

SCHOOL	SCHOOL OF HEALTH SCIENCES		
DEPARTMENT	NURSING DEPARTMENT		
LEVEL OF EDUCATION	UNDERGRADUATE		
LESSON CODE	0805.2.010.0	SEMESTER	2o
LESSON TITLE	NURSING CLINICAL SKILLS		
SELF-ENDED TEACHING ACTIVITIES		TEACHING HOURS/ WEEK	CREDITS
		Theory	2
		Tutoring	
		Practical Workshop	
		Clinical placement	
		Total	3
COURSE TYPE	ELECTIVE 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/NURS116/		
Learning results			
<p>The aim of the course is to obtain specific clinical skills and apply them safely and effectively. After completing the course students should:</p> <ul style="list-style-type: none"> • assess vital signs and manage special situations related to them, • assess patients' problems and propose nursing care plans based on problems, • transfer the patients safely, knowing the measures of fall prevention, and make the hospital bed in special situations, • apply nursing interventions in patients with bladder and bowel dysfunction, • collect specimens from patients and explain basic diagnostic tests in the hospital setting, • apply medication administration and personal hygiene skills, • recognize personal protective measures (PPE). 			
General Skills			
Clinical skills, decision-making, exercising the criticism and self-criticism, adaption to new conditions, promotion of free, creative, and inductive thinking, autonomous work.			
Course content - Theory outline			

1 st week	Special issues in assessment of vital signs (e.g. measuring the apical pulse, use of electronic measuring equipment, management of problems during BP measurement, etc.). Application of the two new proposed vital signs (pain assessment and hemoglobin saturation (oximetry)).
2 nd week	Needs assessment in different pathological conditions and planning of nursing care.
3 rd week	Special issues in making a medical bed with a patient able or unable to move in a side position.
4 th week	In-hospital diagnostic and laboratory tests and other procedures.
5 th week	Patient mobilization using devices such as cane, crutches, lifter, walker, or wheelchair. Transferring patients from bed to stretcher.
6 th week	Special issues in personal hygiene (oral, perineal, and perinatal care and other hygiene techniques).
7 th week	Transdermal drug administration. Special issues in parenteral (non-hematological) drug administration such as Z track technique, mixing parenteral treatment in one syringe and other injection techniques, etc.
8 th week	Fall prevention and implementation of restrictive measures. Application of antiembolism stockings.
9 th week	Nursing interventions in patients with urination problems (urination disorders, nursing assessment, urine collection, placement of an external urinary catheter, use of a urinal).
10 th week	Nursing interventions in patients with bowel dysfunctions (defecation disorders, nursing assessment, skills related to the defecation process).
11 th week	Collection of non-hematological specimens (e.g. sputum, urine, pharyngeal swab, etc.).
12 th week	Measurement of blood glucose and other parameters using special devices.
13 th week	Special personal protective measures. Putting on and removing personal protective equipment (PPE).

TEACHING AND LEARNING METHODS - EVALUATION

TEACHING METHOD	Lectures using power point software. Case studies. Demonstration. Simulations.						
TECHNOLOGIES OF 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	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Activity</td> <td style="width: 50%;">Semester Workload: 90</td> </tr> <tr> <td>Lectures</td> <td>(total 13x2 hours)</td> </tr> <tr> <td>Course Total</td> <td>(26 hours)</td> </tr> </table>	Activity	Semester Workload: 90	Lectures	(total 13x2 hours)	Course Total	(26 hours)
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STUDENTS EVALUATION	Written final exam.						

RECOMMENDED BIBLIOGRAPHY (into Greek language)

- Berman A, Snyder S, Jackson C. Η νοσηλευτική στην κλινική πρακτική. 6η έκδοση. Επιμέλεια Μπροκαλάκη-Παναουδάκη Η. Ιατρικές εκδόσεις Λαγός, 2011.
- Susan deWit. Βασικές Αρχές και Δεξιότητες της Νοσηλευτικής Φροντίδας. Εκδόσεις Λαγός, 2012.
- Lynn P. Κλινικές νοσηλευτικές δεξιότητες και νοσηλευτική διεργασία. Εκδ. Broken Hill Publishers, 2012
Συλλογικό έργο. Θεοχάρης Κωνσταντινίδης, Θάλεια Μπελλάλη, Παύλος Σαράφης, Ελένη Δοκουτσίδου, Ευγενία Βλάχου, Σοφία Ζυγά, Ελένη Κυρίτση, Μαρία Λαβδανίτη, Νικολέττα Μάργαρη. Βασικές, ανώτερες και εξειδικευμένες νοσηλευτικές δεξιότητες. Επιμέλεια Γεώργιος Μπαλτόπουλος. - 1η έκδ. - Αθήνα: Βήτα Ιατρικές Εκδόσεις, 2013.