

Program of Study : General Medicine

Course : **Basic Procedures in Healthcare 1**

Abbreviation : **PLE/VAA81**

Schedule : 16 hours of practical training
8 hours of seminars

Course Distribution : **2nd Year/ Winter Semester / Academic Year 2022/2023**

Number of Credits : 1

Course Form : Seminars, practical training

Seminars and practical training:

Teacher: PhDr. Zlata Pražanová, MBA

Study: Continuous; Center for Basic Health Care Skills, Room no. 2.116, Theoretical Institutes, Medical faculty and Dentistry UP, **17. - 28. 10. 2022: Cardiopulmonary resuscitation (repeating the theory, practicing on simulators).**

Thursday: 14:00 – 16:15

Friday: 8:00 - 10:15 10:45 - 13:00

	Výukový týden	Topic	No. of Lesson	Teacher	Lecture Room
1.	19. 9. – 30. 9. 2022	1. topic <ul style="list-style-type: none"> ▪ Familiarization with the operation of the practical classroom: Order of Center for Basic Health Care Skills, collaboration with teachers (<i>preparation of aids and care for them through practical exercises procedures</i>). ▪ Credit requirements for the winter semester: continuous preparation of students for teaching, information. Duties of the students and their compliance with the order of the Center. ▪ Principles of asepsis in health 	3	Pražanová	Center for Basic Health Care Skills

		<p>facilities.</p> <ul style="list-style-type: none"> ▪ Barrier care. ▪ Asepsis (<i>explanation concept, related concepts: antisepsis, infectious diseases, sterilization, disinfection</i>). ▪ Handwashing (<i>technique, principles</i>). ▪ The use of gloves (<i>disposable gloves, sterile gloves</i>). ▪ Hospital-acquired infections (<i>explanation of the concept, mode of transmission, types of nosocomial infections, prevention, medical facilities with risk</i>). ▪ Handling with sterile material (<i>principles</i>). ▪ Preparation of the sterile field. ▪ Basic surgical instruments. 			
2.	3. - 14. 10. 2022	<p>2. topic</p> <ul style="list-style-type: none"> ▪ Wound care. ▪ Wound healing (<i>per primam, per secundam</i>). ▪ Aseptic wound dressing changes (<i>procedure and principles</i>). ▪ The extraction of sutures (<i>stitches types, tools and utilities, process and principles</i>). ▪ Drains and drainage systems (<i>types of drains and drains systems, care of drains and drainage systems</i>). 	3	Pražanová	Center for Basic Health Care Skills
3.	17. - 28. 10. 2022 Friday 28.10.2022 holiday	<p>3. topic</p> <ul style="list-style-type: none"> ▪ Applying the basics of bandages (<i>bandages, dressings, procedure and principles, basic types of turns and dressing techniques</i>). ▪ Bandages of various body parts (<i>head, shoulder, arm, forearm, palm and back of the hand, fingers, knee, shin, ankle, instep...</i>). ▪ Compressive bandages legs (<i>procedure and principles for bandages, indications and contraindications...</i>). ▪ CPR (<i>repetition of theory, practice on simulators</i>). 	3	Pražanová	Center for Basic Health Care Skills

4.	31. 10. – 11. 11. 2022	4. topic <ul style="list-style-type: none"> ▪ Health care documentation (<i>types, purposes, principles and records in the documentation</i>). ▪ Measuring physiological functions (<i>blood pressure, pulse, breath, body temperature, consciousness</i>). ▪ Nutrition and feeding patients (<i>methods and principles of feeding patients</i>). ▪ Dietary system in the Czech Republic (<i>basic and special diets</i>). ▪ Parenteral and enteral nutrition (<i>species and routes of administration, of parenteral and enteral nutrition</i>). ▪ Patient preparation for invasive medical examination or operation (<i>types of preoperative preparation, general preoperative evaluation and psychological preparation of patients</i>). ▪ Caring for a patient after the invasive procedure or surgery (<i>care of the pain, monitoring of physiological functions, position after surgery, nausea and vomiting, nutrition after surgery, micturition, defecation, release of flatuses, thromboembolic disease prevention, care of the surgical wound</i>). 	3	Pražanová	Center for Basic Health Care Skills
5.	14. - 25. 11. 2022 Thursday 17.11.2022 holiday	5. topic <ul style="list-style-type: none"> ▪ Immobilization syndrome (<i>an explanation of the concept, causes, symptoms, prevention, treatment, positioning, pressure ulcers ...</i>). ▪ Importance of hygienic care. ▪ Patients position (<i>the position preventive, diagnostic, therapeutic</i>). ▪ Rehabilitation nursing (<i>in cooperation with a physiotherapist, occupational therapist, general or pediatric nurse, midwife</i>). ▪ Care of the body of the deceased and activities related to the death of the patient. 	3	Pražanová	Center for Basic Health Care Skills

