

Course unit title:	Basic Nursing Care I		
Course unit code:	NUR 110		
Type of course unit:	Compulsory		
Level of course unit:	Bachelor (1st Cycle)		
Year of study:	1		
Semester when the unit is delivered:	2 (Spring)		
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 knowledge related to providing basic nursing care to adult patients or healthy individuals</li> <li>• Acknowledge the necessity of communication with the hospital team and the family members and with the supportive friends of the patient in order to provide basic nursing care</li> <li>• Recognize that the entry of a patient in the health services system creates stress and patients need support from nurses to adapt.</li> <li>• Assess the state of the patient given the physical, psychological, social, spiritual and environmental factors.</li> <li>• Recognize the role of the nurse in the diagnosis, treatment and rehabilitation.</li> <li>• List the basic principles of nutrition, hydration, medication, administration of oxygen.</li> <li>• Apply techniques or skills for meeting the patients' needs for comfort, rest, sleep, hygiene, safety, preservation of integrity skin.</li> <li>• Design nursing care for meeting needs, according to Maslow's Theory and planning preoperative and postoperative nursing care</li> </ul>		
Mode of delivery:	Lectures, group work, demonstrations, supervision and face to face interactions		
Prerequisites:	NUR 106	Co-requisites:	None
Recommended optional program components:	None		
Course contents:	<ul style="list-style-type: none"> <li>• <b>Health Care Institutions and nursing practice:</b> Types of Health Systems and Levels of health care. Practice locations for nursing: hospital and community. Hospital Admission. Patient's rights in hospital. Healthcare Team</li> <li>• <b>Stress:</b> adaptation in the hospital</li> <li>• <b>The role of the nurse in:</b> diagnosis, treatment and rehabilitation</li> <li>• <b>The contribution of family:</b> during patient's hospitalisation</li> <li>• <b>Nurse's contribution in:</b> meeting basic patient needs in the hospital: patient and environmental hygiene, comfort, safety, rest, sleep, food and hydration. Maintaining skin integrity. Preventing and treating pressure sores. Pain Management. Preoperative and postoperative patient care</li> <li>• <b>Basic bio-mechanical movement and exercise:</b> Prevention and treatment of complications from prolonged immobility</li> <li>• <b>Principles of:</b> medication treatment and oxygen supply</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>• Gulanic, M., Judith, L., (2018). <i>Nursing Care Plans: Diagnoses, Interventions, and Outcomes</i>.UK: Elsevier.</li> <li>• DeWit, S.C. (2006). <i>Fundamental Concepts and Skills for Nursing</i>. Athens: Medical Publications Lagos Dimitrios.</li> <li>• Taylor, C., Lillis, P LeMone. (2007). <i>Fundamentals of Nursing: The Art &amp; Science of Nursing Care</i>. (in Modern Greek) Athens: Medical Publications Paschalides.</li> </ul>
Planned learning activities and teaching methods:	<p>In Theory lectures and group work</p> <p>In Laboratories lectures and demonstrations by laboratory instructors and exercises are performed by the students under the guidance and supervision of laboratory instructors.</p>
Assessment methods and criteria:	<ul style="list-style-type: none"> <li>• Assignment 10%</li> <li>• Test 30%</li> <li>• Laboratory work 10%</li> <li>• Final Exam 50%</li> </ul>
Language of instruction:	Greek
Work placement(s):	No