

SCHOOL	SCHOOL OF HEALTH SCIENCES		
DEPARTMENT	NURSING DEPARTMENT		
LEVEL OF EDUCATION	UNDERGRADUATE		
LESSON CODE	0805.1.001.0	SEMESTER	1o
LESSON TITLE	INTRODUCTION TO THE NURSING SCIENCE		
SELF-ENDED TEACHING ACTIVITIES	TEACHING HOURS/WEEK	CREDITS	
Theory	3		
Tutoring			
Practical Workshop	3		
Clinical placement			
Total	6	6	
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/YN110/		
Learning results			
<p>The aim of the course is the introduction of students to the concept of nursing as a science and an art, the understanding of its conceptual framework and its clinical dimension and their focus on personalized care for healthy people and for patients as well.</p> <p>After completing the course students should:</p> <ul style="list-style-type: none"> • describe the historical overview of nursing in Greece and in other countries, • recognize the importance of professional care for healthy people and for patients, • apply the principles of ethics, • communicate effectively with patients, • take the patient's history and assess patients' needs (for example diet and sleep), • take vital signs and apply the principles of personal hygiene, • get a basic knowledge of the structure of the Greek health system and explain the continuity of care, • understand the effect of stress and the ways of coping with it. 			
General Skills			
<p>Clinical skills, decision-making, exercising the criticism and self-criticism, adaption to new conditions, promotion of free, creative and inductive thinking, autonomous work.</p>			
Course content - Theory outline			
1st week	<p>Intro to Nursing a) First meeting with the students. b) Information on the procedures (evaluation, books, e-classes, programs, rooms, etc.).</p>		

	History of Nursing a) Historical review of Nursing. b) The modern healthcare system in Greece.
2 nd week	Principles of professional nursing care a) Nursing goals and objectives. b) The concept of care. c) Nursing education. d) Professional rights and responsibilities. e) Professional and scientific groups in nursing.
3 rd week	Perceptions of health and illness a) Basic human needs. b) Defining health and disease. c) Levels of prevention. d) The role of family and community.
4 th week	Ethical issues in nursing a) The moral status of the nurse. b) Nursing confidentiality. c) Legal issues in nursing. d) The nursing code of ethics.
5 th week	Basic principles of effective communication in health care settings a) The concept of effective communication and critical thinking. b) Communication techniques. c) Barriers to effective communication. d) Communication with special groups of people.
6 th week	Adaptation to stress and defense mechanisms. a) The effect of stress on health and its management. b) Categories of defense mechanisms and their importance in nursing
7 th week	Nursing patient assessment I: Patient history and interview a) Ways of health people and patient's assessment. From the history-taking to the physical examination and treatment selection. b) The patient history (history-taking techniques, nursing forms). c) The nursing file. d) The interview process.
8 th week	Nursing patient assessment II: Physical examination and documentation of care a) Health assessment. b) Basic instruments and equipment. c) Patient positions in medical bed (for physical examination, comfortable positions). d) Nursing documentation. e) Patient handover and shift change procedures.
9 th week	Vital signs I a) Introduction to vital signs. b) Temperature. c) Arterial pulse. d) Recording systems.
10 th week	Vital signs II a) Blood pressure. b) Breathing. c) Recording systems.
11 th week	Promotion of personal hygiene
12 th week	Nutrition a) Types of diets. b) Nursing assessment of nutrition. c) Nursing care for oral feeding. Rest and sleep a) Factors affecting rest and sleep. b) Sleep disorders. c) Nursing assessment and common nursing interventions.
13 th week	Continuity of care From hospital to outpatient care setting.
Course content – Outline of Laboratory Practice	
1 st week	Meeting the new nursing students. Division into groups, briefing on evaluation process, the outline of the laboratory practice of the course, the logbook and the vaccinations. Familiarization with the laboratories. Good practice guidelines for the safety of the laboratory area. Completing their medical history. Discussion on the evolution of nursing in modern Greece and the current structure of the Greek health system.
2 nd week	Students' perceptions on their or their families' experiences in health care settings and discussion about the problems they have identified in health services. Familiarity with the concept of "nurse", "nursing staff" and "interdisciplinary health team", and their role in the health system. Discussion on nurses' professional rights and their application in workplaces.
3 rd week	Actions of nurses in a healthy population (with examples). Understanding of levels of prevention in nursing. Case studies about the different dimensions of disease. Case studies about the detection of (potential) health problems and the implementation of

