

Course Title	Basic Nursing Care I						
Course Code	NURS110						
Course Type	Compulsory						
Level	BSc (Level 1)						
Year / Semester	1 st / Spring						
Instructor's Name	Dr Evanthia Asimakopoulou						
ECTS	7	Lectures / week	3	Laboratories / week	3	Clinical teaching / week	12
Course Purpose	<p>The aim of the course is to instruct the basic principles of Nursing care. It covers a wide range of topics, such as health systems and levels of health care, basic patient care, functional activity and hygiene, self-perception, the nursing role in the diagnosis, treatment and rehabilitation of sleep disorders, pain, medication treatment and oxygen therapy and the basic principles of perioperative nursing. In the laboratory part of the course it is expected to develop the technical skills for the implementation of Nursing care. With the clinical practice, students will apply their theoretical knowledge and skills to patients in clinical area.</p>						
Learning Outcomes	<p>By the end of the course, students should be able to:</p> <ul style="list-style-type: none"> - Explain health care systems and recognize patients' rights and responsibilities. - Demonstrate basic nursing care to adult patients and healthy individuals. - Recognize the environment and the need for patient support in matters of comfort, safety, rest and sleep. - Describe the patient's clinical condition, taking into account the physical, psychological, social, spiritual and environmental factors in pain management. - Recognize the role of the nurse in managing disorders of self-perception. - List the basic principles of medication and oxygen therapy. - Describe and apply techniques and skills to maintain skin integrity. - Plan nursing care to meet patient needs during perioperative nursing care. 						
Prerequisites	NURS109			Co-requisites	None		
Course Content	<ul style="list-style-type: none"> - Forms of Health Systems and Levels of Health Care - Nursing Facilities, Hospital and Community - Hospitalization. Patients' rights and obligations in the hospital - Health 						

	<p>team - Stress and adjustment in the hospital</p> <ul style="list-style-type: none"> - Patient functional activity, factors, Nursing evaluation and management. Patient and environmental hygiene - Promoting comfort, safety, rest and sleep - Patient self-perception: Personal Identity, Body Image, Self-esteem, Role Performance. Nursing evaluation and interventions - Nursing care of patients with pain. Pathophysiology of pain, types of pain, evaluation, interventions and prevention - Maintaining skin integrity. Assessment, Classification, Prevention and treatment of bed sores - Principles, forms and protocols of medication administration - Oxygen therapy: indications, complications, methods of administration, devices - Basic patient manual handling, change of position, movement and exercise. Prevention and treatment of complications from prolonged immobility - Perioperative nursing care: Preoperative, intraoperative and postoperative patient care <p>Laboratory: Technical skills and nursing interventions according to the theoretical content of the course, such as basic patient care and hygiene, mobility and activity support, pain management, medication administration, oxygen administration, injury prevention and care, etc.</p> <p>Clinical Teaching: Students under the guidance of clinical instructors' practice in nursing procedures related to the course content and provide individualized nursing care in General Medical or Surgical departments according to the Clinical Education Guide.</p>
Teaching Methodology	<p>Theory</p> <p>The course is delivered to the students through lectures, using computer-based presentations programmes. Case Studies, Discussion, Questions / Answers are also used depending on the content of the lecture. Lecture notes and presentations are available online for use by students in combination with textbooks. Relevant material published in international scientific journals are also used to follow the latest developments related to the subject of the course.</p> <p>Laboratory</p> <p>During the laboratory courses, students develop their clinical skills in skill trainers and patient simulators so that they can successfully and safely</p>

