecture 2 hoursLecture 1 hourPractice 4 hours |
| **13** | Topic 37-38 - Nursing care in burns and freezing*A burn is the damage to the skin and underlying tissues as a result of the local action of heat on the surface of the body. If the burn affects a large area, then in addition to local damage, general disorders also appear. The latter are conditioned by the loss of fluids, albumins, electrolytes, etc.*Topic 39 - Nursing care in patients in a state of shock*It is a dramatic clinical condition characterized by an acute drop in perfusion at the capillary level that resolves with decreased tissue oxygenation, decreased cellular function, and progression of these disorders to death. A common characteristic of the state of shock is the drop in systolic arterial pressure to values less than 70 - 80 mg Hg.*Teaching practice in the surgery ward. | (1)*pg.* 248-253(1)*pg.* 253-256 | Lecture 2 hoursLecture 1 hourPractice 4 hours |
| **14** | Topic 40 - The object of the study of geriatrics and gerontology. Elder abuse, its environment and role.Geriatrics is the medical science that deals with the treatment of aging *diseases. It is very important that in this definition we distinguish the "normal aging process" and the border between "good health" and diseases of the elderly, which constitutes the connection with gerontology. Gerontology is the medical science that studies the aging process. Usually, it is difficult to determine where the "normal" aging* *processes stop and the "pathological" ones begin.*Topic 41 - Geriatric health structures, their operation.*The organization of geriatric structures depends on the level of development and the mentality of the society.*Topic 42 - Pathologies in the elderly. Osteoporosis.*Osteoporosis is a pathology that occurs in 30-40% of all adults over the age of 60.**Bone tissue is under constant construction. Under normal conditions there is a balance between the processes that destroy bone and those that build it. The loss of bone mass begins in both men and women after the age of 35 and is accentuated in and after menopause.*Teaching practice in the Pathology ward | **(**1)*pg.* 257-259(1)*pg.*259-260(1)*pg.* 258-264 | Lecture 1 hourLecture 1 hourLecture 1 hourPractice 4 hours |
| **15** | Topic 43 - Geriatric neurology.*Parkinson's, Dementia and Alzheimer's.*Topic 44 - Prostate cancer. Incontinence problems in the elderly. Postmenopause.*Over the years, a man has greater opportunities to develop this tumor, but the factors that cause it have not yet been identified.*Topic 45 - Assistance problems for the elderly. Principles of geriatric care. Preventive care in geriatrics. Health Education Messages.*Normal aging does not necessarily mean a pathological condition or dependence on chronic diseases (80% of the elderly over 65 have good health and lead an active, independent life, but 20% of them present pathology, which limits personal independence). Assistance problems of the elderly mean increased morbidity, prevalence of chronic diseases, significant functional disability.*Teaching practice in the Pathology ward | (1)*pg.*264-279(1)*pg.* 278-282 | Lecture 1 hourLecture 1 hourLecture 1 hourPractice 4 hours |

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| **FORM OF KNOWLEDGE CONTROL** |
| **Attendance** | Active participation in class is required. Lecture hours are compulsory at the rate of 75%. Practice hours are 100% mandatory, in case of excused absences, the hour will be replaced in agreement with the teacher. All students must report to practice classes at the scheduled time and be equipped with a white apron and hair tied up (respecting the ethical nursing dress code).Absences up to 25% of hours are allowed to be made up, if they are justified. Otherwise, the student loses the right to enter the exam. Absences are the student's personal responsibility, as are missed assignments or tests. |
| **Student’s knowledge evaluation methods** | *Evaluation method* | *Evaluation deadline* | *Evaluation program* | *Maximal scores* | *Evaluation type* | *Evaluation form’s elements* |
| First exam | Week 7/8 | Lectures 2-18 | *30 scores* | Written exam | Quiz & Descriptive questions |
| Final exam | The end of semester | Lectures 19-45 | 60 *scores* | Written exam | Quiz & Descriptive questions |
| Assignment\*  | Week 14/15 | Clinical cases | 10 *scores* | Oral exam | Case report / demonstration of nursing techniques  |
| *\*Assignment* - should be in the form of a project that will be launched at the beginning of the semester. The most common cases of potential complications of pregnancy, labor and delivery, the health assistance encountered in practice, should be presented by students, by comparing the literature’s descriptions of them. They will also demonstrate the procedure of delivery in manikin and will describe each case of fetus delivery who assisted in practice, based on a given template. Part of the work will be presented during classroom hours.  |
| Grade distribution guidance |
| 40- 49 *scores* | 50-59 *scores* | 60-69 *scores* | 70-79 *scores* | 80-89 *scores* | 90-100 *scores* |
| 5 | 6 | 7 | 8 | 9 | 10 |

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| **LITERATURE** |
| **Obligatory textbook** | (1) Special nursing for adults":-E. Alushi, S. Nika 2012 (FSHP-UV) Reprint 2017 ISBN97899956-91-89-9 |
| **Recommended literature** | Infermieria ne Specialitete‘ –E.Peka,L.Necaj,E.Rustami,D.Bego, (Fakulteti i Infermierisë - UT)A.Imami-Lelçaj,M.Cela,A.Dervishi,V.Zanaj,V.Mane Tirane 2005Kaplan Nursing.The Basics-Firth Edition-Veronica Philips arikian,Joanne Brown, Judith A.Aburckhardt –Kaplan 2006 |

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| **FINAL REMARKS FROM THE SUBJECT TEACHER** |
| **Provisions :**  | Students are expected to develop values and an ethic that reflects their professional interests and behavior. These expectations are related to the appearance in the University premises, the responsibility during the teaching process, but not only, in their honesty and in matters of social justice. Students must respect individual differences, be cooperative, evaluate the abilities and qualities of themselves and others, evaluate the different forms of expression of thought and the choices of each one. In accordance with ethical rules, students must respect ethnic differences and help people with disabilities with integrative and supportive attitudes. |
| **Delays**  | Tardies to lectures and seminars will not be tolerated. After the lecturer enters the auditorium, no student is allowed to enter. |
| **Professional behavior of the studenT** | Students are now considered adults and this requires from them a responsibility and self-awareness at a higher level regarding their behavior, the goals and interests for which they have chosen to attend the university. Bearing in mind that everywhere the university infrastructure and the ecology of the environment where knowledge is imparted is not perfect, we must establish some mandatory rules for everyone. This means, attention during the learning process, mobile phones switched off, no SMS, no use of other digital means for entertainment (MP3, etc.), no games, no toilet boxes on the teaching desks, appropriate clothing to respect lesson time, vocabulary (profanity is strictly prohibited) and acceptable communication inside and outside the classroom. For any deviation from these rules, there will be penalties, which are defined in the Regulations of the University and the Faculty of Public Health. |
| **Academic integrity and copyright** | Any test or written work must be completely individual and original.This means that students create original abstractions or analyzes on the basis of the concepts argued in the lecture and, if possible, always the source of the information received. Plagiarism (mixing), or theft of information in different ways will not be allowed. |

**APPROVED BY**

**Head of Health Care Department**

 **PhD (c)Emirjona Kiçaj**