	appropriate preventive measures.
4 th week	Case studies in nursing ethics. Application of the nursing code of ethics in health care settings.
5 th week	Discussion about the factors affecting effective communication. Effective communication techniques and analysis of common mistakes. Role play exercises (interviews between students).
6 th week	Exercises about the individual's defense mechanisms and the stress relief.
7 th week	Evaluation of a completed history to extract information useful for nursing care. Completing a personal patient's history. Finding/Recording errors and omissions in its completion. Role play exercises (taking personal patient's history between students).
8 th week	Types of nursing file and documentation of care. Demonstration of basic instruments and equipment. Components, linens and basic functions of a hospital bed. Identification and use of equipment for the health assessment. Demonstration of physical examination methods. Demonstration of patient positions in medical bed (for physical examination, comfortable positions).
9 th week	Orally temperature measurement. Axillary temperature measurement Rectal temperature measurement. Demonstration of arterial pulse points assessment. Measurement of arterial pulse from the radial and other arteries. Recording the (previous) vital signs on 2 different types of vital signs charts and reading the recorded measurements on the chart.
10 th week	Blood pressure (BP) measurement. Training in recognizing errors when measuring and recording BP. Counting the breaths. Recording BP and respiration and reading the recorded measurements on the chart. Training to record and interpret other parameters recorded on the vital signs chart.
11 th week	Patient's body bed bath. Partial body bath for a bedbound patient: face, head, neck. Placing and removing a urinal or bedpan.
12 th week	Psychosocial assessment of a person – patient. Nursing assessment and completion of the patient's history of sleep and rest. Oral feeding of the patients. Training in comfortable bed positions.
13 th week	Application of nursing care to special population groups. Exercises related to the course of healthy people and patients in hospitals and outpatient care settings.

TEACHING AND LEARNING METHODS - EVALUATION	
TEACHING METHOD	Lectures using powerpoint software. Discussion with students about their personal experiences concerning health issues in Greece, Case studies, Practicing with special scientific tools and forms, Role playing games.
USE OF TECHNOLOGIES INFORMATION AND COMMUNICATION USE	<ul style="list-style-type: none"> • Powerpoint slides show. • Digital Video View. • Use of the “e-class” electronic platform to store educational material in digital format for easy access by students. • Use of the “e-class” electronic platform to facilitate students' information about educational procedures.
TEACHING ORGANIZATION	<p>Activity Semester Workload: 180</p> <p>Lectures: (total 13X3 hours)</p> <p>Laboratory Practices: (total 13X3 hours)</p> <p>Course Total: 78 hours</p>
EVALUATION STUDENTS	<p>Theoretical part of the course Written final exam.</p> <p>Laboratory part of the course 30% from a written final exam. 70% from the oral final exam in clinical skills.</p> <p>The total final grade is calculated by 65% from the theoretical part and by 35% from the laboratory part.</p>
RECOMMENDED BIBLIOGRAPHY (into Greek language)	
<ol style="list-style-type: none"> 1. Πολυσυγγραφικό. Εισαγωγή στη νοσηλευτική επιστήμη και τη φροντίδα υγείας. 2^η έκδοση Εκδόσεις Broken Hills Publishers, 2020. 2. Susan deWit. Βασικές Αρχές και Δεξιότητες της Νοσηλευτικής Φροντίδας. Εκδόσεις Λαγός, 2012. 3. Ζυγά Σ.. Εισαγωγή στη νοσηλευτική επιστήμη. Εκδόσεις Βήτα Ιατρικές Εκδόσεις, 2010. 4. Lynn P. Κλινικές νοσηλευτικές δεξιότητες και νοσηλευτική διεργασία. Εκδόσεις Broken Hill Publishers, 2012 	