EDUCATIONAL PLAN PRACTICE
"JUNIOR MEDICAL STAFF ASSISTANT"

Qualification (major)  31.05.01  "General Medicine"

Medical faculty named by T. Z. Biktimirov

The course  first

Method and form of practice (in accordance with Federal state educational standard): independent work of students under the supervision of the teacher.

Date of introduction into the academic process at Ulyanovsk State Universit: 23.04.2016

Revised at the Department meeting, Record No. 1 of 30.06.2016

Revised at the Department meeting, Record No. 2 of 30.06.2017

Revised at the Department meeting, Record No. of 20.06.2018

Revised at the Department meeting, Record No. of ____________ 20____

Information about developers:

<table>
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<tr>
<th>Full name</th>
<th>Abbreviation of Department</th>
<th>Academic, degree, title</th>
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</thead>
<tbody>
<tr>
<td>Smirnova A. Yu.</td>
<td>Propedeutics of internal diseases</td>
<td>PhD, senior Lecturer</td>
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<tr>
<td>Gnoevikh V.V.</td>
<td>Propedeutics of internal diseases</td>
<td>Head of Department Docent, PhD Professor</td>
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AGREED

Department chair

(Full name) 04.04.2016

(Signature)
1. **The course aims and objectives**

The aim of the practice of the 1 course students is to consolidate skills for the care of therapeutic patients, the use of medical equipment and instruments, experience of independent work as assistant nurses by participating in the activities of the therapeutic Department.

In this case, the objectives are to consolidate the theoretical knowledge and practical skills in the care of patients of therapeutic profile:
- Fixing the rules of asepsis in the therapeutic areas of the hospital and clinics and the organization of a sanitary mode of the functional units of the therapeutic Department (sanitary-hygienic regime in the wards, emergency Department);
- Consolidation of the rules of clinical hygiene of medical personnel (treatment of hands, body hygiene, dress codes, hospital infection);
- Consolidation of the rules to operate biological materials (hygiene secretions, feeding the seriously ill);
- Consolidation of knowledge on observation and care of patients with pathology of internal organs and systems from the standpoint of the assistant Junior medical staff (help with vomiting, the rules of production of enemas, cans, mustard, preventing bedsores, measuring blood pressure, etc.).

1. **Place of the course in the curriculum**

Practice B2.P.1 "Junior medical staff assistant " refers to the unit of practice B2 "Practices, including scientific research work".

2. **Proposed results:**

*The course is aimed at the following competences:*

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<td>willingness to organize care for patients and provide primary pre-hospital health care</td>
<td>- organization of work and structure of (medical institutions) health care facilities, - features of working the admissions office and specialized care units; - the guidelines of personal hygiene and methods of its implementation, - the rules and how to transport patients to the hospital,- the rules and methods of sick transportation in treatment facilities - the importance of dietary in medical</td>
<td>- performing skin and mucous membrane care - change underwear and bed linen - carry out the prevention of bedsores - care for febrile patients - measuring body temperature and register it in the temperature sheet - conduct the simplest physical therapy manipulation, - performing counting and assessing respiration - measuring</td>
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activities to recovery patients, types of therapeutic diets and the importance of proper nutrition in treatment measures to patient recovery - the rules of thermometers refinement and keeping, registration of temperature in a temperature chart, types of fevers, - the rules of storage and discharge of drugs, a technique enteral or parenteral - medication administration and complications occurring from parenteral route - first aid by asphyxiation and haemoptysis - the rules of measuring blood pressure - first pre-medical aid for hypertensive crisis, syncope, cardiac asthma - first aid with gastric bleeding, vomiting, - the rules of specimen collection at diseases of the digestive and respiratory systems; - the event actions at an urine delay, blood pressure, assessing radial pulse - gastric lavage making - administering cleansing and medicinal enema - prepare the patient for x-ray and ultrasound methods - collecting urine specimen: general urine sample, urine screens by Zimnizkiy and Nechiporenko; - administering artificial respiration and to assess its effectiveness - performing CPR
- The technique of refinement and storage catheters, urinals, the rules of inserting urethral catheters
- The signs of clinical and biological death
- The rules of post-mortem care

2. **GPC-11**

   The willingness to use medical devices stipulated order of rendering of medical aid

- Rules and methods of transporting patients to the hospital;
- Rules for handling and storage of thermometers filling out temperature sheets, types of fevers;
- Rules for storage and discharge of medicines;
- The technique of enteral and parenteral ways of introduction of drugs, complications of parenteral ways of introduction of medicines;
- Rules of measuring blood pressure;
- Laboratory diagnostic methods, rules of collection of biological materials in the gastrointestinal tract, respiratory;
- Storage and cleaning, and introduction of catheters, urinals;

