

SCHOOL	SCHOOL OF HEALTH SCIENCES		
DEPARTMENT	NURSING DEPARTMENT		
LEVEL OF EDUCATION	UNDERGRADUATE		
LESSON CODE	0805.2.001.0	SEMESTER OF STUDIES	2o
LESSON TITLE	FUNDAMENTAL OF NURSING		
SELF-ENDED TEACHING ACTIVITIES		TEACHING HOURS/WEEK	CREDITS
Theory		3	
Tutoring			
Practical Workshop		4	
Clinical placement			
Total		7	7
COURSE TYPE	COMPULSORY		
PREREQUISITE COURSES	NO		
LANGUAGE OF INSTRUCTION/ EXAMINATIONS	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ELECTRONIC COURSE PAGE	https://eclass.hmu.gr/courses/TMA130/		
Learning results			
<p>The main aim of the course is students' familiarization with the hospital environment and the application of basic nursing skills.</p> <p>After completing the course students should:</p> <ul style="list-style-type: none"> ● design and implement simple nursing process plans, ● know aseptic procedures, such as hand hygiene and glove application, ● recognize patients' route in the hospital, their health needs and the processes of transfer and discharge, ● apply basic ergonomic techniques when moving patients, ● apply all basic rules of drug administration, ● administer drugs through mouth, nose, ear, and other non-parenteral routes, ● prepare parenterally administered drugs and perform intramuscular, subcutaneous and intradermal injections, ● calculate medication doses, ● effectively apply hot and cold therapies. ● implement care after death. 			
General Skills			
Clinical skills, decision making, exercise of criticism and self-criticism, teamwork, adaptation to new situations, generation of new research ideas, promotion of free, creative, and inductive thinking,			

autonomous work.

Course content - Theory outline

1st week	Introductory information for the Fundamental of Nursing course: a) First meeting with students. b) Information on the procedures (evaluation, books, e-class, programs, rooms, etc.). Nursing process I - First unit: a) Introduction to nursing process. b) Nursing diagnosis. c) Planning in the nursing process.
2 nd week	Nursing process II – Second unit: a) Implementation of care plan in the nursing process. b) Assessment of care results in the nursing process. c) Nursing care plans by the nursing process method.
3 rd week	Basic principles of asepsis and nursing interventions.
4 th week	Hospital admission, transfer, and discharge I. (Types of admission, the first contact with hospital environment and nursing ward, the nurse care).
5 th week	Hospital admission, transfer, and discharge II. (Rights and obligations of hospitalized patients, safety issues in the hospital environment, patient transfer and discharge procedures).
6 th week	Body mechanics. Safe transport and movement of patients. (Mechanics of the human body, patients' repositioning /movement and transfer, falls management).
7 th week	From medical to nurse instructions of drug administration. Basic principles of drug administration.
8 th week	Oral medication administration. Administering drug through nose. Administering drug through ear. Administering drug through eye.
9 th week	Administering drug through respiratory system. Administering drug through rectum. Vaginal drug administration.
10 th week	Mathematical calculations in Nursing. First aid (home) pharmacy.
11 th week	Parenteral drug administration. Intramuscular, subcutaneous, and intradermal administration.
12 th week	Nursing interventions with hot and cold compresses. Preparation and teaching for hospital discharge and home care.
13 th week	Loss management and care after death in everyday nursing practice.

Course content – Outline of Laboratory Practice

1st week	Familiarization with the laboratory areas. Practice guidelines for safety of laboratory area. Repetition in vital signs skills. Practicing in identifying problems and formulation of nursing diagnoses.
2 nd week	Implementation of basic nursing care plans with the nursing process method.
3 rd week	Washing hands. Application and removal of sterile gloves. Opening and handling of sterile material. Preparation of sterile field and materials.
4 th week	Procedures in regular and emergency admission, as well as before the patient's discharge. Identification and use of different medical devices and so on (hotel) equipment of a typical hospital ward.

5 th week	Making an unoccupied bed by two nurses. Recognition of basic diagnostic tests in hospital. Clinical safety case studies.
6 th week	Making a surgical bed by 2 nurses (occupied and unoccupied). Moving patient across the bed. Patient transfer from bed to wheelchair. Transferring patient from bed to chair and vice versa.
7 th week	Practice recognizing and applying medical and nursing instructions. Basic procedures before, during and after drug administration.
8 th week	Oral drug administration skill. Skill in administering drug through nose. Skill in administering drug through ear. Skill in administering drug through eye.
9 th week	Rectal administration skill. Vaginal administration skill. Skill in administering oral inhalations.
10 th week	Solving calculation problems in the clinical setting. Drug ampoule: dissolution/suction technique.
11 th week	Drug flacon: dissolution/aspiration technique. Intramuscular injection technique.
12 th week	Subcutaneous injection technique. Intradermal injection technique.
13 th week	Application of hot and cold therapy. Assessment of informational and educational patients' needs for on-site teaching in hospital. Case studies and role play to support patients, their relatives, and staff in situations of serious illness or death in hospital.

TEACHING AND LEARNING METHODS - EVALUATION

TEACHING METHOD	Lectures using power point software. Discussion with students about their personal experiences in relation to health issues in Greece. Case studies. Exercises using special scientific instruments and corresponding forms. Role playing.								
TECHNOLOGIES OF INFORMATION AND COMMUNICATION USE	Slides show using power point software. Showing video in digital form. Using the e-class online platform for storage educational material in digital form, for easy access by students. At the same time, using e-class platform entails frequent communication with the students for actions related to the educational process.								
TEACHING ORGANIZATION	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">Activity</td> <td style="width: 50%; border: none;">Semester Workload: 210</td> </tr> <tr> <td style="border: none;">Lectures:</td> <td style="border: none;">(total 13x3 hours)</td> </tr> <tr> <td style="border: none;">Laboratory Practice:</td> <td style="border: none;">(total 13x4 hours)</td> </tr> <tr> <td style="border: none;">Course Total:</td> <td style="border: none;">(91 hours)</td> </tr> </table>	Activity	Semester Workload: 210	Lectures:	(total 13x3 hours)	Laboratory Practice:	(total 13x4 hours)	Course Total:	(91 hours)
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STUDENTS EVALUATION	<p>Theoretical part of the course Written final exam.</p> <p>Laboratory part of the course 30% from written final exam. 70% from oral final exam in different skills.</p> <p>The final grade of the course is calculated by the 65% of the theoretical part and by 35% of the laboratory part.</p>
RECOMMENDED BIBLIOGRAPHY (into Greek language)	
<ul style="list-style-type: none"> • Perry G., Potter P. Βασική νοσηλευτική και κλινικές δεξιότητες. Εκδόσεις Broken Hill Publishers, 2012. • Taylor C., Lillis C., LeMone P. Θεμελιώδεις Αρχές της Νοσηλευτικής. Εκδόσεις Broken Hill Publishers, 2006. • Susan deWit. Βασικές Αρχές και Δεξιότητες της Νοσηλευτικής Φροντίδας. Εκδόσεις Λαγός, 2012. • Lynn P. Κλινικές νοσηλευτικές δεξιότητες και νοσηλευτική διεργασία. Εκδόσεις Broken Hill Publishers, 2012. • Taylor C., Lillis C., LeMone P. Θεμελιώδεις Αρχές της Νοσηλευτικής. Εκδόσεις Broken Hill, 2006. Publishers. • Πολυσυγγραφικό. Εισαγωγή στη νοσηλευτική επιστήμη και τη φροντίδα υγείας. 2η έκδοση. Εκδόσεις Broken Hills Publishers, 2020 	