	<p>apply them in a real clinical environment.</p> <p>Clinical Teaching</p> <p>In clinical teaching, the method of demonstration and guided and supervised by the clinical instructors is used to implement various nursing operations / procedures and application of personalized nursing care.</p>
Bibliography	<p>(a) <u>Textbooks:</u></p> <p>DeWit, S.C. (2021). <i>Βασικές Αρχές και Δεξιότητες της Νοσηλευτικής Φροντίδας</i>, 5η Έκδοση, Αθήνα: Ιατρικές Εκδόσεις Λαγός Δημήτριος. (In Greek)</p> <p>Taylor, C., Lynn, P., & Bartlett, J. (2018). <i>Fundamentals of nursing</i>. LWW Wolters Kluwer.</p> <p>(b) <u>References:</u></p> <p>Gulanick, M. & Myers J.L. (2021). <i>Nursing Care Plans: Diagnoses, Interventions, and Outcomes</i>, 10th edition. Elsevier.</p> <p>Phelps, L., Ralph, S., & Taylor, C. (2020). <i>Sparks & Taylor's nursing diagnosis reference manual</i>. LWW Wolters Kluwer.</p> <p>Nursing Fundamentals, Author: Open Resources for Nursing (Open RN), 2020. https://wtcs.pressbooks.pub/nursingfundamentals/front-matter/introduction/</p> <p>Lynn, P. (2019). <i>Lippincott photo atlas of medication administration</i>. Philadelphia, Pa: LWW Wolters Kluwer.</p> <p>Lynn, P. (2018). <i>Taylor's clinical nursing skills</i>. LWW Wolters Kluwer.</p> <p>Lynn, P. (2018). <i>Skill checklists for Taylor's clinical nursing skills</i>. LWW Wolters Kluwer.</p> <p>Παπαγεωργίου, Δ. & Κελέση, Μ. (2013). <i>Βασική Νοσηλευτική. Θεωρία, Εκπαίδευση, Εφαρμογή</i>. Ιατρ.Εκδ.Κωνσταντάρας (In Greek)</p> <p>Lynn, P. (2012). <i>Κλινικές νοσηλευτικές δεξιότητες και νοσηλευτική διεργασία</i>. Ιατρικές Εκδόσεις Πασχαλίδης (In Greek)</p> <p>Taylor, C., Lillis & P. Le Mone. (2010). <i>Θεμελιώδεις αρχές της Νοσηλευτικής. Η επιστήμη και η τέχνη της νοσηλευτικής φροντίδας</i>. Ιατρικές Εκδόσεις Πασχαλίδης (In Greek)</p> <p>Marilynn E. Doenges, Mary Frances Moorhouse, Alice C. Myrr. (2009). <i>Οδηγός Ανάπτυξης Σχεδίου Νοσηλευτικής Φροντίδας</i>. Επιστημονική επιμέλεια: Ελισάβετ Πατηράκη – Κουρμπάνη. Συγγραφείς: Ιατρικές Εκδόσεις Πασχαλίδης (In Greek)</p> <p><i>Through the services of the university library, access is provided to electronic repositories of scientific journals and articles, indicatively ProQuest, Cambridge University Press and Science Direct with thousands of scientific journals in the fields of health sciences.</i></p>

Assessment	<p>The assessment of this course consists of the coursework (midterm exam, laboratory assessment, clinical practise assessment) and final exam.</p> <p>Mid-Term Exam: 30%. A written midterm exam will be comprised by multiple choice questions, short answer and open questions.</p> <p>Laboratory evaluation: 10%. The laboratory assessment includes practical and oral examination of students in nursing techniques and procedures according to the course content. (Absences of up to 15% are replenished, and beyond this percentage the student fails the entire course. Students must succeed an assessment of at least 50%, otherwise the student fails the entire course.)</p> <p>Clinical Teaching evaluation: 10%. It is applied by daily assessment of student performance when providing personalized nursing care to individuals, families and communities, in accordance with the course's clinical goals. (Absences of up to 15% are replenished, and beyond this percentage the student fails the entire course. Students must succeed an assessment of at least 50%, otherwise the student fails the entire course.)</p> <p>Written Final Exam: 50%. A written final exam will be comprised by multiple choice questions, short answer and open questions.</p>
Language	Greek / English