- Rules and methods of transporting patients to the hospital;
- Measure body temperature and is graphically reflected in the temperature sheet.
- To carry out the simplest physiotherapeutic manipulation;
- To quantify respiratory motion and to estimate the result;
- To measure arterial pressure, to investigate the pulse on peripheral arteries;
- To conduct a cleansing, medicinal enemas;
- Prepare patient for x-ray and ultrasound methods of investigation;
- To collect a urine sample: total, according to Nechyporenko, Ziminitskiy.
4. Place and date of the practice
1. Public health Agency Ulyanovsk regional clinical hospital
2. State healthcare institution "Central clinical mediko- sanitary part of a name of V. A. Egorov
3. Public health Agency Ulyanovsk regional clinical center of specialized types of medical care
4. State healthcare institution "Central city clinical hospital"
5. Public health Agency Ulyanovsk regional clinical cancer center
6. Public health Agency Ulyanovsk regional clinical Hospital of Veterans of Wars

Date: 2nd semester of 1 course.

5. Content of Practice
The total complexity of course is 1,5 credits, 54 hours, 1 week.

6. The structure and Workload

6.1. Workload and activity format

<table>
<thead>
<tr>
<th>Name of sections and themes</th>
<th>The form of practice</th>
<th>Quantity of Hours</th>
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<tr>
<td><strong>Section I. Organization of work in medical facilities and junior nurses' duties of patients care.</strong></td>
<td>Independent work under control a teacher</td>
<td>Control of the filling of the diary</td>
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<td>The concept of dietary. Feeding critically ill. The concept of artificial nutrition (parenteral, by gavage).</td>
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<td>Storage and disinfection of thermometers, the</td>
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### Basic Methods of Temperature Measurement, Registration of Results
- Types of temperature curves, periods of fever.
- Caring for febrile patients in different periods.
- Bed linen ill, seriously ill, ways to change the sheets in critically ill.
- A change of shirt, underwear, carrying the weak and seriously ill patients from the stretcher to the bed and back.
- Methods of skin care for the sick, hygienic baths, wiping and caving in critically ill.

### Methods of Collection of Sputum, Vomit, Stool, Urine
- Help the patient with vomiting.
- The technique of gastric lavage, probing.
- The technique of carrying out the purifying, medicinal and siphon enemas.
- Device for the production of cleansing enemas (mug Esmarch, rubber pear-shaped cylinders).
- General notions about their use.
- Supply vessel and urinal (bedpan).

### Simple Physical Therapy
- The technique of applying of medical devices used to care for patients in a therapeutic clinic are: heating pad, ice packs, compresses, banks.
- Preparing patients for therapeutic instrumental research (ultrasound examination of abdominal cavity and bladder, EGD, colonoscopy, bronchoscopy, ergography).
- Counting the respiratory movements of the patient.
- The study of the pulse.
- Measurement of blood pressure.

### Transportation of the Sick

### Academic Standings
- **Total**: 54

### The List of Practical Skills

1. Sanitary treatment of patients in the emergency Department.
2. Treatment of patients with lice.
3. Transportation of the sick.
4. Anthropometry and its parameters.
5. Prevention and treatment of pressure ulcers.
6. Thermometry, storage and disinfection of thermometers.
7. The production of jars, mustard plasters, dry and wet compresses.
8. The use of the bladder with ice, heating pads.
10. Counting the respiratory movements of the patient.
11. The study of the pulse on peripheral arteries.
12. Technique and rules of measurement of blood pressure.
13. Gastric lavage.
14. Medicinal and cleansing enemas.
16. Urine test:
   - urinalysis
17. The care of patients with urinary incontinence.
18. Supply vessel and a urinal.
19. Rules and procedure of biological material (blood, urine, stool, sputum) collecting for laboratory research.
20. Statement of clinical and biological death the rules the treatment of the corpse
21. General and routine cleaning in the therapy Department, rules of reception of transmission and storage products.

7. Research and scientific production technologies used in practice
   Not provided.

8. Form of interim certification by the end of practice

Before the end of the practice the student must fill in the dairy, draw up a consolidated report on the work done and to pass the differentiated offset.

9. Course resources

List of recommended literature:
   a) Core reading
      Rosdahl C., Kowalski M. Textbook of Basic Nursing // Lippincott Williams & Wilkins 2011.

   b) Supplementary reading
      Anne Griffin Perry, Patricia A. Potter Clinical Nursing Skills and Techniques//Publis Date 2009;

   g) database, directory and search engine
      1. Electronic catalogue of the library of USU.
      2. ABS "IPRbooks" (www.iprbookshop.ru).
      3. ELS "Consultant of a student" (www.studmedlib.ru).

