

Course unit title:	Introduction in Nursing		
Course unit code:	NUR 106		
Type of course unit:	Compulsory		
Level of course unit:	Bachelor (1st Cycle)		
Year of study:	1		
Semester when the unit is delivered:	1(Fall)		
Number of ECTS credits allocated :	6		
Name of lecturer(s):	Dr. Evanthia Asimakopoulou		
Learning outcomes of the course unit:	<ul style="list-style-type: none"> <li>• Describe the role of nursing in the maintenance and promotion of the health of a person, a group, a community, in different environments.</li> <li>• Apply theoretical knowledge in practice</li> <li>• Discuss the definitions of health and the factors that cause disease</li> <li>• Describe and enhance the wholeness and uniqueness of the individual.</li> <li>• Recognize and interpret signs of normal and abnormal health</li> <li>• Apply health and safety rules to control infections, as well as knowledge of health sciences, nursing and nursing theories in clinical practice</li> </ul>		
Mode of delivery:	Lectures, group work, demonstrations, supervision and face to face interactions		
Prerequisites:	None	Co-requisites:	NUR110
Recommended optional program components:	None		
Course contents:	<ul style="list-style-type: none"> <li>• <b>Fundamentals of Nursing.</b> Philosophy and development of nursing education. Historical development of nursing. The contribution of F. Nightgale in the development of Nursing as a science and art. Introduction to the notions of health and disease. Factors affecting Health. Health Promotion. Levels of primary, secondary and tertiary prevention. Holistic health. Factors that contributed to the development of nursing.</li> <li>• <b>Key roles</b> of nursing care. Disinfection-Sterilisation-Antisepsis.</li> <li>• <b>Physical examination</b>-taking vital signs and recording them. Nursing history. Nursing Skills: observation--Diagnostic guidance. Nursing assessment of the needs and the problems of the individual. -Nursing Diagnosis. Design of care.</li> <li>• <b>Introduction to communication.</b> Models-forms of communication. Obstacles and effective communication skills to facilitate it. Initiating the care relationship.</li> <li>• <b>Introduction to Nursing process</b>-Stages and Goals. Methods of data collection. Interview -</li> <li>• <b>Psychological defence mechanisms</b> of the individual. Introduction to coping and adaptation.</li> <li>• <b>Nursing Theories:</b> Overview - dynamic elements and limitations of Nursing theories of V.Hederson, I. King, R. Parse, D. OremM, B. B.Neuman, M. Rogers, C. Roy.</li> </ul>		
Recommended and/or required reading:	None		
Textbooks:	<ul style="list-style-type: none"> <li>• Kelesi, M., Fasoi, G., Papageorgiou, D. (2016). <i>Introduction in the Science of Nursing– Conceptual and Philosophical Framework</i>. Athens: Konstantaras.</li> </ul>		
References:	<ul style="list-style-type: none"> <li>• Taylor, C., Lillis, C., LeMone, P. (2014). <i>Fundamental values in Nursing</i>. Athens: Paschalidis.</li> <li>• Doenges, M., Frances Moorhouse, M., Alice, C. (2009). <i>Nursing Care Plan Development Guide</i>. Athens: Paschalidi.</li> </ul>		
Planned learning activities and teaching methods:	In Theory: lectures and group work In laboratory : demonstrations and supervision (by clinical instructors)		
Assessment methods and criteria:	• Test	30%	

	<ul style="list-style-type: none"><li>• Participation 10%</li><li>• Laboratory Work 10%</li><li>• Final Exam 50%</li></ul>
Language of instruction:	Greek
Work placement(s):	No