

Course Title	<b>Basic Nursing Care II</b>						
Course Code	<b>NURS 207</b>						
Course Type	Compulsory						
Level	BSc (Level 1)						
Year / Semester	2 <sup>nd</sup> / Fall						
Instructor's Name	Dr. Despina Sapountzi-Krepia, Dr Maria Tseroni						
ECTS	6	Lectures / week	3	Laboratories/ week	3	Clinical teaching / week	6
Course Purpose	<p>The purpose of the course is to introduce the basic principles of Holistic Nursing Care. It covers a wide range of issues such as hospitalization, hygiene, health assessment methods, patient safety, diet and hydration, basic rules and principles of patients' medication, death - loss and the bereavement process. In the laboratory part of the course students are expected to develop technical skills to provide health care and problem solving skills.</p>						
Learning Outcomes	<ul style="list-style-type: none"> <li>- Recognize nursing care needs of patients regarding the promotion of the function of the: urinary, digestive and musculoskeletal system</li> <li>- Demonstrate adequate nursing care for promoting the function of the urinary, digestive and musculoskeletal system</li> <li>- Recognize the importance of vitamins and trace elements in human nutrition, the side effects - synergies of medicines, mechanisms of gait and walking, human beings' communication and stress management.</li> <li>- Summarize basic principles of: nutrition and hydration of human beings, intestinal and parenteral feeding, specimens' collection techniques for various laboratory tests</li> <li>- Illustrate the right skills for the placement of a nasogastric tube, enemas applying, for bladder catheterization, for the enrichment of intravenous administered fluids</li> <li>- Outline definitions, concepts, philosophical context of care and ways to address health problems of patients</li> <li>- Describe the importance of: Transcultural Nursing Care, spirituality, religiosity and the important elements in providing holistic nursing care.</li> <li>- Demonstrate the appropriate skills for assisting individuals and families in managing the disease, dealing with death - loss and the bereavement process</li> </ul>						

Prerequisites	NUR110	Co-requisites	None
Course Content	<ul style="list-style-type: none"> <li>- Introduction to nursing, definitions, concepts, philosophical framework, facing patients' health care problems</li> <li>- Holistic care of the patient. Transcultural Nursing. Nursing care provision for covering spiritual and religious needs for care of the patients. Loss, grieving and bereavement. End of life care. Post-death Nursing Care. Communication, stress- illness and adaptation, post-traumatic stress disorders, stress management.</li> <li>- Improvement of the urinary tract function, urinary bladder catheterization, techniques of urine specimen collection.</li> <li>- Diet and Hydration, promotion of the gastrointestinal tract function, bowel elimination</li> <li>- Improvement of the function of the musculoskeletal system. Mobility and immobility. Mechanisms of walking and moving. Body placement in specific positions.</li> <li>- Medication, basic rules and principles of patients' intravenous medication. Dosage, side effects - synergies of medicines. Conformity of patients in suggested medication. Nursing responsibility for the correct patients' medication.</li> <li>- Holistic patient care.</li> <li>- Transcultural Nursing.</li> <li>- Providing nursing care to meet spiritual and religious needs for patient care.</li> <li>- Loss, bereavement and mourning. Posthumous Nursing Care.</li> <li>- Communication, stress and adjustment, post-traumatic stress disorder, stress management.</li> <li>- • Chronic Illness and informal care from family and friends</li> </ul> <p><b>Laboratory:</b> Nursing techniques and procedures in accordance to the theoretical content of the course, such us: urinary bladder catheterization, Levin tube application and care, patient body placement in specific positions, stress management, role-playing in holistic care of patient, communication skills and care relationship. etc.</p> <p><b>Clinical Teaching:</b> Students under the guidance of clinical instructors' practice in nursing procedures related to the course content and provide individualized nursing care <i>in General Medical or Surgical departments</i> according to the Clinical Education Guide.</p>		

<p>Teaching Methodology</p>	<p><b>Theory</b></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><b>Laboratory</b></p> <p>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><b>Clinical Teaching</b></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>
<p>Bibliography</p>	<p><b>(a) <u>Textbooks:</u></b></p> <p>DeWit, S.C. (2021). <i>Βασικές Αρχές και Δεξιότητες της Νοσηλευτικής Φροντίδας</i>, 5η Έκδοση, Αθήνα: Ιατρικές Εκδόσεις Λαγός Δημήτριος. <b>(In Greek)</b></p> <p>Taylor, C., Lynn, P., &amp; Bartlett, J. (2018). <i>Fundamentals of nursing</i>. LWW Wolters Kluwer.</p> <p><b>(b) <u>References:</u></b></p> <p>Gulanick, M. &amp; Myers J.L. (2021). <i>Nursing Care Plans: Diagnoses, Interventions, and Outcomes</i>, 10th edition. Elsevier.</p> <p>Nursing Fundamentals, Author: Open Resources for Nursing (Open RN), 2020. <a href="https://wtcs.pressbooks.pub/nursingfundamentals/front-matter/introduction/">https://wtcs.pressbooks.pub/nursingfundamentals/front-matter/introduction/</a></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. &amp; Κελέση, Μ. (2013). <i>Βασική Νοσηλευτική. Θεωρία, Εκπαίδευση, Εφαρμογή</i>. Ιατρ.Εκδ.Κωνσταντάρας <b>(In Greek)</b></p>

	<p>Lynn, P. (2012). <i>Κλινικές νοσηλευτικές δεξιότητες και νοσηλευτική διεργασία</i>. Ιατρικές Εκδόσεις Πασχαλίδης <b>(In Greek)</b></p> <p>Taylor, C., Lillis &amp; P. Le Mone. (2010). <i>Θεμελιώδεις αρχές της Νοσηλευτικής. Η επιστήμη και η τέχνη της νοσηλευτικής φροντίδας</i>. Ιατρικές Εκδόσεις Πασχαλίδης <b>(In Greek)</b></p> <p>Sapountzi-Krepia, D. (2006). <i>Stress Management</i>. Hellin Publications <b>(In Greek)</b></p> <p>Sapountzi-Krepia, D. (2004). <i>Chronic Illness and Nursing Care. A Holistic Approach</i>. Hellin Publications <b>(In Greek)</b></p> <p><i>Through the services of the university library, access is provided to electronic repositories of scientific journals and articles, indicatively <b>ProQuest, Cambridge University Press</b> and <b>Science Direct</b> 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><b>Mid-Term Exam: 30%.</b> A written midterm exam will be comprised by multiple choice questions, short answer and open questions.</p> <p><b>Laboratory evaluation: 10%.</b> 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><b>Clinical Teaching evaluation: 10%.</b> 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><b>Written Final Exam: 50%.</b> A written final exam will be comprised by multiple choice questions, short answer and open questions.</p>
Language	Greek / English