10. Logistics practices

10.1 List of facilities necessary for conduct of educational practice:
    Offices therapeutic profile, the emergency medical ward.

10.2 List of equipment necessary for the conduct of educational practice

   1 Thermometer
   2 Tonometer
   3 Bedpan
4. the Bag  
5 Warmer  
6 ice bags  
7 disinfectants "Precept, "Sidex", Lizoformin, Plivasept, Chloramine, Deochlor, Chlorsept, etc."  
8 Scissors  
9 Eye dropper

**Fund of assessment tools**

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- to conduct a cleansing, medicinal enemas  
- to prepare patient for x-ray and ultrasound methods of investigation;  
- to collect a urine sample: total, according to Nechyporenko, Zimnitskiy. | - sequence of the tourniquet before venipuncture (model).  
- the intravenous injection (a model).  
- venipuncture for blood sampling for tests (dummy).  
- preparation (filling) of the system for intravenous infusion  
- filling and exhausting air from the system for intravenous infusion.  
- carrying out intravenous infusion (a model)  
- the skill of applying the aerosol and dry powder inhaler;  
- method of nebulizers;  
- method of weighing patients, measuring height and recording indicators;  
- measurement of body temperature and its registration;  
- methods using tubes, foam pads anti-decubitus mattress for the prevention of pressure sores;  
- methods of collection of sputum, vomit, stool, urine. |
1. Which of the following complaints are not typical for diseases of the cardiovascular system?
   1. Chest pain during physical exertion.
   2. Chest pain when swallowing.
   3. Attacks of breathlessness and cough with serous bloody frothy sputum.
   4. Swelling on the face.
   5. Pain in chest when breathing and coughing.

2. What are the bounds of normal fluctuations in blood pressure in people over the age of 25 years (the WHO standards):
   1. Systolic 105-130 mm Hg, article
   2. Systolic 100-145 mmHg, article
   3. Systolic 100-120 mm Hg, article
   4. Diastolic 60-85 mm Hg, article
   5. Diastolic 60-94 mm Hg, Article

3. Feeding specificity of patients with chronic heart failure:
   1. The exclusion of fruits, vegetables.
   2. The exclusion of fresh berries, juices.
   3. Restriction of salt and fluid.
   4. The purpose of food rich in vitamins and proteins.
   5. To exclude strong tea and coffee.

4. What means the term "sanitary and anti-epidemic regime" in the hospital?
   1. Compliance with the diet.
   2. The use of disinfectants in optimal concentrations.
   3. Timely wet cleaning.
   4. Observe the temperature.
   5. The quartz treatment chambers.

5. What is meant by the term "polyuria"? The allocation for the day:
   2. More 1500 ml of urine per day.
   3. More than 1000ml of urine per day.
   4. More than 800ml per day.
   5. More 1200 ml per day.

6. Types of medical institutions outpatient type:
   1. Hospital.
   2. Clinic.
   3. The health center.
   4. An outpatient clinic.

7. What kinds of regimes for patients in hospitals?
1. Outpatient.
2. Strict bed.
3. Outpatient.
5. Nonstrict bed.

9. Types of compulsory medical documentation to the nurse:
   1. Journal of patients admission.
   2. Notebook transfer duty.
   3. The history of the disease.
   4. The temperature of the notebook.
   5. Sheet prescribing.

10. Types of sanitary treatment of patients:
    1. Local.
    2. Full.
    3. Trial.
    4. Partial.
    5. General.

11. How to transport a patient with myocardial infarction in the Department?
    1. On foot, accompanied by nurses.
    2. By elevator.
    3. Transportation on a stretcher.
    4. On the wheelchair.

12. Principles of clinical nutrition in gastric ulcer and 12 duodenal ulcer?
    1. Restriction of salt and fluid.
    2. Limit eating meat.
    3. Mechanically, chemically, thermally gentle food.
    4. The restriction of carbohydrates.
    5. Frequent meals.

13. What solution is used for the prevention of bedsores?
    1. Solution of rivanol.
    2. Camphor spirit.

14. Prevention of pressure sores include:
    1. Bed rest.
    2. Turning patients in bed.
    3. Skin wipes disinfectants.
    5. The use of slip circles.
15. Types of fevers:

1. Low-grade.
2. Constant.
3. Laxative.
4. Debilitating.
5. High.

16. Indications for use of the bladder with ice:

1. Frostbite of the extremities.
2. Bleeding or hemorrhage.
3. The stab wound.
5. The initial stages of local inflammation.

