

Course Title	Medical Nursing I						
Course Code	NURS 208						
Course Type	Compulsory						
Level	BSc (Level 1)						
Year / Semester	2 nd / Spring						
Instructor's Name	Dr Maritsa Gourni, Dr Kyriakos Andreou						
ECTS	5	Lectures / week	4	Laboratories / week	2	Clinical teaching / week	6
Course Purpose	The aim of the course is to acquire students with theoretical knowledge of the medical field of nursing science, which will enable students to provide personalized nursing care, applying the method of nursing process to patients with pathological diseases. The implementation of the nursing process through analytical thinking will lead to the formulation of nursing diagnoses and interventions with emphasis on the justification of each intervention, resulting in students cultivating critical thinking and developing decision-making skills in clinical practice.						
Learning Outcomes	<p>Upon completion of the course students will be able to:</p> <ul style="list-style-type: none"> - Understand and analyze the terminology, the basic concepts and principles applied in the field of medical nursing. - Identify and describe the systems of the human body, using the right terminology. - Identify and name the organs of every system of the human body using the right terminology. - Evaluate the state of health of patients using the appropriate tools such as a complete nursing history, clinical examination and evaluation of laboratory diagnostic tests. - Identify the care needs of patients with pathological problems and formulate nursing diagnoses. - Design, organize and implement personalized care to patients with medical problems. - Evaluate the effectiveness of interventions and be able to adapt and update their care plan - Apply the principles of multidisciplinary care to holistic care plan. - Educate patients and family about the problem of health and treatment, aiming at self-care and rehabilitation 						
Prerequisites	None			Co-requisites	None		

<p>Course Content</p>	<ul style="list-style-type: none"> - Anatomy and Physiology of the Digestive System Gastrointestinal tract /Adjuvant organs of the digestive tract/Liver, Gall Bladder, Pancreas - Nursing care of patients with gastroesophageal diseases affecting the upper gastrointestinal tract, from the esophagus to the stomach and the lower gastrointestinal tract - from the small intestine to the large intestine or colon, in the rectum. - Metabolism and nutrients: Basic concepts and fundamentals of nutrition/Characteristics of Metabolic Pathways. Glucose, Fats, Proteins - Nursing care of patients with eating disorders - Vitamins: Fat-soluble, Water-soluble, water/Salts and Trace Elements - Assessment of Nutritional Status and Functioning of the Digestive System: Nutritional Balance / Nutritional Standards for health promotion / Dietary Recommendations / Dietary Intakes / Reference dietary intakes / Food pyramids / Nutritional indicators - Diet-related chronic diseases - Nursing Assessment of Nutritional Status/ Health History/ Physical Examination / Anthropometric evaluations / Biochemical and immunological markers of poor nutrition - General guidelines for the clinical examination of the abdomen: Instructions for examination of the abdomen - Nutrition Disorders - Obesity: Pathophysiology / types of Obesity / Incidence / Prevalence / Etiology of Obesity / Risk Factors / Systemic Complications / Manifestations accompanying Obesity / Treatment / Physical Activity / Medicines for Obesity / Surgeries / Psychological / Psychiatric therapies / Methods of Assessment. Risk of metabolic complications depending on the perimeter of the waist. - Nursing Assessment/ Health History/ Physical Examination / Anthropometric evaluations / Biochemical and immunological markers of poor nutrition / Strategies for Modifying Obese Behavior - Nutrition Disorders - Poor Nutrition (Hypothrepsia): Pathophysiology / Complications - Manifestations / Conditions Accompanied by Hypothrepsia / Etiology - Risk Factors / Nursing Assessment - Nursing care of patients with endocrine disorders/ diabetes mellitus and other endocrine disorders - Nursing Care of Patients with Respiratory Diseases: Respiratory System Anatomy - Upper and Lower Aerophores Tract. The Physiology of Breathing/Signs and Symptoms of Respiratory System Diseases. Nursing Care - Measures to Improve Respiratory Function. - Upper Respiratory Disorders: Upper Respiratory Tract Viral Infection - Clinical manifestations - Treatment - Nursing Care - Health Promotion - Prevention - Home care - Teaching. Obstructive Sleep Apnea - Clinical manifestations - Risk factors - Diagnostic tests - Treatment - Nursing
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	<p>Care</p> <ul style="list-style-type: none"> - Lower Respiratory Disorders: Chronic Obstructive Pulmonary Disease (COPD) - Manifestations - Signs and Symptoms - Nursing Diagnoses - Nursing interventions and Measures to improve respiratory function. Pulmonary Embolism - Etiology - Clinical Manifestations - Diagnostic Examinations - Treatment - Nursing Diagnoses and Interventions - Nursing care of patients with upper and lower respiratory diseases - Nursing care of patients with diseases of the liver, gallbladder and pancreas. - Nursing care of patients with infections: Principles of transmission of microbes (pathogens and infectious agents); Nursing supervision and precautionary measures for patients with infection; Nursing care of patients with infection requiring complete isolation or avoidance of contact - Nursing care of patients with hematological disorders: Nursing care of patients with hematological diseases including anemia, bleeding disorders such as haemophilia, blood clots and blood cancers such as leukemia, lymphoma and myeloma <p>Laboratory: Nursing techniques and interventions according to the theoretical content of the course, such as Nutritional status assessment, Enteral and Parenteral Feeding, Insulin therapy, blood glucose test, Respiratory function assessment, auscultation of respiratory sounds, oxygen therapy, blood transfusion and derivatives, care of central venous lines.</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 <i>in General or Specialized Medical departments</i>, according to the Clinical Education Guide.</p>
Teaching Methodology	<p>Theory: 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: During the laboratory courses, students develop their clinical skills in skill trainers and patient simulators so that they can successfully and safely apply them in a real clinical environment.</p> <p>Clinical Teaching: 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</p>

	nursing care.
Bibliography	<p><u>Textbooks:</u></p> <p>Peate, I. (2020). <i>Παθολογική-Χειρουργική Νοσηλευτική με μια ματιά</i> (1η Εκδ.). Παρισιάνου Α.Ε. (In Greek)</p> <p>Stromberg, H. K. (2021). <i>deWit's Medical-Surgical Nursing: Concepts & Practice</i> (4th ed.). Elsevier.</p> <p><u>References:</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>Gulanick, M. & Myers J.L. (2021). <i>Nursing Care Plans: Diagnoses, Interventions, and Outcomes</i>, 10th edition. Elsevier.</p> <p>Thomas, D. (Ed.). (2020). <i>Elsevier Clinical Skills Manual: Medical-Surgical Nursing</i>. Elsevier.</p> <p>Nursing Fundamentals, Author: Open Resources for Nursing (Open RN), 2020. https://wtcs.pressbooks.pub/nursingfundamentals/front-matter/introduction/</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>Lynn, P. (2012). <i>Κλινικές νοσηλευτικές δεξιότητες και νοσηλευτική διεργασία</i>. Ιατρικές Εκδόσεις Πασχαλίδης (In Greek)</p> <p>Lemone, P., Burke, K. & Bauldoff, G. (2014). <i>Παθολογική-Χειρουργική Νοσηλευτική Κριτική Σκέψη κατά τη Φροντίδα του Ασθενούς</i>. Ιατρικές Εκδόσεις Λαγός Δημήτριος. (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 assessment: 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</p>

	<p>course. Students must succeed an assessment of at least 50%, otherwise the student fails the entire course.)</p> <p>Clinical Teaching assessment: 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