		<ul style="list-style-type: none"> ▪ <i>and principles of safe work with medical oxygen).</i> ▪ 			
6.	28. 11. - 9. 12. 2022	6. topic <ul style="list-style-type: none"> ▪ <i>Drugs (definition, terminology, effects of drugs, drug tolerance onset and route of administration of drugs, notions: forte, biforte, for adultus, for infantibus... factors affecting the action of drugs, dosage forms, tools, procedures and principles medication...).</i> ▪ <i>Drug administering (orally,</i> ▪ <i>to the nose, ear, eye, anus, vagina etc.)</i> ▪ <i>Inhalation (indication, types, procedure and principles for application).</i> ▪ <i>Oxygen therapy (indications, applicators, application procedure</i> ▪ <i>Suction of secretions from the upper respiratory tract.</i> ▪ 	3	Pražanová	Center for Basic Health Care Skills
7.	12. – 23.12. 2022 <i>Christmas - lessons will be replaced by agreement</i>	7. topic <ul style="list-style-type: none"> ▪ Repetition of practical skills BPH 1 ▪ Acquainting with the content of the course BPH 2 in the Summer semester. 	3	Pražanová	Center for Basic Health Care Skills
8.	26. 12. 2022 – 6. 1. 2023 <i>New Year - lessons will be replaced by agreement</i>	8. topic <ul style="list-style-type: none"> ▪ Repetition of practical skills BPH ▪ Questions, suggestions. ▪ Evaluation of seminars and practical training sessions. 	3	Pražanová	Center for Basic Health Care Skills

Organization of teaching in individual seminars:

Seminar: repetition of the theory, answering questions that resulted from independent theoretical preparation, practical demonstration of the procedure.

Practical training: practice of performing the procedure on teaching models with the use of real aids, tools (surgical instruments, dressings, collection aids, training drugs, ampoules, infusion bottles, etc.).

Students work in groups of 2-3 under the supervision of the teacher.

This is followed by the performance of the procedure within a simulated model situation (doctor-patient-procedure) which includes communication with the patient before, during and after the procedure.

The whole group of students is actively involved in the preparation of the environment and aids before the procedure.

After the completion of the model situation, a group evaluation of the model situation as a whole will be performed.

The aim is to teach students not only to perform specific tasks at a high professional level, but also to gradually increase their communication skills in dealing with the patient.

Completed by: Credit

Requirements:

- 1) Active participation in seminars, especially in practicing communication skills in all topics.

Serious reason for absences in the class: The student will apologize for the lesson either personally or by e-mail no later than 7:30 a.m. on the day he / she will be absent. The lesson will be replaced in full by an agreement between the teacher and the student.

- 2) **BEFORE EACH BPH 1** seminar passing the online test (Moodle) proving the student's individual preparation on a given topic (for successful completion of the test, a maximum of two incorrect answers from the total number of twenty questions is possible).

If the online test is not successfully passed, the student will not be allowed to participate in a given seminar or practical exercise.

- 3) Completion of the final online test on all topics of BPH 1 during the examination period of Winter Semester (for successful completion of the test, a maximum of 3 incorrect answers from the total number of thirty questions is possible).

In case of non-fulfillment of these conditions for granting the credit, the student will come to the practical examination from the procedures of BPH 1 within the set term in the examination period of the Winter Semestr.

- 4) Active approach to teaching in seminars, especially in the training of professional and communication skills during the semester within individual topics.

Recommended literature:

1. Updated materials prepared by teachers of the ZVZ Center (see Moodle).
2. JIRKOVSKÝ, Daniel. *Nursing procedures and interventions: textbook for Bachelor's and Master's degree programmes* [online]. Prague: Motol University Hospital, 2014

[cit. 25. 5. 2017]. Available from:

<https://www.lf2.cuni.cz/files/page/files/2016/nursing.pdf>

3. KOZIER, Barbara. *Fundamentals of nursing: concepts, process and practice*. 2nd ed. New York: Pearson, 2012. ISBN 978-0-273-73908-1.
4. RICHARDS, Ann a Sharon EDWARDS. *A nurse's survival guide to the ward*. 3rd ed. Edinburgh: Churchill Livingstone/Elsevier, 2012. ISBN 9780702051715.
5. Student Nurse Journey [online]. Student Nurse Journey ©2015 [cit. 25. 5. 2017]. Available on: <http://www.studentnursejourney.com/nursing-procedures/>
6. Study materials prepared by the lecturers of the Center for Basic Health Care Skills.