17. How to collect sputum for bacteriological examination and the sensitivity of microflora to antibiotics?

1. In a clean glass jar.
2. Collect within 1-2 days up to 100 ml.
3. In a sterile Petri dish.
4. In a sterile tube.
5. In a sterile bowl.

18. How to properly provide oxygen to the patient?

1. Directly from the container.
2. Through the reducer.
3. Oxygen moistened with alcohol
4. Through the mouthpiece.
5. Through a nasal catheter.

19. Pulse rate normal?

1. 50-60 beats per 1 minute.
2. 60-70 beats per 1 minute.
3. 80-90 beats per 1 minute.
4. 60-80 beats per 1 minute.
5. 70-90 beats per 1 minute.

20. What is a "water balance"?

1. The daily amount of urine.
2. The amount of the liquid per day.
3. The ratio of received per day free fluid and urine.
4. The number of urine for 1 hour.

21. Rules for collection of urine for analysis?
1. Collect in the morning.
2. Gather in the evening.
3. The amount of urine 100-200 ml.
4. The amount of 20-30 ml.
5. Take average serving.

22. Analysis of urine by Nechiporenko provides:

1. Counting corpuscles in the daily quantity of urine.
2. The counting of leukocytes and erythrocytes in the minute volume of urine.
3. Counting of erythrocytes, leukocytes and cylinders in 1 ml of urine.
4. Calculation of cellular elements in the three portions of urine.

23. Rules for collection of urine for bacteriological examination?

1. To gather in the morning in a clean jar.
2. Warm fresh urine immediately taken to the laboratory.
3. Urine gather simultaneously in three jars.

24. What kind of diet prescribed to patients with diabetes mellitus:

1. Diet 1
2. Diet 5
3. Diet 9
4. Diet 10

25. The patient experiences increased nocturnal urine. This:

1. Oliguria.
2. Polyuria.

26. Swelling due to kidney disease, characterized by:

1. Pale swelling.
2. Mainly on the face, around the eyes.
3. Appear toward evening.
4. Marked morning.
5. Cyanotic color.

27. The number of respiratory movements in normal adults at rest:

1. 20-30.
2. 10-12.
3. 12-18.
4. 40-60.
5. 25-30.

28. During exacerbation of peptic ulcer prescribed diet:
1. Diet 1  
2. Diet 5  
3. Diet 15  
4. Diet 10

29. Gastritis with secretory insufficiency prescribed diet:

1. Diet 1  
2. Diet 2  
3. Diet 4  
4. Diet 10

30. In diseases of the liver and gallbladder prescribed diet:

1. Diet 1  
2. Diet 5  
3. Diet 4  
4. Diet 10

31. Diseases of the bowel prescribed diet:

1. Diet 1  
2. Diet 2  
3. Diet 4  
4. Diet 10

32. In diseases of the kidney (pyelonephritis, glomerulonephritis) with prescribed diet:

1. Diet 7  
2. Diet 2  
3. Diet 4  
4. Diet 10

33. In diseases of the cardiovascular system prescribed diet:

1. Diet 1  
2. Diet 2  
3. Diet 4  
4. Diet 10

34. Artificial feeding through a tube introduced into the stomach, is performed at:

1. Obesity.  
2. Unconscious patient.
3. A stomach ulcer.
4. Urolithiasis.

35. Ice pack apply at:

1. Hypertensive crisis.
3. The high fever.
4. Bruises (in the first days after injury).

36. The cough happens in diseases:

1. Lungs.
2. Nose.
3. Some diseases of the heart.
5. The liver and gallbladder.

37. For inhalation of oxygen must be used:

1. The Apparatus Pirogov.
2. The Apparatus Elizarova.
3. The Bobrov's Apparatus.
4. The Apparatus Kussmaul.

38. The Bobrov's apparatus is used for:

1. Pre-sterilization processing of medical instruments.
2. Humidification of oxygen for oxygen therapy.
3. Immobilization of the limb in fractures.
4. Sterilization of the medical equipment.

39. When vomiting the nurse should:

1. Put the patient on his back.
2. Seat.
3. To carry out the inhalation of oxygen.
4. Call a doctor immediately.
5. administrate intramuscularly metoclopramide.

40. Vomiting "coffee grounds" is characterized:

1. For esophageal bleeding.
2. For poisoning coffee.
3. For stomach bleeding.
4. For intestinal bleeding.
5. When an attack of biliary colic.